

# Welcome to the National Trust for Scotland



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## KINTAIL OUTDOOR ACTIVITIES GUIDE 2012

## BOOKING & HOW TO FIND US

# Kintail



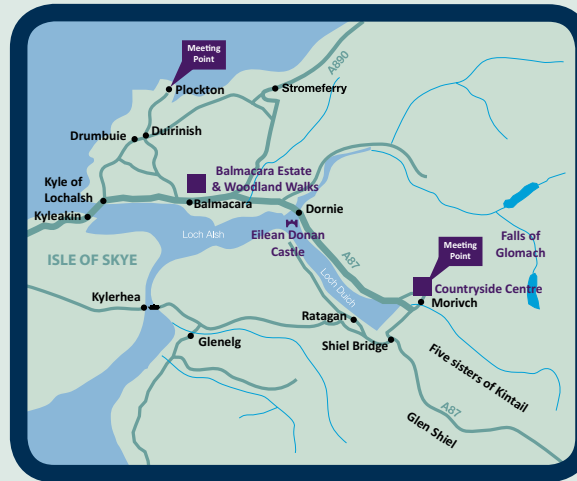
The National Trust for Scotland property at Kintail boasts the famous mountains known as the Five Sisters, the stunning Falls of Glomach, access into the remote area of Glen Affric, as well as dramatic coastline ... all on its doorstep!

This emotive wild landscape of magnificent West Highland scenery incorporates two National Scenic Areas as well as Special Areas of Conservation and a Site of Special Scientific Interest. A rich historic environment includes two Ancient Monuments – a prehistoric standing stone and the site of the 1719 Battle of Glen Shiel.



To find out more or book any of our sea kayaking taster days, and courses or guided walks, please contact the National Trust for Scotland Ranger Service on **0844 493 2231** or email **kintail@nts.org.uk**

Course costs include instruction and rental of all equipment.



### the National Trust for Scotland

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The National Trust for Scotland for Places of Historic Interest or Natural Beauty is a charity registered in Scotland, Charity Number SC 007410

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## Outdoor Activities 2012



[www.nts.org.uk](http://www.nts.org.uk)

# RANGER GUIDED WALKS

# SEA KAYAKING EXPEDITIONS 2012

the National Trust for Scotland, Kintail Outdoor Activities Guide 2012

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## Battle of Glen Shiel Guided Walk

Come and learn about the Jacobite Rising of 1719 and the dramatic battle that brought it to an end. Find out about the Spanish involvement and the remains of the battle site that can still be seen, which make it unique in Scotland today.

Every Wednesday in June, July and August 2012

**Duration:** 2 hours

**Cost:** £6 per adult; children free

**Meet:** 2pm at the Countryside Centre, Morvich  
(transport to Glen Shiel is provided)

**No booking is required.**

## Lochalsh Munros Guided Walks

Our local area has the greatest concentration of Munros (mountains over 3,000ft high) in the country. We offer guided walks up any of the 10 Munros on our own property as well as any other local peak from Loch Cluanie to Beinn Sgritheall. Walks can be arranged to suit your group's preferences.

If climbing to over 3,000ft is not for you, the ranger service also offers a range of less strenuous walks including a day trip to the Falls of Glomach, the highest single drop waterfall in Britain.

**Dates:** On request (minimum group size of 3)

**Duration:** 6–8 hours depending on walk

**Cost:** Prices range from £20–£50 per person per day

**Meet:** 9am at the Countryside Centre, Morvich

## Five Sisters of Kintail

Experience stunning mountain scenery along one of Scotland's most famous ridges and take in three Munros. Learn about Kintail's rich flora and fauna from our knowledgeable ranger staff.

**Dates:** On request (minimum group size of 3)

**Duration:** 8 hours

**Cost:** £50

**Meet:** 9am at the Countryside Centre, Morvich

## Introduction to Sea Kayaking Tours:

### 2- or 3-day trips exploring Knoydart or the Inner Sound

New for 2012! These 2- or 3-day trips will leave from Plockton or Kintail (depending on the weather) and give participants an opportunity to experience some of the last wilderness areas on Scotland's west coast. The knowledge and expertise of our rangers ensure that your trip will be a memorable one.

**On request:** April–September 2012

**Cost:** Prices from £130

### Small Isles Long Weekend Tour: 4-day trip

This mini adventure gives an opportunity to explore the Isle of Canna and experience its unsurpassed culture and wildlife.

**On request:** April–September 2012

**Cost:** Prices from £260

### Inner Sound Trip (Kintail to Torridon):

#### 6-day trip

New for 2012! This trip explores the Inner Sound between the Isle of Skye and the Scottish mainland. The trip will start at Kintail and finish in Loch Torridon. There is no better way to explore this amazing coastline with its spectacular backdrops such as the Cuillin mountains, the Five Sisters ridge and Torridon's peaks.

**Dates:** 12–17 May 2012

**Cost:** Prices from £400

### Knoydart – Sea to Summit Walking and Kayaking

#### Expedition: 6-day trip

Bringing sea kayaking and Munro bagging together, this trip allows participants the unrestricted freedom to explore the remote peninsula of Knoydart while bagging a few Munros, not to forget savouring the hospitality of Britain's remotest pub.

**Dates:** 27 May–1 June 2012

**Cost:** Prices from £400



## Hebridean Islands Expedition: 7-day trip

New for 2012! This trip will explore the chain of islands known as the Barra Head islands, the most southerly islands in the Outer Hebrides. With their deserted villages, white sand beaches and the 600ft sea cliffs, they are one of the must-do kayaking trips in the UK. This trip is for intermediate paddlers. Alternative Hebridean venues will be offered should the weather be inappropriate.

**Dates:** 24–30 June 2012

**Cost:** Prices from £500

## Small Isles Expedition – Canna: 7-day trip

Canna and its larger neighbour, Rum, offer an amazing kayaking venue. Paddle through some spectacular sea caves, while exploring the rich waters around the islands in the hope of spotting basking sharks and minke whales which frequent these waters during the summer months.

**Dates:** 15–21 July 2012

**Cost:** £450

## Sea Kayaking Courses

### Taster Days

The day involves kayaking instruction to master some basic skills before exploring some coastal islands to view local wildlife.

**Dates:** April–October 2012

**Duration:** 6 hours

**Cost:** £50 per adult; £25 per child (10 yrs and over)

**Family discounts are available.**

### Beginner Sea Kayaking Courses (3 days)

Aimed at first time paddlers or those with limited experience, this course provides an opportunity to learn skills and techniques to enable you to join a group and start exploring some of Scotland's dramatic coastlines.

**Dates:** 16–18 April 2012 & 23–25 July 2012

**Cost:** £210 (Cost includes self catering accommodation)

### Intermediate Sea Kayaking Courses (4 days)

Aimed at paddlers who have some experience but want to broaden their skills and techniques to cope with more challenging conditions, this course will involve a one- or two-night camping expedition should conditions be suitable.

**Dates:** 4–7 June 2012 & 23–26 July 2012

**Cost:** £265 (Cost includes self catering accommodation)

### Course Cost Includes:

All instruction, paddling equipment clothing plus camping equipment for expeditions. Where specified self catering accommodation will be provided at our centre.

All events start and finish at Kintail. Collection from bus and rail links can be arranged.