

The challenge of a lifetime...
...for the charity of your choice

West Highland Way

Trek



Trek 26 miles of the stunning Scottish West Highland Way!

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**GLOBAL
ADVENTURE
CHALLENGES**
UK SERIES

A spectacular trek along the West Highland Way and the bonny banks of Loch Lomond...

Your trekking challenge...

There is no better way to spend a weekend than on the West Highland Way. Scotland's wonderful, long distance walking path follows ancient and historic routes of communication and makes use of drove roads, military roads and disused railway tracks.

Our weekend trek will take us along 26 miles of this ancient path from Rowardennan to Tyndrum, via Inverarnan. This hard but rewarding walk will grant us superb views as we wind along the shores of Loch Lomond through ancient forest. The two days of glen and low pass walking amid outstanding mountain scenery, offer real charm and historic sites abound: Rob Roy's Cave; Grey Mares Tail waterfall; The Falls of Falloch; St Fillan's Chapel ruins, which date back further than Robert the Bruce.

To leave your footsteps across the West Highland Way simply visit our website at www.globaladventurechallenges.com and register online or complete the enclosed registration form and send it back to us along with your registration fee to the following address:

Global Adventure Challenges,
Red Hill House, Hope Street, Chester, Cheshire, CH4 8BU.





Your itinerary...

Day 1

We meet at Glasgow Central Train Station or Glasgow International Airport in the afternoon. From here we take a 1 ½ hour transfer to our campsite at Inverarnan where we will register everyone. Once set up at camp, we have a hearty evening meal together and a full briefing for the weekend ahead.

Day 2

After a good breakfast, we leave the campsite and transfer to Rowardennan, which is where our first day's trek begins. The first few miles of the walk are on a good forestry track. Through the trees we will have our first glimpses of the loch and the 'Arrochar Alps' on the opposite bank; so named due to their rocky, alp-like tops. As we continue through the forests, the terrain becomes a little more difficult with tree roots and rocks encroaching onto the path. We pass by Rob Roy's Cave... just one of this famous Scot's alleged hiding places!

After a long but satisfying day of trekking, we reach our campsite back at Inverarnan, ready for our evening meal and stories of the day's challenge before bed.

**Distance trekked –
approx. 14 miles; 9 hours**

Day 3

Today we have an early start, walking straight from camp on our trek to Tyndrum. We will walk on many sections on the Old Military Road as we head north along Glen Falloch. This is the first stage on the West Highland Way to truly be in the company of mountains at close quarters and has real charm. Today's trek is a varied section with farmland, forestry and riverside paths. Our route passes through the remains of ancient semi-natural woodland, originally managed for timber and charcoal production during the industrial revolution.

The path returns to the riverside for a short section where there are small waterfalls. A little further on, once the path has climbed away from the river, the Falls of Falloch can just be glimpsed through the birches ahead. The deep churning waters can be heard but not seen directly from the Way but fascinating cauldron-shaped formations have been worn from the rock.

We pass St Fillan's Priory which dates from the 13th century and is associated with Robert the Bruce. The graveyard to its right is even older, dating back to 8th century. We follow the River Cononish, passing a bench commemorating the battle of Dal Righ, or 'King's Field' where Robert the Bruce was defeated by English troops in 1306.

After a fascinating trek, steeped in history and mystery, we reach Tyndrum and take a transfer back to the campsite in Inverarnan. After collecting our luggage we head on to Glasgow Central Train Station and Glasgow Airport where we say our goodbyes as we head home, tired but happy!

**Distance trekked –
approx. 12 miles; 8 hours**

*(Please note, this is a complex itinerary
and subject to change)*



Your questions answered...

Is this trip for me?

ABSOLUTELY! This trekking challenge is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation.

How fit do I need to be?

This trek is challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are trekking along some difficult terrain in the Highlands of Scotland, so the fitter you are, the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Where will we stay?

We will be camping at a local campsite and will be using comfortable and spacious 3 man tents, with 2 people sharing a tent. The campsite will have basic washing facilities available. Remember this is a challenge!

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and maybe some trekking poles you do not need any specialist kit.

Do I have to carry my own luggage?

No – all you will need is a small day pack while trekking to carry items such as camera, sun-screen, energy snacks and your packed lunch etc.

Food matters...

All meals will be provided from evening meal on day 1 through to lunch on day 3. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

What's included?

All accommodation on day 1 and 2 of the challenge, all meals from evening meal on day 1 through to lunch on day 3, qualified Global Adventure Challenges leaders, vehicles for back up and support, medical support, any transfers during the challenge and transfer to and from Glasgow Central or International Airport.

What's not included?

Alcoholic drinks and tips, own personal kit (trekking boots, poles etc), private travel insurance. Travel between Glasgow Central/International Airport and your home.

What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenges leaders. Full, comprehensive first aid kits will be taken. A support vehicle will be located at various access points along the route providing extra support if needed. Mobile phones and radio aids will be used to ensure your safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and are on a first come, first served basis, so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to us along with the registration fee, or register online at www.globaladventurechallenges.com – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, we will write to you with further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

Trek the West Highland Way For 26 Miles!

Register online today!

www.globaladventurechallenges.com

