The peaceful ruins of Dundrennan Abbey date back nearly eight hundred years. A visit here is a source of evidence and inspiration for a study of medieval Scotland.
Historical background

It is likely that David I founded the abbey at Dundrennan in 1142. It was set up as a Cistercian community or monastery, an order established in France in 1098. The Cistercians were committed to austerity and to following strictly the rules of St Benedict. They set up communities in remote places and dedicated their lives to god through a ceaseless round of prayer and hard manual labour.

Caught up in the wars with England at the end of the thirteenth century, the abbey swore allegiance to the invading Edward I in 1296. However, this evidently counted for little as by 1299 the community was looking for compensation from him for the destruction and burning of abbey property by his troops.

Little is known about events at the abbey between the early fourteenth and early sixteenth century. In addition to the daily round of eight church services, the monks and their co-habitant lay-brothers laboured in their gardens and farms to become self-sufficient in food and fuel. They became exporters of wool to Europe, a useful source of revenue for the abbey.

With the coming of the sixteenth century the abbey was already in decline. The last abbot had been promoted to become Bishop of Ross and a lay administrator, or commendator, was appointed in his place. With the Reformation of the Church in 1560, the commendator, Edward Maxwell, was ordered to demolish the abbey buildings. Although he refused to do this, monastic life at the abbey came to an end at about this time, though the church continued to be used as a parish church until the seventeenth century.

Dundrennan’s brief moment in the limelight of Scottish history came in May 1568 when Mary Queen of Scots, fleeing her defeat at Langside, spent her last night on Scottish soil at the abbey before boarding a fishing boat to Workington in England.

The abbey by the nineteenth century was little more than a romantic ruin and a convenient source of shaped stone for local buildings. It was taken into state care in 1842.
Monk Fact File

Who were the monks of Dundrennan Abbey?
The monastery at Dundrennan Abbey was a Cistercian monastery. Founded at Citeaux in France in 1098, this order of monk lived very simply and humbly, often in remote places. Monks were usually adults who entered the order of their own free will and tended to come from better-off local families. The majority spent their entire lives within the abbey, devoting themselves to a formal round of worship and abbey works. To start a monastery there had to be thirteen monks, representing Christ and the twelve disciples, sent out from another abbey and accompanied by ten lay brothers. They lived communally, following strictly the rules set out by St Benedict in the sixth century. The monks dedicated their lives to opus dei – the work of god, a ceaseless round of prayer and at least in the early days, of manual labour. They lived a life of poverty, chastity and strict obedience to the rules of the order. The Abbey itself, however, became wealthy on the back of sheep farming and wool exports. The monks themselves wore rough, undyed white habits and so were often known as the white monks.

How was the monastery organised?
At the head of the monastery was the abbot, responsible for the overall spiritual life of the monastery. However, he was often absent involved in meetings with the Parliament and the monarch. Below him were a number of other office bearers, known as the obedientaries. The prior was responsible for the day to day organization and discipline of the monastery. Below him were a number of other office bearers with other responsibilities as follows: sacristan – church furnishings; precentor – church services; cellarer – food, drink and fuel; kitchener – cooking; fraterer – the running of the refectory, crockery, table linen; chamberlain – housekeeping including care for clothes; almoner – distribution of charity to the needy. Other jobs included responsibility for the sick, visitors, the church treasures and so on. Within the monastery there also lived between twenty and forty lay brothers, who were the working members of the community and took on many of the roles of servants and workmen.
What was it like to be a monk?

Monasteries were generally wealthy organizations, often receiving patronage and donations from the crown and noble families. This meant that the inmates of a monastery were free from the many usual insecurities of medieval life. Having said that, the life of the monks was founded on austerity and frugality, although certain abbots ended up living comfortable lives in houses separate from the abbey altogether.

Their lives were communal and controlled to an extent which is hard for us to imagine today. They slept in their habits in order to be ready for night services and even when sleeping followed the Rule about how their arms should be folded. Monks were required to keep total silence – apart from the sung prayers – between Compline and Prime. Outwith those hours there were occasions when quiet speech was permitted in certain areas of the Abbey.

