



2008 Holiday Dossier

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

THE EMPTY QUARTER (Grade 2/3)

Empty of people, maybe, but not of hillwalking interest. This is the very distinctive wilderness of Assynt & NW Sutherland, where the superlatives really start to flow - 'island mountains' rising abruptly from a vast loch-pitted tableland. The sense of space is superb. We could go on but to say these are the most eye-catching of mountains with fantastic walking.



Arrive: Fraoch Lodge on Saturday 4th October, 2008 preferably before 7 pm so that you have time to settle in and meet the rest of the group before dinner.

Day 1: We head Northwest for the dramatic looking peak of Quinag. The array of rocky features belies a relatively easy but exhilarating tramp in typical Assynt splendour. We return from the mountain to our accommodation in Lochinver.

Day 2: The two giants of the region, Ben Mor Assynt & Conival provide a thoroughly absorbing day out. Passing by limestone caves and lush pastures with their rich variety of wild flowers we climb to their shattered summits via the sporting SW ridge.

Day 3: We climb Cul Mor. Standing head and shoulders above its neighbours it's a formidable peak. From its plinth, its craggy south, west and northern slopes sweep up at great angles to its summit plateau. Fortress like, it dominates the view across the loch strewn wilderness to the Atlantic beyond.

Day 4: An easier day along a superb coastline to Am Buachaille, a 200ft stack guarding the most glorious Sandwood Bay - a mile of deserted golden sand bound by dunes and often perfect Atlantic breakers.

Day 5: Suilven - the area's most depicted mountain - its western prow stands defiant ahead of this fin of a mountain. The approach is a wonderful gander leading to an enthralling ascent of this incredible peak.

Day 6: We head up to Ben Stack before heading back to Fraoch Lodge. This modest but striking mountain gives a superb viewpoint to view the week's routes.

Depart: Saturday 11th October after breakfast



Price: £618 (6 days, 7 nights)

fully inclusive of: all guiding or instruction, accommodation at Fraoch Lodge & Assynt accommodation (see below), full board, transport, and transfers to Aviemore Station or Inverness airport*if required.

Assynt Accommodation: We hire a well appointed holiday cottage in the vicinity of the picturesque fishing village of Lochinver. Supplied with all the necessary facilities including a well equipped drying room.

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

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

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.

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.

Grade 3: this is challenging walking. These holidays involve 6 - 7 hrs walking with the need to maintain a steady pace. They're suitable for fit hill walkers or anyone who takes regular (weekly) exercise. The routes may include steep ascents/descents over rough mountain terrain. The steeper gradients usually total up to around 800m of ascent.

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 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 many other parts of SE Asia. She brings her knowledge of global cuisines to the preparation

of her highly regarded and creative menus.



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.

It is vital for this particular holiday that you notify us in advance of any particular food dislikes as all the supplies will need to be ordered in advance of travel.

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 will remove from our accommodation all compostable and recyclable waste.

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

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

Alternatively you could take the train to Aviemore. Direct services run from London with GNER & Scotrail (the sleeper).

