



WINTER PROGRAMME
2019/20
 NOVEMBER - MARCH

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9am - 10am	Archery	Closed	Closed	Closed	Archery / Clay Pigeon Shooting*	Archery / Clay Pigeon Shooting*	Archery / Clay Pigeon Shooting*
10:30am - 1:30pm	Introduction to Mountain Biking	Closed	Closed	Hourly Archery / Clay Pigeon Shooting*	Sea Kayaking	Guided Walking	Sea Kayaking
2:30pm - 4:30pm	Hourly Archery / Clay Pigeon Shooting*	Closed	Closed	Hourly Archery / Clay Pigeon Shooting*	Low level Guided Walk	Hourly Archery / Clay Pigeon Shooting*	Low level Guided Walk

*Clay Pigeon Shooting priced at £55pp

"We reserve the right to change or cancel the session due to adverse weather or in accordance with demand."

To avoid disappointment please book your activity well in advance

- Programmed activities are complimentary for all hotel guests during your stay.
- For Inn guests and non-residents programmed activities are £40p/p or £20p/p for archery

Torridon Outdoor provides a wide range of outdoor activities, courses and holidays for all ages & abilities, should you wish to book an activity outside of this programme please see our bespoke activity prices for more information.

If you have any questions please do not hesitate to get in touch on either:
 outdoors@thetorridon.com / 01445 791 242



PRICE LIST

To book your activities please e-mail, phone, or speak to a member of staff.

Torridon offers us a truly unique and beautiful environment to explore. The landscape offers a rich array of flora & fauna such as eagles, dolphins, seals, otters, pine marten and red deer. No matter what your chosen activity is, with our qualified, experienced and knowledgeable instructors you are guaranteed a truly unforgettable wilderness adventure.

Discover the adventure and explore the wilderness.

Activities include:

- Mountain guiding
- Sea Kayaking
- Open Canoeing
- Coasteering
- Archery
- Clay Pigeon Shooting
- Mountain Biking
- Low Level & Coastal Walks
- Gorge Scrambling
- Bike Hire
- Custom / Bespoke

Activity Pricing

Half day activities from £40pp

Full day activities from £60pp

Private instructor for one day - £280

(maximum 6 people)

All activities include hire of equipment.

For full day mountain bike guiding, an additional £10pp can be added to upgrade rental to a Hard-tail Plus bike. This is essential for technical riding days.

Clay Pigeon Shooting

	Price p/p
Full Lesson 25 Cartridges	£55
Supplement Per additional box of 25 cartridges	£20

Archery

	Price p/p
Full Lesson 45 mins	£20

Bike Hire

Bike Option 1	Price
Hardtail Bike Suitable for forest trails	£25 1 day hire, with helmet, pump and spare tube included.

Bike Option 2	Price
Plus Bike Suitable for the more technical trails around Torrion	£35 1 day hire, with helmet, pump and spare tube included.

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KIT LIST

Found below is a list of equipment that we highly recommend for all our activities. We realise that should you be taking part in a complimentary activity as part of your stay at the hotel then you may not have access to some of the kit on the list. If this is the case then please chat to a member of activities staff to see if we can provide you with the appropriate clothing, or if an exception can be made.

Please also be aware however, that we may not be able to complete an activity if you do not have appropriate clothing. This will be for your personal safety and will be judged by the instructor on that day.

Archery and clay pigeon shooting will not require any equipment beyond good footwear. For gorge scrambling all you will require is a bathing costume and shoes you don't mind getting wet.

NO COTTON – there is a saying in the outdoor industry that cotton kills. It soaks up to 30 times its weight in water which makes it heavy if it gets wet. Once wet, it holds no heat whatsoever and you will get cold incredibly quickly.

Kit for all activities:

- **Base-layer top.** This should be long or short sleeved depending on time of year/forecast and made of synthetic material or merino wool. Running tops are ideal.
- **Walking trousers. NO JEANS.** These should be lightweight, fast drying walking trousers. Synthetic tracksuit bottoms are adequate.
- **Drinks bottle.** This should be 1 Litre Minimum.
- **Warm Layer x2.** One to wear and one for spare. A synthetic fleece or wool jumper is ideal. Cotton hoodies are not appropriate. A synthetic insulating jacket, such as Primaloft is a great booster layer.
- **Waterproof Jacket and Trousers.** These should have taped seams and be suitable for use in the mountains. Pacamac style clothing is NOT appropriate for mountain use.
- **Appropriate footwear for your activity.** Please see below.

