

# Midges

## Meanbh-chuileagan



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](http://www.midgeforecast.co.uk) for updates.

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

### 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, PH32 4BT  
[www.outdoorhighlands.co.uk/greatglenway](http://www.outdoorhighlands.co.uk/greatglenway)

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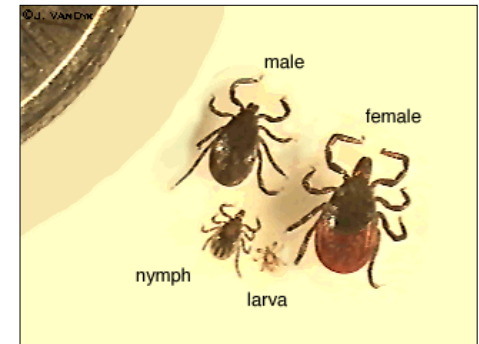
# Ticks

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### What are they?

Ticks are small, spider-like creatures that feed on the blood of mammals such as deer, sheep, dogs and humans.



### Where are they?

They are found in long grass, the undergrowth and heather.

### What happens?

The bite is usually painless and if left, ticks remain attached and feeding for up to three days before dropping off.

### Why important?

Some ticks carry bacteria in their gut which can cause infections like Lyme Disease.

### TICK LIST

- Give dogs repellent & collars before visiting the outdoors.
- Wear light-coloured clothing and avoid sandals/shorts.
- Pack a tick remover tool or tweezers and follow instructions carefully.
- Ensure everyone checks themselves thoroughly at the end of the day.
- Know the symptoms of Lyme Disease and, if suspected, speak to a doctor immediately.

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