



Dear guest

Thank you for choosing Ardvullin for your break. We would like to extend our warmest welcome to you and we hope you have a fantastic stay.

The money generated by renting out Ardvullin during the weekends and winter months goes directly to providing disadvantaged children with a much needed countryside break. So thank you for your support – by renting Ardvullin you are making a real difference to the lives of disadvantaged children living in Scotland. If you would like to support us further, you will find further information about the important work HopScotch does in the About HopScotch section in this Welcome Pack, along with a donation form that you may wish to complete and send to us.

In this Welcome Pack we have included all the necessary information that you may need during your time at Ardvullin. Anna, our Project Work, also lives on site. If you have any queries during your stay please contact us on the numbers below:

Anna
07825 776571
01855 841 370

Roberta
07771 762071
0131 343 2508

Alison
07787 861963
01501 734022

We appreciate any feedback that may help us enhance the experience for other guests or for your future stay. Feedback can be emailed directly to info@ardvullinhouse.co.uk

Once again, welcome to Ardvullin and enjoy your stay.

Kind regards,

the HopScotch Team



HopScotch Children's Charity, 42 Silverknowes Road, Edinburgh, EH4 5LF
Tel No. 0131-336-5554 Email : info@ardvullinhouse.co.uk Web: www.hopscotch-charity.org

Essential Information

- **Security:** On arrival the house keys would have been found in the safe box to the right of the porch. On departure please lock the house and place the keys back in the safe box. Please also change the numbers that are displayed to ensure that the safe box is locked.
- **Fire Procedures:** There is no fire alarm test planned during your stay. If the fire alarm does sound please ensure all the members of your party leave the building immediately and meet at the assembly point just outside the front entrance, over by the trees where you will see the Fire Assembly Point sign. The fire alarm system is linked to a call centre who will contact the Fire Brigade. Please do not re-enter the building until the Fire Brigade has indicated that it is safe to do so.
- **Cooking and Heating:** The electric oven must have the clock set in order for it to operate. If the oven is switched off at the wall then the clock will have to be re-set before the oven will work. Please note that the aluminium pots cannot be used on the electric cooker. The Aga must be left on at all times. The Aga is operated by a timer and the temperature will drop during the night. If you wish to use the open fire, please clean the fire after use and put any ash in the general waste bin. Thank you.
- **Recycling:** The main recycling bins can be found to the right of the house. There are also small recycling bins in the kitchen. Please can you ensure that you sort out your recycling waste into the appropriate bins and that all the bottles/cartons/ cans are washed out before placing in the bins.
- **BBQ:** The BBQ can be found in the green and white storage boxes in the garden to the left of the kitchen window. Please can you ensure it is cleaned and put away after use. The BBQ cleaning products can also be found in the storage box.
- **WiFi:** WiFi is available free of charge. The best reception in the house is in the lounge or the bedroom above the lounge. The password for the BTHub3 is a6f86273a4.
- **Adventure Playground:** Use of the playground is at your own risk and children should be supervised at all times. When using the trampoline, please follow manufacture's guidelines which are displayed on the trampoline. Please remove footwear before use. The padlock code for the trampoline is 000. For safety reasons, please allow only one child at a time on the zipline.
- **Personal Electrical Appliances:** Please can you ensure that any personal electrical appliances such as hair straighteners or irons are switched off when not in use.
- **Canine Guests:** Please ensure all dog mess is picked up, bagged and binned. We would also be grateful if canine guests did not sit on the furniture or beds.
- **Leaving Ardvullin:** Whenever you leave the house, we would be grateful if you could ensure all the lights are switched off. On departure day we would be very appreciative if you could leave the house tidy and strip the bedding (except for the mattress protectors). Please leave the bedding in the laundry bags in the porch. Thank you.

Ardvullin



Ardvullin is a bright and spacious property used by HopScotch Children's Charity. It is used during the summer months as a respite centre providing holidays for children who otherwise would not have the opportunity to have one.

It is set in 5 acres of garden and woodland with spectacular views over Loch Linnhe.

Ground floor

- Porch - for wet wellies and coats.
- Hallway with payphone. Coat pegs. Shelves and notice board.
- Large kitchen/dining room with bay windows. 2 Large pine tables providing seating for 16. The kitchen is well equipped with an Aga, separate electric cooker, microwave, dishwasher and fridge freezer.
- Utility room with washing machine and drying area.
- Play room.
- Drawing room. Beautiful large room with bay windows and open fire.

First Floor (sleeps 18)

- Two large bedrooms each containing 3 full size sets of bunk beds. Sleeping 6 people in each.
- Two bedrooms each containing 3 single beds. One with en-suite shower and w.c.
- Two shower rooms. One with 3 showers and separate w.c. One with 2 showers and separate w.c.

Adventure Playground

We have an adventure playground, which includes a 30 metre aerial runway (flying fox), a clutter bridge, tyre traverse ladder and a scramble net, slide and climbing area. **For safety reasons only one child should use the flying fox at a time and helmets must be worn.** Children should always be supervised whilst in the playground. Within the playground we also have a Trampoline and Table Tennis.

Things to Do

The west coast of the Scottish highlands is famous not only for its spectacular scenery but for its wealth of available activities. From walking and climbing, visiting historic sites to simply tasting the local produce, there is always something to do and somewhere to go. The area provides a wonderful environment for the outdoor enthusiast. Visitors of all ages and abilities will find something to suit them here.

HILL WALKING AND CLIMBING

The Ardnamurchan / Ardgour area contains no Munros but those who visit will find some superb and quiet mountains. Arguably the best amongst them is Garbh Bheinn which rises opposite the entrance to Loch Leven giving great views towards the Glencoe peaks and out over sea lochs. The best route of ascent, although not the shortest is via Coire Iubhair. A 4 km walk up the glen on an easy path gives good views towards the peak itself with the classic Great ridge being prominent. From the head of the glen the route to the summit goes up to the left of the ridge.

This area also boasts the northern half of the West Highland Way, the highest peak in the UK –Ben Nevis (4,406 feet), the spectacular mountains of Glencoe, and, on the Ardnamurchan Peninsula, some of the most attractive coastal, forest and hill walks in the Highlands.

Many of the most popular walks are way marked and there are guides available to accompany and point you in the right direction.

There are 8 Munros in the area, for those who like to keep count, and many more within driving distance.

The Glencoe Hills, Bidean nam Bian, Buchaille Etive Mor, Sgurr Dhomhnull, Garbh Bheinn, Beinn Resipol, Ben Nevis, Aonach Mor and the Grey Corries are all close by.

For those who enjoy the thrill of **climbing**, The Aonach Eagach Ridge, Curved Ridge on Buchaille Etive Mor and Tower Ridge on Ben Nevis are close to Ardvullin.

For those with a taste for danger and a head for heights there is, **Paragliding**, (at the Ben Nevis Ski Complex) **Rock climbing, Absailing and Canyoning** (a mixture of absailing, sliding and jumping down natural watercourses).

MOUNTAIN GUIDING

Craig Dubh provides quality bespoke year round mountain guiding and outdoor instruction in and around Scotland's spectacular mountains. Whether you are a complete newbie looking to scatch up your navigation skills, we can provide you with a tailored, unique and memorable experience. Contact Craig on 07738665418 or email info@craigdubhmountaineering.co.uk

CYCLING AND MOUNTAIN BIKING

For those who wish to avail themselves of peddle power, cycles are available to hire from several centres including Fort William and Onich. Despite its famous hills and mountains the area offers the cyclist some of the finest routes available in Britain with off road cycling for all abilities. Beginners and the worlds best can test their skills on Britain's longest downhill track at the Nevis Range ski area, a gondola carries you back to the top again, no walking needed!

For those who enjoy a more leisurely pace there are purpose built trails in Leanachan Forest taking in superb views of the Grey Corries and Ben Nevis.

For the more adventurous there are countless day routes and epic overnights with twisty single track trails all around the area or try the Great Glen Cycle Route, a mixture of easy to moderate routes following the Caledonian Canal all the way to Inverness!!

WINTER SPORTS

For skiers and snow boarders the area offers resorts and facilities to rival those in Europe. There are three main centres, Cairngorm, Glencoe and Nevis Range.

All three offer a wide range of facilities from beginners to experts. Equipment hire, tuition and guides are available and specialists can introduce you to a whole range of new winter sports, such as snowboarding, ice climbing or cross country skiing and telemarking for the hardy and brave.

The Nevis Range ski centre is at Aonach Mor, close to Ardvullin and is Scotland's newest winter sports resort. Its famous gondola lift will not only give you access to the slopes but also to its Snow Goose Restaurant at 2000 feet. In good conditions, Glencoe boasts the longest vertical descent in Scotland with a maximum of 2400 feet. The chairlifts and centres are open all year providing access and services for summer walkers and visitors as well.

The Ice Factor in Kinlochleven has an indoor Ice Climbing Wall and offers sessions for beginners and experienced ice climbers. For those that prefer to avoid the cold, there is also an indoor rock climbing wall.

