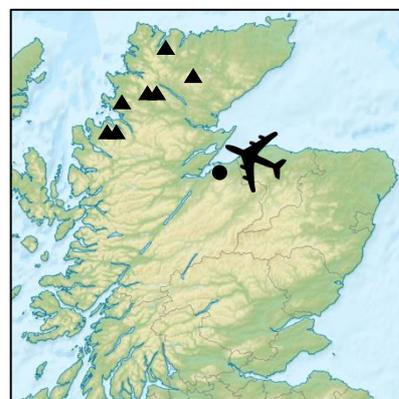


Peaks of the Far North

~ Scotland ~

Sunday the 7th to Sunday the 14th of June 2020

During this time of year the sun reaches high in the sky and the days are 18 hours long which gives the opportunity to explore this wild and fantastic mountain area at a relaxed pace. This trip gives you the opportunity for 6 challenging and exciting days ascending classic peaks of the far north of Scotland. These include the most northerly Munro Ben Hope (927m/3041ft), Ben Kilbreck, Cornival and Ben More Assynt. We will also make a traverse of the ridge of Stac Pollaidh. This unique mountain rises to only 612m but it has a fantastic narrow ridge and wonderful location close to the sea. Finally, we will have the goal to traverse An Teallach including two Munro summits. A traverse of this horseshoe is one of the greatest mountaineering outings that Scotland has to offer.



Throughout the week, it will also be possible for participants to gain or refresh some mountain skills including navigation, geology, flora & fauna and route planning. In order to minimize time spent on the hill, we will stay in tents close to each mountain. We will start in the north, then move to Assynt and finally staying near the picturesque fishing port of Ullapool. We have the option to stay at a B&B one night. The trip starts and finishes at Inverness Dalcross Airport (INV). Each of the six active days will include up to 12km mountain walking and up to 1400m of ascent and descent. Therefore participants must be quite fit but do not require much experience of hill walking. Any necessary training will be given. The number of participants is limited to three.



A typical day follows the routine below:

- Breakfast at 8 am and preparing of packed lunches.
- We pack our sacks and head into the hills.
- A mountain walk utilizing the daylight hours (we may eat our evening meal on a summit).
- Return to our tents. We may drive to our next target.
- Dinner (we will eat out on one evening and prepare our own food on the other evenings).
- Relaxation and a chat about the next days' objectives, maybe over a local whisky.

The necessary clothing and equipment is shown on the attached list. I can give advice if you are planning to buy kit for the trip.



The trip costs £710 / €770 / \$890 per person. The price covers all expenses after meeting up at Inverness airport including; in-course transport, one nights bed & breakfast accommodation and the rest in tents, all food and drink and guiding/instruction. It is expected that the meeting time at Inverness airport will be around 2 pm on the 7th and participants will be back at the airport by 11:30 am on the 14th. To book a place please return the booking form attached. Upon receipt of your form, information will be sent to you regarding payment of a deposit of £180 / €195 / \$225. Once your deposit is received then your place on the trip is secured. See the terms and conditions on the website. The remaining balance is due 8 weeks prior to departure. If you would like to hear more about the trip, or would like to book a place, then contact me via e-mail guide@mountain-environment.com or call me on +45 20 61 29 24 (please leave a message if I don't pick up).

Clothing & Equipment List

Clothing

- Walking socks (preferably 2 pairs)
- Walking trousers (lightweight, quick drying and preferably windproof)
- T-shirts (preferably long arms and wicking)
- Fleece top or similar second layer
- Fibre jacket or similar warm layer
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Hat
- Gloves
- Robust walking boots
- Ordinary underwear, clothing and shoes for travel and evenings



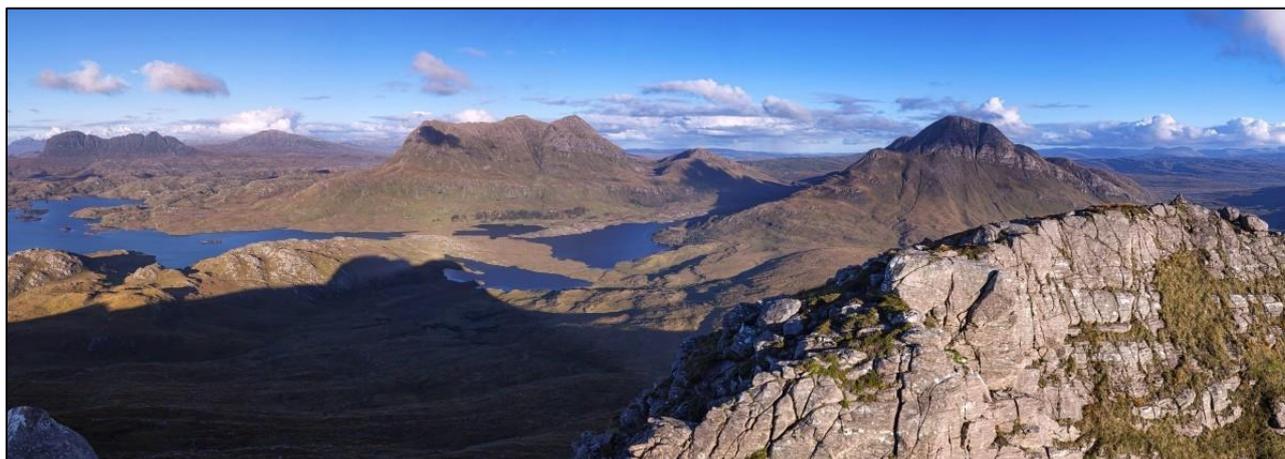
Equipment

- Rucksack (with waterproof liner and/or rain cover, ~35 litre)
- Walking poles (optional)
- Sunglasses
- Water bottle (≥ 0.75 litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit including lip balm, sun cream, Compeed, midge repellent, painkillers etc.
- Compass
- Good quality tent (optional to share)
- Sleeping mat and sleeping bag
- Mug, bowl, and cutlery
- Cooking set such as a Trangia (optional to share, we will buy fuel in Scotland)

Other

- Passport (for international travellers)
- Travel tickets
- Travel insurance documentation
- Cash (GBP, optional)
- Credit card
- Watch
- Camera, mobile and car charger
- Toiletries and towel
- A book

- Waterproof map excerpts of the areas are provided.



Booking form

Trip/course title: **Peaks of the Far North ~ Scotland ~**

Dates: **7th to 14th of June 2020**

Please fill out the form with block capitals.

Full name (as stated in passport):	Date of birth (dd/mm/yy):
Address:	
E-mail:	Telephone home (with international code):
Special dietary requirements:	Telephone mobile (with international code):
Handicap, illness or use of any prescribed medicine:	
Next of kin (name, telephone & relation - by giving this information you agree that you have made the person aware of and have their accept for stating them as a contact person here):	
Travel insurance details (company name, policy number & emergency contact telephone number):	
I have read, understood and accept the terms & conditions (signature):	Date (dd/mm/yy):

This page should be filled out then scanned or photographed with a mobile phone and returned by e-mail.