



**RANNOCH**  
ADVENTURE

## **A Great Scottish Odyssey: Island Hopping around the Western Isles**



**5 – 9 July 2021**

Our five day Great Scottish Odyssey expedition is a chance to explore the stunning islands of Western Scotland from the sea. This trip is ideal for anyone wanting to mix a strong row with exploring the Western Isles coastline and villages in a unique manner.

If you want to see wild Scotland, this is the way to do it!

**Rannoch Adventure Ltd.**

Unit 8, Dammerwick Farm, Marsh Road, Burnham-on-Crouch, Essex CM0 8NB United Kingdom  
Tel +44 (0)1621 782127 - Mob +44(0)7712 531495 - [info@rannochadventure.com](mailto:info@rannochadventure.com) - [www.rannochadventure.com](http://www.rannochadventure.com)  
Company Registration No 7887751 - Company VAT No GB 129 1364 20

## What to expect

Our Great Scottish Odyssey expedition will take place in our 12 man rowing boat, Roxy.

The rowing schedules for this trip will change each day but expect up to 12 hours of rowing per person on any single day, broken into two hour shifts. This is a tough schedule and is mentally and physically exhausting but the Scottish scenery just reward for the hard work. Please note itineraries are wholly weather dependent and may be subject to change at short notice.

Living in close quarters with other recently befriended rowers in a small vessel and unable to see land for hours can also be emotionally challenging.

Rowing in the open waters under your own power is a fantastic achievement and you will look back on the adventure with great pride. On the way, you will overcome many challenges, both physically, mentally and socially. But the memories and friendships made along the way will hopefully last a lifetime.

## Dates & Venues

This expedition will take place between 5<sup>th</sup> and 9<sup>th</sup> July 2021. The expedition will depart and arrive at one of 3 ports: Oban, Mallaig, Kyle of Lochalsh. All these places are connected by rail to the main cities of Glasgow, Edinburgh and Inverness, for ease of transfer.

## Accommodation

All nights will be spent on board the ocean rowing boat. Rowers are required to bring their own sleeping bag. Accommodation on land at the start and end of the row are not included in the package.

## Meals

All expedition meals and snacks are provided. Drinking water is available on the boat (via a water maker). Rowers may bring a limited amount of personal snacks if they wish, although plenty of food will be available. As this will be an island hopping expedition, stop offs on islands and restaurants may be scheduled, depending on weather conditions at the time. The costs of these are not included in the price.

## Safety & Medical

- There are 2x professional Rannoch Adventure staff accompanying the expedition (a skipper and a co-skipper).
- All on board safety equipment is provided.
- First aid kits and non-prescription medical supplies are available on the boat.
- The Rannoch Adventure skipper and co-skipper hold all required qualifications to lead this expedition.
- No smoking or drinking alcohol is allowed on or near Rannoch boats.

A 'Meals & Medical Meeting' will be had in advance to ensure everyone's dietary and medical requirements are provided for.

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# Training and Fitness

The fitter you are, the more you will enjoy the expedition!

## General Fitness

- You should be a strong swimmer, ideally being able to swim 100 metres fully clothed. Please certify yourself.
- In advance of a row of this nature, we suggest a minimum 12 week personal training programme which mixes erg work with dynamic exercise (ideally cycling but swimming, aerobics, yoga are all good too).
- A combination of high intensity exercise with prolonged endurance exercise is recommended.

We suggest rowers build their own programme bearing the above in mind and subject to their current level of fitness. We strongly advise rowers use a qualified personal trainer for any more specific advice.

## Ocean Rowing Training Programme

No specific Ocean Rowing Training is required for this trip.

## Social Media

All social media posts relating to the expedition should be written in a positive manner and in the spirit of the Roxy programme. The following hashtags should be used whenever possible: #rowwithrannoch, #roxyexpeditions and @RannochAdventure should be tagged in all posts relating to the row.

