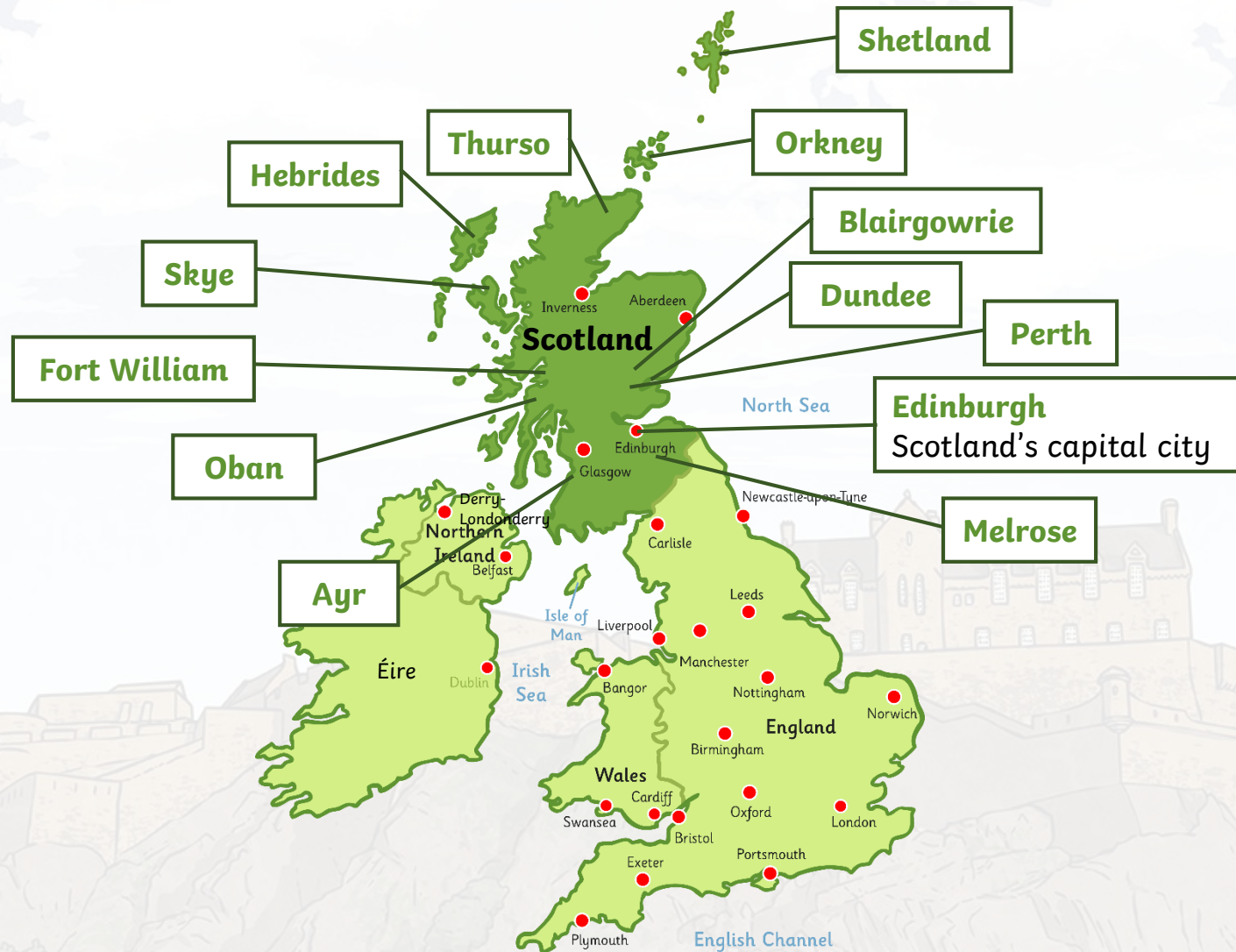
