



AMC
**ADVENTURE
TRAVEL**

VOLUNTEER-LED EXCURSIONS WORLDWIDE



Trekking in the Scottish Highlands May 28 to June 7, 2020

Prospectus AMC Adventure Travel Trip #2022

This 10 day, 9 night trekking trip, is one of the classic treks of the world, covering 100 miles from Milngavie on the outskirts of Glasgow to Fort William in the Highlands. The West Highland Way route travels along the bonnie banks of Loch Lomond, across the atmospheric Rannoch Moor, past dramatic Glencoe and onwards to finish at the foot of Ben Nevis, Britain's highest mountain.

It combines daily moderate/strenuous hiking (averaging 11 miles per day, with our longest day being 15 miles). Elevation gain ranges each day, with our highest being 2,100 ft.

We will carry our day packs and lunch each day. We will dine near/at our new accommodation each morning and evening, sampling local fare. The accommodations range from small guesthouses, Highland inns, small hotels and bed and breakfast establishments which will be of a 3 or 4-star standard. Our bags will be transferred for us each day.

The unpredictable nature of the climate means it's not uncommon to experience all four seasons in one day, so it is important to be prepared for variable weather.

You can expect average maximum temperatures to range from approximately 7°C (45°F) to 13°C (65°F) during the months of May and June.

A day by day look at our trek

May 28 is the official start of the trip so that your AMC travel insurance will be in effect while you are travelling to Milngavie.

Day 1, May 29 – Arrive in Milngavie

On the first day of our trip, we will meet in Milngavie, which is on the northern fringes of Glasgow. We will give you information on taking a train from Glasgow to Milngavie. This is the starting point of the trail. We'll spend the night at our first guesthouse and get ready to start hiking tomorrow. We will gather for Happy Hour to meet our fellow adventurers and then proceed to our first dinner together.

Day 2, May 30 – Milngavie to Drymen

Starting from Milngavie, we will hike north along the West Highland Way, passing Craigallan and Carbeth Lochs. We skirt the western flanks of the Campsie Fells – where many a Glasgow mountaineer enjoyed their first outing – before we reach tonight's accommodation in the village of Drymen at the south-eastern corner of Loch Lomond. Our bags will have been collected from our accommodation while we hike and will be waiting for us in our rooms when we arrive.

Distance: 19km/12miles Ascent: 210m/690ft

Day 3, May 31– Drymen to Rowardennan

The trail leaves Drymen and passes through Garadhban Forest. Reaching the eastern banks of Loch Lomond at Balmaha, we follow the shore through forestry until we reach the tranquil setting of Rowardennan, which is nestled at the foot of Ben Lomond.

Distance: 21km/13miles Ascent: 430m/1,410ft

Day 4, June 1 – Rowardennan to Inverarnan

This day is considered by many hikers to be the *toughest* day on the trail. It follows the remote north-eastern shoreline of Loch Lomond, on a rough undulating trail. The path improves as you near your next destination, the tiny settlement of Inverarnan.

Distance: 23km/14miles Ascent: 475m/1,560ft

Day 5, June 2 – Inverarnan to Tyndrum

Well into the Highlands now, we are surrounded by rugged mountain peaks. We make our way along Glen Falloch, before turning northwards into Strath Fillan. As we approach Tyndrum, we are rewarded with wonderful views of Ben Lui rising up in the west.

Distance: 19km/12miles Ascent: 490m/1,608ft

Day 6 - Tyndrum to Bridge of Orchy

This fantastic day begins with a climb out of Tyndrum, with the trail running next to the West Highland Railway line. At the top of the pass the sweeping flanks of Ben Dorain dominate the view. Continuing north you reach Bridge of Orchy which will be your base for the night.

Hike details: Distance: 11km/7 miles Ascent: 330m/1080ft

Day 7 - Bridge of Orchy to Glencoe

The shapely peaks of the Black Mount now lie to the west while Rannoch Moor stretches into the distance in front of you. Follow the trail across the wild moor, eventually reaching Glencoe and your accommodation at the Kingshouse. A memorable day of trekking!

Hike details: Distance: 19km/12miles Ascent: 644m/2,110ft

Day 8, June 5 Glencoe to Kinlochleven

This is a shorter day but with the biggest ascent of the route. We hike into Glencoe then climb the trail known as the 'Devil's Staircase'. It is steep with some switchbacks the ascent is steady and constant. At the top of the pass at 547m/1795 ft., you get great views of Glencoe and down Loch Leven. Descend on a good trail to the small village of Kinlochleven. Distance:

14km/8.5miles Ascent: 430m/1,410ft

Day 9, June 6 – Kinlochleven to Fort William

The final day sees the trail climb over a final pass – 274m/895 ft. this time. With views across to Ben Nevis – the highest mountain in Scotland – the trail descends into Glen Nevis and down to the end of the route in Fort William. Yahoo, we've made it! We will celebrate tonight!!!!!!

Distance: 24km/15miles Ascent: 475m/1,560ft

Day 10, June 7 – Fort William and Depart

After a leisurely breakfast, you can choose to explore the town of Fort William before starting your journey home. If you travel back to Glasgow on the train along the West Highland Line , you'll have the chance to look out for familiar sights and reflect on our memorable hike through Scotland's Highlands.

Conditioning and activity/fitness level [This trip is rated 4 to 5/ Moderate to Vigorous.](#)

Please see the chart below for daily mileage and elevation gain.

Note, the total daily distances given for each stage will vary slightly as we also need to walk to our accommodation each day which will usually add a short distance.