GOLF

The area boasts over 40 golf courses, 18 and 9 holes, offering a unique blend of scenery and excellent golf.

Close to Ardvullin, Fort William has an 18 hole course and there are 9 hole courses at Resipol (8 miles West of Strontian), and Ballachulish.

The Traigh golf course at Arisaig was recently described as the most beautifully sited golf course in the world.

WATER SPORTS

As one would expect, the area abounds with water activities. There is sailing, canoeing and windsurfing on many of the lochs and along the coastline. For example, Loch Linnhe, by Ardvullin, has windsurfing and sailing and there are safe anchorages at North Corran and North Ballachulish. There is canoeing on the River Etive, sailing on Loch Leven and water skiing on Loch Oich. Boat, equipment hire and tuition are widely available.

For those who are not feeling so energetic or if you are looking for an alternative to throwing yourself off mountains, the Highlands is steeped in history, culture and entertainment.

The drama of Highland history is well known, with its bloody clan battles, heroes, villains and romantic castles all set in magnificent scenery. These stories, fact and fiction may be discovered in the visitor centres, museums and exhibitions throughout the area.

From Highland games and sheepdog trials, concerts and ceilidhs to theatre productions and outdoor street entertainments there is always something to do and see.

When all else, or the weather, fails you can go shopping. There are numerous craft centres, galleries and antiques shops in the area, famous for its pottery, artwork, jewellery and designer wool and knitwear.

For the artist and photographer there is a wealth of beauty to capture, in the surrounding landscapes and in the large variety of flora and fauna, which inhabit it. The area has salt marshes, bog lands, moor land, dunes and sandy beaches. Rock pools, streams, rivers and woods all provide a haven for an enormous variety of plants and animals. There are birch, pine and oakwoods.

Close to Ardvullin is Ariundle, a National Nature Reserve. It is over 70 hectares of "atmospheric ancient mossy oakwood, of a kind once widespread along the Atlantic coast, with trees festooned with a luxuriant growth of mosses, ferns. Liverworts and lichens"-Scottish National Heritage.

FISHING

The area has some of the most diverse fishing available in the Highlands. Most waters have daily and weekly permits available from local tackle shops.

The rivers Nevis, Spean, Garry and Oich are all salmon rivers within easy reach. Loch Lundavra, better known as the lair of the three witches in Macbeth has excellent Wild Brown Trout and free culture!! Many of the lochs and rivers have fine trout, salmon and pike fishing with boats and tuition available. In addition there is sea fishing in Loch Sunart where many British ray records are recorded. There is a fishing school at Kilchoan and angling guides are widely available from hotels, Tourist Info. Offices and estate offices.

WILDLIFE

Red and Roe deer may be seen, especially in the winter months, also foxes, wildcats, badgers, stoats, weasels, otters and seals. Offshore, dolphins, whales and basking sharks may be spotted, with binoculars, during the summer months.

The elusive pine marten may also be seen in and around the oakwoods, some have been known to hibernate in Ardvullin's loft!

Pipistrelles bats are also seasonal visitors to Ardvullin and are often seen around the roof areas at dusk.

For the birdwatcher the glorious Golden Eagle and Red Kite always provide a stunning show especially in the area around Etive. Sparrow hawks, kestrels, buzzards, merlin and peregrine falcon are all established in the area.




By the coast and loch sides' sea buzzards, swans, herons, cormorants, black-throated divers and ducks are just a few of the many varieties to be seen.



After all the fresh air and activity you will need to relax and refuel. A taste of "uisage beatha" (the water of life) or a meal using some of the local top quality produce prepared by top chefs will help to ease the pains of exertion. Nick Nairn and Lady Claire Macdonald are both from the area. The area is famous for a fantastic variety of produce, including cheeses, shellfish and fresh fish, venison, grouse, pheasant etc.




Visitors are welcome at the distilleries to observe, with due respect, how the famous Highland malt whiskies are produced, tasting is positively encouraged!!




The area around Ardvullin offers a huge range of activities in a wonderful setting to explore.

Local Amenities




Name	Amenity Type and Details	Address																					
	Hospital	<i>Belford Road, Fort William, PH33 6BS</i> Tel No. 01397 702481																					
<p>NHS 24</p> <p>Ardnamurchan Community Library (Ardnamurchan)</p> 	Healthline Library <table border="1" data-bbox="627 680 938 1319"> <thead> <tr> <th colspan="3">Opening Hours</th> </tr> </thead> <tbody> <tr> <td>Mon</td> <td>09:00-16:00</td> <td></td> </tr> <tr> <td>Tue</td> <td>09:00-16:00</td> <td>19:00-21:00</td> </tr> <tr> <td>Wed</td> <td>09:00-16:00</td> <td></td> </tr> <tr> <td>Thu</td> <td>09:00-16:00</td> <td>19:00-21:00</td> </tr> <tr> <td>Fri</td> <td>09:00-16:00</td> <td></td> </tr> <tr> <td>Sat</td> <td>14:00-16:00</td> <td></td> </tr> </tbody> </table> <p>Internet access available to visitors</p>	Opening Hours			Mon	09:00-16:00		Tue	09:00-16:00	19:00-21:00	Wed	09:00-16:00		Thu	09:00-16:00	19:00-21:00	Fri	09:00-16:00		Sat	14:00-16:00		<p><i>Ardnamurchan Community Library</i> <i>Sunart Centre (Àrainn Shuaineirt)</i> <i>Strontian</i> <i>Acharacle</i> <i>PH36 4JA</i></p> <p>01397 709226 ardnamurchan.library@highlifehighland.com highland.gov.uk</p>
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Sat	14:00-16:00																						
<p>Strontian Fuel Station and Village Store (Ardnamurchan)</p> 	Petrol Station Open 08:00-19:00 Mon-Sat; 10:30-18:00 Sun	<p><i>Strontian</i> <i>PH36 4HZ</i></p> <p>01967 402135</p>																					





Name	Amenity Type and Details	Address																								
<p>Strontian Police Station (Ardnamurchan)</p> 	<p>Police Stations</p> <p>Local Police services</p>	<p><i>Strontian</i> <i>PH36 4HZ</i></p> <p>101</p>																								
<p>Strontian Post Office and Store (Ardnamurchan)</p> 	<p>Cashpoint, Post Office</p> <table border="1" data-bbox="632 824 935 1751"> <thead> <tr> <th colspan="3" data-bbox="632 824 935 875">Post Office</th> </tr> <tr> <th data-bbox="632 875 719 972">Opening Hours</th> <th colspan="2" data-bbox="719 875 935 972">Lunch</th> </tr> </thead> <tbody> <tr> <td data-bbox="632 972 719 1099">Mon</td> <td data-bbox="719 972 826 1099">09:00-17:30</td> <td data-bbox="826 972 935 1099">13:00-14:00</td> </tr> <tr> <td data-bbox="632 1099 719 1227">Tue</td> <td data-bbox="719 1099 826 1227">09:00-17:30</td> <td data-bbox="826 1099 935 1227">13:00-14:00</td> </tr> <tr> <td data-bbox="632 1227 719 1355">Wed</td> <td data-bbox="719 1227 826 1355">09:00-13:00</td> <td data-bbox="826 1227 935 1355"></td> </tr> <tr> <td data-bbox="632 1355 719 1482">Thu</td> <td data-bbox="719 1355 826 1482">09:00-17:30</td> <td data-bbox="826 1355 935 1482">13:00-14:00</td> </tr> <tr> <td data-bbox="632 1482 719 1610">Fri</td> <td data-bbox="719 1482 826 1610">09:00-17:30</td> <td data-bbox="826 1482 935 1610">13:00-14:00</td> </tr> <tr> <td data-bbox="632 1610 719 1751">Sat</td> <td data-bbox="719 1610 826 1751">09:00-13:00</td> <td data-bbox="826 1610 935 1751"></td> </tr> </tbody> </table> <p>Store open:</p> <p>Mon-Sat 08:00-19:00 Sun 10:30-18:00</p>	Post Office			Opening Hours	Lunch		Mon	09:00-17:30	13:00-14:00	Tue	09:00-17:30	13:00-14:00	Wed	09:00-13:00		Thu	09:00-17:30	13:00-14:00	Fri	09:00-17:30	13:00-14:00	Sat	09:00-13:00		<p><i>Strontian</i> <i>PH36 4HZ</i></p> <p>01967 402135</p>
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Name	Amenity Type and Details	Address						
<p>Strontian Public Conveniences (Ardnamurchan)</p> 	<p>Public Conveniences</p> <p>Located behind Cafe Sunart.</p> <p>Restricted opening times.</p> <p>Open as Cafe Sunart.</p>	<p><i>Strontian</i></p>						
<p>Strontian Recycling Point (Ardnamurchan)</p> 	<p>Recycling</p> <p>Recycling Glass and Paper</p>	<p><i>Strontian</i></p>						
<p>Strontian Stores (Ardnamurchan)</p> 	<p>Cashpoint, General Store</p> <p>Groceries, Gifts and Hardware</p> <table border="1" data-bbox="632 1429 935 1738"> <thead> <tr> <th colspan="2">Opening Times</th> </tr> </thead> <tbody> <tr> <td>Mon-Sat</td> <td>09:00-17:00</td> </tr> <tr> <td>Sun</td> <td>11:00-13:30</td> </tr> </tbody> </table>	Opening Times		Mon-Sat	09:00-17:00	Sun	11:00-13:30	<p><i>KeyStore</i> <i>Strontian</i> <i>Acharacle</i> <i>PH36 4HZ</i></p> <p>01967 402268</p>
Opening Times								
Mon-Sat	09:00-17:00							
Sun	11:00-13:30							





