

# MIDGES

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.

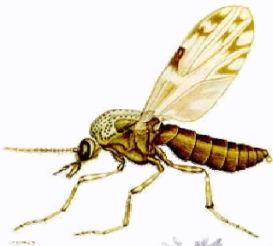
Midges love...	Midges hate...
<ul style="list-style-type: none"> <li>• Mornings and evenings</li> <li>• Cool calm weather</li> <li>• Shady areas</li> <li>• Wet summers</li> <li>• The Unprepared</li> <li>• Some people's blood more than others!</li> </ul>	<ul style="list-style-type: none"> <li>• Direct/strong 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's 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:

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