



## 2008 Holiday Dossier

Guided Walking Holidays and Courses in Scotland from  
the leading experts  
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Tel: 0845 095 6174

### **BOTHY SOLITUDE EXPEDITION**

(Grade 2, 4 days, 5 nights)

This is the ultimate in escapism: no phones; no faxes; no deadlines; no nothing; just a 4 hour walk to the nearest road! Our base is Scotland's newest & finest bothy - we're sworn to secrecy, but its loch shore setting is below one of Scotland's grandest & remotest north faces.



**Arrive:** Fraoch Lodge on Sunday 7th June 2008. Try to aim for between 5 & 7pm so that you have time to settle in and meet the other members of the group, before dinnea at about 7.30pm.

**Day 1:** Sees us leave Fraoch Lodge for our starting point for the walk-in to Coire Mhor. Dominating An Sgurr rears straight out of the loch, waterfalls tumble over the Coire headwall and our abode, for the next few nights, nestles beside a bubbling stream on the loch shore - a superb setting!

**Day 2:** We climb the much prized Munro of Seana Bhragh via An Sgurr. This towering bastion is linked by a fine arete. Our route continues around the rim of huge cliffs before descending to our humble abode.

**Day 3:** We trace a superb route around the splendid headwall of Coire Mhor; numerous cascades coursing down black cliffs. It's then to the summit of Carn Ban followed by a descent directly behind the bothy.

**Day 4:** We retrace our steps in this wild country as stunning Coire Mhor once again hides its delights from

view. If you want to completely get away from it all in a fantastic mountain setting, then this may well be the trip for you.

**Depart:** Thursday 12th June after breakfast.

#### **Price:** £386

Includes accommodation and full board throughout along with guiding, transport & transfers between Aviemore station & Inverness airport.

We advise guests to arrive at Fraoch Lodge between 5 - 7 pm if possible.

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 2:** suitable for anyone with good walking fitness who takes regular exercise. The hill walking in these holidays is similar to walking the Lake District Fells. At times we may encounter steep ascents & descents over rough terrain with around 6 - 7 hrs walking at a fairly relaxed pace. The steeper gradients may total up to 600m of ascent in a day.

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 & BOTHY - 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.

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

The bothy we will be staying in was rebuilt in 2001 in memory of an RAF pilot who died in Kosovo. The work was undertaken by a qualified mason with the help of volunteers in the RAF. It is in a fantastic situation on the edge of a loch surrounded by peaks, corries and waterfalls. There are no facilities in the bothy so Wild Camping rules will apply.

### **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 - 50 - 70 litre 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
- Slippers/indoor shoes
- Outdoor shoes for bus, etc
- Thermal underwear top or warm shirt (preferably not cotton)
- Shorts and T-shirt (optional)
- Sleeping bag (good to -7°C)
- Sleeping mat or thermarest

Clients are advised to avoid wearing clothing made out of 100% cotton for walking in Scotland 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.**

On the bothy trip we will be carrying in coal to heat the building and carrying out all our rubbish. All recyclable materials will be returned to Fraoch Lodge to be sorted.

### **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).