Name	Amenity Type and Details	Address
<p>Strontian Surgery (Acharacle Medical practice) (Ardnamurchan)</p> 	<p>Doctors</p> <p>Surgeries in Acharacle, Strontian and Kilchoan.</p> <p>See website for details.</p> <p>NHS24 helpline 08454 24 24 24</p>	<p><i>Dail Mhor House</i> <i>Strontian</i> <i>PH36 4HZ</i></p> <p>01967 431231 www.acharaclemedicalpractice.co.uk</p>
<p>Strontian Tourist Information (Ardnamurchan)</p> 	<p>Tourist Information</p> <p>Open Apr-Oct</p>	<p><i>Strontian Information Centre</i> <i>Atrontian</i> <i>PH36 4HZ</i></p> <p>01967 402382</p>
<p>Woodland Pottery and Crafts (Ardnamurchan)</p> 	<p>Craft Shop, Gift Shop</p> <p>Opening times 2012</p> <p>Apr-Sep 09:30-17:00</p> <p>Oct 10:00-16:00</p> <p>Closed from 13:30 on Sat and all day Sun</p>	<p><i>Strontian</i> <i>Acharacle</i> <i>PH36 4HZ</i></p> <p>01967 402250 www.woodland-pottery.co.uk</p>





Local Walks





<p>Kinloch Glen (Isle of Rum)</p> 	<p>A lovely walk along the north side of Kinloch Glen on the Isle of Rum with some stunning mountain views and a mosaic of habitats including woodland, heath, wet meadow and bog.</p> <p>Source: www.wildlochaber.com/walking-small-isles/north-side-trail-rum</p>	<p>terrain: path and track</p> <p>grade: easy</p> <p>length: 2.8km (1.7 miles)</p> <p>grid ref: NM402997</p> <p>type: circular</p>
<p>Bay MacNeil Beach (Ardnamurchan)</p> 	<p>A short walk to a beautiful beach with fabulous views of Skye, the Small Isles and Ardnamurchan Point.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/bay-macneil-beach</p>	<p>terrain: grassy path and beach</p> <p>grade: easy</p> <p>length: 2.6km (1.6 miles) or less</p> <p>grid ref: NM429671</p> <p>type: there and back</p>
<p>Portuairk to Sanna (Ardnamurchan)</p> 	<p>A pleasant walk over gentle terrain from Portuairk to beautiful Sanna Bay on the Ardnamurchan peninsula</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/portuairk-sanna</p>	<p>terrain: gentle hills and beach</p> <p>grade: moderate</p> <p>length: 6.6km (4 miles)</p> <p>grid ref: NM439681</p> <p>type: lollipop</p>





<p>Sonachan Wood and Heathland (Ardnamurchan)</p> 	<p>A little gem of a walk through hazel woodland to open heathland offering a real taste of wild Ardnamurchan</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/sonachan-wood-and-heathland</p>	<p>terrain: woodland and moorland path - boggy</p> <p>grade: moderate</p> <p>length: 2.4km (1.5 miles)</p> <p>grid ref: NM450666</p> <p>type: circular</p>
<p>Glendrian and Port Eigin-aig (Ardnamurchan)</p> 	<p>A walk through the Ardnamurchan Caldera to the deserted village of Glendrian and onto the beach at Port Eigin-aig.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/glendrian-and-port-eigin-aig</p>	<p>terrain: track and boggy path</p> <p>grade: challenging</p> <p>length: 9km (5.6 miles)</p> <p>grid ref: NM470678</p> <p>type: there and back</p>
<p>Fascadale and Port Eigin-aig (Ardnamurchan)</p> 	<p>A lovely walk from Fascadale Bay on the Ardnamurchan peninsula to the shingle inlet of Port Eigin-aig on the Ardnamurchan peninsula.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/fascadale-and-port-eigin-aig</p>	<p>terrain: boggy path</p> <p>grade: moderate</p> <p>length: 7km (4.4 miles)</p> <p>grid ref: NM502707</p> <p>type: there and back</p>
<p>Mingary Castle (Ardnamurchan)</p> 	<p>A short walk to Mingary Castle on The Ardnamurchan Peninsula and to a lovely rocky shoreline and shingle beach.</p> <p>Please note as of 2013 access to Mingary Castle is not possible due to restoration work.Source: www.wildlochaber.com/walking-ardnamurchan/mingary-castle</p>	<p>terrain: grassy path</p> <p>grade: easy</p> <p>length: 1.4km (0.9 miles)</p> <p>grid ref: NM500636</p> <p>type: there and back</p>





<p>Kilmory Beach (Ardnamurchan)</p> 	<p>A short walk to Kilmory Beach, a lovely sheltered sandy beach on the north coast of the Ardnamurchan peninsula.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/kilmory-beach</p>	<p>terrain: grassy path and track</p> <p>grade: easy</p> <p>length: 1.6km (1 mile)</p> <p>grid ref: NM529701</p> <p>type: there and back</p>
<p>Ben Hiant (Ardnamurchan)</p> 	<p>A pleasant walk up Ben Hiant on mostly well defined path with amazing views over Ardnamurchan, Morvern, Mull, The Small Isles and beyond.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/ben-hiant</p>	<p>terrain: grassy path</p> <p>grade: moderate</p> <p>length: 4.4km (2.75 miles)</p> <p>grid ref: NM551641</p> <p>type: there and back</p>
<p>Ockle to The Singing Sands (Ardnamurchan)</p> 	<p>A stunning walk from Ockle to the Singing Sands at Gortferen on the Ardnamurchan peninsula. Lovely isolated beach and great views of the Small Isles, Mull and Skye.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/ockle-singing-sands</p>	<p>terrain: track and path</p> <p>grade: moderate</p> <p>length: 15.8 km (9.9 miles)</p> <p>grid ref: NM555704</p> <p>type: there and back</p>
<p>Camas nan Geall (Ardnamurchan)</p> 	<p>A coastal walk along shingle beaches along the southern coast of the Ardnamurchan Peninsula with good chances of spotting otters and eagles.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/camas-nan-geall</p>	<p>terrain: path, track and shingle beach</p> <p>grade: moderate</p> <p>length: 5.4km (3.4 miles)</p> <p>grid ref: NM563616</p> <p>type: there and back</p>





<p>Glenborrodale Nature Trail (Ardnamurchan)</p> 	<p>A pleasant walk through deciduous woodland onto heath/moorland above on the north shore of Loch Sunart.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/glenborrodale-nature-trail</p>	<p>terrain: path with steep ascent/ descent</p> <p>grade: moderate</p> <p>length: 2.6km (1.6 miles)</p> <p>grid ref: NM601608</p> <p>type: circular</p>
<p>Rhu Point Beach (Morar and Arisaig)</p> 	<p>A rewarding walk to the magnificent beach at Port nam Murrach at the end of the Rhu peninsula near Arisaig, Morar.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/rhu-point-beach</p>	<p>terrain: track, path and beach</p> <p>grade: easy</p> <p>length: 4.4km (2.75 miles)</p> <p>grid ref: NM627851</p> <p>type: there and back</p>
<p>Smirisary Walk (Moidart)</p> 	<p>A pleasant walk along a rough/coastal path to the ancient crofting village of Smirisary in Moidart and onto the silvery sands.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/smirisary-walk</p>	<p>terrain: rough track, boggy</p> <p>grade: moderate</p> <p>length: 6.5km (4 miles)</p> <p>grid ref: NM654773</p> <p>type: there and back</p>
<p>Kentra Bay and The Singing Sands (Ardnamurchan)</p> 	<p>An enjoyable walk to the beautiful Singing Sands at Gortenfern in The Ardnamurchan.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/kentra-bay-and-singing-sands</p>	<p>terrain: mainly forest track</p> <p>grade: moderate</p> <p>length: 9.8km (6.2miles)</p> <p>grid ref: NM650677</p> <p>type: there and back</p>