Town to Town	Km / Miles	Elevation Meters / Feet
Milngavie to Drymen	19km / 12 miles	210m / 690 ft
Drymen to Rowardennan	21km / 13 miles	430m / 1410 ft
Rowardennan to Inverarnan	23km / 14 miles	475m / 1560 ft
Inverarnan to Tyndrum	19km / 12 miles	490m / 1608 ft
Tyndrum to Bridge of Orchy	11km/7 miles	Ascent: 330m/1080ft
Bridge of Orchy to Glencoe	19km/12 miles	Ascent: 644m/2,110ft
Glencoe to Kinlochleven	14km / 8.5 miles	430m /1410 ft.
Kinlochleven to Fort William	24 km / 15 miles	475 meters / 1560 ft

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

Cost

The trip cost is \$2490. per person. Airfare is not included.

The trip is limited to 16 persons including the 2 leaders.

The trip fee includes the following:

- 9 nights lodging in 3 to 4 Star Bed and Breakfast Inns. Double Occupancy.
- 9 breakfasts
- 9 dinners
- Baggage transport each day between inns
- Emergency Medical and Evacuation Insurance. (The official trip dates are May 28 to June 7, 2020. Be aware that the AMC-included medical and evacuation insurance coverage is only valid while you are participating on the AMC trip. You should consider purchasing additional insurance if you will be extending your trip.)

The trip fee does Not include the following:

- Airfare (Estimate \$700 to Glasgow RT from major East coast cities.)
- Ground transportation to start of trip in Milngavie. Train from Glasgow to Milngavie is 25 minutes and approximately \$5.00. Leaders will provide detailed information on train schedules and traveling by train.
- Ground transportation from Fort William at end of trip to Glasgow. Train from Fort William to Glasgow is 4 hours and approximately \$20. Leaders will provide detailed information on train schedules and traveling by train.
- Lunches
- Alcoholic beverages. (with the exception of our Welcome Happy Hour)

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

This is a non-profit excursion conducted by the leaders on a volunteer basis. Any unforeseen increases in costs will be shared by all participants. Any funds remaining after all expenses are paid will be divided among the participants and issued after the trip's financial accounting is complete. Our cost estimates are conservative and so a refund is considerably more likely than a price increase.

Trip Leaders:

Lisa Graves: Lisa regularly cycles, hikes, climbs, skis and kayaks. She has adventure travelled extensively including a six month cycle tour from Athens to Amsterdam, trekking in Nepal and Morocco and rock climbing in the US and Europe. Lisa has two grown children and lives in Maine with her husband.

Jean Quattrocchi: Jean enjoys many outdoor activities, especially hiking, cross country skiing and biking. She has hiked in Switzerland, France, the Dolomites in Italy, to Annapurna base camp in Nepal and summited the Grand Teton, Mt. Rainier and Kilimanjaro. Biking trips include Tuscany and the 400 mile Erie canal ride. Jean lives in Albany, NY with her husband and golden retrievers Annie and Jake.



How to Apply

To apply, you must complete and submit the Participant Application, Confidential Health Questionnaire, Acknowledgement & Assumption of Risk & Release Form and deposit of \$500. At your option you may also include the AMC Optional Confidential Supplemental Medical Questionnaire in a sealed envelope. The leaders will bring this on the trip and only open or give to medical personnel in the case of a medical emergency.

Please make payments by check payable to the “Appalachian Mountain Club” and mail check and forms to the address shown on the Participant Application. At this time the AMC cannot accept electronic payments.

Single applicants will be paired with a roommate of the same gender. The price of the trip is based on double occupancy of the rooms.

You will be considered qualified for the trip when the leaders have determined from your application and by conversation with you that you and the trip seem to be a good match. When the trip leaders confirm the trip has sufficient number of participants and is going as planned you will be formally accepted. This marks the official Acceptance Date for purposes of getting Trip Cancellation Insurance.

A second payment of \$1000. is due two weeks after your formal acceptance.

The final balance of \$990. is due February 1, 2020..

Deposit checks from wait-listed applicants will not be cashed until we offer them a spot on the trip AND they accept. Please make payments by check payable to the “Appalachian Mountain Club” and mail to the address shown on the Participant Application.

Cancellation and Refund Policy

A full refund is given if the trip does not run.

All cancellations must be in writing.

Participants will receive a full refund if a suitable replacement approved by the leaders is found. Once the new participant is confirmed and his/her monies deposited, then a refund will be issued to the original participant.

If a suitable replacement is not found then any money will only be refunded to the extent that the cost of the trip for other participants and leaders is not affected. This amount can not be fully determined until after the trip is complete and the Expense Summary is submitted to the AMC. Trip cancellation insurance is advised. Late cancellations are likely to result in no refund. Information on trip cancellation insurance will be sent with the Formal Acceptance..

Air Transportation

Although participant airfare is not included in the trip price, leaders will advise participants in making suitable reservations. Upon Formal Acceptance participants will be told when and where to join the group for the official start of the trip. Participants are responsible for their own airline tickets and cancellation or change penalties. **Do not make any non-refundable travel plans until told to do so by the leaders.**

Trip Requisites:

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear for extensive hiking and for the weather variability. A Packing List will be included in the 1st Newsletter.

You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in the Scottish Highlands through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Safety:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call if you have any questions.

AMC Mission

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

We look forward to our Scottish Highlands trekking adventure and hope that you can join us! If you are interested then give us a call and we will answer all of your questions and help you determine if it's a fitting trip for you.

Lisa Graves and Jean Quattrocci

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