

ng tidal rapids



the forests of mid and west Argyll and Kintyre, call 01546 602518 or email west.argyll.fd@forestry.gsi.gov.uk or pick up a free leaflet from local Tourist Information Centres or shops or visit our website: www.forestry.gov.uk/scotland

The next village, Barcaldine, is set back from the present Fort William road and there are a lot of forestry walks nearby. You can park in the forest itself and simply set off. There are bike trails, too.

One place just outside Barcaldine you and your kids will adore is the famous Scottish SEA LIFE Sanctuary. Nestling in a mature spruce forest on the shores of beautiful Loch Creran the Scottish SEA LIFE Sanctuary enjoys one of the most picturesque settings in Britain and is home to some of the UK's most enchanting marine creatures. In crystal clear waters you can explore more than 30 fascinating natural marine habitats containing everything from octopus to sharks.

Their team of marine experts gives fascinating talks each day as well as feeding demonstrations. The experts may even let you hold some starfish and crabs!

Always present are two resident common seals - Lorne and Lora. The grace and elegance of these enchanting mammals can be viewed in our Underwater Seal Observatory. They also have a working Seal Hospital which takes in both breeds

of native seal – common and grey.

In addition to many marine animals in their aquarium, the Sanctuary also houses a North American Otter, Fígal who has now been at the Centre for six years.

Come rain or shine a visit to the West Coast of Scotland is not complete until you have been to the Scottish SEA LIFE Sanctuary. There's ample parking for cars and coaches and a shoreline restaurant and if you want to work off your kids' excess energy there are nature walks and trail walks throughout the sealife park as well. And to remind you of a wonderful day out there's a gift shop where you can buy sealife mementos and other presents.

Creagan Bridge, straddling Loch Creran, was installed in recent times to cut out a bendy, windy road round the loch but you should take some time out to go along this quiet track.

The head of the loch in Glen Creran is at the foot of some stunning mountain scenery. You might even spot a golden eagle gliding high above the peaks looking for food, even oystercatchers, seals and otters.

The area round Loch Creran is a Special Area of Conservation. It was the setting for Robert Louis Stevenson's novel Kidnapped. From here it's onward into the historic district of Appin to which a separate page is devoted in this edition of Holiday West Highlands.

near Lochgilphead – only for the intrepid mountain biker!

For more information about the forests of north Argyll, call 01631 566155 or email lorne.district@forestry.gsi.gov.uk

For more information on

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Terms & conditions: This voucher entitles each person to £5 off the standard door ticket price to Scottish SEA LIFE Sanctuary for up to 5 people. The offer is valid until 31/12/2008. This offer is not valid in conjunction with any other offers, promotions, last minute entry, tickets purchased on bus, pre-paid tickets or vouchers. This voucher has no cash value, is non-refundable and non-exchangeable. Photographs are not accepted. This voucher is not for sale. Scottish SEA LIFE Sanctuary reserves the right to alter exhibits without prior notice. Scottish SEA LIFE Sanctuary reserves the right to refuse entry without explanation. Creatures featured are not necessarily available to see at every SEA LIFE or Sanctuary.

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