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## Essential kit for open water rowing

- A full set of marine foul weather clothing
- Sports shorts, leggings
- Base layers, sports t-shirts (no cotton)
- Gilet, fleece
- White soled training shoes, flip flops
- Swim suit/trunks, hat, neck buff, underwear, socks
- Small multi tool, waterproof phone holder, headphones, ear plugs, book, rowing gloves, sunglasses
- Lumbar support
- Essential toiletries
- Sleeping bag

Plus a set of clothes for going ashore.

The minimum amount of clothing you need to take is depicted in the photo below packed into a 20 or 25 litre dry bag.



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## Price

**Total Price: £1,500 (including VAT).**

What's included:

- A place on Rannoch's professionally skippered ocean rowing boat
- All food and cooking equipment during the expedition
- All on board safety equipment
- First Aid kits and general medical supplies (any personal prescriptions need to be brought by the rower)

What's NOT included:

- Travel to and from the start and finish of the expedition
- Accommodation and meals onshore before, during and after the expedition
- Personal effects (clothes, sleeping bags, additional snacks etc.)
- Personal insurance

### Payment schedule

Payment 1: £300 non-refundable deposit.

Payment 2: £600 is due no later than 12 weeks prior to departure.

Payment 3: £600 is due no later than 6 weeks prior to departure.

### Bank details

Barclays Bank, 40-41 High Street, Chelmsford, Essex CM1 1BE, UK

Rannoch Adventure Ltd

Sort Code: 20-19-95    Account No: 40129364

IBAN GB38 BARC 2019 9540 1293 64    SWIFTBIC BARCGB22

Please use the following as your payment reference: **GSO21 SURNAME**

## Contact

Please contact Nicola Douglas if you have any questions or concerns, or would simply like more information: [nicola@rannochadventure.com](mailto:nicola@rannochadventure.com) Tel: 07720 931509

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A D V E N T U R E

# Terms & Conditions for Great Scottish Odyssey

A minimum of eight participants are required to undertake this expedition. Rannoch Adventure reserves the right to refuse a participant from participating in all or part of the expedition for any of the following reasons:

- The participant is medically unfit for the trip or their state of health is a risk to other rowers;
- The participant is not fit enough for the endurance rowing involved;
- The presence of the participant and their character is detrimental to the spirit of the expedition;
- Any information declared on the Health and Medical Declaration is found to be untrue.

## **Cancellation charges**

All rowers are required to pay a non-refundable deposit of £300.

- Any cancellations made after the 2<sup>nd</sup> payment but before the 3<sup>rd</sup> payment will only be refunded if the place on the boat can be filled by another rower.
- Any cancellations made after the 3<sup>rd</sup> payment but before the start of the expedition, will only be refunded if the place on the boat can be filled by another rower.

Rannoch Adventure will always endeavour to fill a space if cancellation occurs but this cannot be guaranteed, especially at short notice.

If Rannoch Adventure is forced to cancel this expedition at any time for their own business reason, all monies paid by the rowers would be fully reimbursed or transferred to another Rannoch expedition.

Rannoch Adventure reserves the right to amend any particulars for this expedition before 1 May 2021.

If an act of force majeure prevents Rannoch Adventure from being able to fulfil its obligations, all monies paid by the rowers - up to the date of the force majeure act occurring - will be refunded less the £300 non-refundable deposit and in accordance with the cancellation schedule above.

## **DECLARATION**

I confirm that I have read and understand all the documents related to the Great Scottish Odyssey Expeditions:

- **Fact Sheet for this Expedition**
- **Terms & Conditions for this Expedition**
- **Medical Declaration Form**
- **Personal Details Form**

and that I agree to be bound by them.

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I also understand that the £300 deposit is non-refundable if I cancel for any reason.

I acknowledge and agree that ocean rowing is a dangerous sport, and that I will undertake the Roxy Expedition entirely at my own risk. Notwithstanding the foregoing, there shall be no liability whatsoever upon Rannoch Adventure, or any person in its employment (subject to any statutory requirement to the contrary), for my death, or any personal injury, or financial loss, directly or indirectly incurred by me, or by any of my dependants, by reason of the failure or foundering of the boat, or any other reason whatsoever. I understand and accept that it is my responsibility to take out insurance in respect of such matters.

