

**WalkWise  
Loch Lomond Challenge  
The 2 Lochs Trek  
15 – 17 May 2020**



## Loch Lomond Challenge: The 2 Lochs Trek 15 – 17 May 2020

### Overview

Loch Lomond and the Trossachs National Park is a place where rolling lowland landscapes meet high mountains where forests and woodlands come together to create a truly unique atmosphere. This challenge encompasses 23 miles of the best Loch Lomond and Loch Long has to offer. Head to the Scottish Lowlands to experience this in all its glory whilst avoiding the infamous midge season.



### Day 1 Saturday: Arrochar Loch Long and Glen Lyon

Leaving your conveniently located hotel you'll head out along the panoramic backdrop of the Arrochar Alps to discover the sights of Loch Long. Bluebells will be adorn your walk through the mystical Glen Loin and onto the waters of the Inveruglas Burn where views of Glen Sloy can be enjoyed. Now travelling West under the towering heights of Ben Vane, you'll start to slowly gain height as you tackle Beinn Narnain, the 'hill of notches.' From here, the views are of un-spoilt countryside, displaying the southern Highlands at their very best. As the day begins to draw to a close, you'll trek down once more to the head of the loch where a welcoming tea shop and pubs await with plenty refreshments.

**Distance.: 12 miles (19km) , with 1600 ft (500m) of ascent.**



### Day 2 Sunday:

It may be the final day, but you'll need plenty energy for taking of the roughest and most remote section of the West Highland Way. Jetting off on a boat ride across Loch Lomond to Inversnaid where deciduous woodlands cling to the steep mountains above the Loch. The path here covers a variety of terrain that may challenge even the most confident trekker. As the route takes you through a beautiful nature reserve there is plenty opportunity for photos and pause. It would be remiss to visit Inversnaid and not explore Rob Roy's Cave. You can almost hear the hooves of the Duke of Montrose's horses racing through the hills to capture the successful landowner turned bandit! The wily Highlander lived a life true of Robin Hood and escaped capture many times using the Cave as a hideout. As the afternoon draws on, you'll leave the tales of rabble-rousing Scotts behind and carry onto the Glen where well-earned congratulatory drinks await in the Drovers Inn.

**Distance: 10 miles (16km), with 1000 ft (225 m) of ascent.**



## Challenge Information

### What's included?

- 2 nights' accommodation
- 2 breakfasts
- 2 picnic lunches
- 2 evening meals
- All transport to walks
- Professional walking guides

### Accommodation

Set in a former coaching inn, [The Arrochar Hotel](#), features spacious rooms with modern en-suite bathrooms. It would be remiss and not to take advantage of the Scots' fine hospitality and thankfully, the restaurant serves a traditional menu, featuring local specialties from the Scottish Highlands. The cosy bar area offers a wide selection of fine malt whiskies to help ease the aches of the day away.



### Directions

#### Road

##### From the South/Glasgow.

Take the M8 through Glasgow to junction 17 and turn off onto the A82 signed Dumbarton. Continue along the A82 northbound for 45 miles to Tarbet. In Tarbet keep left onto the A83 following signs for Arrochar & Inveraray. Follow the road for a further 1.5 miles to Arrochar. On entering Arrochar the hotel is on your left at the road junction.

##### From the East/Stirling.

Take the A811 and follow it for 31 miles into and through Balloch. Now join the A82 and follow it northbound for 17 miles to Tarbet. In Tarbet keep left onto the A83 following signs for Arrochar & Inveraray. Follow the road for a further 1.5 miles to Arrochar. On entering Arrochar the hotel is on your left at the road junction.

### Weekend Itinerary

#### Friday Night

Arrive no later than 7pm for welcome drinks in the hotel bar where you'll have the opportunity to meet your fellow walkers and guides. Dinner will be served at 8pm, followed by a briefing about the weekend ahead.

#### Saturday

Breakfast: 8am

Main Briefing: 9am in the Lounge

Leave by coach to the start of the Challenge: 9:15am

Picnic lunch

Three course dinner: 7pm

#### Sunday

Breakfast: 8am

Leave by coach: 9am

Picnic lunch

### Optional extras:

Additional night	Sun 17 - Mon 18 May Dinner, Bed & Breakfast £50.00 per person in a twin £70.00 per person in a single
Single room	£50pp supplement.

