



## Scotland 2022

June, July & August

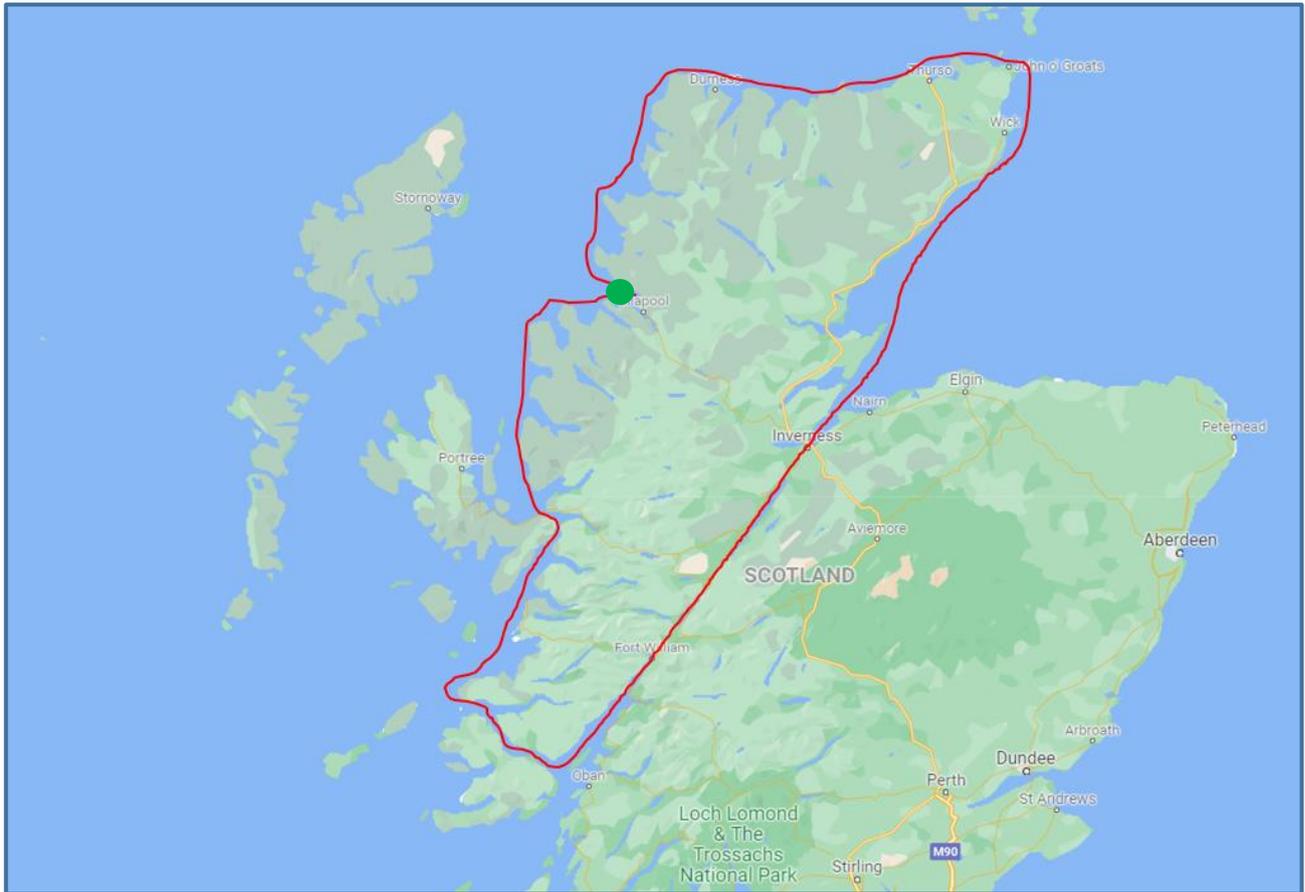


A selection of 5 to 12 day expeditions which offer rowers a chance to explore the remote northern part of Scotland from the water and enjoy a mix of challenging rows and remote, wild camping. Check out all our expeditions on the following pages.