Second only in importance to prayer was the daily **Chapter meeting**. At this meeting, monks read a chapter from St Benedict’s Rule, the sixth century guidebook for a monastic life. Any administrative issues were also discussed here and monks were able to confess and be disciplined accordingly.

Work ranged from gardening and farming to copying manuscripts. After the initial enthusiasm at the founding of the order, hard physical labour tended to be carried out by the lay brothers.

Food was generally vegetarian and frugal, consisting mainly of bread, vegetables and eggs. Fish was served on a Friday and important visitors would be offered meat on other days. After washing their hands outside the refectory, the monks would file through in silence; grace would be said, a gong would sound and then the meal could begin. Throughout the main meal a monk would read from a religious text. Meals were eaten in silence; however a sign languages evolved to enable monks to request certain items.

Aside from seasonal variations and annual religious events, life was punctuated by certain domestic rituals or events. Every week the monks would wash each others feet in a ritual known as the **maundy**. Every three weeks or so there would be communal head shaving to maintain the **tonsure**.

The number of monks at Dundrennan was small and members of the community would live together for a long time. The closeness of the community and the tranquility and serenity of the routine provided a secure environment in the service of god, which was certainly attractive to a select number.
**Before the visit:**

- It would be helpful if pupils had an idea of some of the key terms relating to the abbey life e.g. monastery, monk, abbot, lay brothers, nave, tower, cloister, altar, chapter, chapel, Reformation, Mass, tomb. These and other terms could be collated into a class dictionary.
- The abbey has changed dramatically over the years. Discuss with pupils how and why buildings change. Discuss how wind and weather can affect a building as well as the deliberate destruction following the Reformation.
- The role and extent of the power of the Church in medieval times is hard for today’s children to grasp. Research into everyday life at this time will help show its influence – for example, the paying of teinds or tithes to the local church.
- Discuss and research what it would have been like to live in a monastery or convent. Investigate the everyday lives of monks and nuns. Further information can be found on the accompanying fact file. If possible, make contact with a contemporary monk or nun to discuss how they live today and what their motivation is.
- Help pupils gain a clearer grasp of the time scale by making a timeline with them, counting back the centuries and then marking on key events. This could be added to after the visit.

**Working on site**

Pupils should be encouraged to look for physical evidence. Useful starting points are:

- What materials were used to construct the abbey? Where did they come from? Why have some survived and not others?
- How was the abbey protected against intruders?
- Can you see any ways in which the abbey has changed?
- What evidence is there for daily life?
- Taking notes.
- Making quick drawings.
- Making photographs.
- Using tape-recorders to describe what they see, hear, feel and smell.

On the Historic Scotland website: [www.historic-scotland.gov.uk/education_unit](http://www.historic-scotland.gov.uk/education_unit) teachers can find additional resources to help with work on site. These include compiling a My Evidence Record and a My Impressions Record.

**Suggestions for follow-up work**

Following the visit pupils can pool their findings in groups to create a fuller record of the abbey and the lives of the people who worked there. This could form the basis for a range of presentation activities, for example:

- A poster, leaflet or guide book for future visitors.
- A slide show with commentary of their visit.
- Imaginative writing based on the lives of the monks at the abbey.
On the trail of the monks of Dundrennan

Our suggested tour route focuses on features which highlight aspects of the lives of the monks in the monastery. It takes in eight locations, marked on the plan to the right:

1. The West Entrance
2. Carved Stones
3. The Nave and Crossing
4. The North Transept
5. The Presbytery
6. The Cloister Buildings
7. The Chapter House
8. The South and West Ranges

Background information is given in the pack for each location. It is written in simple language so that an adult can read aloud to pupils if desired.

Also included are suggested questions for discussion. The focus is on encouraging pupils to interpret the building and deduce what they can from clues they see around them.

Ideally divide your class into groups of about ten, each with an adult helper.

Allow about forty-five minutes for the suggested tour.
Tour notes: On the trail of the monks of Dundrennan

Outside Dundrennan Abbey

Setting the scene. This can be read to pupils.

More than eight hundred years ago in 1142 a group of thirteen monks came to Dundrennan. At that time it was a remote place where not many people lived. King David I of Scotland had given them money to start building an abbey here. Together with their helpers, the lay brothers, they built a beautiful church and the monastery buildings where they lived and worked.

