



HIGHLAND WILDERNESS GLAMPING - OPTIONAL ADD ONS

High mountains, glens, native Caledonian pine forests, beautiful lochs and the famous river Spey. For those who would like to extend their stay the landscape and its rich habitats offer a fantastic array of outdoor activities.

From wildlife watching, to canoeing down the River Spey, mountain biking, fly fishing, low level walks to high mountain hikes and everything in between! And of course this is not forgetting the nearby famed Speyside Whisky region. The options are endless.

Below we have put together a few of the very many options that are available. It is quite possible to mix and match. Whatever your preferred options please don't hesitate to contact us and we'll happily put an itinerary together for you.

The example add-ons are fully inclusive and fit seamlessly with the Highland Wilderness Glamping trips and include transfers to Inverness airport or Aviemore Rail station.

All 3 packages below include a day to yourself with no activity booked. There lots to do from Fraoch Lodge whether it's a gentle ramble to Loch Garten Osprey and Wildlife centre, or a leisurely stroll into Aviemore with it's cafes and outdoor shops. There are lovely walks around the village and down by the River Spey.

Further a field there a numerous whisky distilleries offering tours. We are 30 mins south of Inverness where you can go dolphin spotting. There are numerous options.

3 Days: 2 days Self-guided walking and a chill-out day. £290 per person.

The 2 walking routes are both low level and finish at Fraoch Lodge. Included is transport to the start, meaning you can take the route at exactly at the pace you desire. It includes maps and is of course fully inclusive of accommodation and all meals.

3 Days: 2 days Guided Mountain walking and a chill-out day. £430 per person based on 2 people sharing the guide.

These 3 days include 2 days guided walking by our expert guide Andy. This can involve anything from a local small hill to climbing the Cairngorms highest peak Ben Macdui. Andy has a background in geology and a life long love of the natural world. Again its fully inclusive of accommodation and all meals.

3 Days: 2 days Self-guided mountain biking and a chill-out day. £335 per person

The local area provides some of the best adventure mountain biking in the country. There are a huge number of off-road tracks and single tracks to explore without hardly involving any public roads if you so desire. Routes can involve some of the most attractive woodland you will find anywhere as well as routes across mountain moorland. Fully inclusive of bike hire, route maps, accommodation and catering. Choose from classic "test piece" routes like the "Burma Road" through to much more





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gentler rides visiting passing cafes or tea shops.



Scot Mountain Holidays strongly advises all clients to take out suitable insurance cover for cancellation, personal accident & travel etc.

Scot Mountain Holidays offers transfers between Inverness airport and Aviemore Rail Station, for a 1pm start on Day 1.

Covid -19 Booking Procedure

You choose at no extra charge from either our Flexible Deposit or Ultimate Flexible Payment booking options depending on what YOU feel comfortable with. We want you to have clarity in where you stand with us in these pandemic times and allow you to feel totally comfortable about changing your mind.

Flexible deposit booking option: Pay 25% deposit per person and change the dates and/or trip up 2 times for FREE* up to 21 days before departure.

Ultimate flexible payment booking option: book any tour of your choice, pay in full and change the dates, and/or destination, as many times as you like for FREE* up to 14 days before departure.

ABOUT US

Established in 1999, we're a lodge-based adventure tour operator 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.

Adventure Holidays and Mountain courses

Our base: Fraoch Lodge, Boat of Garten, PH24 3BN

Web: www.scotmountainholidays.com

info@scotmountainholidays.com

Tel: 01479 831 331

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 nearly 20 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, Julian Alps of Slovenia, Spain's Sierra Nevada, the Pyrennes 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.

Gregor, our son (13) is now old enough to join us on some of our trips, when he chooses/can and is a great addition especially with a family group.

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.

We have installed a hand wash basin on the decking at the back of the house, on the way to the drying room. There are also hand sanitizer dispensers at both the front doors of the house and the annex. We also have an enhanced cleaning routine in place and have put social distancing measures in place in the dining room and lounge. We would ask you to respect the recommended social distancing measures while also trying to relax and enjoy your stay.

There will be social distancing measures in the Lodge during your stay. Please take care when moving through the corridors to keep your distance from other guests. We would also recommend face coverings in the corridors. Please enter and exit by the front door only. Face coverings are required when moving around the Lodge and in the minibus.

For full details of all our extra COVID-19 measures please refer to the website.

All guests are guaranteed a room for their party, so if you are booking as an individual you will have your own bedroom. Full details of Fraoch Lodge are available from our web site at www.scotmountainholidays.com

THE FOOD

Rebecca takes great pride in the food she serves and has received a "Taste our Best" Award from VisitScotland, the first in our category to be considered and to receive such recognition. Where possible we source ingredients from our garden or as locally as we can, including sourcing our meat from Ballifurth Farm Shop in Nethybridge (neighbouring Boat





A Sense of Place & Belonging

of Garten). All cakes and bread are made on the premises and meals prepared around any declared likes and dislikes.

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.

Fraoch Lodge is not a licensed premises. We can not sell alcohol, but we are happy to stop somewhere for you to purchase alcohol to bring to the table.

RECOMMENDED KIT LIST KIT LIST

- o Face covering
- o Hand sanitiser
- o Waterproof jacket - a duvet jacket is no substitute.
- o Waterproof trousers
- o Gaiters - to prevent heather in your socks
- o Head torch (plus spare batteries)
- o Walking Poles (optional)
- o Ruck sack - minimum 30 litres
- o Rucksack liner e.g 'rubble' bag
- o Fleece jacket/tops



- o Hat
- o Sun Hat
- o Gloves
- o Fleece Neck Gaiter
- o Warm trousers (not jeans and not made of cotton).
- o Walking socks
- o Sun block (optional)
- o Sunglasses (optional)
- o Water bottle & flask (thermos) preferable
- o Thermal underwear
- o Towel for camping
- o Wash bag
- o Slippers/hut boots
- o Outdoor shoes for bus, etc

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- o Mobile phone
- o Lunch box
- o Camera (optional)
- o Change of clothing for the evening
- o Warm PJ's

Guests are advised to avoid wearing clothing made out of 100% cotton as it loses a lot of its warmth when damp and is difficult to dry. 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 ENVIRONMENTAL POLICY

On all our holidays we have a 'leave no trace' 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 can have a detrimental knock-on effect on the indigenous wildlife by encouraging a higher level of predation. Our guides are there for 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 bio-degradable waste in 3 large compost bins and use this to fertilise our vegetable garden. We have reorganised our plot with the help of volunteers on the WWOOF scheme, so we can supply more fruit and vegetables from the garden. The WWOOFers have been fantastic and helped us achieve several major projects in the garden: fruit cages made with reused wood; a new Keder greenhouse - which has special significance to us as it was made possible by a legacy from Rebecca's grandmother; and we've also moved our vegetable plot and the car park.

Fraoch Lodge is mainly heated by radiators fed from a biomass boiler fuelled by Scottish wood pellets. Wood ash from the woodburners and boiler is used as fertilizer in the garden.

Green Tourism - the World's most Credible* Sustainable Tourism Programme has awarded both Scot Mountain Holidays and Fraoch Lodge their Gold Award. In 2013 both businesses were also awarded Highly Commended during their 2013 Gold Star Awards.

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 Kings Cross Station (www.lner.co.uk) and London Euston Station (Caledonian Sleeper www.sleeper.scot)

*Tourism and Greenwash Report produced by Totem Tourism June 2013

