Wellbeing Walk at Doune Castle Transcript

*Camera pans slowly across a large stone castle*

*Woman begins speaking:*

If you’re visiting Doune Castle, be sure to take time to enjoy the peaceful grounds.

0:10

*A person walking a black lab through lush green woods*

The path leads you through a broadleaf woodland

and follows the soothing sounds of the gurgling Ardoch Burn

00:13

*river rushing under green trees*

as it wraps itself around and behind the castle until it meets the River Teith.

0:26

*side view of wooden bridge*

I like to stop on the wooden bridge that crosses the Ardoch,

0:31

*woman and dog investigate a small stone archway cut into a grassy hill, this is the ice house*

just past the historic icehouse that hides in the side of the hill to the left of the castle.

0:36

*kingfisher and squirrels playing*

You can often see the kingfisher as it darts upstream, or the red squirrels that play in the trees.

0:43

*woman walking dog in the long grass next to a wooden bridge*

I always find this a very tranquil and secluded spot to stop and feel grounded.

Behind the castle, as you follow the path downstream

0:57

*woman and dog walk through long grass and clover*

the woodlands open out onto a wildflower meadow.

It’s always busy with different butterfly species,

1:04

*woman and dog walk along dirt path through Blackthorn trees whose branches have grown together overhead forming a tunnel tall enough to walk through*

and the blackthorn arched tunnel is often alive with small birds like firecrests.

Where the Ardoch Burn joins the River Teith,

1:15

*woman and dog approach a bench surrounded by trees and sit down*

the land juts out in a spit locally known as The Peir.

Here you’ll find a bench and, if you sit a while

1:25

*otter playing in water*

you might be lucky enough to spot the resident otter,

playing in the silvery ripples.

1:32

*camera pans slowly across stone castle from high above, showing fields, river and trees around it.*

*Text appears on top to ask “What does wellbeing look like for you? Share your story at hes.scot/wellbeing”*