Food

As mentioned before, haggis is one of the most famous foods in Scotland. It gets served with neeps and mashed potatoes very often. Neeps is a kind of plant which looks a lot like a turnip, but bigger. Scotland has a lot of distinct foods, but is also a mix of the British and the European cuisine. For example, fish and chips are one of the most popular takeaway dishes

There is also a full Scottish breakfast, which is really big and fills you up. It contains things as bacon, eggs, potato scone and fried mushrooms.

Strawberries, rollmops, black pudding, which is called blood sausage in England, and raspberries are also really traditional and famous in Scotland.

Summarized, the Scottish cuisine variates a lot but is very tasty!

Pamela



# Legends in Scotland

Of course the most famous legend of Scotland is the Lochness monster. The first sight of the monster was in 565 AD in the River Ness by the Irish monk Saint Columba. On his way he came across a local burying a man by the river. He said the man was attacked by a "water monster".

"The Surgeon's Photograph" is believed to be the first photograph of the neck and head of the monster. Dr. Wilson claimed he was looking at the loch when he saw the monster so he grabbed his camera and snapped 5 photo's.

So if you would like to check out the Loch Ness monster yourself, we advise you to go to Iverness. It's a lovely little city near the Ness River. And while you're looking for Nessie, we advise you to also look for the Urquhart Castle while you're on your way. It's a beautiful view and definitely worth a look!



# Scotland By Pamela & Eliza

### traditions & habits

Scotland has a lot of traditions, typical ones are the kilt, haggis and the bagpipe. The kilt is a kind of plaid skirt worn by men. Haggis is a savoury pudding made of a sheep's heart, liver and lungs mixed with onion, oatmeal, suet, spices and salt. Although it doesn't sound tasty, most people consider it delicious. The bagpipe is an instrument with blowpipes. Scotland is also known for golf. It's a really cozy place to be.

The Scots don't really have 'habits', but they're nice people who are slightly different than the rest of the United Kingdom. The people love sports, there are a lot of sporty activities to do. Less than 23 percent of the Scots smoke and the most people there get old. Less than 2% of all the people believe they're in financial trouble.

Scottish people are really nice to each other and the neighbourhoods are lovely. So if you're looking for a nice, cozy vacation spot, I'd definitely check out

Scotland!

Pamela



### Activities

The activities vary a lot. For example, you can play golf, walk, land yachting, sphereing. You can also do some watersports or go fishing. Of course you can also visit some of the art galleries and museums. But I think the most fun you can have as a visitor is at the Highland Games. Highlands Games are a unique combination of sporting, culture and social. The program usually consists field and track events, Highland dancing competitions and 'heavy events' like the tug-o-war, the hammer throw or tossing the caber.

From May to September the Highland Games will be all around small towns and villages around the country, as well as those within the ground of famed castles. At the Braemar Gathering in Aberdeenshire, you might even be lucky enough to see the Royal Family who traditionally attend each year.



## Places to stay.

You can keep your eyes open for a motel or hotel that looks appealing to you. But of course that's a little boring. You can look for some unusual places to stay.

You can choose to stay in a renovated church.
These renovation usually have traditional architecture and original features. They are just as modern and comfortable on the inside as normal hotels.

Most lighthouses in Scotland have a secondary role as a great place to stay. Imagine, spending the night at one of the most beautiful and awe-inspiring coastlines of Scotland.

There is also an option to stay on a boat in Scotland. Imagine waking up to the gentle sound of water lapping against the hull. Or eating breakfast and looking out at the beautiful view of a loch.

But of course, you can also stay at one of the renovated castles of Scotland. You'll get an unique experience. There are a lot of ruins in Scotland, because of battles or just because they were old. But some still manage to stand and not fall apart. Grab the chance and stay at a castle!

As you can see, there are plenty more options than staying in a hotel. The choice is all yours! We hope you'll have a wonderful time in Scotland.

