

*******PRESS RELEASE*******

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FOR IMMEDIATE RELEASE**

**Outdoor events guide shows simple path to
happiness & health for people and the
environment**

**Edinburgh, Lothian & Scottish Borders' favourite outdoor event
guide is back with a new edition full of more ideas than ever**

**funded by Scottish Natural Heritage
& Forestry Commission Scotland**

More studies than ever are highlighting how important physical activity and regular contact with nature are to improving our emotional, physical health and environmental health. Outdoor events and activities offer the perfect way to put these insights into practice. And finding out you can do outdoors in Edinburgh, the Lothians and the Scottish Borders – often at no cost – couldn't be easier.

Available free of charge from Friday 4 April, the 2008/09 edition of the *OUTDOOR DIARY* is a non-profit publication that promotes outdoor events and activities in Edinburgh, Lothians and the Scottish Borders. More than thirty organisations have listed their programmes with us this year, from the Scottish Seabird Centre, to rangers services and natural art & craft and bushcraft practitioners.

This pocket-sized publication covers a whole year's-worth of events. There are loads things happening for children of all ages, family groups, and adults of all levels of interest, fitness, knowledge and expertise. Outdoor Diary users can search the booklet for specific types of event, dates and locations, or just browse the listings for ideas and inspiration.

And there's more inspiration than ever to be had, with the number of events included rising from 400 to 600 in this our eighth year. Why not let the Outdoor Diary help you to

- discover the area's often world-famous flora, fauna, history, geology and archaeology on guided walks in the company of experts;
- visit walking, bike and natural craft festivals;
- improve your wildlife gardening;

- or spend a night with the Tweed salmon netters . . . or those other expert salmon fishers, the otters!

For children and families there are loads of weekend and holiday ideas, from

- visiting and helping feed newborn lambs;
- building dens and shelters and practising survival skills;
- learning to track wildlife & make birdboxes and feeders;
- to getting creative making kites and woodland puppets.

The sheer volume and variety of ideas is a testament to how committed these regions are to helping us enjoy, understand, appreciate and conserve their unique, world-renowned landscapes and wildlife.

Notes to Editors

- The *Outdoor Diary* will be available from 4 April from libraries, Tourist Information Centres, Visitor Centres, local Ranger Services, Community Centres, and EAE leaflet racks throughout Edinburgh, Lothians and the Borders. Individual copies can be requested on www.outdoor-diary.info, or by calling 0845 367 3787 (Edinburgh) or 01835 830 281 (Borders).
- Large print versions are also available – for information, call 0845 367 3787
- A searchable online version of the diary is available at www.outdoor-diary.info
- The *Outdoor Diary* is printed on chlorine-free paper from sustainably harvested woods. It is fully biodegradable and recyclable.

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