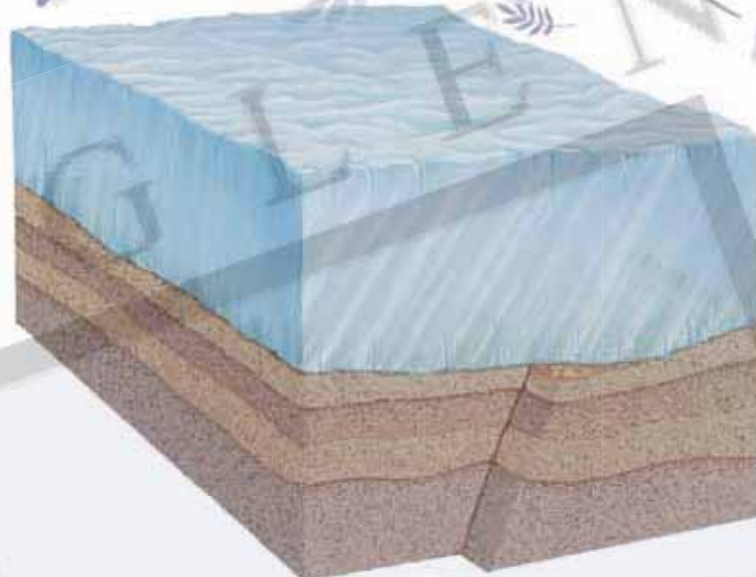


Make your very own Loch Ness *Dèan fhèin Loch Nis*

Pronounced: Deean hane Loch Neesh



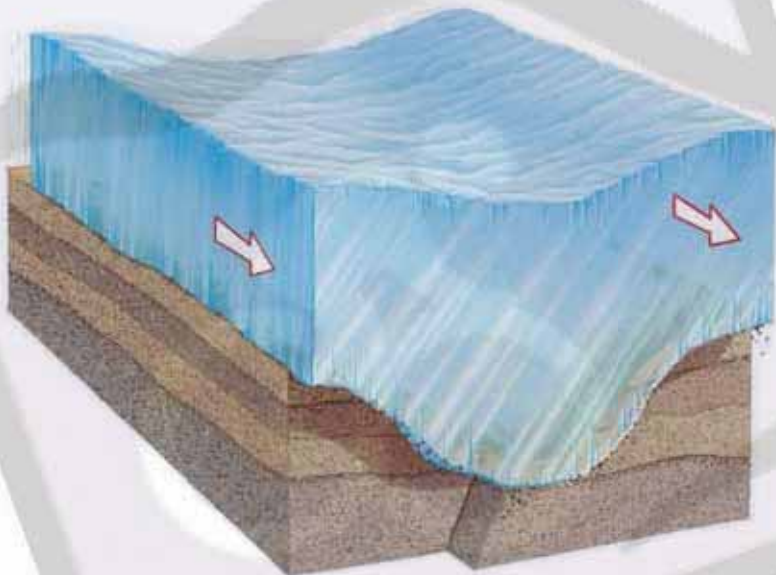
Step 1: Choose a site on a tear fault like the Great Glen fault. (One about 380 million years old, lined with shattered rock would be ideal).



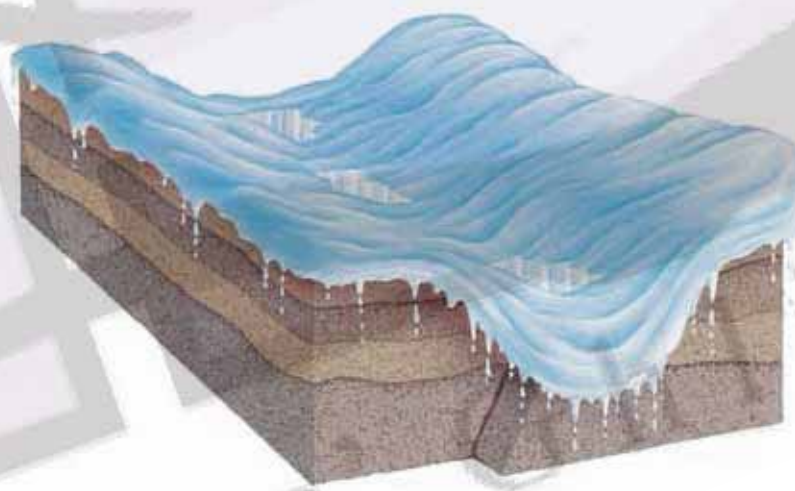
Step 2: Add masses of ice - a layer around 1700 metres (5,577 feet) thick, if possible. Use the height of Ben Nevis as your guide, then add a bit more.



Step 3: Grind the ice slowly along the fault - crunchy bits of shattered rock will get carried along as you go.



Step 4: Leave the ice/rock mixture to scour out the bottom of the fault into an even-surfaced, u-shaped trench.



Step 5: Leave the ice to melt. It will take quite a while!



Step 6: Now, for that finishing touch, fill the u-shaped trench with water (and allow one end to reach the sea). You'll need around seven fair-sized rivers and 100 wee burns (streams).

Recipe Reasapaidh

Preparation time:
around 20,000 years (steps 2-6).

Storage:
Set freezer to Ice Age.

Serving suggestion:
Best matured for around 10,000 years. Garnish with heather and forest before visiting.

Did you know...?

Loch Ness is... *Tha Loch Nis...*

around 244 metres (800 feet) deep at its deepest point - roughly the same as a human pyramid 145 people high! The London Eye is only 135 metres tall!

around 37 kilometres (23 miles) long - equivalent to over 9250 Loch Ness Monsters, if reports of monsters 4 metres (13 feet) long are accurate!

It has... *Tha aige...*

- a surface area of around 56 square km (21 sq miles)
- around 7,447.3 million cubic metres (263,000 million cubic feet) of water - enough to keep a city the size of Inverness supplied for around 18 months.
- a depth of 152 metres (500 feet) only 18 metres (60 feet) from the shore at Foyers - just opposite here.