

Welcome to the National Trust for Scotland



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KINTAIL OUTDOOR ACTIVITIES GUIDE 2014

BOOKING & HOW TO FIND US

Kintail



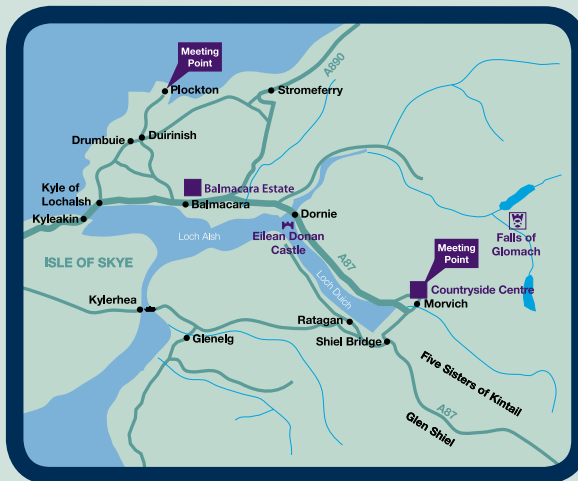
The National Trust for Scotland property at Kintail boasts the famous mountains known as the Five Sisters, the stunning Falls of Glomach, access into the remote area of Glen Affric, as well as dramatic coastline ... all on its doorstep!

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 Scheduled 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, 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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Outdoor Activities 2014



www.nts.org.uk

RANGER-GUIDED WALKS

SEA KAYAKING EXPEDITIONS 2014

The National Trust for Scotland, Kintail Outdoor Activities Guide 2014

The National Trust for Scotland, Kintail Outdoor Activities Guide 2014



Ranger-Guided Mountain Walks

We offer guided walks over any of the 10 Munros (mountains over 3,000ft) on our own property as well as any other local peak in the Glen Shiel and Loch Cluanie area. Our rangers are fully accredited Summer Mountain Leaders as well as members of the Kintail Mountain Rescue Team.

Dates: Arranged on request

Cost: £40 per person (or total fee of £100 if fewer than 3 people)

Guided walks arranged on demand include:

The South Glen Shiel Ridge (7 Munros) – can be completed over one or two days

The North Glen Shiel Ridge and Ciste Dhubh

Five Sisters of Kintail

Experience stunning mountain scenery on one of the finest hillwalks in the West Highlands, taking in 3 Munros.

Cost: £40 per person (or total fee of £100 if fewer than 3 people)

As well as being arranged on demand, this walk is scheduled for the following dates in 2014: Thursday 29th May, Saturday 21st June, Wednesday 9th July, Saturday 26th July, Friday 8th August, Saturday 13th September

Affric-Kintail Way Guided Walk (New for 2014)

This walk takes in the most scenic and remote sections of the new Affric-Kintail Way long distance route. We will walk the low level route from Glen Affric to Kintail over 2 days, over-nighting in the Glen Affric Youth Hostel. Accommodation is also available in the Kintail Outdoor Centre before and after the walk, and transport is provided.

As well as being arranged on demand this walk is scheduled for the following dates in 2014: 7-8 May, 18-19 June

Cost: From £105 per person

Falls of Glomach

The falls are amongst the highest and most spectacular in Scotland and a 'must-see' on a visit to Kintail.

Cost: £20 per adult, £5 per child (10 yrs and over)

As well as being arranged on demand, this walk is scheduled for the following dates in 2014: 11 July, 7 August

Introduction to Sea Kayaking Touring: 2- or 3-day trips

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 2014

Cost: Prices from £150

Inner Sound Expedition (Kintail to Torridon): 6-day trip

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 the peaks of Torridon to the north.

Dates: 11–16 May 2014

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 freedom to explore the remote peninsula of Knoydart while bagging a few Munros, and of course to savour the hospitality of Britain's remotest pub.

Dates: 18-23 May 2014

Cost: Prices from £400

Hebridean Islands Expedition: 7-day trip

This year our Hebridean Sea Kayaking trip will explore the islands of North and South Uist with the possibility of heading south to Barra Head Islands should the weather allow. This trip offers a unique experience to explore miles of golden Hebridean beaches and some of the most spectacular sea cliffs and caves in Britain. Intermediate level experience required for this trip.

Dates: 22–28 June 2014

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 and coastline around the islands in the hope of spotting basking sharks and minke whales which frequent the area during the summer months.

Dates: 13–19 July 2014

Cost: £460



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 2014

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: 21–23 April & 21–24 July 2014

Cost: £225 (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: 21–24 April & 21–24 July 2014

Cost: £295 (Cost includes self-catering accommodation)

Course cost includes:

All instruction, paddling equipment and 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.