

Enjoying the scenery at Lower Lough Erne

Stuck for things to do this summer? Here are seven super places to visit this month - including freebies for National Lottery players.

1. Find out about the journey our food takes – from field to fork

Field to Fork is an amazing new £1.3million attraction at Cheshire's Tatton Park Farm. It's a fascinating exploration of both contemporary and historic farming and food production: find out about seasonal events in the past and how they compare with the present, how animal feed, farm machinery and farm workers' lunches have evolved over time – and even step into a historic slaughterhouse. It's sensitively done, in the style of Horrible Histories. Should we all know more about where our food comes from? We think so - Tatton Park Farm is the place to find out.

2. Discover why dolphins are better than football

Torry Battery, Aberdeen's former artillery battery, hit the news last month when crowds gathered to spot a record number of bottlenose dolphins – a pod of at least 30. RSPB staff are on-site from Thursday to Sunday (11am – 6pm) until 11 August with telescopes, binoculars and information to help you in your quest. If you're lucky you'll catch a glimpse of these beautiful creatures putting on one of their acrobatic displays.

News of the record siting, just before the World Cup Final, was spread by volunteers from RSPB Scotland's Dolphin Watch, drawing large crowds to the National Lottery-funded site. Dophins 1 – Football 0!

3. Bag a freebie in Yorkshire with your National Lottery ticket

To celebrate Yorkshire Day this month, we've teamed up with 11 of Yorkshire's wonderful and diverse family friendly heritage attractions to offer some amazing freebies for National Lottery players.

Old Moor RSPB reserve is offering half-price family entry with a free pond dipping kit or discovery backpack for National Lottery ticket holders (1–31 August – 9.30am - 5pm). And Heritage of York Gate, one of the country's best small gardens located in the historic village of Adel, north of Leeds, has a buy one get one free offer for National Lottery ticket holders (1–31 August Mon – Thurs). Or you could get free entry to the Dales Countryside Museum (Mon-Weds all month). Here's the full list of things to do in Yorkshire.

4. Get a sneak preview of the largest ever National Lottery grant in Wales

Bryn Eryr is a brand new reconstructed Iron Age farmstead at St Fagans National Museum of History, just outside Cardiff. St Fagans is Wales' most popular heritage attraction – it also happens to be the recipient of the largest-ever National Lottery grant for Welsh heritage. You'll also find medieval churches, Victorian terraces and pre-fabs, experience how Welsh people used to live, shop, work and learn and if you're feeling adventurous, there's a brand new high ropes course. Bryn Eryr is the first of many new attractions opening at St Fagans this year, so it's a great time to get a sneak preview of all the exciting changes taking place.

5. Go into freefall at the National Army Museum

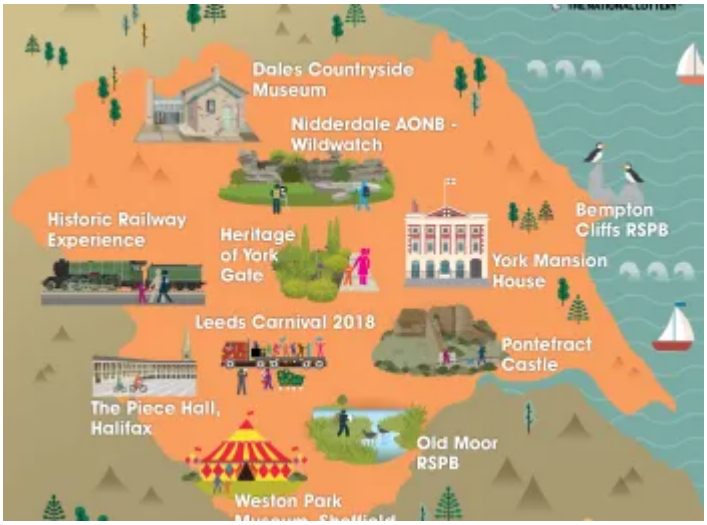
There's lots of fun to be had at National Lottery-supported National Army Museum in Chelsea this summer. Imagine you're a member of the Special Forces, do a virtual parachute drop and take part in a mission where you have to pack your own supplies and survive hostile sniper fire.

6. Explore the largest freshwater lake in the UK

Book a tour to discover the beauty, history and culture of Lough Neagh, County Derry. Choose the Wilderness Adventure to develop the skills needed to survive on the Lough; visit Ram's Island to explore 1,000-year old-ruins; enjoy a trip to Ireland's oldest thatched pub which dates from 1654; or explore the ancient ruins of Shane's Castle, recently used as a location in HBO's Game of Thrones. Visit Loughneagh tour website for more information.

7. Visit Northumberland's brand new discovery centre – or even stay for a few nights!

The Sill is a brand new National Landscape Discovery Centre in Northumberland National Park. It has an exhibition space, youth hostel, local food café, craft and produce shops and much more. There's loads going on over the summer, including an opportunity to explore the national park accompanied by the poems of Simon Armitage. It's also got a unique grass roof – what's not to like?



Celebrating Yorkshire Day – the National Lottery way! FREE heritage events for all the family from 1 August 2018



y way!

The Sill in Northumberland National Park



ian’s Wall landscape

Crome Estate, Lough Erne



on boost

The North Yorkshire Moors Railway runs through spectacular countryside Graham Staples/NYMR

Full steam ahead: North Yorkshire Moors Railway begins ‘magnificent journey’