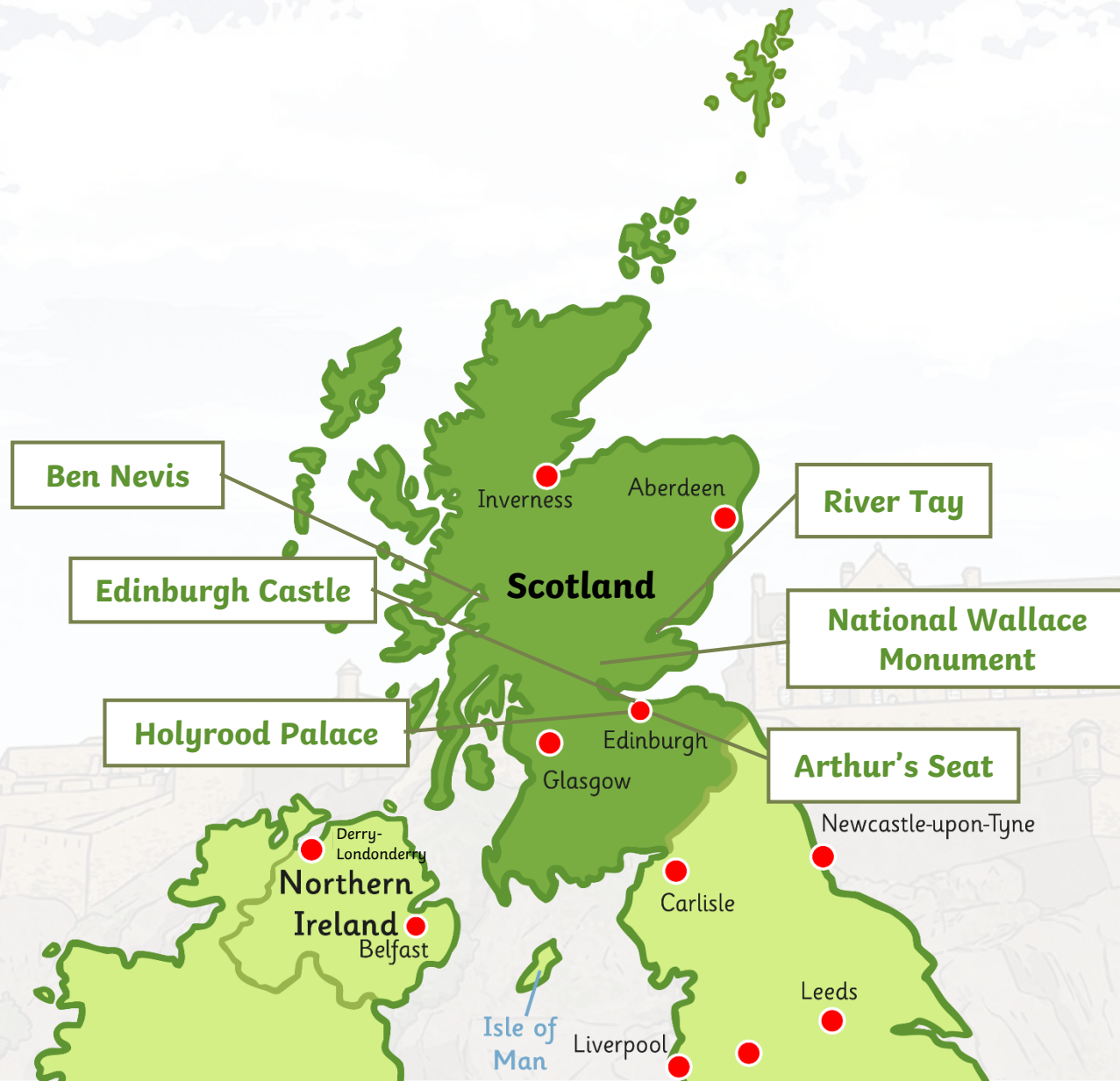