<p>Strath of Arisaig & Camas Ghaoidheil (Morar and Arisaig)</p> 	<p>A gentle walk along farm track and road through woodland and along coast providing great opportunities for bird watching with an optional detour to a secluded beach.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/strath-arisaig-camas-ghaoidheil</p>	<p>terrain: track and road</p> <p>grade: easy</p> <p>length: 3.8 or 8 km (2.4 or 5 miles)</p> <p>grid ref: NM661863</p> <p>type: circular</p>
<p>Camusdarach Beach and Beyond (Morar and Arisaig)</p> 	<p>A walk to Camusdarach is more than a visit to a stunning beach. Take time to explore the coast, dunes and wildlife amongst stunning scenery.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/camusdarach-beach-and-beyond</p>	<p>terrain: path, beach and optional road</p> <p>grade: easy</p> <p>length: 3.8km (2.4 miles)</p> <p>grid ref: NM664917</p> <p>type: circular</p>
<p>Savary Circuit (Morvern)</p> 	<p>A pleasant walk following the Savary River through sections of deciduous woodland and coniferous plantation along paths and forest tracks of Savary Glen, Fiunary Forest.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/savary-circuit</p>	<p>terrain: grassy path and track</p> <p>grade: easy</p> <p>length: 4.6km (2.9 miles)</p> <p>grid ref: NM640458</p> <p>type: circular</p>
<p>Dun Ghallain (Ardnamurchan)</p> 	<p>A short walk through Caledonian pine and Atlantic oak woodland with fine views over Loch Sunart and Glencripesdale on the Ardnamurchan peninsula.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/dun-ghallain</p>	<p>terrain: woodland path and boardwalk. Steep in places.</p> <p>grade: easy</p> <p>length: 1.2km (0.75 miles)</p> <p>grid ref: NM650606</p> <p>type: circular</p>





<p>Larachmhor Garden Walk (Morar and Arisaig)</p> 	<p>A sensory short walk through the former kitchen gardens and nursery of Glen House on the Arisaig Estate</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/larachmhor-garden-walk</p>	<p>terrain: woodland track and path</p> <p>grade: easy</p> <p>length: 1.5km (1 mile)</p> <p>grid ref: NM669865</p> <p>type: there and back</p>
<p>Loch an Nostarie and Mallaig (Morar and Arisaig)</p> 	<p>A scenic circular walk passing through hills, heathland and the quaint fishing port of Mallaig. There is a nice picnic spot by Loch an Nostarie.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/loch-nostarie-and-mallaig</p>	<p>terrain: boggy path, track and road</p> <p>grade: moderate</p> <p>length: 5.8km (3.6 miles)</p> <p>grid ref: NM675956</p> <p>type: circular</p>
<p>Bourblach Beach at Morar (Morar and Arisaig)</p> 	<p>A short walk to the fantastic silver sands on Bourblach beach in Morar Bay. The beach is the real star of this walk.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/bourblach-beach-morar</p>	<p>terrain: grassland path and beach</p> <p>grade: easy</p> <p>length: 2.2km (1.4 miles)</p> <p>grid ref: NM675935</p> <p>type: there and back</p>
<p>Dorlin Low Road (Moidart)</p> 	<p>An easy and enjoyable walk from Castle Tioram at Dorlin along the banks of the River Shiel with good opportunities for spotting wildlife.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/dorlin-low-road</p>	<p>terrain: track</p> <p>grade: easy</p> <p>length: 4.6km (2.9 miles)</p> <p>grid ref: NM664720</p> <p>type: there and back</p>





<p>Castle Tioram Circular (Moidart)</p> 	<p>A very pleasant and interesting walk through woodland, heathland, moorland and along coastal tracks with stunning views over Loch Moidart and Castle Tioram.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/castle-tioram-circular</p>	<p>terrain: rough track - vertiginous in places</p> <p>grade: moderate</p> <p>length: 6.1 km (3.8 miles)</p> <p>grid ref: NM664714</p> <p>type: circular</p>
<p>Mallaig Circular (Mallaig)</p> 	<p>A short circular walk around the hills and village of the small picturesque fishing port of Mallaig with great views to the Skye and The Small Isles.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/mallaig-circular</p>	<p>terrain: path and road</p> <p>grade: easy</p> <p>length: 2.8km (1.75miles)</p> <p>grid ref: NM679968</p> <p>type: circular</p>
<p>Achabeg (Morvern)</p> 	<p>A short pleasant walk around and through a forestry plantation (mainly Sitka spruce) with some good views of the surrounding hills and the Sound of Mull.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/achabeg</p>	<p>terrain: woodland path</p> <p>grade: easy</p> <p>length: 1.4 km (0.9 miles)</p> <p>grid ref: NM654454</p> <p>type: circular</p>
<p>Kentra Moss Circular (Ardnamurchan)</p> 	<p>A circular walk on track and road across Kentra Moss with good opportunities for botanising and bird watching.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/kentra-moss-circular</p>	<p>terrain: track and road</p> <p>grade: moderate</p> <p>length: 6.9km (4.3 miles) with optional shortcuts</p> <p>grid ref: NM674680</p> <p>type: circular</p>





<p>Blain Burn Circular (Moidart)</p> 	<p>A lovely walk through woodland and then out onto open heath, skirting around the edge of Blain lochan with good views of the surrounding hills of Beinn Gheur and Beinn Bhreac and stunning views over Loch Moidart to the Small Isles.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/blain-burn-circular</p>	<p>terrain: track and path</p> <p>grade: moderate</p> <p>length: 6.4 km (4 miles)</p> <p>grid ref: NM677694</p> <p>type: circular</p>
<p>Aoineadh Mor (Morvern)</p> 	<p>An interesting circular walk to explore the deserted township of Aoineadh Mor</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/aoineadh-mor</p>	<p>terrain: forest and grassy paths</p> <p>grade: moderate</p> <p>length: 3.4km (2.1 miles)</p> <p>grid ref: NM668517</p> <p>type: circular</p>
<p>Loch a Bhada Dharaich (Morar and Arisaig)</p> 	<p>A lovely short walk from the banks of Loch Morar to a nearby low lying hill loch. The Scots pine are a real star of this walk.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/loch-bhada-dharaich</p>	<p>terrain: track and boogy path</p> <p>grade: easy</p> <p>length: 3.2km (2miles)</p> <p>grid ref: NM698932</p> <p>type: there and back</p>
<p>Claish Plantation (Sunart)</p> 	<p>A lovely walk through mainly coniferous woodland on a forest track with some fine glimpses of Ben Repisole on route, and of Loch Shiel towards the end of the track at the edge of Claish Moss. Good opportunities for dragonfly stalking. Optional detour to Claish Moss.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/claish-plantation</p>	<p>terrain: Forest track</p> <p>grade: easy</p> <p>length: 12 km (7.5 miles)</p> <p>grid ref: NM690659</p> <p>type: there and back</p>





<p>Kinlochmoidart Old Road (Moidart)</p> 	<p>An interesting walk along the old track on the north side of Loch Moidart that formerly connected Glenuig and Kinlochmoidart.</p> <p>Source: www.wildlochaber.com/walking-ardnamuchan/kinlochmoidart-old-road</p>	<p>terrain: path, vertiginous in places</p> <p>grade: moderate</p> <p>length: 3.6km (2.2 miles)</p> <p>grid ref: NM694728</p> <p>type: circular</p>
<p>Kinlochaline Low Road (Morvern)</p> 	<p>This is a lovely walk along a tarmac track by the shores of Loch Aline through coastal deciduous woodland, affording some lovely views of the loch, surrounding hills and Ardtornish House.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/kinlochaline-low-road</p>	<p>terrain: track</p> <p>grade: easy</p> <p>length: 7.4km (4.6 miles)</p> <p>grid ref: NM680446</p> <p>type: there and back</p>
<p>Salen Oakwoods (Sunart)</p> 	<p>An interesting way-marked circular walk through Atlantic oakwoodlands, with a picnic bench and interpretation boards.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/salen-oakwoods</p>	<p>terrain: woodland track</p> <p>grade: easy</p> <p>length: 1.7 km (1.1 miles)</p> <p>grid ref: NM691645</p> <p>type: circular</p>
<p>Alphabet Trail (Sunart)</p> 	<p>Two pleasant short walks with scenic views of Ben Resipole and Loch Sunart in The Ardnamurchan, Lochaber</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/alphabet-trail</p>	<p>terrain: track and path</p> <p>grade: easy</p> <p>length: 1.5-3km (1-2 miles)</p> <p>grid ref: NM693644</p> <p>type: lollipop</p>





<p>Bay of Flies (Sunart)</p> 	<p>A short circular walk through native oak woodland to a sheltered bay on Loch Sunart</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/bay-flies</p>	<p>terrain: woodland path</p> <p>grade: easy</p> <p>length: 0.7km (0.5 miles)</p> <p>grid ref: NM702644</p> <p>type: circular</p>
<p>Glen Beasdale (Morar and Arisaig)</p> 	<p>A lovely walk through oak wood and onto open heath in Glen Beasdale, following the Beasdale Burn towards Bealach a Mhama, with stunning views of the surrounding hills.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/glen-beasdale</p>	<p>terrain: track and boggy path</p> <p>grade: moderate</p> <p>length: 5.2km (3.25 miles)</p> <p>grid ref: NM716852</p> <p>type: there and back</p>
<p>Prince's Walk (Moidart)</p> 	<p>An interesting circular walk through the grounds of Kinlochmoidart estate.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/princes-walk</p>	<p>terrain: path, track and road</p> <p>grade: moderate</p> <p>length: 3km (1.9 miles) and 2.6km (1.6miles)</p> <p>grid ref: NM710727</p> <p>type: circular</p>
<p>Rahoy Hills - Loch Arienas (Morvern)</p> 	<p>A walk through oak woodland and heathland along the shores of Loch Arienas to the deserted village of Arienas in the Scottish Wildlife Trust Rahoy Hills Reserve. The Rahoy Hill Reserve is designated as a Site of Special Scientific Interest and a Special Area of Conservation.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/rahoy-hills-loch-arienas</p>	<p>terrain: rough path - boggy in places</p> <p>grade: moderate</p> <p>length: 4.5km (2.8 miles)</p> <p>grid ref: NM703504</p> <p>type: there and back</p>





