

WEST HIGHLAND WAY

SCOTLAND



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A 6-day trip to Scotland to walk the full length of one of Britain's finest walks, the famous West Highland Way, through the stunning highlands of Scotland, past beautiful lochs and over remote moors. You will experience the wild beauty of western Scotland, enjoy the local food and stay in comfortable hotels along the way.

May - September
Maximum Group Size 10

Western Scotland
Strenuous/Walking fit





WELCOME

I have been travelling to this part of Scotland since I was a very young boy. Being a Professional Guide and ex-military, you are in safe hands and can relax and fully enjoy the walk. I focus on providing immersive and original experiences that take you on a journey physically, as well as an enriching metaphorical journey in your life.

Adventure is an integral part of being human. When in the great outdoors, in a location you have never been to before, and where you may find yourself outside your physical comfort zone, you end up learning more about yourself. Adventure opens your mind, and you will surprise yourself at what you are capable of achieving. It facilitates personal growth and development while also having fun.

I want to make sure you have an amazing, unique experience in Scotland and return home with some happy memories, feeling healthier, fitter and more relaxed. Use this trip to clear your headspace, push yourself and reset new goals for your life. This trip is about venturing to new places; mentally, spiritually, as well as physically and geographically. It is physically strenuous, so you will need to be moderately fit and may need to "get some miles in your legs" beforehand. I can talk to you about this before the trip.

Come and enjoy one of Britain's finest walk.

Sandy Loder
Founder & Chief Executive
Peak Dynamics

"It was a life-changing experience"
– Journalist William Cash



ABOUT THE TRIP

ABOUT

Over 6-days, you will walk one of Britain's finest walks, 'The West Highland Way' from the suburbs of Glasgow across the stunning highlands of western Scotland to the old military town of Fort William. You will gently climb up into the rugged and remote highlands; cross over the famous wild Rannoch Moor on the old military road and onwards to Fort William. Each day will be different as you walk along this strikingly varied journey.

On average, each day's walking is about 16 miles. You will need to do some preparation for this multi-day walk. We can help you with that.

ETHOS

Our ethos is to encourage you to be fully immersed in this experience. It is an excellent opportunity for you to get away from your everyday life, empty your mind and be in the moment. I have been leading these journeys for over 10 years, and I know no better form of mindfulness. It is such beautiful scenery that you will feel cleansed and nourished by the experience.

What it will test is your mental resilience. Physically - you will be able to do it, but when you are tired and have been walking for a few hours, then it is time to be mentally resilient. I will be there to help and encourage you through the tougher moments. This is about having the strength to push the bar higher when you are feeling challenged. The rewards are great.







ABOUT THE WALK

It is listed by National Geographic as one of the world's top 10 trails and the first European route to become part of the International Appalachian Trail. The walk changes in character as it winds through the Lowlands up into the Highlands and magnificent mountains. Along the way, there are reminders of Scotland's historical past of massacres, betrayal, lawlessness and military action.

THE WEST HIGHLAND WAY

The West Highland Way was completed in 1980 and was the first officially designated long-distance footpath in Scotland. The path uses many ancient roads, including drovers' roads, old military roads and old coaching routes which were used to transport people, animals and soldiers around the highlands. The route is commonly walked in seven to eight days, although we will be doing it in six days.