The monks and the lay brothers lived here until 1560. Then the official religion of Scotland changed and the monks had to leave the monastery.

A famous queen, Mary Queen of Scots, spent her last ever night in Scotland here before escaping from her enemies in a fishing boat to England.

Gradually the abbey church fell down and people in the village used the stone to help build their houses. We can still see the ruins and they can help us find out about the lives of the monks of Dundrennan.

Location 1: Outside the west entrance

Stand by the car park, facing the gate and wall of the abbey.

Background information for teachers. This can be read to pupils.

- This used to be the end wall of the church. Most of it has fallen down now. You will have to use your imagination to rebuild it, perhaps with a huge decorated window high above us.

- There used to be a long porch all along this wall. It would shelter people waiting to come in. There is a picture of how it might have looked on a board inside.

Teacher prompts | Desired pupil responses
---|---
There used to be three doors in to the abbey here – the main one and then one either side. Look carefully to the left and see if you can find any signs of where the door was. | You can see the remains of a pillar to the left at ground level.

The monks who lived here wanted to live very simply but still make things beautiful for God. Would you say that the doorway is decorated or plain? | Relatively plain – but still some carved and decorated stone.

Go through the doorway and turn to the left to face the carved stones in the alcove against the wall.
Did you know...

When a monk entered a monastery he was given special clothing to wear – a simple woollen robe called a habit. The monks here were Cistercian monks who always wore undyed woollen habits so they were sometimes called the white monks.

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**Location 2: Carved stones**

*Background information for teachers. This can be read to pupils.*

- These three carvings are the lids of old tombstones. Important people used to be buried in the abbey.
- Look at the middle one, which is more like a statue. People think that he was probably one of the **abbots** of Dundrennan. The abbot was the head of the abbey, the most important person here. This stone gives us some useful clues about what abbots and monks looked like in those days. There were strict rules about how you could dress and look if you were a monk.

<table>
<thead>
<tr>
<th>Teacher prompts</th>
<th>Desired pupil responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is his clothing like?</td>
<td>Long simple robes.</td>
</tr>
<tr>
<td>What is his hair like?</td>
<td>Bald on top – hair in a fringe round the sides.</td>
</tr>
<tr>
<td>Monks shaved their heads to show respect to god. They would have to shave every two or three weeks.</td>
<td></td>
</tr>
<tr>
<td>Why do you think he is carrying what looks like a shepherd’s crook?</td>
<td>The abbot was seen as a kind of ‘shepherd’, looking after the ‘sheep’ who were the monks.</td>
</tr>
<tr>
<td>It seems that this abbot was attacked. If you look very closely, can you see where he has been stabbed? Maybe the person he is standing on was his attacker?</td>
<td>Dagger in his heart, between his right hand and the staff.</td>
</tr>
</tbody>
</table>

*Continued on next page....*
• The abbot was the most important monk in the abbey. Next there were lots of other monks with special jobs – in charge of food, ill people, household matters like bedding, e.g. the music and so on. The stone to the right shows a monk called Patrick Douglas. He had an important job at the abbey. He was called the **cellarer** and was in charge of the food for everyone who lived there.

**Teacher prompts**

<table>
<thead>
<tr>
<th>Desired pupil responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>To the left of his head.</td>
</tr>
<tr>
<td>Prayer book is to the right.</td>
</tr>
<tr>
<td>Top left.</td>
</tr>
</tbody>
</table>

• Look at the stone to the left. It shows a carving of a nun.

**Teacher prompts**

<table>
<thead>
<tr>
<th>Desired pupil responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone who lived at Dundrennan was a man.</td>
</tr>
<tr>
<td>Suggestions from pupils.</td>
</tr>
</tbody>
</table>

On the other side of the entrance to the stones is an information panel with a picture of what the abbey might have looked like when complete.

Walk up the middle of the grass towards the main buildings of the church.
Did you know...

Abbeys like this one became very popular in Europe about eight hundred years ago. There were so many they had to make a special rule so that the bells from one abbey didn’t disturb the next!

Location 3: The Nave and Crossing

**Background information for teachers. This can be read to pupils.**

- The abbey church was built in the shape of a cross. We are now walking down the long part of the cross. It’s called the **nave**. There used to be big pillars holding up the roof.