**Rannoch Adventure Ltd.**

Unit 8, Dammerwick Farm, Marsh Road, Burnham-on-Crouch, Essex CM0 8NB United Kingdom  
Tel +44 (0)1621 782127 - [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

## Over the Top



Departing from Ullapool, we will row past Lochinver and the pristine beaches of Oldshoremore. From there we venture around Cape Wrath and 'over the top' of Scotland towards John O'Groats. Then it's southbound towards Wick and into the Moray Firth at Inverness. We will then enter the majestic 60 mile Caledonian Canal, cutting through the spectacular Great Glen down to Fort William, along Loch Linnhe and up through the Sound of Mull. The last stretch of this row takes us up the east coast of Skye and back to Ullapool.

**Dates: Monday 27<sup>th</sup> June – Friday 8<sup>th</sup> July 2022**

**Duration:** 12 days

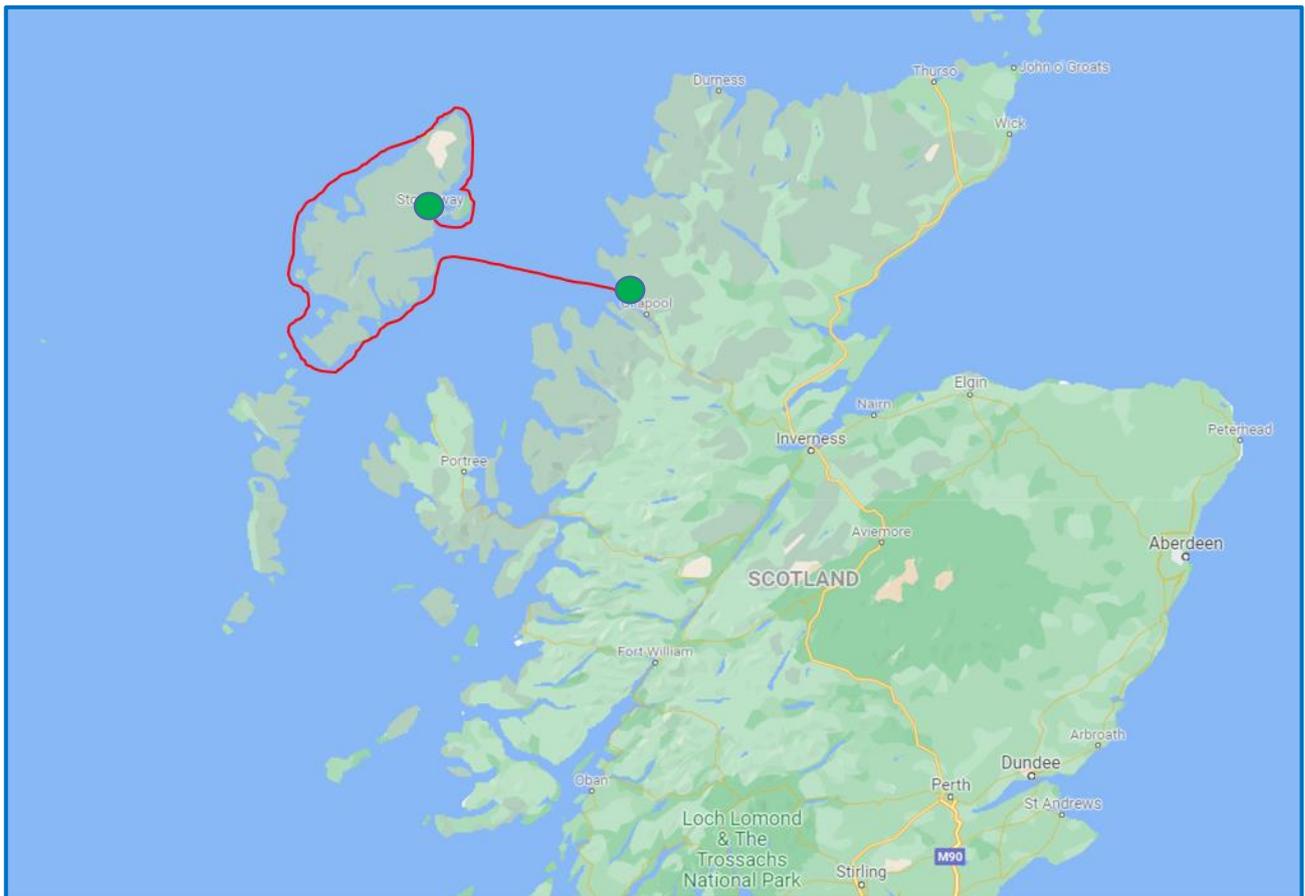
**Start / Finish:** Ullapool

**Price:** £3,500 per person

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## Outer Hebrides Adventure (Lewis and Harris)



