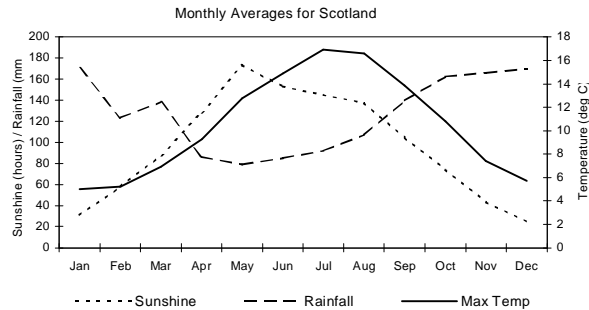


Weather:



Please note, temperatures in the mountains will be cooler by about 1° C for every 100m of altitude gained. The variability of the weather is one of the features that makes Scotland such an interesting destination. It is better to be prepared for anything and you may even get a pleasant surprise.

Baggage:

Baggage space in transport is limited. Please try to ensure that your bag is of manageable proportions – one soft holdall or flight bag that *should be below* 10kg (22lbs) in weight and at most 60x30x25cm (24"x12"x10") plus your rucksack. **We would really appreciate it if you can keep within this limit to avoid overloading the transport or compromising health and safety.** If this is a problem, you can store extra baggage (at your own risk) at our office in Stirling. On some trips baggage transfer is undertaken by another company, in which case **additional or heavy bags will incur a surcharge.**

Accommodation / meals:

The information overleaf provides details on the standard accommodation for this holiday. Alternative accommodation may be available. Please request this **before booking your holiday.**

Individual membership of the SYHA is not necessary for our hostel based holidays. Except where it is specifically stated in your itinerary / equipment list (e.g. camping trips) it is not necessary to bring a sleeping bag.

We are able to offer a twin share arrangement on hotel and guest holidays and may be able to on some hostel holidays. If you are booking as an individual but willing to share a room with a member of the same sex you will not be charged a single room supplement (SRS) if booking more than 6 weeks in advance. If booking later, the SRS may have to be charged if we do not already have a space in a twin room. Single rooms are not available in hostels.

Transport:

On fully supported tours, travel from the start point of the holiday, as required for the walking, and back to the return point is normally by private mini-bus. Pick ups on route to the holiday location can sometimes be arranged. Tours that don't have ongoing transport will meet at the holiday start point and finish at its end without going via Stirling. Some holidays include an element of public transport e.g. train or ferry. Particularly in the case of ferry connections, please do not make onward travel connections that

rely on a tight time schedule. Any additional costs incurred through transport delays outwith our control will not be met by C-N-Do.

Grading:

All of our holidays are individually graded. For an explanation of each grade please see our brochure or our website. In addition the itinerary overleaf provides more detailed information on the level of fitness required for your holiday.

Guiding:

All our leaders are appropriately qualified for the holidays they lead. Additionally they also hold a current first aid certificate. Some holidays may also be accompanied by a C-N-Do support manager.

Access to Services:

The itinerary overleaf gives some indication of what local services can be expected. Please remember that many of our holidays take place in remote areas served by small local shops, which may only have a limited choice. Once outside major towns, chemist shops are few and far between. Please ensure you **bring adequate supplies of any personal medicines with you.**

You should bring local currency (sterling) with you as access to banks and cash machines may be limited (not traveller's cheques or Euros). Visa and MasterCard credit cards are widely accepted (Amex is not) as are Visa Debit and Maestro debit cards.

Insurance

We strongly recommend that you purchase travel insurance to cover you in the event that you have to cancel your holiday. In the unfortunate event of you being forced to cancel a refund will only be made in accordance with our booking conditions. To assist UK and EU residents in obtaining suitable insurance we have a partnership scheme with Worldwide Insure which you can access via www.cndoscotland.com/insurance.

Environmental Responsibility:

C-N-Do's ethos has always been to "tread lightly". As one of our recent developments to minimise our carbon and environmental footprint, C-N-Do is working on a project with the National Trust for Scotland to restore upland peat on the Isle of Arran. Our commitment to this project includes an annual donation to balance our energy use (office energy and transport for holidays and staff travel). If you would like to make a contribution to the project you may do so at the booking stage or at any time thereafter. Information on the scheme can be found at www.cndoscotland.com/carbon-conservation.