<p>Loch Morar (Morar and Arisaig)</p> 	<p>A pleasant, scenic walk along the north shore of Loch Morar to Tarbet. Other local walk include Glasnacardoch to Loch an Nostarie and the Loch an Nostarie circular walk.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/loch-morar</p>	<p>terrain: mixed</p> <p>grade: moderate</p> <p>length: 2-17km</p>
<p>Rahoy Hills - Black Water (Morvern)</p> 	<p>An easy walk along a good track into the hills and wilderness behind the Scottish Wildlife Trust Rahoy Hills Reserve along the banks of the Black Water River.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/rahoy-hills-black-water</p>	<p>terrain: track</p> <p>grade: easy</p> <p>length: 8km (5 miles)</p> <p>grid ref: NM703504</p> <p>type: there and back</p>
<p>Ardtornish Castle (Morvern)</p> 	<p>An easy walk along road and track to the ruins of Ardtornish Castle on The Morvern Peninsula. Fabulous views over the Sound of Mull.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/ardtornish-castle</p>	<p>terrain: road and track</p> <p>grade: easy</p> <p>length: 13.4km (8.4 miles)</p> <p>grid ref: NM702474</p> <p>type: there and back</p>
<p>Silver Walk (Moidart)</p> 	<p>An interesting and scenic coastal walk in Moidart with the possibility of seeing otters and a range of coastal birds.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/silver-walk</p>	<p>terrain: mixed</p> <p>grade: moderate</p> <p>length: 12.6km (7.9 miles)</p> <p>grid ref: NM716714</p> <p>type: there and back</p>





<p>Ardmolich Woodland Walk (Moidart)</p> 	<p>A magical woodland walk through coniferous plantations to the hills beside Loch Moidart. Spectacular views.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/ardmolich-woodland-walk</p>	<p>terrain: forest and moorland track</p> <p>grade: moderate</p> <p>length: 3.3km (2 miles)</p> <p>grid ref: NM716714</p> <p>type: lollipop</p>
<p>Ben Resipole (Sunart)</p> 	<p>Ben Resipole, a Corbett, is the highest peak on the Ardnamurchan, and affords spectacular views of Loch Shiel, Loch Sunart, the Small Isles and Skye.Source: www.wildlochaber.com/walking-ardnamurchan/ben-resipole</p>	<p>terrain: mountain track</p> <p>grade: challenging</p> <p>length: 16km</p>
<p>Dalilea Walks (Moidart)</p> 	<p>A starting point for two very pleasant walks; one along the banks of Loch Shiel to the Green Isles, and the other over the hills to Kinlochmoidart</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/dalilea-walks</p>	<p>terrain: track</p> <p>grade: moderate</p> <p>length: 4.4km & 8.3km (1.4 & 5.1 miles) there and back</p> <p>grid ref: NM734691</p> <p>type: there and back</p>
<p>Ardnish and Peanmeanach (Morar and Arisaig)</p> 	<p>A popular walk to the beach and bothy at Peanmeanach on the Ardnish Peninsula. Great views over Loch nan Uamh and the surrounding hills.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/ardnish-and-peanmeanach</p>	<p>terrain: hill path, boggy in places</p> <p>grade: challenging</p> <p>length: 11km (6.75 miles)</p> <p>grid ref: NM742835</p> <p>type: there and back</p>





<p>Glen Moidart (Moidart)</p> 	<p>An enjoyable walk with good views of the dendritic tributaries of Glen Moidart and the hill lochan, Loth nan Lochan, before ascending to the reservoir at Glen Forslan.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/glen-moidart</p>	<p>terrain: track</p> <p>grade: moderate</p> <p>length: 5.2km (3.2 miles)</p> <p>grid ref: NM740722</p> <p>type: there and back</p>
<p>Garbh Eilean Wildlife Walk (Sunart)</p> 	<p>An occasionally steep, but well surfaced gravel path meandering through native woodland from Arderly to the Garbh Eilean Wildlife Hide</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/garbh-eilean-wildlife-walk</p>	<p>terrain: track - steep in places</p> <p>grade: easy</p> <p>length: 1.5km (1 mile)</p> <p>grid ref: NM746619</p> <p>type: there and back</p>
<p>Polloch and Loch Shiel (Sunart)</p> 	<p>A walk along forest track from Polloch to the shores of Loch Shiel. Fine views fr Loch Shiel and The Polloch River. Chances of spotting golden eagle and a range of diving and dabbling ducks.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/polloch-and-loch-shiel</p>	<p>terrain: Forest track and path</p> <p>grade: easy</p> <p>length: 4.75km (3 miles)</p> <p>grid ref: NM792688</p> <p>type: lollipop</p>
<p>Corrantee Lead Mines (Sunart)</p> 	<p>A lovely walk through plantation and heath to the remains of the Corrantee Lead mine and beyond with fine views of Ardamurchan, Sunart and Morvern. A great walk for views and wildlife and a sense of wilderness.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/corrantee-lead-mines</p>	<p>terrain: track and path</p> <p>grade: easy</p> <p>length: 7.6km (4.7 miles)</p> <p>grid ref: NM795680</p> <p>type: there and back</p>





<p>Ardnastaing and Scotstown (Sunart)</p> 	<p>A circular walk over moorland, woodland and along the banks of the Strontian River to Scotstown and Ardnastaing.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/ardnastaing-and-scotstown</p>	<p>terrain: path, track and road</p> <p>grade: easy</p> <p>length: 7.7km (4.8 miles)</p> <p>grid ref: NM805621</p> <p>type: circular</p>
<p>Fairy Walk (Sunart)</p> 	<p>A country road, hill, woodland and river side circular walk with good views of Ben Resipole, Loch Sunart and the Strontian River.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/fairy-walk</p>	<p>terrain: path, track and road</p> <p>grade: easy</p> <p>length: 6.9km (4.3 miles)</p> <p>grid ref: NM815616</p> <p>type: circular</p>
<p>Strontian Community Woodland (Sunart)</p> 	<p>A magical walk through a 19th Century policy woodland with some 60 species of native and non-native trees. A treat for the dendrologist.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/strontian-community-woodland</p>	<p>terrain: woodland path</p> <p>grade: easy</p> <p>length: 1.5km (1 mile)</p> <p>grid ref: NM817616</p> <p>type: circular</p>
<p>Ariundle Oakwoods (Sunart)</p> 	<p>An interesting but fairly strenuous walk through Ariundle Oakwoods to the former lead mines at Bells Grove via Ceann a 'Chreagain.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/ariundle-oakwoods</p>	<p>terrain: Forest and moorland track</p> <p>grade: moderate</p> <p>length: 10-11 km (6.5 miles)</p> <p>grid ref: NM826634</p> <p>type: lollipop</p>





<p>Ghardail Loop (Morvern)</p> 	<p>An enjoyable circular walk through forest plantation across The Ghardail River and onto the hills around Kingairloch</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/ghardail-loop</p>	<p>terrain: track and path</p> <p>grade: moderate</p> <p>length: 4km or 5.75 km (2.5 or 3.6miles)</p> <p>grid ref: NM837535</p> <p>type: circular</p>
<p>Galmadale Dam (Morvern)</p> 	<p>This is pleasant short walk along a track to Glen Galmadale Dam and Fish Ladder with some stunning views of the ridges of the Galmadale Horseshoe. The walk can be extended to visit a waterfall in dry condition, along the path is boggy and ill-defined.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/galmadale-dam</p>	<p>terrain: track</p> <p>grade: easy</p> <p>length: 3.2 km (2 miles)</p> <p>grid ref: NM867531</p> <p>type: there and back</p>
<p>Glenfinnan Viaduct and Station (Glenfinnan)</p> 	<p>An interesting walk affording some great views of the Glenfinnan monument, Loch Shiel and the surrounding hills and crags. The walk passes through a range of habitat types, including woodland, heath and bog.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/glenfinnan-viaduct-and-station</p>	<p>terrain: boggy hill path, track and road</p> <p>grade: moderate</p> <p>length: 3.3km (2 miles)</p> <p>grid ref: NM906808</p> <p>type: circular</p>
<p>Glenfinnan Viewpoints (Glenfinnan)</p> 	<p>Three walks from The National Trust at Glenfinnan to viewpoints of the monument, viaduct and Loch Shiel. The Dragonfly boardwalk provides easy access to Caledonian pinewoods and the River Callop.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/glenfinnan-viewpoints</p>	<p>terrain: path and track</p> <p>grade: easy</p> <p>length: 4 & 0.5 km (2.5 & 0.3 miles)</p> <p>grid ref: NM907807</p> <p>type: there and back</p>





