

Paisley residents urged to get outdoors in 2010

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by Cameron Hay,

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BUDDIES are being encouraged to get outdoors this year and enjoy the nature on their doorstep.

The United Nations has named 2010 as the International Year of Biodiversity and, with Scotland home to 90,000 different species, there is much to discover.

More than half of the Scottish population live within two miles of woodland.

Environment Minister Roseanna Cunningham told the Paisley Daily Express that now is the perfect time for Buddies to get out and enjoy the beautiful scenery.

She said: "As well as burning off the extra calories, it's a great opportunity to discover – or rediscover– your environment.

"With almost a fifth of Scots making a new year's resolution to walk or cycle more, there's clearly an appetite for healthier, greener lifestyles, which in turn can open up a world of nature.

"Few countries can match Scotland's natural environment, which means we're perfectly placed to offer a wealth of opportunities during this International Year of Biodiversity."

Eleanor Macdonald, of Scottish Natural Heritage, added: "Ten minutes in the fresh air could offer the chance to play 'I-spy' during a walk in the snow or to count the stars in the sky and, for most people, there is no need to get in a car or a bus. You just have to get out and be active."