



Glen Affric Walking Festival 28th May – 31st May

GET KITTED Friday 28th May. Bog Cotton Café 6-7pm Come along and let the experts run a pre-Festival kit check. Remember if your gear is not suitable the guide will not let you join the walk.

WELCOME DRINKS Friday 28th May. Join us at the Bog Cotton Café, Cannich between 6 and 7pm to meet the guides and the other walkers and to ask any last minute questions.

THE WALKS

The following information is intended to provide you with a detailed guideline for each of the walks. However even the best laid plans may have to change due to factors such as weather, conditions underfoot, group fitness etc. It may be that conditions are so fantastic that your guide will choose to make small changes to your day to enhance your experience.

All Walks start at the Bog Cotton Café, Cannich unless otherwise stated. Please call them in advance to arrange packed lunches or breakfast . Tel 01456 415364

Friday 28th May

ML1 GRAB A GRAHAM Beinn Mheadhoin (613m) 9.30am Moderate £25

Whet your appetite with tantalising views across the Glen Affric NNR as you grab this centrally located Graham. It's all in the name, meaning 'Middle Hill'. Stretch your legs, enjoy the company and discover more about the flora & fauna of this outstanding Nature Reserve.

GG1 Tree Planting in the NNR 10am Easy £Donations

Going Green for 2010 Be part of our mission striving towards a totally carbon neutral event and give something back for 2010. Join us on this tree planting session, to discover more about the beauty of the last remnants of native Caledonian Forest.

WELCOME DRINKS 6 - 7pm Bog Cotton Cafe, Cannich

This Walking Festival introduction provides a relaxed environment to discuss the schedule for the weekend. Sociable evening for all - a chance to meet your guides and fellow walkers.

Saturday 29th May

HL1 MULLARDOCH MUNROS with a Twist An Riabhachan (1129m) & An Socach (1069m) 8am Hard £30

Here's the twist, for 2010 this walk will start from Glen Strathfarrar. No need for boats or bog slogs, just get stuck in to these classic Munro walks, on a little used route.

HL2 MOUNTAIN SKILLS on Carn nan Gobhar, Glen Cannich (992m) 8.30am Hard £30

NEW FOR 2010. Join us on our journey to the 'Hill of the Goats' in neighbouring Glen Cannich. Our route to this Munro top provides the ideal location to cover some essential mountain skills from navigation and map reading to river crossings.

LL2 Whisky Smugglers & Ancient Forests 10am Easy £10

Most Popular Low Level Walk of 2009 From the Dog Falls car park a forest ranger will guide you off the normal paths through hidden forests and archaeology in order to learn about the people who lived within the forest, how they made illegal whisky and smuggled it out. The walk will be off paths and over rough woodland terrain with a healthy interest in the water of life.

EVENING TALK 8 - 10pm £Free - donations

EVENING TALK TBC

Sunday 30th May - THE BIG DAY!

HL3 AFFRIC HORSESHOE Mam Sodhail (1181m) & Carn Eige (1183m) 8am Hard £30

A serious mountain expedition within the Glen Affric NNR, climbing Sgurr na Lapaich (1036m); Mam Sodhail (1181m) and Carn Eige (1183m). We traverse steep sided ridges and bag several tops, whilst enjoying spectacular views and remote countryside from the highest mountain between the Great Glen and Iceland!

HL4 HIDDEN AFFRIC Mullach Fraoch-Choire (1102m) 8am Hard £30

When you look south from the North Affric Munros there is a hill that demands the eye - Mullach Fraoch-choire. Not usually ascended from the north, Mullach Fraoch-choire sits at the northern end of an 8km-long ridge between Loch Cluanie and Glen Affric. From the west end of Loch Affric, we continue along the track turning south into Gleann na Ciche. Our route then heads SW to join one of the main ridges bordering Fraoch-choire and leading to the fine summit of Mullach Fraoch-choire.