<p>Port Appin and Clach Thoull (North Argyll)</p> 	<p>A lovely short coastal walk along a promontory at Port Appin. Good views are afforded of Loch Linnhe, the Lynn of Lorne, the Isle of Lismore and the distant hills of Morvern and Mull.</p> <p>Source: www.wildlochaber.com/walking-argyll/port-appin-and-clach-thoull</p>	<p>terrain: track, path & road</p> <p>grade: easy</p> <p>length: 2.2 km (1.4 miles)</p> <p>grid ref: NM903453</p> <p>type: circular</p>
<p>Jubilee Bridge (North Argyll)</p> 	<p>A lovely short walk over the historic 19th century jubilee bridge crossing salt marsh and affording fine views of Castle Stalker, Appin.</p> <p>Source: www.wildlochaber.com/walking-argyll/jubilee-bridge</p>	<p>terrain: path and road</p> <p>grade: easy</p> <p>length: 3 km (1.9 miles)</p> <p>grid ref: NM924465</p> <p>type: circular</p>
<p>Glasdrum Oakwoods (North Argyll)</p> 	<p>A lovely walk through Glasdrum National Nature Reserve, a woodland reserve renowned for its exceptional bryophyte and lichen flora, as well as one of the top sites for chequered skipper and pearl border fritillary butterflies. The walk affords some stunning views of Glen Creran and the fjordic sea loch, Loch Creran.</p> <p>Source: www.wildlochaber.com/walking-argyll/glasdrum-oakwoods</p>	<p>terrain: woodland path - steep in places</p> <p>grade: easy</p> <p>length: 1km (0.6 miles)</p> <p>grid ref: NN001454</p> <p>type: circular</p>
<p>Fassfern (Glenfinnan)</p> 	<p>Three short waymarked tracks through deciduous woodland, coniferous forest and moorland. A good site for butterflies including the globally threatened chequered skipper butterfly.</p> <p>Source: www.wildlochaber.com/walking-road-to-the-isles/fassfern</p>	<p>terrain: waymarked track</p> <p>grade: moderate</p> <p>length: 2.4 - 7km (1.5 - 4.4 miles)</p> <p>grid ref: NN696728</p> <p>type: circular</p>

<p>Glen Righ and Inchree Falls (Onich)</p> 	<p>A circular walk up a gorge passing eight mighty falls and onwards along a section of historic Wade's road returning with magnificent views of Loch Linnhe</p> <p>Source: www.wildlochaber.com/walking-glencoe/glen-righ-and-inchree-falls</p>	<p>terrain: good path and forest track</p> <p>grade: easy</p> <p>length: 5km (3.1 miles)</p> <p>grid ref: NN030634</p> <p>type: circular</p>
<p>Glen Creran Pine Marten Trail (North Argyll)</p> 	<p>A lovely short walk through plantation and mixed deciduous woodland in Glen Creran with some fine views, historical connections and good wildlife spotting opportunities.</p> <p>Source: www.wildlochaber.com/walking-argyll/glen-creran-pine-marten-trail</p>	<p>terrain: grassy path and track</p> <p>grade: easy</p> <p>length: 2.2 km (1.4 miles)</p> <p>grid ref: NN036488</p> <p>type: circular</p>
<p>Brecklet Trail (Ballachulish)</p> 	<p>A lovely walk, mainly through plantation, on a well defined path, with some stunning views of the surrounding hills and of Loch Leven and Loch Linnhe. The route starts at the former Ballachulish Slate Quarry and returns through the lovely village of Ballachulish.</p> <p>Source: www.wildlochaber.com/walking-glencoe/brecklet-trail</p>	<p>terrain: path and road</p> <p>grade: easy</p> <p>length: 2.9km (1.8 miles)</p> <p>grid ref: NN084584</p> <p>type: circular</p>
<p>Crofters Woods (Ardgour)</p> 	<p>This is a lovely woodland walk in Ardgour, near Fort William, through ancient semi-natural woodland and then out onto heath.</p> <p>Source: www.wildlochaber.com/walking-ardnamurchan/crofters-woods</p>	<p>terrain: woodland path and road</p> <p>grade: easy</p> <p>length: 2.2km (1.4 miles)</p> <p>grid ref: NN095750</p> <p>type: circular</p>

<p>Neptune's Staircase and Corpach (Fort William)</p> 	<p>Neptune's Staircase and Corpach. A very pleasant canal side walk with stunning views of the Nevis Range and the hills of Ardgour. A lovely walk for the canal and wildlife enthusiast alike.</p> <p>Source: www.wildlochaber.com/walking-fort-william/neptunes-staircase-and-corpach</p>	<p>terrain: canalside path</p> <p>grade: easy</p> <p>length: 4.7km (2.9 miles)</p> <p>grid ref: NN097767</p> <p>type: circular</p>
<p>Fort William and Old Inverlochy Castle (Fort William)</p> 	<p>A pleasant walk between the Old Fort in Fort William and Old Inverlochy Castle along the banks of the River Lochy. The return route is through the village of Inverlochy, with its tribute to Aluminium Industry, the main employer of the region.</p> <p>Source: www.wildlochaber.com/walking-fort-william/old-inverlochy-castle</p>	<p>terrain: path and road</p> <p>grade: easy</p> <p>length: 4.5km (2.75 miles)</p> <p>grid ref: NN105743</p> <p>type: circular</p>
<p>Cow Hill (Fort William)</p> 	<p>This is a fabulous walk through deciduous woodland, forestry plantation and heathland to Cow Hill, affording some stunning views of the Ben Nevis Range , Loch Linnhe and Loch Eil and the township of Fort William and its environs.</p> <p>Source: www.wildlochaber.com/walking-fort-william/cow-hill</p>	<p>terrain: track and path</p> <p>grade: moderate</p> <p>length: 8.9 km (5.6 miles)</p> <p>grid ref: NN111742</p> <p>type: circular</p>
<p>Glencoe Lochans (Glencoe)</p> 	<p>An interesting walk around a lochan and through planted coniferous and native deciduous woodland. There are lovely views of Bidean Nam Bian and The Pap of Glencoe, which dominate the landscape.</p> <p>Source: www.wildlochaber.com/walking-glencoe/glencoe-lochans</p>	<p>terrain: path</p> <p>grade: easy</p> <p>length: 1.3 - 5 km (1 - 3 miles)</p> <p>grid ref: NN105594</p> <p>type: circular</p>

<p>Allt Mhuic Butterfly Reserve (Loch Arkaig)</p> 	<p>Allt Mhuic Butterfly Reserve is on the north shores of Loch Arkaig in Lochaber. The reserve is managed jointly for the conservation of butterflies by the Forestry Commission and the Butterfly Conservation.</p> <p>Source: www.wildlochaber.com/walking-loch-lochy/allt-mhuic-butterfly-reserve</p>	<p>terrain: grassy path</p> <p>grade: easy</p> <p>length: 1.6 km (1 mile)</p> <p>grid ref: NN120911</p> <p>type: circular</p>
<p>The Pap of Glencoe (Glencoe)</p> 	<p>A short, but steep hillwalk up this distinctively shaped landmark.</p> <p>Source: http://www.walkhighlands.co.uk/fortwilliam/papofglencoe.shtml</p>	<p>terrain: Mountain path</p> <p>length: 7km (4.2 miles)</p> <p>grid ref: NN107587</p> <p>type: there and back</p>
<p>Ben Nevis by The Mountain Track (Fort William)</p> 	<p>The most popular route up Ben Nevis starting from the Glen Nevis Visitor Centre.</p> <p>Source: www.walkhighlands.co.uk/fortwilliam/bennevis.shtml</p>	<p>terrain: Steep path and scree</p> <p>grade: challenging</p> <p>length: 17km (10.5 miles)</p> <p>grid ref: NN123731</p> <p>type: there and back</p>
<p>An Torr and Signal Rock (Glencoe)</p> 	<p>A lovely short walk through coniferous plantation to Signal Rock; reputed to be a gathering place for the MacDonalds of Glencoe at times of trouble and the place where, according to legend, the signal was given by the Campbells for the Glencoe Massacre.Source: www.wildlochaber.com/walking-glencoe/an-torr-and-signal-rock</p>	<p>terrain: woodland path</p> <p>grade: moderate</p> <p>length: 3km (1.9 miles)</p> <p>grid ref: NN128564</p> <p>type: circular</p>

