



Scotland is one of the most visited countries in the world. It is a part of the United Kingdom and it lies in the northern part of Great Britain, occupying almost one-third of the island. The southern border is shared with England. Its northern, western and eastern parts are washed by the Atlantic Ocean and the North Sea. Scotland is known for its exquisite liquor and breathtaking landscapes. The highest mountain in the British Isles, Ben Nevis, is situated there. It is located in Scottish Highlands. A famous British poet and lyricist Robert Burns wrote many poems and songs about these highlands. However, Scotland is associated not only with mountainous areas, but with bagpipes, kilts, haggis, Loch Ness monster, historic architecture and cobblestone streets of its capital city Edinburgh. Perhaps, the best time to visit this country is the last day of the year, during Scottish New Year, called Hogmanay. It's a public holiday with major all-night celebrations, which are among the largest in the world. The largest and most visited cities in the country are Edinburgh and Glasgow. While Edinburgh is the historical, cultural and educational heart of Scotland, Glasgow is its financial and industrial center. Other major and attractive cities are Aberdeen, Dundee, Inverness, Livingstone, Perth. Scottish flag is known as St. Andrew's Cross. It's a white cross on a blue background. According to the legend St. Andrew was the patron saint of Scotland, who was crucified on the similar cross. Having so many rivers, lakes, highlands and green areas, this country is believed to have one of the most beautiful sceneries in the world.



# Stone put



# Caber Toss

The Caber toss is considered the signature event of the Heavy Events. The Caber is generally log measuring about 20 feet long and weighing approximately 150 lbs. Once the Caber is balanced, the athlete runs, stops suddenly and pulls upward on the small end with all his might, flipping it end over end. A judge runs behind the athlete and calls the score



# Hammer Throw

The Scottish Hammer is a spherical, metal ball weighing 16 or 22 lbs that is fastened to the end of a wooden handle and is thrown for distance. The athlete has his back facing in the direction of the throw. He anchors his feet to the ground using long blades fixed to the bottom of his boots. Top professional athletes can throw the 22 lb hammer over 115 feet!





# Highland dance

**Highland dance** is a style of competitive solo dancing developed in the Scottish Highlands in the nineteenth and twentieth centuries in the context of competitions at public events such as the Highland games, where it is often performed to the accompaniment of Highland bagpipe music. It is now seen at nearly every modern-day



# Tug of war

Tug O'War is one of the oldest athletic contests known throughout recorded history. Tug O'War leagues with professional sponsors are popular throughout the United Kingdom. The contest is settled by the best of three pulls. The winners must pull their opponents a total of six (6) feet to win. The rules are: No cleats on your shoes. No hand over hand pulling. You can't wrap the rope around your body.



# Sheaf toss

The **sheaf toss** is a traditional Scottish agricultural event. A is used to hurl a burlap bag stuffed with straw over a horizontal bar above the competitor's head. Typical weight for the bag is about 7 kg. Three chances are given to each competitor to go over the bar, without touching it. After all challengers have made their attempts, the bar is raised and all successful competitors move on to the new height





The End