



2008 Holiday Dossier

Come and enjoy a complete adventure with us
Fraoch Lodge, Deshar Road, Boat of Garten PH24 3BN
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CLASSIC TORRIDON

Grade 3/4 , 5 days / 6 nights

Torrison's reputation is wholly justified. A landscape of towering buttresses & a primeval feel. For many this magnificent area provides the finest mountain days anywhere. I need say little more other than this holiday requires a good head for heights.



Arrive: at pick-up points by stipulated time (see options below) on Sunday 13th July 2008.

Day 1: The narrow ridges followed by the entertaining three Horns of the Jewel Mountain, Beinn Alligin, makes a very fine introduction to the Torrison mountains.

Day 2: Slioch - 'the spear' - rises fortress like to dominate the most beautiful of lochs, Loch Maree. A walk in mountain splendour and one of the Scotland's classic peaks.

Day 3: The view of Liathach from Glen Torrison is stupendous. It's eastern spine appears to rise sheer in a series of fortified buttresses. We breach the defences of this huge monolith for a traverse along its sensational crest.

Day 4: Beinn Eighe's is another of Torrison's Giants. Its northerly flanks thrust out rocky spurs to encircle deep corries with cliff skirted headwalls, the finest of which is Coire Mhic Fhearchair & it's 1000ft triple buttress - one of the natural wonders of Scotland.

Day 5: Beinn Damh may be just short of Munro status but it doesn't lack interest. Its dramatic east face of towering buttresses & huge cliffs

makes it an equal amongst its neighbouring giants.

Depart: Saturday 19th July after breakfast.

Price: £538 (5 days/6 nights) fully inclusive of: all guiding or instruction, accommodation (see below), full board, transport and transfers to Aviemore Station or Inverness airport*if required.

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



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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.

Pick-up Options:

1, Arrive Fraoch Lodge by 4pm on Sunday 13th July 2008 and we will take you the rest of the way to Torrison. You can safely leave your car in our off-road parking behind Fraoch Lodge. Transfers available from/to Aviemore station.

2, Arrive Inverness Airport by 5pm on Sunday 13th July 2008 and we will transfer you over to Torrison. Return Drop-off time at Inverness Airport on Saturday 19th July is 11.30 am.

3, Arrive Torrison under your own steam on Sunday 13th July 2007 preferably in time to join the group for dinner at 7.30 pm.

There is also the option of adding

extra night's accommodation at Fraoch Lodge if it should help with your travel plans - £28, D, B&B.

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 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.

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 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.

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).

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