This is a challenging, wild adventure row from Ullapool and out to Lewis and Harris in the Outer Hebrides, famed for its pristine beaches, stunning rock formations, dramatic landscapes and rich heritage. The expedition will finish at Stornaway from where the crew can catch a ferry back to Ullapool.

**Dates: Monday 11<sup>th</sup> July – Friday 15<sup>th</sup> July 2022**

**Duration:** 5 days

**Start:** Ullapool

**Finish:** Stornaway (reachable by ferry from Ullapool)

**Price:** £1,500 per person

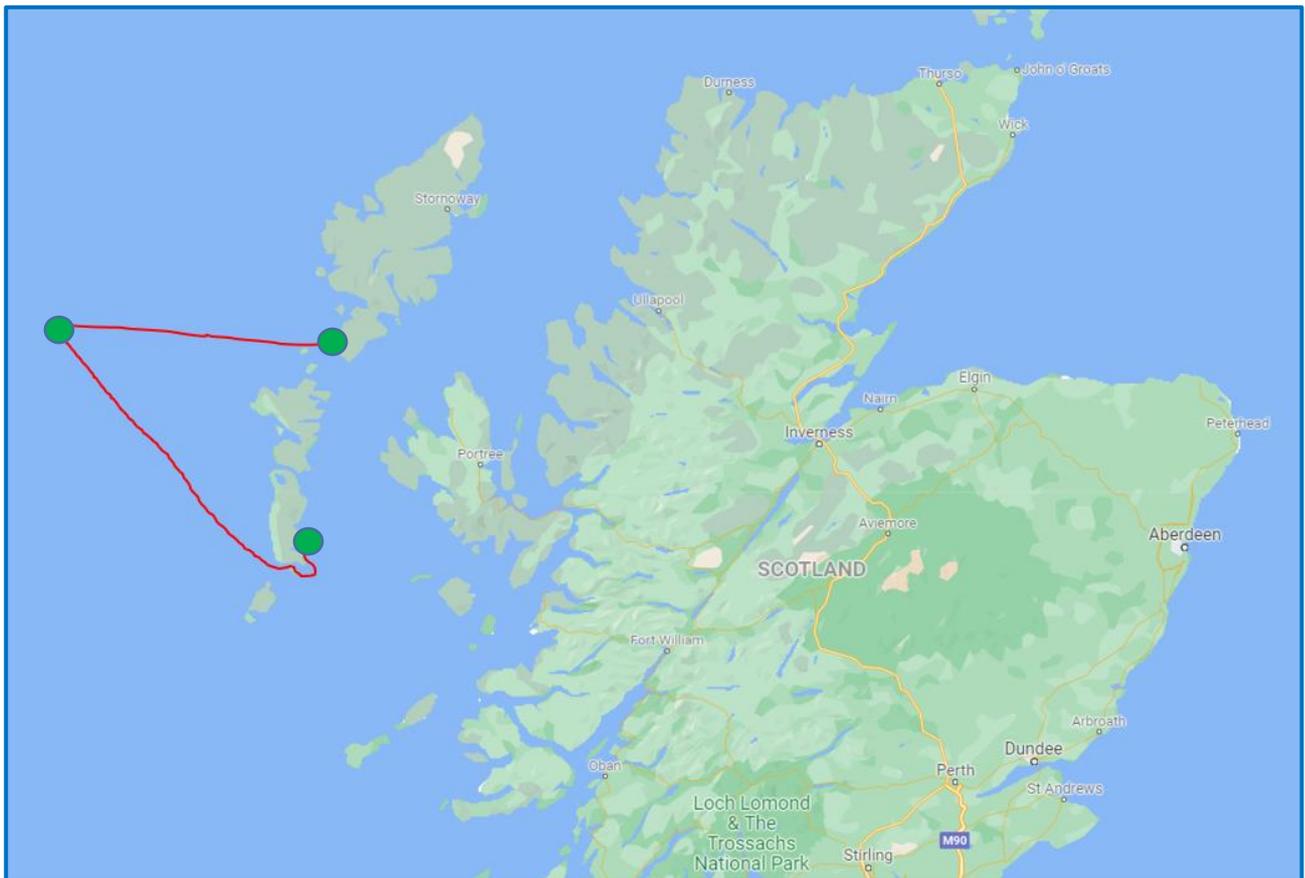
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# St Kilda Dash