LL3 CHARITY WALK Loch Affric Circular in aid of Children 1st 10am Moderate £10

NEW FOR 2010. The Loch Affric Circular Walk takes us on a 10 mile journey through the ancient Caledonian Forest passing beneath the giants of North Affric. The walking trail on the north of the loch gently undulates as it passes ruins of times gone by; of crofts and sheilings and fleeing princes. Keep your eyes alert for signs of deer and eagle and marvel at the picturesque location of Affric Lodge and beyond. Once on the Southside join the route of the drovers just before Strawberry Cottage. It is a condition of entry that you raise sponsorship if participating in this walk. **NON GUIDED. INCLUDES T-SHIRT**

Monday 31st June

HL5 GUEST GLEN Ciste Dhubh (979m) & Am Bathach (798m) 8am Hard £30

An early start allows us to commute to this year's Guest Glen - Glen Sheil. Starting at the Cluanie Inn, on the shores of Loch Cluanie, our sights are aimed at Ciste Dhubh and Am Bathach. Ciste Dhubh rises from Bealach a' Choinich via a fine arête to a rocky summit about 5km north of Loch Cluanie. The finely featured route to the top alone makes for an amazing end to Outta Affric 2010, but to cap a great few days we intend to descend back to the welcoming environment of the Cluanie Inn via the beautiful ridge of Am Bathach.

HL6 AFFRIC CHALLENGE Toll Creagach (1053m) & Tom a' Choinich (1112m) Hard £30

NEW FOR 2010. Are you ready for the Affric Challenge? Climb these two fantastic Munros - but it's not as simple as it sounds! Each year we aim to add more Munros to this basic Affric Challenge, eventually covering the whole length of the North Affric Ridge.

Detail

Preparation is the key to enjoyment, so please take a few minutes to read the following Outta Affric notes. If you need to know a little more then please don't hesitate to contact us on 01456 415379.



Walk Gradings

Outta Affric is a walking event that takes place in a mountainous environment, in summer conditions, in Scotland. With this in mind for all walks you need to be prepared for a wide range of weather conditions. Please refer to equipment list below.

The high level walks are aimed at people that are used to the mountain environment and as such will have a reasonable level of fitness. The walks will be visiting wild places and will not necessarily follow footpaths. Conditions underfoot, coupled with the terrain, dictate that these walks are of a medium to

strenuous nature.

All activities involve a degree of physical input and as such any aches, pains weaknesses or concerns need to be advised to the guide at the start of the day and to NHG before the Festival.

Low level walks will follow estate roads and footpaths with easy height gain but a reasonable level of fitness is still required.

Equipment

The organisers reserve the right to refuse entry on to a walk if your equipment is not up to standard or sufficient. Please visit our website for a detailed equipment list. If you are not able to join a walk, no refund will be offered, although an alternative lower level walk may be offered subject to availability.

Transport

Wherever possible we strive to reduce the environmental impact of activities within the NNR. This includes travelling to and from Glen Affric. Transportation to and from the walks will be in car convoy and walkers will be asked to share lifts.

Glen Affric is less than 30 miles south-west of Inverness and is easily accessible by the A831 road, which links from A82 (Fort William – Inverness) and the A862 (Beaulieu – Inverness). Rail links at Inverness or Beaulieu, timetables and fares at www.firstgroup.com or www.gner.co.uk. For local Buses from Inverness, Beaulieu and Drumadrochit visit www.rapsons.co.uk.

Recommended Maps

OS Landranger 25 & 26

Charges and Bookings

As spaces are limited, all walks need to be booked in advance. Where a walk is either over or under subscribed, the organisers reserve the right to transfer your booking. Please note that a walk may not proceed if the minimum numbers shown are not reached. Children charges are for those aged under 18. By completing the booking form, walkers agree to abide by the terms and conditions of Outta Affric (see website). Please note that all walks are subject to appropriate conditions on the day and may be subject to change at short notice.

Please note that no refunds will be made once your booking form has been received.

