



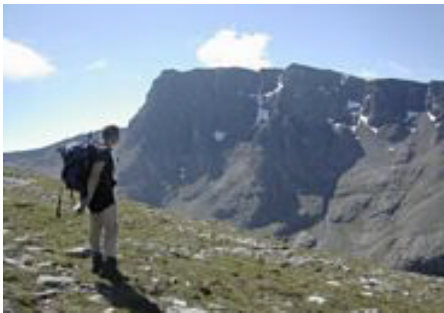
## 2008 Holiday Dossier

Guided Walking Holidays and Courses in Scotland from  
the leading experts  
info@scotmountain.co.uk  
Tel: 0845 095 6174

### CLASSIC MOUNTAIN HORSE-SHOES

(Grade 4)

This short break delivers some of the most challenging mountain walking the Highland's has to offer. We trace the edge of highly impressive cliff & corrie scenery to gain some of Scotland's most distinguished peaks. All-in-all 10 Munros in 4 days.



**Arrive:** Fraoch Lodge on Tuesday 2nd September 2008. Try to aim for between 5 & 7pm so that you have time to settle in and meet the rest of the group before dinner at 7.30 pm.

**Day 1:** A route up Cona Meall's superb south east ridge and on to Beinn Dearg takes us high above a magnificent hidden corrie typical of the Northern Highlands. We follow the edge of this natural amphitheatre to complete a much overlooked route.

**Day 2:** We climb Ben Nevis via Carn Mor Dearg and its famous arête - an absolute classic. The cliff scenery is unsurpassed as we pass opposite 'The Bens' massive north face.

**Day 3:** An absolute gem, Creag Meagaidh's Coire Ardair rivals 'the Ben' for scale. Towering rock buttress divided by deep gullies dwarf everything in their presence. We take a route around this tremendous feature to include all its munro summits.

**Day 4:** The Perthshire landscape is dominated by the complex Beinn a'Ghlo. By linking its numerous corries this massive mountain sports an airy walk

along a wonderful snaking ridge that joins its 3 munros.

**Depart:** Sunday 7th September 2008

**Price:** £412 (4 days/5 nights)

fully inclusive of: all guiding or instruction, accommodation at Fraoch Lodge, full board, transport and transfers to Aviemore Station or 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 4:** These holidays involve some of the most challenging routes with 7-8 hrs days. They may include long steep ascents/descents over rough terrain. The ability to maintain a good pace through the day is essential as is a good level of aerobic fitness. The steeper gradients usually total over 1000m of ascent. Previous hill walking experience is desirable but if you take regularly aerobic exercise at a competitive level then you shouldn't have a problem.

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 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/ Aviemore by train or bus.**

