




## 2008 Holiday Dossier

Come and enjoy a complete adventure with us  
Fraoch Lodge, Deshar Road, Boat of Garten PH24 3BN  
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Tel: 0845 095 6174

### FRUITS OF THE FOREST

Grade 1, 2 days / 2 nights

 Flight linked

How about walking in an area that has little changed since the forests chased back the glaciers 10 000 year ago? How about the chance to sample some of nature's gourmet delights - under expert guidance of course! The ancient Caledonia pine forest of Abernethy set within the Cairngorm National Park, is a superb example of what once was - noble pines, juniper, edible fungi, views to the peaks beyond and home to a quarter of the UK's endangered species.



**Arrive:** Fraoch Lodge on Friday 26th September 2008 preferably in time to join the group for dinner at 7.30 pm.

Flight-linked: 5 pm pick-up (unless otherwise arranged) at Inverness Airport if you should choose to fly.

**Sat:** We start in the heart of the beautiful Caledonian forest, home to a whole host of rare plants and animals. It really feels that nothing's changed since the beginning of time. We rise to panoramic views of the high Cairngorm peaks and open moors. We pick Chanterelles & Porcini to later be sampled in some of Rebecca's fantastic home cookery! This is a wonderful walk through varied habitats.

**Sun:** At Carrbridge we begin by taking a tranquil riverside walk. From open fields, to wooded glades and panoramic vistas to the distant high tops. This is a lovely walk amongst East Highland scenery before returning back in good time.

**Depart:** Sunday September 28th after about 2pm (3pm drop-off at Inverness airport).

**Price:** £204 fully inclusive of accommodation at Fraoch Lodge, full board, pick up/drop off from Aviemore station or Inverness airport, and all guiding.



Our Flight-linked Walking Weekends are designed to coincide with Friday & Sunday afternoon flights in & out of Inverness Airport. Each one aims to maximize your active time by making travel connections a breeze. We pick-up at 5 pm on the Friday (unless otherwise arranged) and drop off by 3:30 pm on the Sunday and if these times don't suit there's always the option of staying over at our lodge Sunday night.

Mountain Innovations advises all clients to take out suitable insurance cover. For clients resident



in the UK we can offer insurance cover against personal accident, cancellation and lost/stolen baggage. Please phone 01479 831 331 for full details.

\* Mountain Innovations Ltd will pick up from Inverness airport at approx. 5pm, unless otherwise arranged.

### GRADING INFORMATION

The grading of each holiday is based on the average length of the

day for that holiday. The time takes an accurate account of the distance and amount of ascent & descent. Additional time is also included for breaks. These calculations have then been tempered by walking the routes with any necessary adjustments having then been made to the grading. For the easier grade holidays (grades 1 & 2) the day length has been adjusted to give a slower pace more suited to the tempo of the holiday.

**Grade 1:** are low level walks involving a minimum amount of ascent and generally only very gentle gradients. The routes generally follow good paths and tracks and involve a minimal amount of crossing rough ground. They involve 5 - 6 hrs walking at a relaxed pace. Anyone who leads a reasonably active life would enjoy this type of holiday.

It's important for your own and the rest of the group's enjoyment, that you choose the right holiday for your ability. If you are in any doubt to the suitability of a particular holiday please don't hesitate to give Andrew a ring on 01479 831 331 so we can better advise you.

Since time is often given over to photography and due to the vagaries of the mountain environment the average day length should only be regarded as an estimate.

### ABOUT US

Established in 1998, we're an owner-run provider of guided walking holidays and mountain courses in the Highlands of Scotland. We firmly believe 'the day' doesn't finish with the walk; we don't hand you over to someone else, you arrive back to 'Cake O'Clock' - a welcoming mug of tea and some of Rebecca's home baking.

Andrew's knowledge of the mountain environment is extensive. Having a background in geology and being interested in natural history and conservation from an early age, he's a mine of information. The fine food and relaxed atmosphere

mean that access to some of the wildest places in Britain is a safe, fun and exhilarating experience.

