

Welcome to the National Trust for Scotland



the National Trust
for Scotland
a place for everyone



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KINTAIL OUTDOOR ACTIVITIES GUIDE 2011

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

Outdoor Activities Guide 2011



www.nts.org.uk

RANGER GUIDED WALKS

SEA KAYAKING TASTER DAYS AND COURSES



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the National Trust for Scotland, Kintail Outdoor Activities Guide 2011



Every Wednesday: Battle of Glen Shiel Guided Walk

Come and learn of the "Little Jacobite Rising" of 1719 and the dramatic battle that brought it to an end. Find out about Spanish, Dutch and Swiss involvement and the remains that make the breathtaking site unique in Scotland today.

Duration: 2 hours

Cost: adults £6, children £3

Bring: walking boots, waterproofs and midge repellent

Meet: 2pm Countryside Centre, Morvich (transport provided)

No need to book

June, July, August 2011

On Request: Mountains and Waterfalls Guided Walks

Kintail offers some of the best walking in Scotland with a high concentration of Munros (Mountains over 3000ft), which command unsurpassed views over spectacular west coast scenery. Whether you want to climb your first Munro or do a multi summit trip, use our unmatched knowledge of our property and surrounding hills to tailor a day or days just for you: a large choice of walks are on offer including Beinn Fhada, the North Cluanie Munros, the South Cluanie Ridge or the remote Munros of West Glen Affric.

If climbing from sea level to 3000ft 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.

Duration: 6 – 8 hours depending on walk.

Multi day itinerary available on request

Cost: Prices range from £15.00 – £45.00 per person per day.

Family discounts available

Group Bookings available: 3 or more persons

April – October 2011

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: 9 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

April – October 2011

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



NEW FOR 2011: Sea Kayaking Expeditions

These trips explore some of the west coast's amazing landscapes, culture, flora and fauna. The Isle of Canna, our most popular destination, offers a unique opportunity to explore the island's coastline. Paddle through spectacular sea caves while experiencing up close encounters with local wildlife such as basking sharks, minke whale and sea eagle. If weather permits it is possible to make the short crossing to the Isle of Rum to walk in the splendour of the Rum Cuillin.

Duration: 3 – 7 Day Trips

Cost: £195.00 per person depending on duration.

Date: **Canna Small Isles Expedition:** 5th – 11th June 2011

Other dates available on request, May – September

Group Bookings available: 3 or more persons

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: 30 May – 1 June 2011

22 – 24 August 2011

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: 30 May – 2 June 2011

22 – 25 August 2011

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

Course arrival is the evening before.