Scotland



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River Tay

This is the longest river in Scotland and the seventh longest in the United Kingdom.



Arthur's Seat

This is the main peak in a group of hills, situated in the centre of Edinburgh.



National Wallace Monument

This is a tower in Stirling built to commemorate Sir William Wallace, a 13th-century Scottish hero.



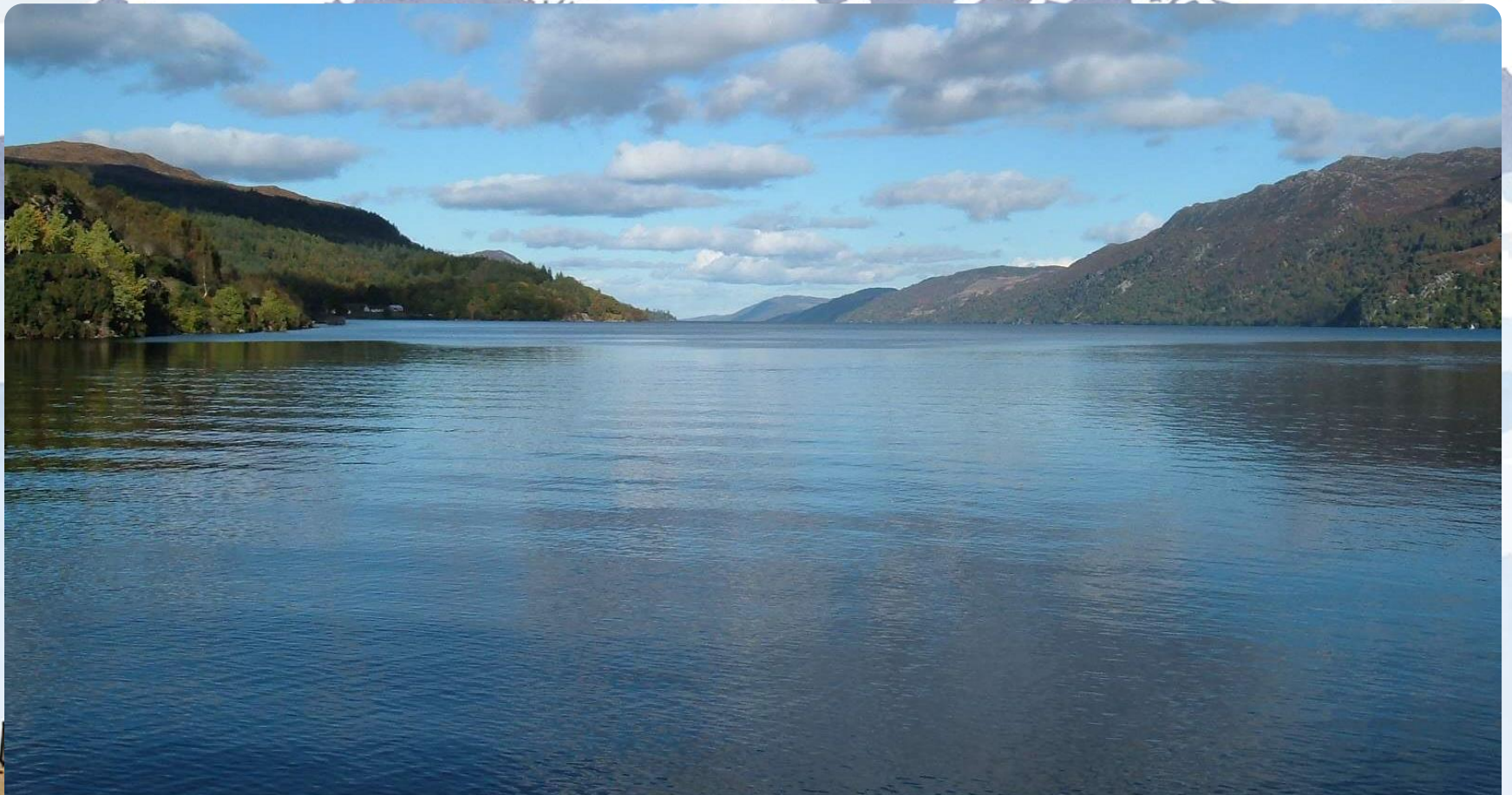
Edinburgh Castle

Edinburgh Castle is a historic fortress, situated on Castle Rock. Castle Rock is a volcanic plug which is thought to have risen approximately 350 million years ago.



Ben Nevis

Located within the Grampian Mountains,
Ben Nevis is the tallest mountain in the British Isles.