Complaints Procedure:

In the unlikely event of having a complaint about your activity, please make your views known to the C-N-Do Scotland staff in charge so that it can be resolved immediately. Failure to do so may lead to your claim being reduced or rejected. Should it not be possible to resolve your problem immediately, you may contact C-N-Do office straight away, or write, giving full details, to the Managing Director as soon as possible after the activity. Delay in so doing may lead to an inability to substantiate your claim. All complaints and claims against C-N-Do Scotland will be dealt with under Scottish Law and Custom.



WALK SCOTLAND with C~N~Do 2010 Holiday Itinerary



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WEST HIGHLAND WAY - Grade 3

Scotland's first long-distance route provides a unique chance to experience the subtle change in scenery and terrain from the gentler south to more mountainous north. This is a challenging 95 miles (152 km) route from Milngavie just outside Glasgow, to Fort William at the base of Ben Nevis, via Loch Lomond, Rannoch Moor and the Devil's Staircase. The gradually changing landscapes are forever memorable. Throughout the trip local services will be used thus reducing our carbon footprint to the minimum.

Meeting Place: Milngavie train station entrance at 10.00.

Finish Place: Glen Nevis youth hostel, near Fort William, after breakfast.

Day 1: Meet at Milngavie train station. After a short introduction start the West Highland Way in the heart of town. The first day's destination is the village of Drymen, about 12mils (20km) away.

Day 2: Now the Way heads through Loch Lomond & the Trossachs National Park. We head from Drymen, through the Garadhban forest, round Conic Hill, and along the shores of Loch Lomond, to Rowardennan, approx. 14mils (23km) with lots of short ups and downs. Today's highlight - crossing into the Highlands and the views of Loch Lomond from Conic Hill.

Day 3: Walk by the "Bonnie Bonnie Banks" of the eastern shores of Loch Lomond to Inverarnan, about 14mils (24km) with quite a bit of up and down. Woodlands and water are never far away.

Day 4: Head up through Glen Falloch from Inverarnan to Tyndrum, about 13mils (21km) with a long steady pull up in the morning and a few shorter ones later. We pass the half way point of the West Highland Way round about St Fillan's Kirk.

Day 5: Now for the wonderful wide vistas of Rannoch Moor. Continue from Tyndrum to Kingshouse hotel, app. 17mils (28km) of mainly easy track walking, with some ascents of 100 - 150m.

Day 6: Walk from Kingshouse and the edge of Glencoe, up and over the Devil's Staircase to Kinlochleven, about 11mils (19km) with well graded ascents. The mountain landscapes just get bigger, wilder and grander.

Day 7: The Way finally heads from Kinlochleven, through the Lairig Mor, over to Glen Nevis and down to the foot of Ben Nevis, the UK's highest mountain, about 14mils (24km). Finishing the route by the military road and forest paths with time to stand and absorb the air and scenery, reflect on memories over the walk and time to celebrate!!

Day 8: Depart after breakfast for your onward journey. There is a local bus service into Fort William.

Accommodation:

7 nights youth hostel accommodation (small, shared, bunk-bed dormitories) in hostels managed by the Scottish Youth Hostels Association. (2 x Rowardennan, 2 x Crianlarich, 2 x Glencoe, 1 x Glen Nevis). Rooms are usually separate for men and women. Bed linen is provided but customers require their own towel and soap. Hot showers, laundry and drying facilities are available.

Meals:

Continental breakfasts are provided each morning. Other meals, snacks and drinks are your responsibility. You should bring a packed lunch and drinks with you on day 1. Evening meals can be taken in local pubs / hotels near to the hostels or at the end of the walk for the day. Alternatively, you can buy ingredients to prepare your own evening meal in the hostels' self catering kitchens. Your guide will advise you of locations throughout the route where lunch / evening meal ingredients may be obtained.

Transport / Baggage:

One bag per person will be transferred between accommodations for you. Please keep the size of this to a minimum as detailed in the information overleaf. **Overweight bags or additional bags will incur a surcharge.**

Group members will be transported between accommodations and starts and finishes of each section daily as required. This will be either by public transport or private taxi.

Guiding

This holiday is guided by a qualified and experienced Mountain Leader or Walking Group Leader.

Travelling to / from the West Highland Way

Milngavie is easily reached from the centre of Glasgow by a frequent train service. There are regular train and bus connections from Fort William back to Glasgow and beyond. For full information on public transport times see www.travelinescotland.com or call 0871 200 22 33.

