

Great Glen

A canoe journey across Scotland
25 July to 1 August 2020



A self paddle canoe trip through the heart of Scotland. Enjoying the adventure, world famous sights and living outdoors.

Accommodated in a range of exciting accommodation options, campsites, wild camping, house boat and travellers lodgings.

This is an adventure trip carefully designed to be a robust plan. The nature of all adventures is that plans change - and this one is no exception.

Here we present to you plan A.



Trip Itinerary

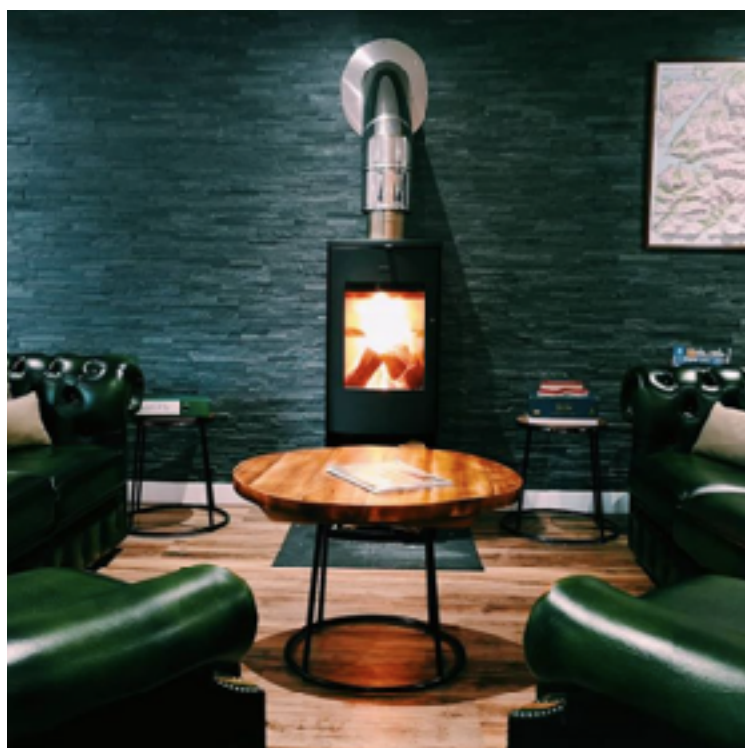
As the great man said "The best laid schemes o' mice an' men gang aft agley." — Robert Burns



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The day at a glance

Day	25 July 2020 Arrival day	Todays Challenges	Meeting the team and sorting out equipment
Wake up in	Your own bed or accommodation	Toilet stops	Hostel
Breakfast of	Your own Choice	Distance to go	Not far and no paddling today
Lunch of	Your own Choice	Sleeping tonight at	The Glen Nevis YHA
Evening meal	Your own Choice	Sleeping in	A bed or bunk
		Highlights	The hostel is lovely and its an exciting time to meet the team. Plus playing with all the kit.



This is our meeting day. A chance to get introduced to each other, explore the equipment and make sure we all have everything we need for a comfortable and fun trip.

This is a great time to discuss what the next few days weather looks like and look at any updated plans.

Fort William has a range of shops so we can solve any missing kit from there with ease.

After a good nights sleep recovering from our journeys to get here we will be ready for a great few days .



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Day	First day (day 1)	Todays Challenges	
Wake up in	Glen Nevis YHA	Toilet stops	Hostel, Start, mid day, end of day + porta loo anytime
Breakfast of	Cooked loveliness, cereals and toast	Distance to go	12 Kilometres so lots of practice time and no rush to settle in.
Lunch of	Packed lunch of pies, cakes and fruit	Sleeping tonight at	Gairloch Campsite with a proper toilet and shower block
Evening meal	Our first stove cooked meal, soup, fresh pasta in a tomato sauce	Sleeping in	Your tent
		Highlights	The loch gates are a marvel, entering the Great Glen proper, paddling across an aqua duct



Today we get to grips with travelling by Canoe and tackle the first two of the lock systems.

This includes the famous Neptunes staircase a height of passage of all cross country paddlers.

