

Do you want to meet new people, have fun outdoors and help your local wildlife?

Come along to the
Highland Outdoor Volunteers Open Day

When: **Saturday 10 June from 11am-3pm**

Where: **Merkinch Local Nature Reserve**

All welcome!

You can meet the Highland organisations who run regular outdoor activities and green exercise for a wide range of interests and abilities. Find out how you can get involved and join in some of the fun activities on the day!



Whatever your age or life situation, outdoor volunteering helps to keep you mentally stimulated and stay physically fit.



How to get there: Merkinch Local Nature Reserve is located by the Old Ferry Ticket Office at the former ferry slipway at South Kessock, Inverness. There are a small number of parking spaces available www.merkinchlnr.org.uk