If you require additional hostel accommodation in Glasgow or Fort William this is available from the SYHA www.syha.org.uk 0845 293 7373. Visit Scotland www.visitscotland.com 0845 22 55 121 are able to assist with booking guest houses / hotels.

Maps:

There are several guidebooks available, which include maps. Also Harvey Maps and Stirling Surveys (Footprint) each produce a map of the route. These maps are available from the C~N~Do shop.

Background Reading:

- "Rob Roy" – WH Murray,
- "West Highland Way Guidebook" – HMSO (includes map)

Shops / Banks / Post Offices:

There are no major towns on the Way before reaching Fort William on day 7. Small village shops are located at Drymen, Crianlarich, Tyndrum, Glencoe and Kinlochleven. Cash machines are available at Drymen, Tyndrum and Glencoe. With the exception of Crianlarich, the hostels are not within walking distance of any shops. You'll be glad to know that each hostel is within walking distance of a pub or restaurant though.

Fitness:

This route is quite challenging, but not too arduous for those who are regularly active and in good health. Some preparation would be advisable in the form of **regular** full days out walking or cycling or some jogging. The better prepared you are for the trip the more likely you are to enjoy it.

Foot Care:

One thing which can ruin your trip, and which is readily preventable, is uncomfortable feet. For this sort of holiday 2 season boots that you are used to wearing, are recommended. Ideally these should have a good tread, be weather proof, and have removable insoles that are at least slightly cushioned. In addition you are well advised to wear comfortable loop stitch socks that have a proportion of wool. Look after your feet, they have to do the walking.

However, sometimes, regardless of advance care, a bit of discomfort could occur. Deal with it immediately! Carry a few Elastoplasts to protect even the slightest rub as soon as it is felt. If you know you are prone to getting blisters, why not cover up the spots before you start? A few minutes attention will save hours, if not days of discomfort.

Group size: Between 6 and 11 per leader.





Holiday Equipment List

To wear:		Tick when packed
Short or long sleeve wicking shirt	Essential	
Trousers (NOT denim)	Essential	
3 season walking boots	Essential	
Comfortable walking socks	Essential	
Shorts	Optional	
Gaiters	Optional	
To carry:		
30 - 35 Litre rucksack with weatherproof liner	Essential	
100% waterproof and breathable jacket with hood (NOT a cape)	Essential	
100% waterproof trousers or over-trousers	Essential	
Warm hat and gloves	Essential	
Fleece jacket	Essential	
Survival bag and whistle	Essential	
Small personal first aid kit	Essential	
Share of group safety equipment – supplied by C-N-Do	Essential	
Packed lunch	Essential	
Water container	Essential	
Small torch and spare batteries	Recommended	
Thermos flask for hot drink	Recommended	
Insect repellent	Recommended	
Map and compass	Recommended	
Sun hat	Recommended	
Sun glasses	Recommended	
Sun cream	Recommended	
Walking poles	Optional	
Camera, binoculars	Optional	
Items in a <u>small holdall</u> – maximum weight 10kg / 22lb (60x30x25cm / 24"x12"x10") :		
Change of clothing	Essential	
Overnight items and toiletries	Essential	
Personal medicines	Essential	
Comfortable shoes	Essential	
Changes of walking socks	Essential	
Towel, soap if hostel based	Essential	
Torch if hostel based	Recommended	
Ear plugs if hostel based	Recommended	
NB: Sleeping bags are NOT required for hostel based holidays		

On this holiday, overnight bags are transported by our partners. Please ensure you bring only 1 overnight bag and that it is **below 10kg (22lbs) in weight and at most 60x30x25cm (24"x12"x10") in size**. Additional bags or overweight bags will incur a surcharge. Please contact us at least 2 weeks in advance if you require to bring extra baggage.

You must ensure that you are adequately clothed and equipped for your holiday. If you are short of any item, we have a small stock of equipment for hire for a small charge. Please return your equipment hire form as soon as possible as items are limited and must be order / paid in advance.. Should you arrive for your holiday without items deemed to be essential for safety reasons, you may be required to hire or purchase them.

C-N-Do is a Páramo Outdoor Clothing Premier Retailer and is pleased to offer holiday clients a 10% discount on purchases from our shop or online store www.cndoscotland.com/paramo.

We ask for your co-operation in helping to carry a share of the group safety equipment.