

Welcome to the National Trust for Scotland



the National Trust
for Scotland
a place for everyone



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KINTAIL OUTDOOR ACTIVITIES GUIDE 2010

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.

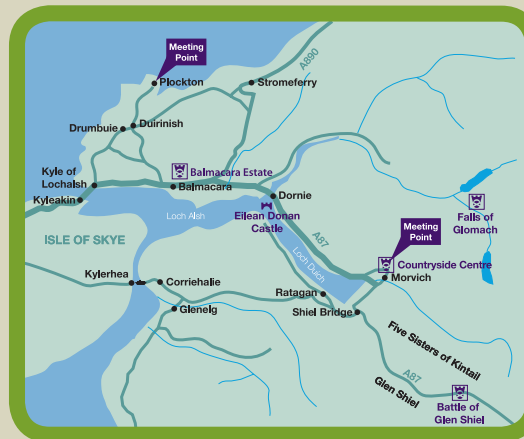
The National Trust for Scotland Ranger Service will be providing a series of adventure-based activities, which will enable visitors to explore the rugged beauty of the north-west Highlands of Scotland either on foot or out on the water by sea kayak. We also have the luxury of our very own outdoor centre which offers superb self-catering accommodation and can be booked by calling our Holidays Department on 0844 493 2108. We use this for our residential sea kayaking courses.



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, rental of all equipment and, where specified, self-catering accommodation.

Where to meet



the National Trust for Scotland

Morvich Farm, Inverinate, By Kyle, Ross-shire
IV40 8HQ

Telephone: 0844 493 2231
Email: kintail@nts.org.uk
Web: www.nts.org.uk



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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RANGER GUIDED WALKS

SEA KAYAKING TASTER DAYS AND COURSES



The National Trust for Scotland, Kintail Outdoor Activities Guide 2010

The National Trust for Scotland, Kintail Outdoor Activities Guide 2010

The National Trust for Scotland, Kintail Outdoor Activities Guide 2010



Every Wednesday: Otters and Orchids

A coastal walk near Plockton taking you through the wild flowers of the crofting meadows of Drumbuie and Port an Eorna. Learn about the crofting way of life, past and present, or maybe spot the elusive otter known to inhabit the coastline.

Duration: 2 hours

Cost: adults £5.00, children free

Bring: walking boots and waterproofs

Meet: 10am Plockton Hotel (transport provided)

No need to book

June, July, August 2010

Every Thursday: Falls of Glomach

Come and enjoy breathtaking views of one of Scotland's highest waterfalls and experience a remote mountain environment.

Learn about mountain plants or maybe see red deer and golden eagles.

Duration: 6 hours

Cost: adults £15.00, children aged over 10 years free

Bring: walking boots, waterproofs, spare clothes, packed lunch and drink

Meet: 9.30am Countryside Centre, Morvich

Book by telephoning 0844 493 2231

June, July, August 2010

On request: Five Sisters of Kintail

Experience stunning mountain scenery along one of Scotland's famous ridges and take in three Munros. Learn about mountain plants, or maybe see red deer, golden eagles and ptarmigan.

Duration: 12 hours.

Cost: £45.00 (adults only).

Bring: walking boots, waterproofs, spare clothes, packed lunch and drink.

Meet: 9am Countryside Centre, Morvich.

Book by telephoning 0844 493 2231

Minimum group size: 3

June, July, August 2010

Come and see landscapes from a totally different perspective ... from a sea kayak!

Sea kayaking is one of the fastest growing outdoor activities and we are fortunate that the west coast of Scotland offers one of the best coastlines for this sport, not just in Scotland, but in the world.

We are able to access an enormous variety of venues depending on the weather and what you want. These venues include the sheltered sea lochs of Loch Duich and Loch Long, the island archipelago from Plockton to Kyle of Lochalsh, and the dramatic and varied coastline of the islands of Skye, Rona and Raasay.

Our experienced instructors are also countryside rangers and are passionate about the area they live in. Their knowledge of the area, environment and the abundant wildlife is second to none. They can take you by kayak to explore wildlife that few will experience.

The courses and day trips that we offer are suitable for complete beginners or competent paddlers who want to broaden their skills and techniques. We are also able to offer activities for children and are registered with the Adventure Activities Licensing Authority. Our courses are residential and are based at our very own outdoor centre, which offers superb self-catering accommodation.

Group Bookings

If any of our course dates don't suit your needs, please contact us, as we may be able to organise a tailor-made course if you are a group of three or more.



Sea Kayaking Taster Days

The day involves kayak instruction to master some basic skills and then exploration along the coast to visit islands and see wildlife.

Duration: 4 hours

Cost: adults £45, children aged 10 and over £25, family discounts available

Meet: Plockton Hotel or Countryside Centre, Morvich

Dates: most weeks from April until October

Cost includes full kayaking instruction and rental of all sea kayaking equipment

Beginner Sea Kayaking Course

Aimed at first-time paddlers or those with limited experience. Learn skills and techniques to enable you to explore some of the most dramatic coastline around Scotland.

Duration: 3 days

Cost: £195

Venue: Outdoor Centre, Morvich

Dates: 24 – 26 May 2010

23 – 25 August 2010

Cost includes full kayaking instruction, rental of all sea kayaking equipment and self-catering accommodation.

Course arrival is the evening before.

Intermediate Sea Kayaking Course

Aimed at paddlers who have some experience but who would like to broaden their skills and techniques. There will be the opportunity for a one or two night camping expedition if conditions are suitable.

Duration: 4 days

Cost: £260

Venue: Outdoor Centre, Morvich

Dates: 24 – 27 May 2010

23 – 26 August 2010

Cost includes full kayaking instruction, rental of all sea kayaking equipment and self-catering accommodation.

Course arrival is the evening before.