There is lots of time to get into the paddling and readjusting seating etc and to move the boats around the Canal on their special portaging wheels.

The day is short but gives us plenty of time to settle in and make sure everyone is happy.

In the evening we are booked onto a campsite and this will be the first chance to pitch your tent and use the stoves and other outdoor living equipment.

There are real toilets and showers and being close to the start we still have lovely fresh food for lunch and evening meal.



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Day	Loch Lochy (day 2)	Todays Challenges	Our first lake. Adapting if it's windy.
Wake up in	Gairlochy	Toilet stops	Campsite shower block, House boat shower block + porta loo
Breakfast of	Sausage buns, porridge and cereal	Distance to go	16km
Lunch of	Wraps, with pate, cheese, cold sausage	Sleeping tonight at	Laggan Locks Houseboat
Evening meal	Soup, mild coconut curry	Sleeping in	A cabin on a house boat
		Highlights	Our first Scottish loch, getting to grips with the wind and perhaps sailing

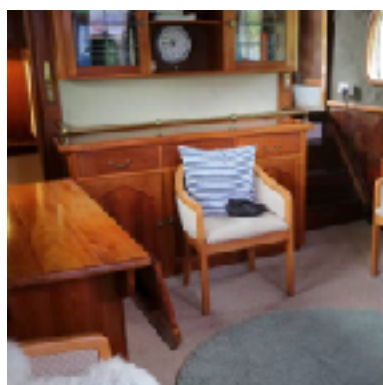


Today could be several different things depending on the weather. If the wind is calm its a beautiful uninterrupted paddle across a serene body of water, If the wind is strong things get more interesting.

A wind behind us - which we encourage by going west to east is great we can sail the canoes down the lake a different experience in itself.

A wind in our face requires some combined effort often by joining the canoes into a bigger catamaran to help us push together into the wind.

We are very excited with this evenings accommodation. We are booked to be hosted on the beautiful houseboat Lady Amdorina. It is a beautiful boat finished in wood next to a floating pub. There is a toilet and washing facilities on board and a shower block just down the towpath.



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Day	Loch Oich and Fort Augustus (day 3)	Todays Challenges	Lochs and Locks - paddling and carrying
Wake up in	Laggon Locks Houseboat	Toilet stops	House boat and shower block. Lock gate toilets (middle day) and end of day + porta loo
Breakfast of	Scrambled eggs or beans on toast, cereal and porridge	Distance to go	17km
Lunch of	Wraps of pate, cheese or tuna mayo	Sleeping tonight at	Fort Augustus, Morags Lodge
Evening meal	A 'no cook' evening decided by vote (possibly chips on the shore) or Pub	Sleeping in	Lovely bunks
		Highlights	Passing through the narrow Loch Oich with the mountains towering above



This will be a bit of mixed day - some lock gates to portage round, canal sections, the beautiful narrow Loch Oich and into the hamlet of Fort Augustus for the night.

Have a pleasant meal and good nights sleep in Morag's Lodge. This is our half way rest stop and resupply opportunity.

Loch Ness will be our next challenge: the longest of the British Lochs.



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Day	Loch Ness part 1 (day 4)	Todays Challenges	Loch Ness is a big Loch - the biggest in the UK
Wake up in	A bunk bed in Morag's Hostel	Toilet stops	Fort Augustus, and porta loo - campsite optional (see description)
Breakfast of	A cooked breakfast at the hostel, cereal and toast	Distance to go	16km
Lunch of	Packed lunch of whatever is fresh from Fort Augustus	Sleeping tonight at	Foyers Wild camp or campsite
Evening meal	Soup and Risotto	Sleeping in	Your tent
		Highlights	Searching for Nessie - Wild camping



Loch Ness is the biggest of all the UK Lochs and Lakes, making a great challenge. We will take 3 days to cover the distance - it is that big.

The wind can present challenges and we hope for a gentle breeze on our back, but this is another reason for taking 3 days to travel the length of it.

