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## Ficha viaje



### Adventure Travel SCOTTISH HIGHLANDS ADVENTURE 7 DAYS, PITLOCHRY TO PITLOCHRY

Scotland may be known for its whisky but it's also overflowing with glens, rivers and lochs that are waiting for the adventurous. This energetic 7-day trip offers a combination of hillwalking, adrenaline-sport options and local culture.

Test your nerves rafting the River Tay's white waters and settle them again sampling the local whisky. Admire the views around Ben Vrackie, Glen Shee and the best of the Scottish Highlands.

This is a great option for the typically independent traveller wanting to get further afield in the rolling hills.

## Resumen del viaje

Rafting the River Tay, hiking down 'glens' and up 'bens', sampling Scotland's finest export-whisky!

**Day 1 Pitlochry** Arrive at any time.

**Day 2 Glen Shee/Glen Derby** Hillwalking in the Scottish Highlands, with views across mountains and glens.

**Day 3 River Tay/Glen Derby** Raft the River Tay, among churning rapids and fast flowing currents.

**Day 4 Pitlochry** Take a day to learn about some of the local Scottish culture, including an all important whisky tasting session.

**Day 5 Pitlochry** Free day for you to choose from a variety of activities.

**Day 6 Ben Vrackie/Pitlochry** Views of lochs and Scottish moorland as we hike around Ben Vrackie

**Day 7 Pitlochry** Depart at any time.



## Itinerario ampliado

**DAY 1 PITLOCHRY** You are welcome to arrive in Pitlochry at any time, as today is a designated arrival day with no planned activities. Please note that there will be an important welcome meeting this evening at our accommodation. Please check the log cabin notice board for more information on the location of this meeting or ask at reception. Please bring your passport and travel insurance documents to this meeting, as you will be required to fill out some important pre-tour administration documents. After learning more about our tour and plans for the following day, you are welcome to join our leader and your travelling companions for an optional dinner in the log cabin.

Our accommodation for the week is a spectacularly located log cabin in the Scottish highlands. The log cabin has the feel of a lodge to it, and the rooms are ensuite with views out into the surrounding countryside where you can watch the wildlife passing by!

**DAY 2 GLEN SHEE HILL WALKING** A 'glen' is the Scottish term for a valley, usually between the mountains up in the Highlands, and after a refreshing night's sleep and traditional Scottish breakfast, we head up to Glen Shee for a day hiking. This is typical Scottish scenery, as we hike among purple heather, and in the shadow of several 'munros', the name given to mountains over 3000ft, of which there are over 280 in Scotland. Around this area are some of the most unspoiled munros in the whole country, including The Cairnwell (933m) and Carn Aodha (917m). A good walk in the region is to the summit of Creag nan Gabhar, where there are extensive views over to Braemar and the highlands below. Today is a good time to test out our fitness, and our CEO will do their best to find the best walk for the fitness of our group, as there is an excellent amount of walking here.

Return to our log cabin for the night.

**DAY 3 RIVER TAY WHITEWATER RAFTING** One of the few rivers in the UK where rafting is available all year around, the River Tay is a haven for rafting in Scotland. Because this is a natural river, the flow will go up and down with the seasons, but whenever you visit you are guaranteed a wet and wild ride! The rafting covers up to 8 miles, and after being kitted out and given a full safety briefing, we start our trip down river. Along the way there are a few games we can play, some of which will end up with us in the river, before the second section of the rafting, where we follow the course used for the kayak slalom championship, so we know that this is a thrilling ride.

**DAY 4 PITLOCHRY CULTURAL DAY** Take a break from all that activity today, and enjoy some of the well-known Scottish hospitality. Today we have included a whiskey tasting session to get to know Scotland's finest export. To be classed as a Scotch whiskey, each spirit has to be matured in barrels on Scottish soil for at least three years. Each whiskey in Scotland has a very different flavour, depending on the origin of the distillery. There are four distinct regions of whiskey production in Scotland - Lowland, Speyside, Highland and Campbeltown, and across these regions there are more than 125 different distilleries that produce excellent whiskey, although they may not all be to your taste. We recommend trying them all until you find one that you like!

The rest of the day is free for us to explore the town of Pitlochry, before we return to the log cabin for the evening.

**DAY 5 PITLOCHRY - FREE DAY** We have left today free in the itinerary to enjoy as you like. There is a host of activities available to you from the log cabin, ranging from walking to canyoning. If you

prefer to take it easy before the rest of the activities this week, then you can stay around the log cabin. If you do, you could keep a look out for the wildlife that is around here. From the comfort of the bar you can look out over the highlands and spot buzzards, deer or the rare red squirrel out in the forest.

**DAY 6 BEN VRACKIE HILL WALKING** After a day at leisure, we're back out on our feet in the countryside today. We are making an attempt at the summit of Ben Vrackie which, at 2759 feet, stands just short of a munro, but is an impressive peak nonetheless. We set off from just outside Pitlochry, and after crossing a couple of paths through beech trees we end up in open moorland heading for the summit. Once we are out in the heather moorland, we have views not only up to the summit, but down to Pitlochry and the River Tummel where we have just come from. Continuing up past Loch a'Choire we reach the stepping stones that mark the route to the summit. From the summit, there are views down to the nearby munros and on a clear day to the Cairngorms beyond. After reaching the summit, there is time for a break to take in the views, before we head down to Pitlochry and return to our log cabin.

**DAY 7 PITLOCHRY** Depart at any time.

## Incluido

- Walking at Glen Shee and Ben Vrackie, whiskey tasting, rafting on River Tay
- 6 breakfasts, 2 lunches (Allow GBP200-250 for meals not included.)
- Log cabin (6 nts)
- Local bus, raft, walking
- Chief Experience Officer (CEO) throughout
- Small group experience; Max 12, avg 10

## No Incluido

Flights are not included.

## Hoteles