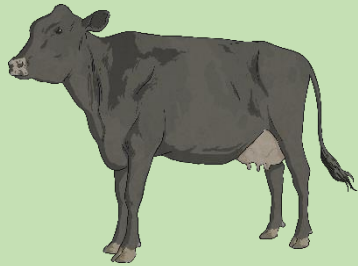


Loch Ness

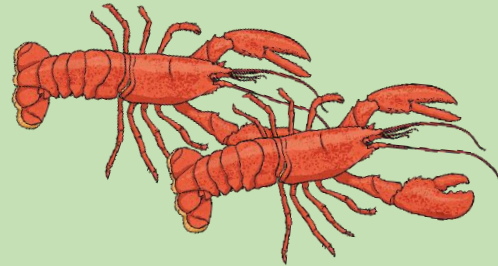
Loch Ness is a huge, deep, freshwater loch in the Highlands. Loch Ness is famous for the alleged sightings of 'The Loch Ness Monster' ('Nessie' for short), a large creature which some people believe lives in the Loch.

Scottish Foods

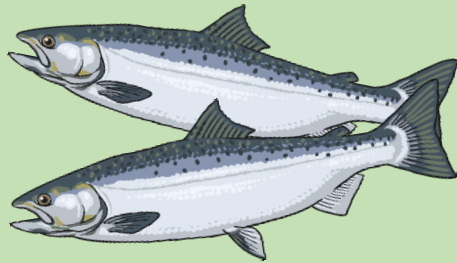
Aberdeen Angus beef



Scottish lobsters



Scottish salmon



oatcakes



Scottish Foods

Haggis

Savoury pudding with sheep's heart, liver and lungs, minced with onion, oatmeal, suet, spices and salt, stuffed inside a sheep's stomach - although today a lot of haggis is prepared in a sausage casing.



Cullen Skink

A thick Scottish soup made with smoked haddock, potatoes and onions.



Scottish Foods

Tablet

A medium-hard sugary sweet made from sugar, condensed milk, butter and vanilla essence, boiled to a soft-ball stage and then allowed to crystallise.



St. Andrew's Day

30th November

St. Andrew is the Patron Saint of Scotland. He was one of Jesus' disciples. After Jesus had died, Andrew travelled and taught people about who Jesus was and about the amazing things he had done. However, the Romans were not happy about this and crucified Andrew on an x-shaped cross.

Many years later, some of Andrew's bones were taken to Scotland and buried at the town of St. Andrews, where a church was built on top.

People remember and celebrate the life of St. Andrew on 30th November each year, both in Scotland and other parts of the world. In Scotland there are many festivities on this day including a ceilidh, where people take part in Scottish country dancing.

Scottish Flag

The Scottish people made Andrew their Patron Saint and chose a Saltire (Greek) Cross on a sea-blue background as their flag. According to tradition it represents Saint Andrew who died on a cross of that shape.



Celebrations and Festivals

Like people all over the world, Scottish people like to celebrate their culture and have fun! In Scotland, festivals and celebrations are held throughout the year for people to enjoy. Here are some of the most well known:

Edinburgh International Festival

It's a busy time in Edinburgh, as the International Festival takes place at the same time as the Festival Fringe, the Art Festival, the Book Festival and more. These festivals celebrate many aspects of the arts and culture, with performances and events like the Royal Edinburgh Military Tattoo.



Braemar Gathering

Many Highland games take place across Scotland during the Summer. The Braemar Gathering is held near the Queen's Highland home at Balmoral and members of the royal family often attend. Events at the games include Highland dancing, traditional Highland Games events such as tug of war and a hill race.

Celebrations and Festivals

Hogmanay

Seeing the old year out and the new year in is a particularly Scottish celebration; have you heard of Auld Lang Syne?



Up Helly Aa

In Lerwick, Shetland, this community festival takes place on the last Tuesday in January and ends with a torch lit procession and the burning of a Viking galley. Look out for those Vikings!

Scottish Symbols

Some legends of why the thistle is Scotland's symbol state that a group of Scots were sleeping in a field when a group of Vikings crept up to attack them.

As they did so, one of the Vikings stood on a thistle and was pricked by its thorns. He cried out in pain, waking the sleeping Scots who were then able to fight off their attackers.



Scottish Language

You may see Scots Gaelic on public notices in Scotland.
Gaelic is more commonly spoken in the Highland and Western Isles.

Gaelic	English
tapadh leat	thank you
halò	hello
madainn mhath	good morning
oidhche mhath	good night
mar sin leibh	farewell/bye
Ciamar a tha sibh?	How are you?



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