**Teacher prompts**

**Desired pupil responses**

<table>
<thead>
<tr>
<th>Prompt</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look for the remains of the big pillars. How many pairs of pillars can you find?</td>
<td>Eight pairs of pillars.</td>
</tr>
</tbody>
</table>

- The area which holds the first seven pairs of pillars was the part of the church for the lay brothers. Although they weren’t monks, they were very important. They did a lot of the hard work at the abbey, in the farms and as builders too.

- **Find the seventh pair of pillars.** In the old days there was a big wooden screen here. The lay brothers weren’t allowed to go any further into the church. There used to be an altar here for them.

- Beyond the seventh pair of pillars, the church was only for the monks. They spent a lot of time here – they had eight church services a day, starting in the middle of the night, at 1.30 am. All the services and prayers were sung, so this part of the church was known as the **choir**.

- Stand in the middle of this area. This was called the **crossing** – can you think why? It was the part of the church where the ‘arms’ of the church crossed the nave. There used to be a bell tower here - it was 65 metres high.

**Teacher prompts**

**Desired pupil responses**

<table>
<thead>
<tr>
<th>Prompt</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look up to the left and right parts of the church. They were built at slightly different times, so some things are different about them. What can you notice is different?</td>
<td>The middle level, the gallery has a different design on the left and on the right. On the left the arches are ‘blank’; on the right you can see right through.</td>
</tr>
<tr>
<td>There used to be a roof which was held up by wooden beams. What do you think happened to the roof?</td>
<td>Wooden beams rotted and then roof collapsed. Stone taken away and reused.</td>
</tr>
</tbody>
</table>

**Turn to the left, into the North Transept.**
**Location 4: The North Transept**

*Background information for teachers. This can be read to pupils.*

- This part of the church is called the **North Transept**. There used to be three separate private little chapels here. As well as going to church eight times a day, the monks would also come here and pray privately.
- There’s another tomb here – with a statue on top of it. Important people were buried at the abbey because it was seen as a specially holy place.

<table>
<thead>
<tr>
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<th><strong>Desired pupil responses</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>The three little chapels were either side of the two pillars in the middle. They were made private by big wooden screens. If you look at the bottom of the pillars, can you find the grooves that the wooden screens would have slotted into? (most easily visible on the left two pillars).</td>
<td>Clear wide stone grooves cut into bottom of pillars.</td>
</tr>
<tr>
<td>What do you think happened to the wooden screens?</td>
<td>Maybe they rotted when the abbey stopped being used; maybe taken and used as firewood.</td>
</tr>
<tr>
<td>Look closely at the statue. Can you get any clues as to what kind of person this man was?</td>
<td>A knight – can see tunic, sword belt and remains of helmet.</td>
</tr>
<tr>
<td>Historians think he was probably the most important man in the region, Alan, Lord of Galloway who died in 1234.</td>
<td>Must have been rich or important to be buried here.</td>
</tr>
</tbody>
</table>

*Go into the middle part of the church.*
Location 5: The Presbytery

Background information for teachers. This can be read to pupils.

- This used to be the most holy and special part of the whole church. The altar used to be here. This part of the church was probably built first of all.
- The end wall is completely missing now. There probably used to be a big decorated window which would light up the altar.
- All the graves that you can see were put here after the abbey stopped being used. The monks were buried outside the abbey.

Teacher prompts

Desired pupil responses

When they had the church services, the priest and his two helpers would sit in a special place near the altar. Look around. Can you work out where the three of them used to sit?

Three arches on right hand wall – used to be benches here too.

These special seats were called the sedilia – Latin for seats.

To the left of the three arches.

There was also a special place called a piscina for washing the silver goblets and plates that were used during the mass. Can you see where this was?

High up to the left.

Sometimes the monks would need to climb high up in the abbey. If you look high up, you might be able to see the passageway they used.

Walk back to the crossing and then through the gap in the wall to the cloister area.
Did you know...
If you look at the wall with the benches, you can see some stones sticking out of the wall. These were probably used to support the roof of the walkway – but they are in the wrong place! They are too close together and the wrong height. Historians think that when people first started to look after the abbey in the 1800s, they rebuilt this wall to make it safe. They included these stones so that they wouldn’t go missing.