The organisers will endeavour to acknowledge all walks bookings either by letter or email, but may not be able to do so for bookings received less than 21 days prior to the start of the event.

Cancellation

If the Festival fails to attract sufficient interest, all monies paid to the organisers will be refunded in full. Notice will be given of cancellation 21 days prior to the start of the Outta Affric. Accommodation bookings or transport tickets will not be taken into consideration for refunds by the organisers. **All accommodation booking arrangements will remain as agreed with providers.**

If you decide to cancel your booking, you must notify the organisers as soon as possible and confirm this in writing. No refunds will be offered.

Liability

Activities in the outdoors are potentially hazardous by their very nature. Individual participants in Outta Affric must, therefore, accept that they take part at their own risk. The organisers and sponsoring bodies cannot accept liability for any death, injury, loss or damage suffered during Outta Affric. Nor can they accept any responsibility for any loss of expense to the clients from any cause beyond our control. All walkers are responsible for their own safety and understand that they are responsible for providing adequate insurance cover for the activities undertaken.



As organisers, Natural High Guiding wish to ensure that everyone enjoys these varied walks and that walkers are well prepared. For your own safety and enjoyment, please ensure that you abide by the recommendations set out for each individual walk. Any relevant medical conditions must be notified to the group leader in advance of the walk. In particular, if you need to take any medication, please

ensure your guide is aware of this in advance of the walk and that you carry it with you at all times.

Please observe the Scottish Outdoor Access Code at all times and be aware that you are walking within a National Nature Reserve.

Accommodation & Services

Strathglass offers the full range of accommodation from hotels, B&B, guest houses, caravan & camping, hostels and self catering. For a full list of providers, please visit the Outta Affric website or www.glenaffric.info. Great café in Cannich, plus well stocked Spar shop and local pubs.



Food

You must supply your own packed lunches, snacks and drinks for all walks. Please note that Outta Affric operates a leave no trace policy. You will be expected to take out everything you bring in from packaging to fruit skins, apple cores, tissues and toilet paper.

Outta Affric breakfast is available from the Bog Cotton Café. Packed lunches are also available. Breakfast and packed lunches must be ordered in advance by calling Fay on 01456 415364

Guides

All guides are specialists in their own field. As well as ensuring that the correct routes are followed, they will provide you with interesting information about the landscape, flora, fauna, geology and local heritage of the area.

All high level walks are guided by professional mountain guides with all the appropriate qualifications and experience. The mountain guides will carry first aid and safety equipment at all times.

Your guide reserves the right to refuse you entry on to the walk if you are deemed to be ill equipped or not physically fit. Likewise, if your guide believes that you are placing yourself or the group at risk by your actions, they reserve the right to remove you from the walk. In adverse weather conditions, guides will decide on the appropriate course of action, which may include abandoning the walk or altering the route. Their decision is final and in all of the above circumstances, no refund will be given.

A signed health/medical condition declaration (to be completed on the back of your booking form) is required from all those who wish to go on the high level walks. If unsure, please consult your doctor.



Kit List

- Day rucksack (25-30 litre)
- Rucksack liner – or large plastic bag to keep your kit dry
- Walking socks
- Thermal Base layers
- Walking trousers (lightweight weight and quick drying - no jeans)
- Shorts
- T-shirts
- Long sleeve walking shirt
- Fleece or wool sweater
- Good quality 3-season walking boots
- Good quality waterproof jacket (Gortex or similar)
- Waterproof trousers
- Gloves
- Gaiters
- Warm woollen or fleece hat
- Sun hat
- Whistle
- Water bottle
- Small thermos flask
- Neck gaiter/Buff
- Sunglasses
- Sunscreen
- Lip block
- Insect repellent
- Walking poles (optional but recommended)
- Personal 1st aid kit
- Spare pair of socks and laces
- Survival bag
- Watch
- Spare top to put on during stops
- Personal munchies
- Camera and spare batteries!