



2010 Holiday Dossier

Come and enjoy a complete adventure with us
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HIGHLAND EXTRAVAGANZA (Grade 1/2)

From Loch Ness in the north to Atholl in the south; the Cairngorms in the east to Lochaber in the west, this holiday samples the Highlands' very varied mountain-scapes and is an ideal introduction to mountain walking in Scotland.



Arrive: Fraoch Lodge on Sunday May 30th 2010. Try to aim for between 5 & 7pm so that you have time to meet the rest of the group and settle in before dinner.

Day 1: Ben Vrackie is one of the S. Highlands' finest viewpoints - to the south vistas over rolling mountain wilderness and down glens, and to the east, north & west the high peaks. There's also the chance to visit the smallest & most traditional of distilleries.

Day 2: The climb of Creag Follias takes us past & high above the idyllic Lochan Eilein. We rise to spectacular views from the Argyll Stone. From here its down through beautiful pines and one of Cairngorm's hidden valleys before a walk through the wonderful Rothiemurchus Estate.

Day 3: An easier day with superb views down Loch na Hearba bound by mountains & cliffs on either side, this is a lovely remote walk past 2 beautiful lochs of very different characters.

Day 4: Meall Fuar-mhonaidh stands in perfect isolation high above rolling hills & the Great Glen. The sense of space is superb as we're

treated to grandstand views down Loch Ness and to the distant West Highland peaks.

Day 5: Lurcher's Crag guards the northern approach to the famous Lairig Ghru pass. Carving straight through the Cairngorms with Scotland's 2nd & 3rd highest peaks on either side the views are dramatic - a fine peak to survey the Northern Cairngorms.

Depart: Saturday 5th June after breakfast.

Price: £565
(5 days, 6 nights)

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

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.

* 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 1 are low level walks involving a minimum amount of ascent and generally only very gentle gradients. The routes generally follow good paths and tracks and involve a minimal amount of crossing rough ground. They involve 5 - 6 hrs walking at a relaxed pace. Anyone who leads a reasonably active life would enjoy this type of 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 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

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. We are in the process of reorganising our plot with the help of volunteers on the WWOOF scheme, so we can supply more fruit and vegetables from the garden.

The lodge is mainly heated by radiators fed from a biomass boiler fueled by Scottish wood pellets.

We have been awarded Gold in 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).

Mountain Innovations is offering a **£15 GREEN TRAVEL DISCOUNT** This applies to those guests travelling to and from the designated base/pick-up point solely by public transport (train, bus or boat).

EARLY BOOKING DISCOUNT

If you book this trip before 28th February 2010, you will be entitled to a 5% early booking discount.