Recommended extras:

- **Sunglasses**
- **Sun cream**
- **Midge Net**
- **Insect repellent.** 'Smidge' works well and doesn't melt your clothing like 'DEET' does.
- **Flask**

Additional kit for Canoeing & Kayaking:

- **Footwear to get wet.** These must have toe protection and a good sole. Old trainers are ideal. NO crocs, jelly-shoes, sandals etc.
- **Hat.** Warm woolly hat and/or sun-cap dependant on weather. *We can provide you with a towel & specialist waterproof jacket*

Additional Kit for Mountain Guiding:

- **Good solid hiking boots.** 3 season boots suitable for Scottish use are ideal. These MUST have good, high ankle support and a solid sole. Goretex linings are strongly recommended to keep your feet dry. Trainers or low cut shoes are NOT appropriate for mountain use.
- **Warm hat & gloves.**
- **Rucksack.** Big enough to fit in all kit on list; approx 30 Litres.

Additional kit for low level half day walks:

- **Solid walking footwear.** Either boots or good solid walking shoes.

Additional Kit for Full Day Mountain Biking:

- **Trainers** Warm and flat soled are ideal such as Beinn Damph and Torridon Loop
- **Rucksack** Big enough to fit in all kit on list plus some group kit
- **Warm Hat** Must fit under helmet
- **Spare parts** Brake pads and at least 2 inner tubes, even if you're running tubeless
- **Camelpak** Recommended but not essential
- **Shorts** You can pair these up with synthetic base layer trousers on colder days
- **Knee Pads** Recommended for technical days
- **Gloves** These can be provided but spares are a great idea and essential when its wet
- **Cycling glasses** Clear lenses for those grey days!

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TERMS & CONDITIONS

Assumed risk and responsibility:

Participants must accept that the outdoor environment presents inherent risks which we are unable to control. Whilst we will strive to minimise the risks, we cannot eliminate them fully. Therefore by taking part in any activity a certain level of personal responsibility, awareness of your actions and of those around you must be accepted.

Medical Declaration:

It is the responsibility of the client to fill out the medical disclaimer accurately, descriptively and honestly. The medical disclaimer that we provide you with absolves us from responsibility from any situation arising from medical condition that may halt you from partaking in the planned activity (either previous medical history or developing condition that has not been disclosed on the form).

Equipment:

We reserve the right to refuse participation in any activity should you not bring the appropriate clothing and equipment as stated in the kit list for your activity. This is for your personal safety. Should we be unable to continue with your activity due to unsuitable clothing and equipment then you will still be charged 100% of the activity fee.

We do not accept any responsibility for injury caused to yourself or anyone else while using our equipment. Helmets are provided and we advise they are worn. You are solely responsible for the bike and we reserve the right to charge you if the bike is damaged or lost. Our basic XC bikes are suitable for forest trails only and should not be used on technical trails such as the Annat descent. Any damage caused to the bikes by taking them on such routes will be claimed from the customer. If in doubt, ask a member of the Torridon Outdoors staff. The bikes must be returned to the Torridon Resort, unless an alternative arrangement is made in advance, and a member of Torridon staff must be informed when the bike is returned.

Insurance:

Participants on our activities are covered by our professional liability insurance against injury and damage resulting from incidents where responsibility is found to be attributed to our company. We cannot be held responsible for loss, injury or damage arising due to circumstances out of our control. We STRONGLY recommend you take out separate holiday/activity insurance policy.

Booking conditions & Cancellation:

Some activities, courses or holidays will require a minimum number to run. We reserve the right to cancel your booking should the minimum number of participants not be met; however we will inform you of this at least 14 days before the date of your activity. Should we have to cancel you will be entitled to a full refund.

We do not take children under the age of 18 on activities without a responsible adult present for the entire activity. We also have certain age restrictions in place for our activities. It is your responsibility to ensure an adult is present and age restrictions are met. If you turn up without these conditions met, you will not receive a refund.

At the time of booking you will be required to supply payment details to confirm your booking. If you have to cancel an activity for whatever reason, Torridon Outdoors will apply the following:

- Cancellation made by you before 14 days prior to the activity you will not be charged/will receive a full refund
- Cancellation made by you within 14 days prior to the activity will incur 100% of the activity price.

If you are unable to carry on with an activity or decide to drop out for any reason part way through a trip/holiday/activity you will not receive a refund. We will always try our best to run our activities as planned, however due to the nature of the British climate we may be unable to run your activity as programmed and have to change, as some activities can become unsuitable or even unsafe in adverse weather. This will be down to the decision of the instructor on that day. If we are unable to run the activity we will offer a suitable alternative. We cannot offer a refund if the alternative activity is not satisfactory for you, however we can transfer the fee of the activity to another session, or credit elsewhere for use with Torridon Outdoors at a later date.