

SPRING MUNROS

Grade 3: 5 days, 6 nights

Long days, new life, warm sun - an opportune time for mountain walking. Stretch those legs, blow away the winter cobwebs and ascend through bonny mountain scenery to some of Scotland's highest summits.



Arrive: Fraoch Lodge on Saturday 24th April 2010 - try to aim for between 5 and 7pm so that you have time to settle in and meet the group before dinner.

Day 1: Carn Dearg offers us the opportunity to sample the vast Monadh Liath range. It's a huge expanse of untracked wilderness and a most definite stronghold for Britain's only indigenous rabbit: the Blue Hare - the most favoured food of the Golden Eagle! That's on top of the herds of Red Deer, Grouse and Ptarmigan you are likely to see.

Day 2: The Perthshire landscape is dominated by the complex Beinn A' Ghlo. Starting from an elevated position and after the initial steep climb we have the pleasure of a wonderful snaking ridge with it's airy feel that links our 2 munros of the day. Huge heathery slopes sweep down on either side.

Day 3: If your looking to experience the full awe inspiring grandeur of the Cairngorms then the route to Beinn Mheadhoin is a must. Our journey takes us deep into the massif to drop into one of it's most spectacular features: the huge Loch A'an basin with it's arc of towering cliffs. With unique vistas we rise to it's strange summit.

Day 4: From the Drumocher Pass we set out east for the peaks of Beinn Udlamain and Sgairneach Mhor. With them dominating the skyline, our route heads up Coire Domhain to gain steep mountain flanks before

reaching the first summit of the day. With ever expansive views down and along one of Scotland's longest lochs, the great defile of Loch Erich, we head around for our second shapely peak - a great mountain tramp in wild open country.

Day 5: Beinn a' Chaorainn is our most westerly mountain of the week and is a great mountain in many ways. After a steady climb up its SW ridge we are treated to a wonderfully airy yet gentle walk linking its various summits. Stunning views across to Ben Nevis and it's neighbours greet us. On our left grassy slopes dropping out of sight, to our right an impressive array of cliffs and dividing ridges. We eventually drop down and around to skirt below this dramatic east face.

Depart: Friday 30th April 2010 after breakfast.

Price: £565 (5 days, 6 nights)

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



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 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 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 China, Indonesia, Thailand, the Philippines and many other parts of SE 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

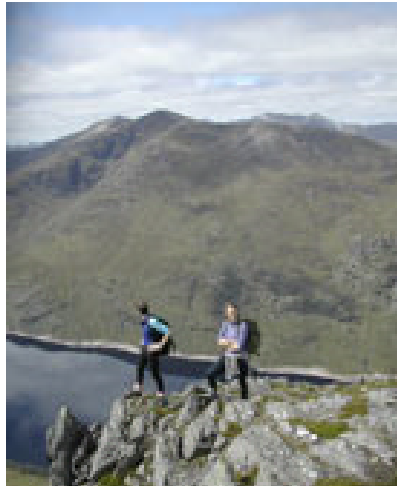
CATERING

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

- Waterproof jacket (+ old one if you have it for self-arrest) - a duvet jacket is no substitute.
- Waterproof trousers/salopettes
- Gaiters
- Torch (preferably head torch style)
- Walking Poles (optional)
- Rucksack of adequate size (30 litres plus for a day sac)
- Fleece jacket/tops
- Hat & spare
- Warm Gloves & spare



- Warm trousers (not jeans and not made of cotton, preferably fleece or salopettes)
- Walking socks
- Sun block (optional)
- Water bottle/flask preferable (Hydration bladder hoses readily freeze - fill with warm drink & empty hose after each drink)
- Thermal underwear
- Towel
- Slippers/indoor shoes
- Outdoor shoes for bus, etc

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).

