

# Nature Spotting *Coimhead Nàdar*

Can you spot these amazing things in the countryside?

*An lorg thu na nithean iongantach seo air an tuath?*

A bird in the sky

*Eun san adhar*

A butterfly or bee

*Dealan-dè no seillean*

A wildflower

*Flùr-fiadhaich*

A beetle or ant

*Daolag no snioghan*

A stream or pond

*Allt no lòn*

A cloud with a fun shape

*Sgòth le cumadh annasach*

A feather on the ground

*Ite air an talamh*

A mossy rock

*Creag le còinneach*

A tree stump

*Bun craoibhe*

Animal or bird tracks

*Lorgan beathaich no eòin*



# Scavenger Hunt *Tòrachd Taisge*

See how many treasures you can collect on your countryside adventure

*Faic cia mheud ulaidh a lorgas tu air do thuras don tuath*

A smooth pebble

*Leogan mìn*

A pine cone

*Duirc-ghiuthais*

A fallen leaf

*Duilleag chròn*

A twig

*Geugag*

A piece of bark

*Pìos rùisg*

A feather

*Ite*

A blade of grass taller than you!

*Bileag feòir nas àirde na thu!*

A dandelion or daisy

*Bearnan-Brìde no neòinean*

A snail shell

*Slige seilcheig*

A piece of moss

*Pìos còinnich*



# Exploring the Countryside

Tips for a safe and fun adventure



## Rannsachadh na Tuatha

Molaidhean airson turas sàbhailte is spòrsail



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Comhairle Pheairt is Cheann Rois



# Respecting the Countryside

## Toirt Spèis don Àrainneachd

### Respect Nature

#### Thoir Spèis do Nàdar

Look after the places you visit and leave them as beautiful as you found them by taking any litter home.



*Bi càramach do dh'àiteachan air a bheil thu a' tadhail, agus fàg iad mar a fhuair thu iad le bhith a' toirt do sgudal dhachaigh.*

### Respect Others

#### Thoir Spèis do Chàch

Avoid walking through fields with young animals and leave any gates as you find them.

*Na bi a' coiseachd tro achaidhean sa bheil beathaichean òg agus fàg geataichean mar a fhuair thu iad.*

### Be safe

#### Bi sàbhailte

Be aware of livestock, tractors and other farm vehicles.

*Bi mothachail do sprèidh, tractaran agus carbadan tuathanais eile.*

In an emergency,  
stay calm and dial 999

# Navigation

## Stiùireadh

### Know your route

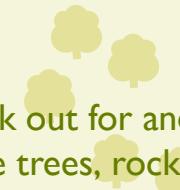
#### Biodh aithne agad air an t-slighe

Plan where you'll be going with a grown-up before setting off.

*Planaig far am bi thu a' dol còmhla ri inbheach mus fhalbh thu.*

### Landmarks

#### Comharran-tìre

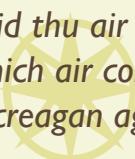


To avoid getting lost, look out for and remember landmarks like trees, rocks or buildings.

*Gus nach tèid thu air chall, coimhead airson agus cuimhnich air comharran-tìre mar chraobhan, creagan agus togalaichean.*

### Stay together

#### Fuirichibh còmhla



Avoid risky areas like cliffs or rivers and always stay with the group or an adult.

*Seachain àiteachan cunnartach mar chreagan no aibhnichean, agus fuirich an-còmhnaidh còmhla ris a' bhuidheann no inbheach.*

### Safety Tips

# Safety Tips

## Molaidhean Sàbhailteachd

### What to wear

#### Aodach Freagarrach

Comfortable clothes, sturdy shoes, a hat, waterproof jacket and don't forget gloves!

*Aodach cofhurtail, brògan làdir, ad, seacaид dhionach agus na dìochuimhnich miotagan!*

### Essentials to carry

#### Nithean a tha riatanach an toirt leat

Water, snacks, a whistle, small first-aid kit and a fully charged phone.

*Uisce, grèimean-bìdh, feadag, pasgan beag ciad-chobhair agus fòn air làn neart.*

### Stay visible

#### Fuirich faicsinneach

Wear bright colours and stick to marked paths.

*Cuir ort dathan soilleir agus cum ri slighean comharrachte.*

For more information about visiting the countryside go to:

Airson tuilleadh fiosrachaидh mu thadhal air an tuath, theirig gu:

[www.outdooraccess-scotland.scot](http://www.outdooraccess-scotland.scot)

Ann an cùis-èiginn, fuirich socair agus cuir fios gu 999