<p>Glenloy Forest and Strone Viewpoint (Fort William)</p> 	<p>A short walk along forest tracks in Glen Loy forest to a viewpoint with good views of the north face of Ben Nevis and Anoch Mor</p> <p>Source: www.wildlochaber.com/walking-fort-william/glenloy-forest-strone-viewpoint</p>	<p>terrain: forest track</p> <p>grade: easy</p> <p>length: 3km (1.9 miles)</p> <p>grid ref: NN144811</p> <p>type: there and back</p>
<p>Caledonian Canal Aqueducts (Fort William)</p> 	<p>The walk includes a lovely section along the Caledonian Canal passing between two aqueducts (Shengain Aqueduct and Glen Loy Aqueduct), and incorporates part of the Great Glen Way.</p> <p>Source: www.wildlochaber.com/walking-fort-william/caledonian-canal-aqueducts</p>	<p>terrain: towpath and road</p> <p>grade: easy</p> <p>length: 6.6 km (4.1 miles)</p> <p>grid ref: NN144811</p> <p>type: circular</p>
<p>Erracht Oakwood Walk (Fort William)</p> 	<p>A walk along forest track to Glen Loy native oakwoods</p> <p>Source: www.wildlochaber.com/walking-fort-william/erracht-oakwood-walk</p>	<p>terrain: track and path</p> <p>grade: easy</p> <p>length: 4.3 km (2.7 miles)</p> <p>grid ref: NN149821</p> <p>type: there and back</p>
<p>Nevis Gorge and An Steall (Fort William)</p> 	<p>A lovely walk through the steep-sided Nevis Gorge to an impressive waterfall, An Steall, cascading from a hanging valley (Coire A' Mhail). This is a very impressive short walk with much geological and botanical interest, as well as stunning mountain views of the slopes of Ben Nevis, and some of the mountains of The Mamores. One of the finest walks in the Lochaber.</p>	<p>terrain: uneven path</p> <p>grade: moderate</p> <p>length: 5.2km (3.2 miles)</p> <p>grid ref: NN168691</p> <p>type: there and back</p>

<p>Gairloch Caledonian Canal (Spean Bridge)</p> 	<p>A pleasant short circular walk along the towpath of the Caledonian Canal to Moy Bridge, returning along a minor road (B8004).</p> <p>Source: www.wildlochaber.com/walking-fort-william/gairloch-caledonian-canal</p>	<p>terrain: canal path and road</p> <p>grade: easy</p> <p>length: 6.2km (3.9 miles)</p> <p>grid ref: NN175842</p> <p>type: circular</p>
<p>High Bridge and The Commando Memorial (Spean Bridge)</p> 	<p>A lovely historic walk from The Commando Memorial along the banks of the River Spean passing by the historic High Bridge with fine views of the Nevis Range.</p> <p>Source: www.wildlochaber.com/walking-fort-william/high-bridge-and-commando-memorial</p>	<p>terrain: good path and road</p> <p>grade: easy</p> <p>length: 4.7 km (3 miles)</p> <p>grid ref: NN208824</p> <p>type: circular</p>
<p>Glengarry Native Pinewoods (Glengarry)</p> 	<p>Two lovely short walks in the Glen Garry Native Pinewoods (Ciste Dubh Trail and Alt na Cailliche). Both routes pass through deciduous and pine woodland in The Glen Garry Forest Area, following the River Garry for part of the way, and affording some lovely views.</p> <p>Source: www.wildlochaber.com/walking-glengarry/glengarry-native-pinewoods</p>	<p>terrain: track and path</p> <p>grade: easy</p> <p>length: 2 km & 5.4 km (1.2 & 3.4 miles)</p> <p>grid ref: NH283014</p> <p>type: circular</p>
<p>Coire Ardair (Loch Laggan)</p> 	<p>A stunning walk with fabulous hill views to lochan a Choire in Coire Ardair, following the watercourse, Allt Coire Ardair, in the Creag Meagaidh National Nature Reserve</p> <p>Source: www.wildlochaber.com/walking-loch-laggan/coire-ardair</p>	<p>terrain: good path</p> <p>grade: moderate</p> <p>length: 12km (7.5 miles)</p> <p>grid ref: NN483873</p> <p>type: there and back</p>

Creag Meagaidh Short Walks

(Loch Laggan)



Three lovely short walks from the car park in Creag Meagaidh National Nature Reserve providing an opportunity to experience various habitats, including meadow, ancient alder woodland and heath land. The walks offer some stunning views of Creag Meagaidh massif and Loch Laggan.

Source: www.wildlochaber.com/walking-loch-laggan/creag-meagaidh-short-walks

terrain: good path

grade: easy

length: 1 & 2km (.6 & 1.2 miles)

grid ref: NN483873

type: circular

Beaches

Bay MacNeil Beach (Ardnamurchan)



A short walk to a beautiful beach with fabulous views of Skye, the Small Isles and Ardnamurchan Point.

Source: www.wildlochaber.com/walking-ardnamurchan/bay-macneil-beach

Portuairk to Sanna (Ardnamurchan)



A pleasant walk over gentle terrain from Portuairk to beautiful Sanna Bay on the Ardnamurchan peninsula

Source: www.wildlochaber.com/walking-ardnamurchan/portuairk-sanna

Sanna Bay (Ardnamurchan)



The fabulous white sand beaches of Sanna and Portuairk provide amazing views of Adnamurchan Point and The Small Isles,

Source: www.wildlochaber.com/wildlife-ardnamurchan/sanna-bay

Kilmory Beach (Ardnamurchan)



A short walk to Kilmory Beach, a lovely sheltered sandy beach on the north coast of the Ardnamurchan peninsula.

Source: www.wildlochaber.com/walking-ardnamurchan/kilmory-beach

Camas nan Geall (Ardnamurchan)



A coastal walk along shingle beaches along the southern coast of the Ardnamurchan Peninsula with good chances of spotting otters and eagles.

Source: www.wildlochaber.com/walking-ardnamurchan/camas-nan-geall

Rhu Point Beach (Morar and Arisaig)



A rewarding walk to the magnificent beach at Port nam Murrach at the end of the Rhu peninsula near Arisaig, Morar.

Source: www.wildlochaber.com/walking-road-to-the-isles/rhu-point-beach

Ardtoe Beach (Ardnamurchan)



Ardtoe Beach is a lovely sandy beach in Ardnamurchan on The West Coast of Scotland. Great for rockpooling, swimming and birdwatching.

Source: www.wildlochaber.com/beaches-ardnamurchan/ardtoe-beach

Traigh Beaches (Road to The Isles)



The white sandy beaches at Traigh, near Arisaig epitomise the ideal of a West Coast of Scotland beach.

Source: www.wildlochaber.com/beaches-morar/traigh-beaches

Smirisary Walk (Moidart)



A pleasant walk along a rough/coastal path to the ancient crofting village of Smirisary in Moidart and onto the silvery sands.

Source: www.wildlochaber.com/walking-ardnamurchan/smirisary-walk

Kentra Bay and The Singing Sands

(Ardnamurchan)



An enjoyable walk to the beautiful Singing Sands at Gortenfern in The Ardnamurchan.

Source: www.wildlochaber.com/walking-ardnamurchan/kentra-bay-and-singing-sands

Strath of Arisaig & Camas Ghaoideil

(Morar and Arisaig)



A gentle walk along farm track and road through woodland and along coast providing great opportunities for bird watching with an optional detour to a secluded beach.

Source: www.wildlochaber.com/walking-road-to-the-isles/strath-arisaig-camas-ghaoideil

Camusdarach Beaches (Arisaig)



On the list of Scottish Natural Heritage's most beautiful beaches in Scotland. Made famous as a set for the film Local Hero and part of the Silvery Sands of Morar.

Source: www.wildlochaber.com/wildlife-morar/camusdarach-beaches

Samalaman Beach (Moidart)



Samalaman Beach is a lovely sandy beach near Glenuig with fine views to the Small Isles.

Source: www.wildlochaber.com/beaches-moidart/samalaman-beach

Bourblach Beach at Morar

(Morar and Arisaig)



A short walk to the fantastic silver sands on Bourblach beach in Morar Bay. The beach is the real star of this walk.

Source: www.wildlochaber.com/walking-road-to-the-isles/bourblach-beach-morar

Bay of Flies (Sunart)



A short circular walk through native oak woodland to a sheltered bay on Loch Sunart

Source: www.wildlochaber.com/walking-ardnamurchan/bay-flies

Ardnish and Peanmeanach

(Morar and Arisaig)



A popular walk to the beach and bothy at Peanmeanach on the Ardnish Peninsula. Great views over Loch nan Uamh and the surrounding hills.

Source: www.wildlochaber.com/walking-road-to-the-isles/ardnish-and-peanmeanach

Cuil Bay (Duror)



Cuil Bay on Loch Linnhe, a long shingle beach, is a popular spot for bird and wildlife watching.

Source: www.wildlochaber.com/wildlife-lochaber/cuil-bay

Visitor Attractions

Kinloch Castle (Isle of Rum)



Kinloch Castle is a turreted, two storey castle, with an arcaded veranda, built by the wealthy Lancashire industrialist George Bullock in 1897

Source: www.wildlochaber.com/history-lochaber/kinloch-castle

Mingary Castle (Ardnamurchan)



Mingary Castle, former stronghold of the Maclans of Ardnamurchan, is a medieval castle strategically located on a rocky promontory near Kilchoan, on the Ardnamurchan peninsula.