<b>Full Name</b>	
<b>Date</b>	
<b>Signature</b>	

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## Medical Declaration Form

The purpose of this form is to obtain a factual report of your medical history and present state of health, enabling our professional coaches to assess your current physical and mental state and any areas of concern. In some instances, the information provided in this form may require further investigation.

**Please answer all the questions below:**

	No	Yes	If yes, please give details
Have you had any illness requiring medical attention in the past 5 years?			
Have you had any surgery in the last 2 years?			
Are you under observation or currently undergoing treatment by a doctor?			
Have you had an ECG in the past or a history of abnormal ECGs?			
Have you had a heart murmur, irregular or extra heart beats?			
Have you had any chest pains, dizziness, shortness of breath, excessive fatigue during exercise?			
Have you ever fainted or lost consciousness during exercise?			
Do you suffer from diabetes?			
Do you suffer from epilepsy?			
Do you suffer from high or low blood pressure?			
Do you suffer from asthma / exercise induced asthma?			
Have you suffered a problem with any organs? (e.g. kidney, liver etc.)			
Have you had a kidney stone?			
Has anyone in your family suffered from high blood pressure, sudden death, heart attack or any hereditary disease?			
Have you ever had health insurance refused or been given loaded premiums?			
Do you take any drugs long term or for any emergency i.e. inhalers etc.?			
Have you received treatment by a psychiatrist, psychologist or counsellor?			
Have you ever suffered from fits, incontinence or dizzy spells?			

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Have you had your appendix removed?			
Have you ever had concussion?			
Ever you ever lost consciousness?			
Have you suffered any cartilage/ligament injuries to the knee, shoulder or arm or had a dislocated shoulder?			
Do you suffer from back problems?			
Have you ever broken any bones?			
Do you have any allergies? (e.g. stings, bites, food, plasters etc.)			
If yes what are you allergic to and what reaction do you develop?			
Do you carry an epi-pen to treat these reactions?			
Are you colour blind?			
What is your Visual Acuity (i.e. your eyesight)?			
Do you wear glasses / contact lenses?			
Do you have any problems with your hearing?			
Please give details of any visual or hearing problems below including dates.			
Do you suffer from motion / sea sickness?			
Have you been immunised for tetanus?			
Date of last immunisation			

Please give us any further details of any existing or previous medical condition or family medical history that you feel it may be important for us to know.

**Prior to the actual row, Rannoch Adventure will require a copy of a full medical certificate from your GP and a certificate from your Dentist stating that you are fit and well to undertake this expedition. These certificates needs to be dated between 1<sup>st</sup> and 31<sup>st</sup> May 2021.**

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**Your GP:**

<b>Name of personal GP</b>	
<b>Address of personal GP</b>	

**Your dentist:**

<b>Name of dentist</b>	
<b>Address of dentist</b>	

**DECLARATION**

**I have read and fully understand this entire form. I have answered the questions thoroughly and accurately. I understand that it is my responsibility to inform Rannoch Adventure if the answers to the questions below change between the date of filling this in and the start of the Expedition.**

**I hereby grant Rannoch Adventure the right to access my personal medical information and medical history and to share it with any other person as circumstances may require to assess my suitability for taking part in a Rannoch Expedition.**

**I have read and fully understand this entire form. I have answered the questions thoroughly and accurately. I understand that it is my responsibility to inform Rannoch Adventure if the answers to the questions below change between the date of filling this in and the start of the Expedition.**

<b>Full Name</b>	
<b>Date</b>	
<b>Signature</b>	

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## Personal Details Form

Forename	
Surname	
Address	
City	
State	
Postcode	
Country	
Telephone	
Email	
Date of birth	
Gender	M / F
Height	
Clothes size (S, M, L, XL) (for Roxy branded fleece & t-shirt)	
Occupation	
Any dietary requirements	

Please return this form to Nicola Douglas ( [nicola@rannochadventure.com](mailto:nicola@rannochadventure.com) ) together with a portrait **photograph** of yourself (headshot only, passport style) and a **copy of the photo page** of your passport.

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