

MIDGES

Everyone has heard of the dreaded Scottish Midge. If you are planning a visit to Scotland between May and October, you are very likely to meet a few. However by knowing a few facts and taking a few simple precautions, they will not become an unwelcome guest on your trip.

Check out www.midgeforecast.co.uk for updates.

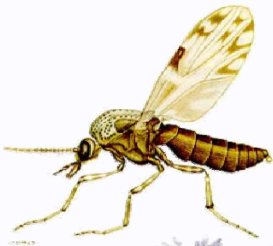
Midges love...	Midges hate...
<ul style="list-style-type: none"> • Mornings and evenings • Cool calm weather • Shady areas • Wet summers • The Unprepared • Some people's blood more than others! 	<ul style="list-style-type: none"> • Direct/strong sunlight • Breezy weather • People on the move • White/light clothing • The indoors • Repellents, e.g. Avon's Skin So Soft

Midge Facts

Midges love the smell of cows.

There are around 30 species of midge in Scotland.

Only the female midge bites.



For further information please contact:

The Great Glen Way Rangers

Auchterawe, Fort Augustus, PH23 4BT 01320 366633

www.greatglenway.com

greatglenway@highland.gov.uk