Source: www.wildlochaber.com/history-ardnamurchan/mingary-castle

Caisteal nan Con (Morvern)



Caisteal Nan Con, The Castle of the Hounds, is 17 century three-storeyed hall house that stands in a commanding position on a rocky promontory overlooking the Sound of Mull.

Source: www.wildlochaber.com/history-morvern/caisteal-nan-con

Castle Tioram (Moidart)



Castle Tioram, an ancient seat of the Clanranalds, is on the rocky tidal island of Eilean Tioram at the confluence of Loch Moidart and the River Shiel in Moidart.

Source: www.wildlochaber.com/history-moidart/castle-tioram

Ardtornish Castle (Morvern)



Ardtornish Castle sited on a headland jutting into the Sound of Mull approximately 2km SE of Lochaline, Morvern. The castle served as a residence and strong hold for the Lords of the Isles (chiefs of the Clan Donald) in 14th and 15th centuries.

Source: www.wildlochaber.com/history-morvern/ardtornish-castle

Castle Stalker (North Argyll)



Castle Stalker

Source: www.wildlochaber.com/history-lochaber/castle-stalker

The Fort, Fort William (Fort William)



The old fort (An Gearasdan) in Fort William is well placed as a strategic strong hold. The fort gained notoriety for its role in the infamous Glen Coe Massacre of 1692 and was besieged by the Jacobites in the uprising of 1744.

Source: www.wildlochaber.com/attraction-fort-william/the-fort-fort-william

Old Inverlochy Castle (Fort William)



Old Inverlochy Castle, on the banks of the River Loch, is an impressive ruin that bears testament to the former power of ancient families, kingly ambition and clan rivalries.

Source: www.wildlochaber.com/history-lochaber/old-inverlochy-castle

Ardnamurchan Lighthouse

(Ardnamurchan)



Ardnamurchan Lighthouse is located on the most westerly point of the Ardnamurchan peninsula and offers fine views, a tea room, shop and exhibition centre.

Source: www.wildlochaber.com/attraction-ardnamurchan/ardnamurchan-lighthouse

Nadurra (Ardnamurchan)



Nadurra, formerly The Ardnamurchan Natural History Centre, comprises a shop, cafe and an exhibition centre.

Source: www.wildlochaber.com/attraction-ardnamurchan/nadurra

Land Sea and Islands Centre

(Arisaig)



The Visitor Centre in Arisaig houses an interesting collection of books, photographs, artefacts and exhibits illustrating the social, cultural and natural history of the area.

Source: www.wildlochaber.com/attraction-morar/land-sea-and-islands-centre

Mallaig Heritage Centre (Mallaig)



The Mallaig Heritage Centre provides a unique insight into the landscape, history and culture of the Rough Bounds through exhibits, models and film.

Source: www.wildlochaber.com/attraction-morar/mallaig-heritage-centre

Moidart History House (Moidart)



The Moidart History House is a small interpretation centre located by Glenuig Community Hall. It showcases some of the excellent work of the Moidart Local History Group.

Source: www.wildlochaber.com/history-moidart/moidart-history-house

The Carved Stones of Kiel

(Morvern)



The Carved Stones of Kiel are a collection of nineteen medieval carved gravestone slabs bearing intricate Celtic art and text. The stones are arranged in the Old Session House at Kiel Church

Source: www.wildlochaber.com/history-morvern/carved-stones-kiel

Polloch Interpretation Hut (Sunart)



A small interpretation centre with poster displays on the forestry, mining and archaeology of the area.

Source: www.wildlochaber.com/attraction-ardnamurchan/polloch-interpretation-hut

Glenfinnan Station and Viaduct (Lochaber)



The historic Glenfinnan Station and Viaduct on The Road to The Isles, near Glenfinnan are an impressive tribute to Victorian engineering. The station museum has an interpretation centre describing the history and construction of this historic railway.

Source: www.wildlochaber.com/history-lochaber/glenfinnan-station-and-viaduct

The Glenfinnan Monument (Lochaber)



The Glenfinnan Monument is a National Trust for Scotland Property

Source: www.wildlochaber.com/history-lochaber/glenfinnan-monument

Treasures of the Earth (Fort William)



The Treasures of the Earth contains one of the largest private collections of crystals and gemstones in Europe, as well as a fine collection of fossils.

Source: www.wildlochaber.com/geology-lochaber/treasures-of-the-earth

Kilmallie Stone Circle (Fort William)



A modern stone circle of rocks from the Highlands and Islands dating from between 3125 and 55 million years. A good introduction to the geodiversity of the area.

Source: www.wildlochaber.com/geology-lochaber/kilmallie-stone-circle

West Highland Museum

(Fort William)



The Museum's collections tell the story of Lochaber's rich and colourful history through displays, objects and artefacts.

Source: www.wildlochaber.com/history-lochaber/west-highland-museum

Glen Nevis Visitor Centre

(Fort William)



Source: www.wildlochaber.com/attraction-fort-william/glen-nevis-visitor-centre

Clan Cameron Museum

(Loch Arkaig)



Clan Cameron Museum

Source: www.wildlochaber.com/history-lochaber/clan-cameron-museum

Activity Centres

Gondola/
Snowboarding
High Wire Adventure

Nevis Range
01397 705825
info@nevisrange.co.uk
www.nevisrange.co.uk

Soft Play &
Ten Pin Bowling
Cafe

Nevis Centre
An Aird, Fort William, PH33 6AN
01397 700707
www.neviscentre.co.uk

Canoeing/Archery etc
Lots of various activities

Abernethy Trust
01967 411222
www.abernethy.org.uk

Horse Riding

Achnalarig Riding Stables
Oban
01631 562745

Indoor Climbing
Indoor Ice Climbing
Aerial Adventure

Ice Factor
Kinlochleven
01855 831100
www.ice-factor.co.uk

Local Restaurants

The Inn at Ardgour
Just at Corran Ferry

01855 841225
theinn@ardgour.biz

Driftwood Brasserie
Kilcamb Lodge Hotel & Restaurant
Strontian PH36 4HY

01967 402257

Strontian Hotel Restaurant
Strontian PH36 4HZ

01967 402029

Ariundle Centre
Anaheilt, Strontian PH36 4JA

01967 402279

Café Sunart
Smart Oakwoods, Strontian

01967 402277

Lochleven Seafood Café
Onich
Fort William
Inverness shire, PH33 6SA
Lochleven Seafood Café

01855 821048
www.lochlevenueafoodcafe.co.uk

About HopScotch Children's Charity

HopScotch Children's Charity was set-up in 1998 to provide free respite breaks for children in need living in Scotland.

HopScotch works with some of the most disadvantaged children. Many have never been to the countryside or seaside before, and a holiday at Ardvullin is their only opportunity to have a break away from their problems in a safe and secure environment.

The children who visit Ardvullin have to contend with serious issues in their home environment, including:

- Parental mental health/physical health issues
- Parental drug/alcohol abuse
- Bereavement
- Extreme poverty
- Domestic violence
- Sexual abuse

The majority of the children we help are young carers; their days and nights spent caring for a parent or family member. Others have special needs including challenging behavioural issues, or come from families affected by financial difficulties and hardships, women's refuges, one parent family groups, HIV/Aid support groups or are asylum seekers or refugees.

Below are some quotes from the children we've taken to Ardvullin in the past:

"I had the best time of my life but best of all was the ferry because I never been on one."

"We went to the beach. I collected some shells. It was good and fun. I felt happy every day."

"I did loads of stuff and met loads of new friends. HopScotch is the best thing I ever did."

You can continue to make a real difference to the lives of disadvantaged children by making a donation.



www.hopscotch-charity.org

Thank you again for your support.

HopScotch Children's Charity

DONATION FORM

This form may be used for:

- Accompanying a donation from a non-UK taxpayer (fill in Donation Form only)
- Accompanying a donation from a UK taxpayer (fill in Donation Form and Gift Aid Declaration)
- Setting up regular payments to HopScotch via a Standing Order Mandate, please send this information to your bank.

To: HopScotch Children's Charity, 42 Silverknowes Road, Edinburgh, EH4 5LF

Please accept my donation of £ _____

Full Name _____

Home Address _____

GIFT AID DECLARATION

I confirm that I am a UK Tax Payer and I would like HopScotch Children's Charity to treat any donation I may make as a Gift Aid donation and reclaim tax on them until I notify you otherwise.

Date _____ Signature _____

Please complete and send the above form to HopScotch Children's Charity. Your Gift Aid Declaration enables HopScotch reclaim tax on your donation from the UK government. Thank You.

STANDING ORDER MANDATE

To: Bank _____ Branch _____ Sort Code ____ - ____ - ____

Account Name _____ Account Number _____

Please debit the above account with monthly/quarterly/annual payments of £ _____ with effect from ____/____/____ until further notice, and pay these amounts to:

Account Name: HopScotch Children's Charity

Bank: Edinburgh Stockbridge Branch, 12 North-West Circus Place, Edinburgh

Account No. 00138231

Sort Code: 83-20-02

Date: _____ Signature _____