Location 6: The Cloister

Background information for teachers. This can be read to pupils.

- This area is called the cloister. It was where the monks lived and worked. Once they had joined the monastery, they never went outside the abbey area. The cloister and the church became their whole world.

- The grass in the middle used to be a herb garden called a garth. All around the garth there used to be covered walkways, looking out over the grass. It was the sunniest part of the abbey and was sheltered too. There were probably stone arches, like the ones you can see to the right side of the cloister.

- The monks would sit and read or copy out versions of the Bible in the cloister. It must have been a peaceful place.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>The wall next to the abbey church was the sunniest. Can you find the remains of stone benches?</td>
<td>Remains of stone benches at ground level against the church wall.</td>
</tr>
<tr>
<td>Why do you think they grew herbs and flowers in the garden?</td>
<td>For medicine, for flavouring food. Flowers for church altar.</td>
</tr>
</tbody>
</table>

- On the left side you can see a doorway with two windows either side of it. This is the entrance to a room called the chapter house, where the monks would have a meeting every day.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Look at the door and windows. How many different kinds of decoration can you see?</td>
<td>Carved pillars; shape of the doorways and tops of windows; carved leaf patterns around doorway and above window.</td>
</tr>
<tr>
<td>Why do you think the monks decorated the doorways like this?</td>
<td>So that they would feel they were coming to a special place.</td>
</tr>
<tr>
<td>Look up above the door and windows. What clues can you see that there used to be another floor above this room?</td>
<td>Shape of a window is visible.</td>
</tr>
<tr>
<td>The monks’ dormitory used to be up above. They had a special door from the dormitory which led straight into the church – useful at night time.</td>
<td></td>
</tr>
<tr>
<td>Where we are standing used to be under cover. Can you see where the roof used to join the wall?</td>
<td>A few supporting stones (corbels) can be seen sticking out.</td>
</tr>
</tbody>
</table>

Go through the doorway into the chapter house.
Location 7: The Chapter House

**Background information for teachers. This can be read to pupils.**

- This room was called the **chapter house**. Every day the monks would file in here and would listen to a chapter of an important rule book for monks. The book was written by St Benedict in the sixth century. It’s still used today – fifteen hundred years later!

- The monks would also discuss their work here and agree what had to be done. They would also deal with any problems here – and might be given their punishments by the abbot.

- Important people were buried in the chapter house and you can still see some of the grave stones. The stones we looked at right at the beginning used to be in here. In the old days the floor of the chapter house was covered in beautiful tiles.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Look around you and see if you can work out where the monks would have sat.</td>
<td>Remains of stone benches against the walls.</td>
</tr>
<tr>
<td>Can you see the remains of six stone pillars? What do you think they were for?</td>
<td>They held up the roof.</td>
</tr>
<tr>
<td>One of the grave stones was for the 12th Abbot of Dundrennan. His name was Brian.</td>
<td></td>
</tr>
<tr>
<td>See if you can find the stone – you might have to lift one of the lids – and find these words:</td>
<td></td>
</tr>
<tr>
<td>Abbas = abbot in Latin</td>
<td>The stone is under a protective wooden lid towards the east end of the chapter house.</td>
</tr>
<tr>
<td>XII= 12 in Roman numerals</td>
<td></td>
</tr>
<tr>
<td>You might be able to make out the word Brian too.</td>
<td></td>
</tr>
<tr>
<td>Why do you think the stones are under lids now?</td>
<td>To protect the carvings from the weather and from people’s feet.</td>
</tr>
</tbody>
</table>

**Go out into the cloister again and stand where you can see the rest of the buildings.**
Did you know...
Mary Queen of Scots never came back to Scotland. She hoped that her cousin, Queen Elizabeth of England would help her become Queen in Scotland again, but she didn’t. Instead, she kept Mary a prisoner for nineteen years and then executed her by chopping off her head! Hope she had happy memories of her last night in Scotland, at Dundrennan Abbey.

Location 8: The South and West ranges

**Background information for teachers. This can be read to pupils.**

- After the abbey stopped being used by the monks, about four hundred years ago, local people started using the stones from the cloister buildings to build their own homes. That’s why there is so little left today. Archaeologists are still looking at the stones that are left, mostly from the foundations, and are trying to work out what all the buildings used to be. On the panel beyond the south wall there is a picture of what these buildings looked like.

