

# Sports & Exercise Month

Celebrating 400 Years of Golf

June 2016

## DORNOCH LOCHANS

**Fishing:** Four lochans stocked with Rainbow Trout. Practice your fly fishing or fish for your supper and hire rods for bait fishing. Bait, nets and priests supplied.

Available: April until September

Cost: 1st hour £4. 2nd hour £3. 3rd hour £2.

Thereafter £1 per hour. Rod hire £2. Fish: per weight at cost price.

**Croquet & Boules:** Why not try these unusual games? Ideal fun for all the family on the only publicly available full sized croquet lawn in Scotland.

Available: Mid- May until October (weather permitting)

Cost: £1 per person (equipment provided)

**Pitch 'n' Putt:** The interesting (but not too challenging) nine hole course has a variety of slope, sand and water hazards.

Available: Mid-May until October (weather permitting)

Cost: £2 per person. Club hire £1 (ball provided)

**Golf Range:** The open-air driving range has ten stances and a sand bunker with target greens marked up to 250 yards. Automatic ball dispenser.

Available: Year round.

Cost: £1 per basket

For more information: [www.dornoch-lochans.com](http://www.dornoch-lochans.com)

## ADVENTURA SCOTLAND

Do you love walking? Want to explore the Highlands with experienced guides? AdventuraScotland are qualified Mountain Leaders and will take you on a 'Journey of Discovery', exploring local landscapes, history, geography, geology, flora and fauna. Walks in the beautiful countryside around Dornoch, tailored to what you want to see and experience, hills, valleys and coast.

Cost: from £50 for half day per person. Reductions for 2 people or more.

For more information: [www.adventura-scotland.co.uk](http://www.adventura-scotland.co.uk)

## DORNOCH BEACH

Dornoch's safe, award winning, beach is ideal for families with its gentle shallows, sheltering dunes and miles of golden sands. Perfect for paddling and swimming as well as being popular with walkers taking a gentle stroll or carrying on north to Embo. The beach is an easy ten minute walk from the town centre.

For more information:

[www.facebook.com/DornochBRIG](http://www.facebook.com/DornochBRIG)

## DORNOCH BEACH TREASURE HUNT

A walk on the beach for children. Complete with hand drawn illustrations by local artist Sally Wild, children of all ages will enjoy this exciting and educational treasure hunt. Paper copies of the treasure hunt are available at the Beach car park and Visitor Centre and also on the Discover Dornoch app.

Cost: Free

Time: approx. 1.5 hours

For more information: [lucy@visitdornoch.com](mailto:lucy@visitdornoch.com)

## SQUASH

Dornoch Squash Club can be found to the south of Castle Street in the Meadows. All ages are welcome and the club are keen to encourage participation and new membership.

Rackets and balls available. Keys for the court are available at the Dornoch Stores on Castle Street (refundable key deposit £5)

Cost: Cost of court, £5. Tokens per 45 minutes, £3. Yearly membership: Adults £45, Juniors (School age) £20, Family £95 (2 adults 2 children)

For more information: Lisa J. Dickenson 01862 810973

## CYCLE HIRE

Why not hire a bike whilst on holiday?

There are two places to hire bikes from locally. Sam's Bike Shed in Dornoch and Grannie's Heilan' Home in Embo. Cycling is a great way to see the area.

For more information:

Sam's Bike Shed: Phone 07887 673 688 to book

Grannie's Heilan' Home: [www.dornochcyclehire.com](http://www.dornochcyclehire.com)

## GOLF LESSONS

Designed to meet your individual requirements, Links Academy's 2 day beginner course is ideal for individuals or couples wishing to experience everything golf has to offer. Set in the stunning surroundings of Royal Dornoch Golf Club, players will have use of the Golf Club's practice facilities as well as the Academy Course.

Cost: £225 per person

For more information: [www.visitdornoch.com/do-more/golf-school/](http://www.visitdornoch.com/do-more/golf-school/)



WALKING



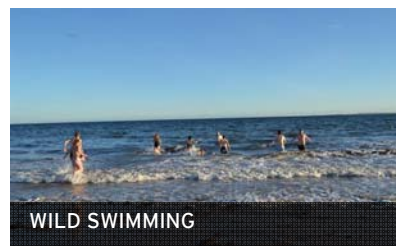
GOLF AT ROYAL DORNOCH



CLAY PIGEON SHOOTING



CYCLING



WILD SWIMMING



BOWLING

[WWW.VISITDORNOCH.COM](http://WWW.VISITDORNOCH.COM)

[WWW.DORNOCH400.COM](http://WWW.DORNOCH400.COM)



**Dornoch**  
You can do it all from here

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## **BOWLING**

Enjoy a game of bowls whilst on holiday. Everyone is welcome whether you are new to bowls or an experienced player. The club plays on Tuesday evenings at 7pm and there is a fun afternoon on Thursdays starting at 2pm - an ideal session if you want to try out bowls for the first time. You can also use the pitch for a private game.