This is a unique opportunity to visit the isolated archipelago of St Kilda. Day one will comprise a long 40 mile row followed by wild camping on land. Day two will be spent on shore exploring the barren but wildly spectacular Hirta, the largest island in the St Kilda archipelago and its cliffs, rock stacks and the squawking gannets, guillemots and other sea birds. On day 3, we will undertake a long day row back to South Uist.

**Dates: 3 days between Monday 18<sup>th</sup> July and Friday 22<sup>nd</sup> July 2022 subject to weather.**

***Please note: This row will only be undertaken if weather conditions are favourable at the time. If the row does not go ahead, all payments will be refunded in full.***

**Duration:** 3 days

**Start:** Lochmaddy (reachable by ferry and bus from Mallaig via the Isle of Skye)

**Finish:** Lochboisdale (reachable by ferry from Mallaig)

**Price:** £900 per person

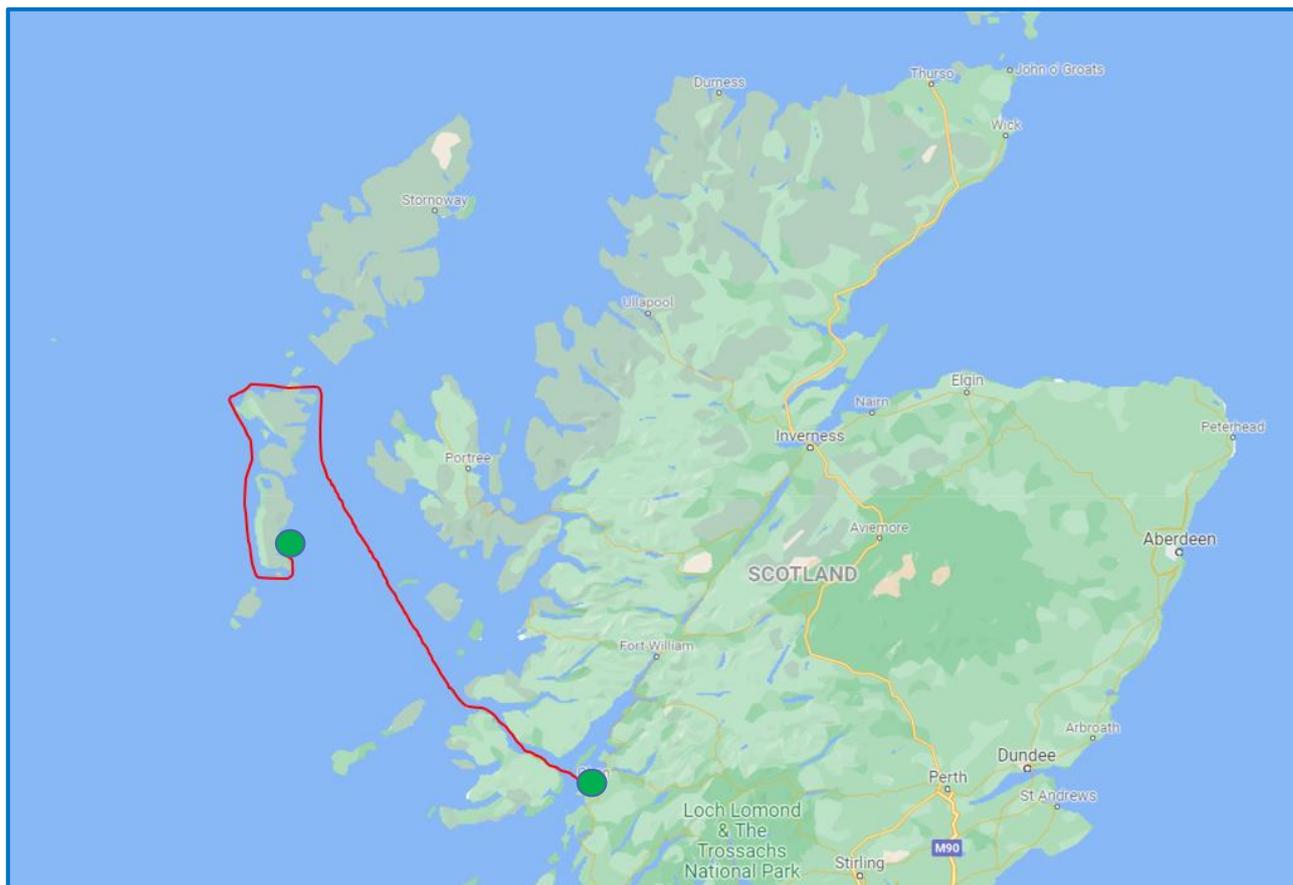
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## Outer Hebrides Adventure (Uist)



