

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

2 Apr 2010

FOR IMMEDIATE RELEASE

Get healthy, happy and helpful in 2010, the International Year of Biodiversity or Life on Earth

The Edinburgh, Lothian & Scottish Borders' favourite outdoor event guide is back with 500+ ideas for local outdoor events, activities and wild places to visit. The free guide is subsidised by Scottish Natural Heritage & Forestry Commission Scotland.

This pocket-sized publication and website 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 or website for specific types of event, dates and locations, or just browse the listings for ideas and inspiration.

Available free of charge from Friday 2 April, the 2010/11 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, festival and fair organisers and natural art & craft and bushcraft practitioners.

Karen Morrison, area officer for SNH, which part funded the guide, said: "We share this corner of the planet with a fascinating variety of plants and animals, which is what we call biodiversity. This year has been designated International Year of Biodiversity which is a great opportunity to celebrate and enjoy the wild things around us. It's not just tigers in India and rainforests in South America which are important and fascinating. Here in the Lothians and Borders we have our own treasures. I'd recommend that people get their hands on a copy of the Outdoor Diary and take advantage of the things going on."

Whether you just want to explore our wild places a bit, help out with international surveys, or get involved in some direct conservation action - just grab a free copy of the OUTDOOR DIARY and let it show you the way.

Why not let the Outdoor Diary help you to:

- Help our local toads across roads in Central Edinburgh as they try to complete their annual migration

- Explore wild places and their biodiversity with local experts
- Help out with local butterfly, bat and mammal surveys and contribute your crucial results to international surveys
- Walk the cobwebs away and discover new landscapes and people on the way
- Learn techniques for making low-footprint natural art, garden features and even clothing
- Make your garden a haven for native plants and animals.

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

- wild teddy bears' picnics;
- building dens and shelters and trying out survival skills;
- learning to track wildlife & make bird-boxes 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.

ENDS

For further information contact Aline Hill, Publicity & Marketing Co-ordinator, Outdoor Diary, 07796677059 or marketing@outdoor-diary.info

Notes to Editors

- The *Outdoor Diary* will be available from 2 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 824 000 (Borders).
- Large print versions are also available – for information, call 0845 367 3787
- A searchable online version of the diary is available at www.outdoordiary.info
- To find out more about the UN International Year of Biodiversity visit <http://www.cbd.int/2010/welcome/>
- The *Outdoor Diary* is printed locally on chlorine-free paper from sustainably harvested forests. It is printed by J Thomson Colour Printers Ltd, whose Environmental Management System has been certified against the requirements of ISO14001:2004, FSC and PEFC and works on the basis of continual improvement and is regularly audited.
-