



2008 Holiday Dossier

Come and enjoy a complete adventure with us
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WILD KNOYDART

Grade 2: 6 days / 7 nights

The remote & rugged Knoydart peninsular is a very special place. For many, it epitomises west highland beauty; mountain after mountain plunging to deep dark serpentine lochs. Accessible only by boat (our mode) or long walk-ins, its one of the most isolated parts of mainland Britain. Its reputation is thoroughly deserved.



Arrive: Rendezvous at Mallaig Harbour for 6 pm ferry departure for Inverie on Sat 17th May. Due to the travel time involved in traveling on public transport between Glasgow & Mallaig we are also offering pick up from Aviemore station by no later than 2 pm and at Inverness airport at 3 pm

Day 1: As you round the headland of Inverie Bay, Sgurr Coire Choinnichean dominates the view. The traverse of this mountain gives a wonderful ridge walk amongst Knoydart splendor. A great introduction.

Day 2: The craggy hill of Beinn na Caillich sees us venturing into the totally uninhabited NW corner of the peninsular. This is Knoydart at its wildest - seaward views all around.

Day 3: Labhar Bheinn, the most westerly mainland munro, is to may the most beautiful mountain in Britain. To do justice to it's souring ridges, dramatic corries and stunning panoramic views, in so few words, is nigh impossible.

Day 4: From breakfast onwards

this is a day off for us all. It's a chance to explore Inverie a little more, hire a boat maybe, or go for a gentle walk along the shore. The day is rounded off with us all going out to dinner at The Old Forge pub, fabled for its fine wild food both from the sea and the land.

Day 5: The summit of Meall Buidhe rises from extremely rough and rocky corries. Carving & dividing its north & east flanks they create fine mountain of unending interest - a great ridge walk in the remotest of situations.

Day 6: The southernmost part of Knoydart is occupied by one massive mountain, Beinn Bhuidhe. Its delightful 8 km long ridge gives unexcelled views of Loch Nevis to the south and a fine series of corries to the north.

Depart: Sat 24th May - Mallaig at 9:45 am with drop off at Inverness Airport at 12:45pm and Aviemore Station for 2pm

Inverie Accommodation:

We'll be staying in a comfortable cottage in Inverie. The house is furnished as a home & is centrally heated and the electricity is from the estate's hydro-plant. Logs are available for an open fire in the sitting room. Water comes from the hill via 2 settlement tanks. Bicycles and a selection of board games are available for use.

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.

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 Silver under the Green Tourism Business 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).

