# The Highlands

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## About the Highlands

The Highlands is an inspiring region of magnificent mountains, enchanting lochs and sandy beaches. Discover, wonderful wildlife and landscapes such as Ben Nevis and Loch Ness.

### Area overview

The Highlands, in the far north of Scotland, is made up of six smaller regions. This region is great for outdoor activities and wildlife. There are also a variety of attractions and much great scenery to explore from mountains to beaches, rivers to islands.



#### The Cairngorms National Park

It is Britain's largest National Park.

## Towns and villages in the Highlands

## History of the Highlands

The Picts were the indigenous people of the north

#### Castles,

Built as palaces and places of safety, each castle has a unique history stretching back, in some cases, more than 1,000 years.



#### **Questions:**

- 1. Where is the Highlands?
- 2. What would you like to explore there?
- 3. Why were the castles built?
- 4. Who lived there in the old times?