## Fundraising Information

We can't thank you enough for signing up to raise life-saving money for Breast Cancer Now. We're thrilled to have you on Team Now and we'll be with you every step of the way to help you hit your fundraising goal. We know that fundraising can seem a bit daunting but with our help, we're confident you'll have no problem raising those vital funds.

### Organising an event

Whether you want to hold an office sweepstake, plan a pink party or host your own [Afternoon Tea](#), we have you everything you need to make your fundraiser successful. We can send out materials such as balloons and badges to help decorate your space and [our website](#) has lots of tips and guides to help you on your way. Whether you need [posters](#), [bunting](#) or even [games](#) our website is a hub of fundraising downloads.



It's important that your fundraising is safe and legal so there are a few things to consider, especially if you are organising a raffle. Check out our [raffle guidelines](#) to make sure your fundraising is compliant. If you're unsure on anything, please do get in touch with the team at [events@breastcancer.org](mailto:events@breastcancer.org).

### Spread the word

Social media is all about engaging with people and sharing information, which makes it the best tool at your disposal. It's a fast, free way to promote your event, and share your stories, news and successes. Publicising your fundraising in your local media is a great way to attract support, while raising awareness of our life saving research and support. Find your local papers contact details in your newspaper or online. Remember, it's always worth following your press release up with a phone call. If you're unsure on this or would like our help putting a press release together, do get in touch.

### JustGiving

We know that not everyone has time to run an event and that's why we would always recommend setting up a JustGiving page. Setting up an [online fundraising page](#) is quick and easy and it allows your friends, family and colleagues to sponsor you wherever they are. You can share your page on social media and keep everyone updated with your training and progress. Once you have finished fundraising JustGiving send us the money, so simple.

### Making every pound count

When UK tax payers [Gift Aid](#) their contribution, the government will add 25% to the amount at no extra cost to them or you. Gift Aid makes a big difference, so please make sure your UK Tax-paying donors tick the Gift Aid box on your sponsor form. They must also include their full name and home address (including postcode). We can't claim unless they do.



### Matched funding

Lots of companies throughout the UK offer employees the chance to boost their fundraising efforts by 'matching' the money you raise. Each company has a different policy so it's best to speak to your line manager or HR department.

### Pay in your donations

Once you have finished fundraising, don't forget to send us the money you have raised. We'll be in touch after your walk on the different ways you can do this. If you have used JustGiving, they will send us your donations automatically, so you don't need to worry.

## Preparing for your challenge

### Your essential kit list

- Walking boots
- Water bottle (minimum 1 litre)
- Rucksack with a plastic liner
- Waterproofs: jacket and trousers
- Warm hat
- Warm gloves (*not leather*)
- Thick walking socks
- Base layer: (*thin thermal or warm T-shirt, not to be cotton as it gets cold when wet*)
- Over layer: (*warm sweater or fleece*)
- Extra layer: warm top for when cold (e.g. when stopped for lunch)
- Comfortable walking trousers (not jeans as they are too cold & heavy when wet)
- Personal Medication
- Smart casual clothes for the evening.

### You may wish to bring

- Vacuum flask
- Medium size Tupperware container or plastic bag, to put picnic lunch in.
- Sit mat
- Sunglasses
- Lip salve
- Camera
- Personal first aid kit
- Trekking poles

### In good weather and/or summer, you may also wish to bring

- Short trousers
- T - Shirts
- Sun hat
- Sun tan lotion

The 2 Lochs' Challenge is a physically demanding event as you will be walking over a variety of terrain for two days covering up to 13 miles. If you are not used to walking, or taking regular exercise, then we would recommend training. We can provide guides and tips on how best to do this so please let us know if you would like this.

### Getting used to your boots

Simply walking around your home and going shopping in your boots will allow your feet to get used to them. This will help to prevent unnecessary blisters and pain but for the best protection, try to get out and walk for lengths of time and distance in them.

## Useful Contact Information

### Breast Cancer Now

Bespoke Events Team

Morag Smith at [events@breastcancernow.org](mailto:events@breastcancernow.org) or on 0370 145 0101.

### WalkWise

Gideon Wheater (Walking Guide) at [holidays@walkwise.co.uk](mailto:holidays@walkwise.co.uk) or on 0780 907 0257

### The Arrochar Hotel

Check in from 2.00pm

Contact information can be found on the [hotel's website](#).