Another wild and challenging adventure row from Lochboisdale around the southern part of the Outer Hebrides (Uist), exploring the islands of Berneray, North Uist, Grimsay, Benbecula, South Uist and Eriskay which are all linked by causeways. We will then row back to the mainland via Muck, wonderful Tobermory and the Sound of Mull to finish at Oban.

**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022

**Duration:** 5 days

**Start:** Lochboisdale (reachable by ferry from Oban)

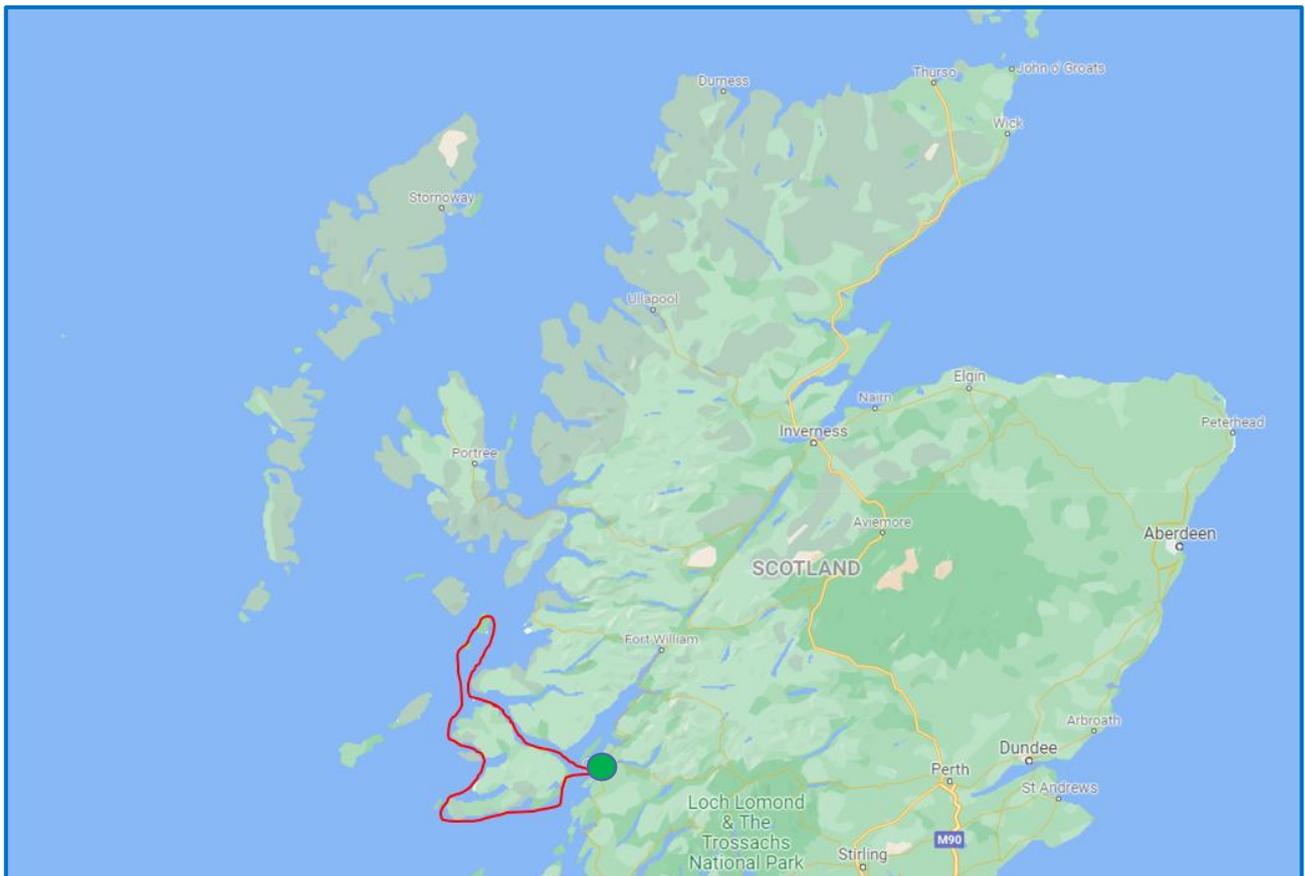
**Finish:** Oban

**Price:** £1,500 per person

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# The Glorious Isle of Mull



This large Inner Hebridean Island has a fascinating coastline and numerous places of interest to visit. We start this row from Oban, rowing along the south coast towards Iona. Then we head up the west coast, passing by Fingals Cave, through the Sound of Ulva and the white sands of Calgary Beach. We will then undertake a long overnight row up to the Isle of Eigg before heading back into wonderful Tobermory for a well-earned rest (and a wee dram!). We will then row back down the east coast of the island through the Sound of Mull and finish back at Oban.

**Dates: Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022**

**Duration:** 5 days

**Start / Finish:** Oban

**Price:** £1,500 per person

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## What to expect

All our Scottish Roxy Expeditions will take place in our 12 man ocean rowing boat, Roxy.

The rowing schedules for all of these trips will change each day but expect a mix of long overnight rows broken down into 3 hour shifts, and shorter day rows, interspersed with stop offs on the way and wild camping overnight in our yurt.

**Please note all itineraries are wholly weather dependent and may be subject to change at short notice.**

All of these rows are tough and both mentally and physically exhausting, but the Scottish scenery is just reward for the hard work. Living in close quarters with other recently befriended rowers in a small vessel 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.

