

Isle of Arran Guided Walking

Trip style: Guided Walking Holidays

Destination: 📍 Scottish Islands

Trip code: XAH05-BTB11

Grades: ul 2 & 5

Carbon Footprint: 🌿 114kg CO2



HOLIDAY OVERVIEW

Often described as ‘Scotland in miniature’, the Isle of Arran is an enchanting landscape of majestic mountains and incredible coastline scattered with relics and ruins from its rich past. Our walks cover the full range of scenery and take in plenty of landmarks along the way. This includes the 13th century Brodick Castle, Machrie Moor’s ancient standing stones, the Neolithic tombs known as the Giant’s Graves, plus the chance to conquer Goatfell, Arran’s highest peak. You’ll also stay at the Kinloch Hotel, a cosy sea-facing spot for savouring delicious local cuisine, sampling beer and whisky from Arran’s very own brewery and distilleries and relaxing in the hotel’s spa.

WHAT YOU'LL LOVE

- Climbing some of Arran's spectacular mountains
- Spotting Scotland's Big 5 - golden eagle, red deer, seals, otter and red squirrel
- Visiting the 4000-year-old Machrie Moor standing stones
- Conquering Goatfell, the highest point on the island
- Making use of the hotel's excellent spa facilities
- The choice of two walks a day – one easier and one more challenging

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

TRIP SUITABILITY

Your fitness

Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking - whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance
- Time training will help ensure you enjoy your holiday to the max.

ITINERARY

Day 1: Arrival Day

You're welcome to check in at the Kinloch Hotel from 2pm on the day of arrival. Your HF Holidays Leaders will be on hand from 6:30pm to give you a warm welcome and quick introduction to the days ahead before dinner.

Day 2: KING'S CAVE OR BEINN A' CHLIABHAIN

Day 3: GLEN ROSA OR MULLACH BUIDH

Day 4: GLENASHDALE FALLS OR GLEN SANNOX

Day 5: CLAUCHLAND HILLS AND FAIRY GLEN OR GOATFELL

Day 6: Departure Day

Enjoy a leisurely breakfast before making your way home. Check-out is at 10am.

Kinloch Hotel

Located in Blackwaterfoot on Arran's tranquil western side, the 3-star Kinloch Hotel has been run by the Crawford family since 1954. With an enviable seafront setting, it puts some of the island's best beaches and coastal paths within walking distance. Rooms all come with en-suite bathrooms, hairdryer, free tea and coffee making facilities, flat-screen TVs, free Wi-Fi, and local Arran Aromatics toiletries. When it's time to refuel, the restaurant features local produce, including Kilbrannan Sound seafood and Arran Dairies ice cream. Guests can also make use of an indoor heated swimming pool, sauna, and snooker room. Public bus stops are located outside the hotel, and free onsite car parking is also available, with access to electric car charging points.

Walking safety - SHARED WITH ALL

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass. Please note: If you choose to leave the group your leader is no longer responsible for you. If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

Packing list - UK Guided Walking

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing. Essentials Suitable footwear such as waterproof walking boots that provide ankle support and good grip Waterproof and windproof jacket Comfortable clothing (jeans & waterproof capes are not suitable) Mid-layer(s) to keep you warm. Fleeeces make a good choice Waterproof overtrousers Gloves and a warm hat Rucksack with waterproof liner Flask for hot drinks Water bottle (at least 1 litre capacity) Sunscreen UV sunglasses For holidays operating October through to the end of March, please also bring the following on your walks: spare warm clothing spare high energy food head torch and spare batteries please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hyrodstatic head - this is the rating given on waterproof jackets) of 10,000mm+ Recommended Several base layers (long-sleeve or short-sleeve) Cushioned walking socks to avoid blisters First aid kit, including plasters and insect repellent Sit mat Waterproof pouch for valuables Rubbish bag (remember to always leave no trace) Wallet/purse Camera Walking poles