There is a decision to make - we have a regular campsite booked but we also have the opportunity to Wild camp on the shores of Loch Ness, with a campfire but no toilets other than our own porta loo.

It will be for the team to decide, and it may be possible to split and meet the needs of everyone.

Either way you will be camping about a third of the way down one of the most famous and beautiful bodies of water in the world.



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Day	Urquart Castle (day 5)	Todays Challenges	The shelterless crossing to the other side of the Loch
Wake up in	Your tent	Toilet stops	Our porta loo and at the end of day campsite
Breakfast of	Cooked loveliness and the normal options	Distance to go	10km
Lunch of	Wraps, and whatever we have chosen from Fort Augustus	Sleeping tonight at	Under Urquhart castle campsite at Borlum
Evening meal	Stove cooked Pasta	Sleeping in	Your tent
		Highlights	Sailing or paddling under the castle like Vikings



Today is a short day - this gives us a bit of leeway incase we need to wait out some weather.

If we get there early a visit to the amazing Urquhart castle is well worth it (£12) as well as relaxing and possibly washing off the woodsmoke from the previous day.

This day is our safety day, it gives us a high chance of successfully managing to complete the trip because if need be it can be skipped or allow us to skip the previous day.

Even if an entire day is lost - say a storm came through or someone was unwell we can deal with that without having to miss a section.

If its all going well this is a great place to explore and have a break from paddling.

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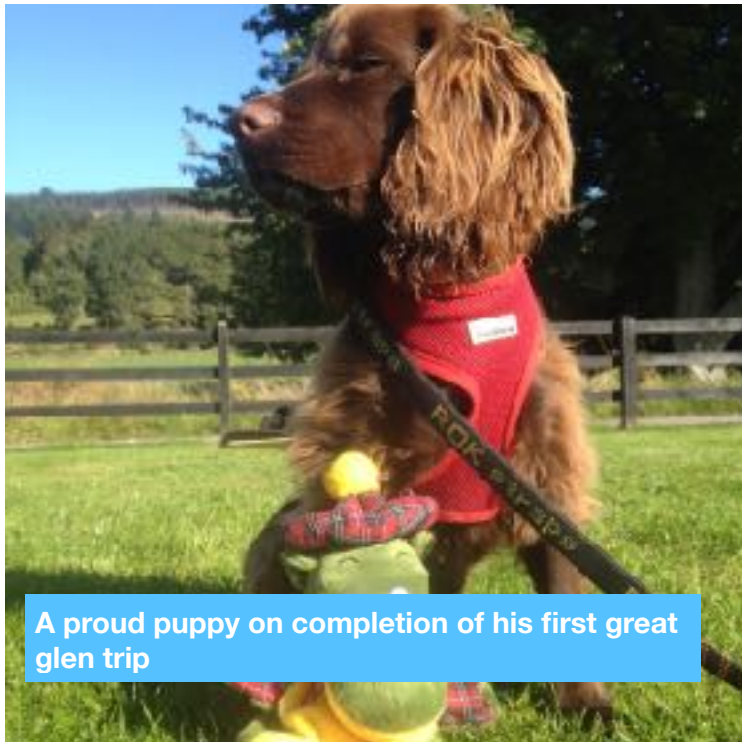
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Day	To the sea (day 6)	Todays Challenges	A long day with some portages (down hill now though)
Wake up in	Your Tent	Toilet stops	Campsite, mid way and Inverness
Breakfast of	Eggs, Porridge and the normal options	Distance to go	22Km
Lunch of	Packed lunch	Sleeping tonight at	Inverness YHA Hostel
Evening meal	Pub meal in Inverness	Sleeping in	A bed
		Highlights	Completing a cross country Canoe journey! A walk down to the saltwater of the North Sea - feeling very proud of yourself



A proud puppy on completion of his first great glen trip

Today is the last push - a long day to finish off the trip - finish off Loch Ness, complete the journey and feel very proud.

All the lock portages are downhill now as we descend the Glen back to the sea.

Touch the water feel proud, then clean up and off to get a great sit-down celebratory meal in Inverness (which literally translates as the "Mouth of the Ness")