

From: SNHPRESSOFFICE [mailto:SNHPRESSOFFICE@snh.gov.uk]
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All go for big day at Beinn Eighe

There is sure to be lots of fun for families and visitors at the Beinn Eighe National Nature Reserve (NNR) in Wester Ross this weekend.

The reserve - Britain's oldest - hosts an open day on Saturday 19 May from 10am-4pm called 'Wild In The West' as part of Scottish Natural Heritage's contribution to the Highland 2007 Year of Culture.

SNH has announced further attractions for the event which celebrates ancient links between the natural heritage and people in the West Highlands. In addition to a falconry demonstration, metal casting with a traditional furnace and bellows and bushcraft skills sessions, there is a chance to go eye to eye with a golden eagle; chainsaw carving (do not attempt this at home!) and a spot the stag stalking session.

The open day includes natural dyeing using plants, green woodworking and a chance to meet some Vikings and see their cookery and crafts. There is also an opportunity to try out some unusual musical instruments in the company of Bob Pegg.

Kenny Nelson, who is organising the event, said: "This part of Wester Ross is home to internationally important habitats and species, including the iconic Caledonian pine forest between Loch Maree and the mountain of Beinn Eighe.

"The stunning natural heritage provides a suitable backdrop to our family event at Beinn Eighe and we hope that people will be able to find out a little more about it on the day - and have some fun in the process."

Beinn Eighe was made an NNR in 1951. The award-winning visitor centre and reserve are owned and managed by SNH and the reserve includes a range of trails for walkers of all abilities.

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For further information:
Fergus Macneill, SNH Inverness: 01463 725021

Gaelic media inquiries: Shone Maclellan: 01463 725038

Scottish Natural Heritage is the Scottish Executive's statutory advisor in respect to the conservation, enhancement, enjoyment, understanding and sustainable use of the natural heritage.