## Accommodation

All nights will be spent either on board Roxy or wild camping in our expedition yurt. 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 sufficient food will be available. As these will be island hopping expeditions, 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 2 professional Rannoch Adventure staff accompanying all expeditions.
- All on board safety equipment is provided.
- First aid kits and non-prescription medical supplies are available on the boat.
- No smoking or drinking alcohol is allowed on or near Roxy.

## Training and Fitness

The fitter you are, the more you will enjoy your 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.

No specific Ocean Rowing Training is required for these adventures.

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## What's included in the price?

- 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 (excluding any personal prescriptions)

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: 20% deposit to secure your place on the expedition

Payment 2: Balance due no later than 13 May 2022

Expedition	Dates	Price pp	Payment 1	Payment 2
Scotland – Over the Top	27 June – 8 July	£3,500	£700	£2,800
Outer Hebrides (Lewis and Harris)	11 – 15 July	£1,500	£300	£1,200
Outer Hebrides (Uist)	25 – 29 July	£1,500	£300	£1,200
The Glorious Isle of Mull	1 – 5 August	£1,500	£300	£1,200
St Kilda Dash	w/c 18 July	£900	£200	£700 (payable 48 hours before departure)

Full Terms & Conditions will be sent once a place on an expedition has been offered.

## Apply for a place

To apply for a place on any of the above adventures, please complete the Application Form on this page:

<https://www.rannochadventure.com/roxy/apply-for-a-place>

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