- They think that the room next to the chapter house was the parlour, which was the only room where the monks were allowed to talk – but only about official business. In the corner was the room for people who were training to become monks. The monks’ toilets were also near here.

- Along the end wall was the kitchen and dining room for all the monks, and a room called a warming room, where the monks could warm up next to a fire. The archaeologists are still working on this part of the cloister.

- Along the other wall you can see some stone arches. These were built later than the rest of the monastery but they still give us a good idea of what it might have looked like. This part of the cloister was for the lay brothers, who did the hard work in the abbey. Later on it was turned into a house for the abbot with store rooms underneath. It might have been where Mary Queen of Scots stayed when she was escaping her enemies, the Scottish lords.

**Teacher prompts**

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</tr>
</thead>
<tbody>
<tr>
<td>Look around some of the rooms which are still being excavated. Is it possible to work out what the rooms could be?</td>
<td>Pupils’ own ideas.</td>
</tr>
<tr>
<td>How do you think archaeologists know where to start digging, if there’s nothing to see above the ground?</td>
<td>Maybe they could look at other abbeys and see what you can see there. Maybe there are old plans or pictures.</td>
</tr>
<tr>
<td>In the little rooms by the arches you can see decorated stones. Archaeologists are trying to work out where they came from and what they might have been. Do you have any ideas?</td>
<td>Pupils’ own ideas.</td>
</tr>
</tbody>
</table>

Just by the exit to the abbey, there is a set of modern steps going up. These lead to the level showing where the abbot’s lodgings used to be. It gives a good overview of the abbey too.

Our suggested tour is now finished.
Visiting Dundrennan Abbey

Pre visits: We strongly recommend that teachers should make a free visit to the abbey to familiarise themselves with the site and to make a risk assessment before bringing school parties.

Booking a visit: Phone 01557 500262 to book a visit, discuss your needs and confirm opening times with the Steward. If staff are available, it may be possible to arrange a guided tour. Please note that from November to March inclusive, the abbey is only open to the public at weekends. However, it may be possible to organise a visit during the week during these months by prior arrangement.

Cost: Admission is free to a range of educational groups including school parties. More information about who qualifies for free visits can be found on the Historic Scotland Education Unit website (see below).

Location: In the village of Dundrennan, about 3 1/2 miles south-east of Kirkcudbright.

Parking: Coaches can park outside the abbey.

Health and safety:
- Pupils should not run around unsupervised and should not climb on the walls.
- As part of our commitment to Green Tourism, we ask that any rubbish be disposed of back at school.

Additional resources

Historic Scotland Education Unit: For further information about school visits, activities and resources for teachers visit: www.historic-scotland.gov.uk/education_unit

For teachers
Richardson, J S Dundrennan Abbey 2003 Historic Scotland. The official guidebook to the site which includes detailed information, maps and lots of photographs.
Hebron, S Life in a Monastery 1998 Pitkin. Though slanted towards English sites, a useful guide to life in monasteries with plenty of photographs.

For pupils:
Newbery, E Lookout! Mostly Monks 1999 Pitkin A lively pocket sized booklet (with stickers); useful pictures and information.

www.bbc.co.uk/history/scottishhistory/index.shtml A clear overview of the periods with helpful essays on the medieval church and Reformation.
www.scran.ac.uk Images of objects associated with the medieval church.
www.undiscoveredscotland.co.uk/dundrennan/dundrennanabbey/ A good historical overview of the site with clear photographs.

For pupils:
www.bbc.co.uk/scotland/education/sysm/scots/index_choice.shtml This website looks at the life of monks in pre-Reformation Scotland.
www.bbc.co.uk/scotland/education/as/burghlife/ This website explores burgh life in 1566.
www.ltscotland.org.uk/scottishhistory An excellent library of resources with some good pages on the Reformation.

Acknowledgements

Photographic credits: All photographs © Crown copyright Historic Scotland
Text: Elspeth Mackay
Series editor: Sue Mitchell
Design: N&EInteractive
Layout and print production: The House

With special thanks for individual contributions to Chris Tabraham and Visitor Services staff at Dundrennan Abbey.