WalkWise
Loch Lomond Challenge:
The Scottish Alpine Trek
15 – 17 May 2020
Loch Lomond Challenge: The Scottish Alpine Trek
15 – 17 May 2020

Overview
Scotland is famed for its mountains and munros and this challenging weekend will allow you to explore some of these offering a truly different weekend. With the Arrochar Alps and the West Highland Way, this is the ideal chance to explore Scotland’s natural landscapes that have made the country a walkers’ paradise.

Day 1 Saturday: Arrochar Loch Long and Glen Lyon
Starting the weekend on a high, you’ll climb ‘The Cobbler’, better known as Ben Arthur, one of Scotland’s most distinctive mountains. The three jagged and craggy peaks create a rather formidable and dramatic appearance but with recently improved paths, the trek is manageable. Before completing The Cobbler though, you’ll explore the tranquil shores of Loch Long where fresh woodlands, tumbling burns, open hillsides and a wild and remote Scottish countryside await. Although the day is challenging and the ascent up the mountain is not something to be taken lightly, you’ll have plenty time to complete it and the wonderful panoramic views provide plenty opportunity to take pause.

Distance: 9 miles (which is almost irrelevant) as there is 2800 ft (900m) of ascent and descent.

Day 2 Sunday: The West Highland Way
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 Scots 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 31miles 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:

<table>
<thead>
<tr>
<th>Additional night</th>
<th>Sun 17 - Mon 18 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner, Bed &amp; Breakfast</td>
<td>£50.00 per person in a twin</td>
</tr>
<tr>
<td></td>
<td>£70.00 per person in a single</td>
</tr>
<tr>
<td>Single room</td>
<td>£50pp supplement.</td>
</tr>
</tbody>
</table>
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@breastcancernow.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 Scottish Alpine Challenge is a physically demanding event as you will be walking over a variety of terrain for two days covering up to 10 miles per day. 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](http://www.thearrocharhotel.com).