We are always on hand to ensure your stay exceeds expectations and are very proud of all the great testimonials we receive. Come and enjoy an adventure with us.

### YOUR HOSTS

Both Andrew and Rebecca have travelled widely. Andrew's mountaineering experience of 15 years is complemented by a number of independent expeditions to such places as the Karakoram mountains of Pakistan, the Indian Himalaya, the Alps, Mount Kenya and the High Atlas of Morocco.

Rebecca has trekked extensively in New Zealand and Australia. She has worked in Taiwan and travelled throughout China, Indonesia, Thailand, the Philippines and many other parts of SE Asia. She brings her knowledge of global cuisines to the preparation of her highly regarded and creative menus.

### FRAOCH LODGE - YOUR ACCOMMODATION

Our Highland base is Fraoch Lodge. The Lodge provides a very comfortable dining room with wood burning stove & a separate lounge with open fire.

Single guests generally share a twin room with a member of the same sex.

If you would prefer single occupancy of a room please enquire for availability (surcharge may apply).

Full details of Fraoch Lodge are available from our web site at [www.scotmountain.co.uk](http://www.scotmountain.co.uk)

### CATERING

Rebecca's meals have been described as 'blue-ribboned events'. Bread is baked daily and all dishes are home-prepared using as much of our organic, home-grown ingredients as possible. There are a variety of options for breakfast. Packed lunches are imaginative but practical. There are home made cakes on our return and the evening



meal consists of 2 courses, with the option for seconds, followed by tea or coffee.

We operate a BYO policy for dinner.

### RECOMMENDED KIT LIST

- Windproof/Waterproof jacket with hood
- Windproof/Waterproof trousers
- Gaiters (optional)
- Proper Walking boots and socks (not walking shoes nor sneakers/approach shoes )
- Walking poles (optional)
- Ruck Sack - 30 litre plus capacity
- Warm clothing - (e.g. fleece or 2 x thin wool jumpers)
- Hat (warm & sun hats)
- Gloves
- Walking Trousers (not jeans)
- Sun block
- Sun glasses (optional)
- Water bottle/flask
- Towel
- Slippers/indoor shoes
- Outdoor shoes for bus, etc
- Thermal underwear top or warm shirt (preferably not cotton)
- Shorts and T-shirt (optional)

Clients are advised to avoid wearing clothing made out of 100% cotton for mountaineering since cotton loses a lot of its thermal potential when wet. It is far more versatile to opt for a number of thin layers, as opposed to a couple of thick layers with regards to warm clothing.

If you have any doubts on the suitability of your kit please don't hesitate to contact us: 01479 831 331.

### OUR RESPONSIBLE POLICY

On all our holidays we have a 'leave nothing, take only photographs' policy. Our guides are asked to explain and encourage this policy. For example, leaving an apple core or feeding a seagull on a mountain summit may seem innocuous but it detracts from the 'untouched wilderness' aspect and can have a detrimental knock-on effect on the indigenous wildlife. Our guides are there your safety & enjoyment & to informally share their knowledge of the mountain environment - from its geological beginnings through to contemporary land management and its associated politics.

We compost all biodegradable waste in 3 large compost heaps built from scrap wood and use this to fertilise the garden, especially our vegetable patch.

The lodge is mainly heated by a multi-fuel stove which is supplied by wood from the garden, deadfall in the local woods and cutoffs (a waste product) from the sawmill at Carrbridge

**We have been awarded Silver under the Green Tourism Business Award.**

### TRAVEL TO THE HIGHLANDS

If you are intending to fly you can find all options on the Inverness airport web site at [www.hial.co.uk](http://www.hial.co.uk). Alternatively you could take the train to Aviemore. Direct services run from London with GNER & Scotrail (the sleeper).

**Mountain Innovations are offering a £15 GREEN TRAVEL DISCOUNT for clients travelling to Fraoch Lodge by train or bus.**

