



Loch Shiel Expedition

Thank you for booking the Loch Shiel Expedition, a fantastic adventure awaits you.

We will be following this Scottish Canoe classic into one of the most beautiful areas of the world. The journey has been planned with manageable mileage each day to allow us time to relax and enjoy the views.

The itinerary is not fixed, which allows us to make the most of the prevailing weather conditions and tides. The campsites used at the end of each day may be different and daily mileage adjusted to suit group needs.

Day 1

We will meet at the Glenfinnan House Hotel from 09:00 -09:30 am, allowing all team members to travel and arrive in time. For those staying in Fort William, the train departs Fort William at 08:30 and arrives in Glenfinnan at 09:05 its then just a short 10 min walk to the Hotel. If you have booked into the Glenuig hotel and are leaving your car there please contact us to let us know. After introductions we will have a final brief, kit check and issue group food, with the aim of launching shortly at 11:00am. For day 1 please have a good breakfast and bring your own lunch.

We will then set off into the wilderness, for a fun day, setting camp early evening. The evening meal will be provided by us.

Day 2

Following a hearty breakfast we set off for a full days paddle, making camp early evening. We will provide breakfast, lunch and evening meal. We will now be deep in the wilderness of the Moidart Peninsular

Day 3

Following breakfast, we pack up and head out to explore the beautiful Loch Moidart before making camp somewhere wonderful. We will provide breakfast, Lunch and evening meal

Day 4

Our last day of paddling. We will journey around the coast to Genuig where our Trip will end. We have tables booked for an end of trip meal (at your cost) in the Genuig Inn where we sadly say farewell for our journey home.

Suggested Kit list

You will know what you are comfortable paddling in, the water will be cold and weather can change quickly. Off the water we will be living outside, so warm clothes will be required as this is a coastal / mountain environment. It is essential that your kit is packed in dry bags and remains completely dry. Please ensure that your dry bags are connected to your board securely with approximately one meter of cord. If you need any equipment we have it all available to hire if required. If you've not added it to your order at booking drop us a line at phil@caveactive.co.uk

Tent (small hike tent)

Sleeping Bag (3 season)

Sleeping Mat (inflatable is best)

Head torch (including spare batteries)

Wash kit including toilet roll etc (please ensure any soap is biodegradable)

Small Trowel

Mug (plastic or metal)

Spoon / knife / fork

Bowl (plastic or metal)

Dry Bags to fit all kit. We recommend a couple of main bags at least 50L

Wet Kit

Dry suit / trousers / bibs

If you don't have the above then paddling in a wetsuit with Water, Windproof jacket and trousers would be acceptable.

Buoyancy Aid (will be provided if you don't have your own)

Sunglasses

Cap

Warm hat

Wet shoes (with a textured sole to walk in on rough/slippery ground)

Dry Kit

Dry warm kit for off water and boots / trainers

Sun cream (here's hoping)

Camera

Water Bottle

If you have any questions about equipment / clothing then please ask.

Equipment can be hired from us

Some ideas – [Palm Equipment](#)

Our Wilderness

As we are going to be living in a wilderness environment we have a few codes of conduct to follow. Any materials we carry in, we carry out, any human waste will be disposed of correctly (we will explain). If you are taking any soap etc. to wash with then please ensure it is eco friendly / bio degradable and suitable for a wilderness environment. There should be plenty of water available, please feel free to bring purification if you feel the need. The biggest question we get before any expedition is 'how do we go to the toilet'?

This is one example of how we go [in the wilderness](#)

Our Health

We have asked you to complete a Par Q form, please ensure that any medical information is up to date and you bring any medication with you. It is essential that during the expedition you let one of the guides know if you have any medical issues. The Scottish midge can be a problem between May and September so a midge net might be useful. We will provide you with a Smidge

kit (spray and net) if your trip is in midge season. www.smidgeup.com Just let us know and we will bring one for you. (£5 cash)

Our Safety

We have qualified WSA Expedition Guides on the expedition. We will be carrying a group first aid kit and communication for the environment. All our guides are qualified and insured to work in this environment. Please feel free to take out your own insurance. The WSA membership includes insurance and many other benefits, but please do not feel that you need to take this out. [WSA Membership](#)

Our journey

Whilst we can plan and prepare for many things, travelling in this type of environment is always weather dependent. We will monitor the weather leading up to the start of the journey and during. We will not start the journey if we feel the weather will be too challenging. In this instance we will use our extensive local knowledge to ensure we get on the water each day, this may involve some travel and may be reduced to day journeys or one-night journeys.

We are excited about sharing our passion for wild places and paddling with you. If there are any questions then please feel free to contact us at any time.

phil@caveactive.co.uk

07974 926106