Cost: Buy temporary membership- £10 for a fortnight/ £4 for a day ticket. Available from the Golf Club Pro Shop.

For more information: [www.dornochbowlingclub.btck.co.uk/Joinusforagame](http://www.dornochbowlingclub.btck.co.uk/Joinusforagame)

## **CLAY PIGEON SHOOTING**

Private clay pigeon shooting sessions for all standards from absolute beginners to experienced shots are available and include gun hire, ammunition and clays as required.

Cost: 1 hour session costs £40 per person with a maximum of 4 people of similar standard.

Contact: Ian Grant telephone 01862 810 291

For more information: [www.visitdornoch.com/do-more/clay-pigeon-shooting-pitgrudy-farm/](http://www.visitdornoch.com/do-more/clay-pigeon-shooting-pitgrudy-farm/)

## **GEOCACHING AT LEDMORE AND MIGDALE WOODS**

Follow the Carnegie Story Trail!

Our story, The Legend of Ledmore & Migdale, was written by Scottish author Theresa Breslin and illustrated by Kate Leiper. It follows a special geocaching trail that winds through one and half miles of beautiful native woodland. Seven chapters are hidden in secret spots along the path; can you find them all?

Entry: Free

For More information: [www.woodlandtrust.org.uk/mediafile/100614329/LM-site-leaflet.pdf](http://www.woodlandtrust.org.uk/mediafile/100614329/LM-site-leaflet.pdf)

## **CAPTAIN'S MIXED FOURSOMES**

Sunday 5 June

Royal Dornoch Golf Club

(H'cap 28 & 36)

Entry forms available from the golf club office or website.

Entry: Members £9. Struie Member: £18. Non-Member £26.

For more information: [www.royaldornoch.com](http://www.royaldornoch.com)

## **PONY RIDES**

Saturday and Sunday from 11 June onwards (weather dependant)

12pm until 3.30pm

S&j Fun Equestrian will be offering pony rides in Embo (next to Grannie's Heilan' Hame)

Cost: £2 per ride

For more information: [www.facebook.com/SJ-Fun-Equestrian-550116908433973/](http://www.facebook.com/SJ-Fun-Equestrian-550116908433973/)

## **BERRIDALE 10K & 5K FUN RUN/WALK**

Sunday 12 June: 12pm

Starts at Langwell gardens, Berridale. Walkers and buggies welcome.

Register on the day from 10.45am until 11.45am.

Refreshments available at Berridale Portland Hall.

Entry: 10k- £10/£5 for under 16. 5k- £6/£3 for 12 and under (accompanied by an adult)

For more information: Sue Steven- 01593 751245/ [sue@whittlespublishing.com](mailto:sue@whittlespublishing.com)

## **OUTDOOR HIGHLANDS GUIDED WALK- STRUIE HILL**

Thursday 16 June: 10am until 1pm

Group walk up a wee hill with great views. Booking essential.

Entry: Adults £4.50. Concessions £3.50. Family £15.00.

For more information: Katy Martin. Phone- 01463 255284. Email- [katy.martin@highland.gov.uk](mailto:katy.martin@highland.gov.uk)

[www.outdoorhighlands.co.uk](http://www.outdoorhighlands.co.uk)

## **NORTHERN OPEN GOLF COMPETITION**

Tuesday 21 until Friday 24 June

Royal Dornoch Golf Club

Tuesday 21 & Wednesday 22 tee off 8am-12 noon. Thursday 23 & Friday 24 tee off 8:30am-11am.

Spectators welcomed. Free Entry

For more information: [www.royaldornoch.com](http://www.royaldornoch.com)

## **FISHERFOLK FESTIVAL CEILIDH**

Saturday 25 June: 9.30pm

Seaboard Memorial hall, Balintore

Get your dancing shoes on for the Saturday Night Ceilidh with

Music from 'Whisky Kiss'

Entry: £10 per person

For more information: [lynda@seaboardcentre.com](mailto:lynda@seaboardcentre.com) 01862 832 888

**For more walks and cycle rides please see the website or download the  
Discover Dornoch app (available in Apple, Google & Windows play stores)**

**Find us on Facebook: [www.facebook.com/VisitDornoch](http://www.facebook.com/VisitDornoch)**