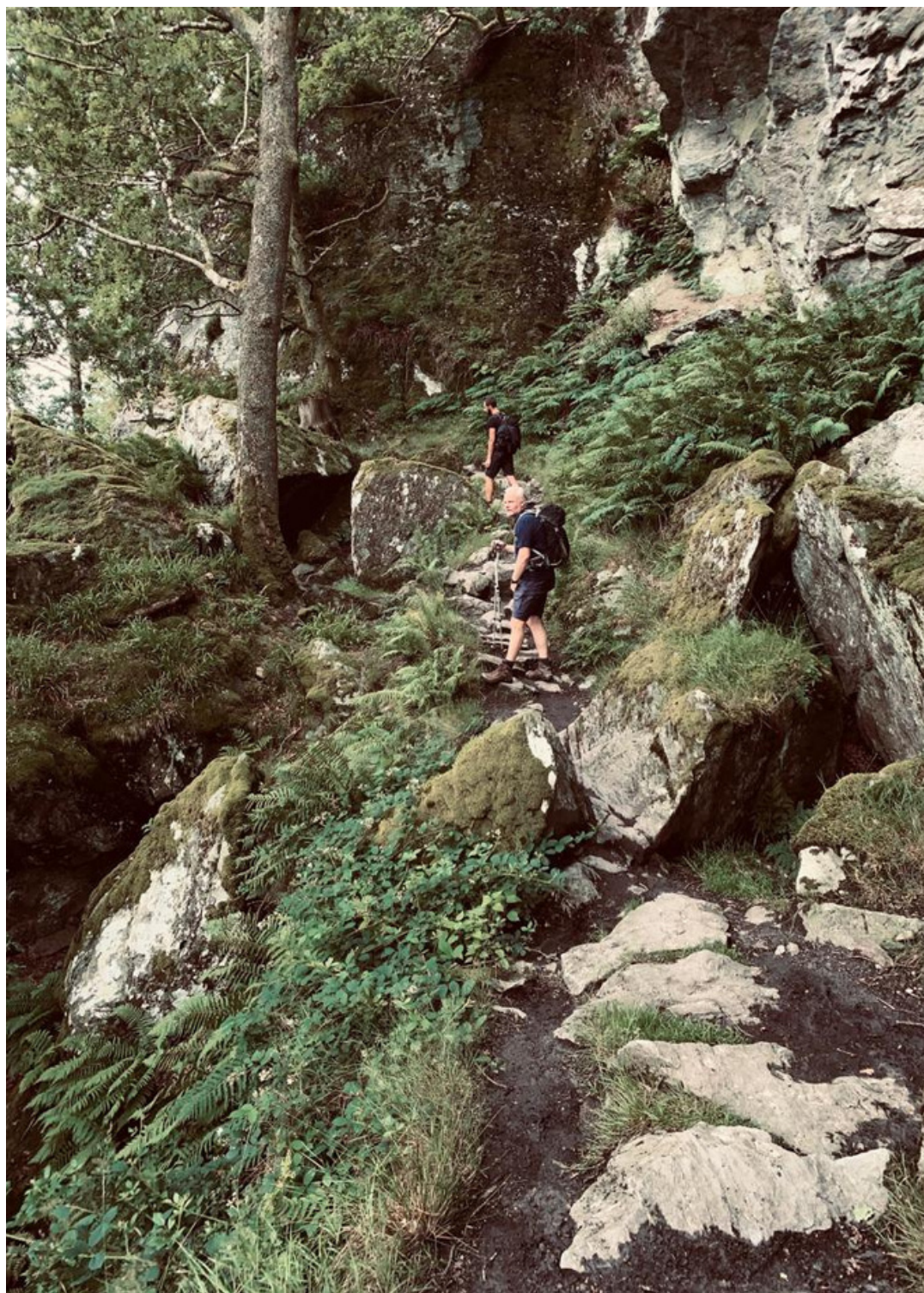
The path officially starts on the outskirts of Glasgow at Milngavie and heads north towards and alongside Loch Lomond, before heading up into the highlands of West Scotland. The Way follows Glen Falloch northward to Crianlarich and on to Tyndrum. After Tyndrum, it enters Glen Orchy before crossing the wild yet beautiful Rannoch Moor to the famous Kingshouse Hotel. After that, the route climbs the Devil's Staircase before a long descent to the sea at Kinlochleven. The final stage skirts the Mamore Mountains on the old military road before descending through Glen Nevis into Fort William and the end of the West Highland Way. You will be able to look across to Ben Nevis, the highest mountain in the UK.

**PEAK
DYNAMICS**

Improving Human Performance

















"A walk of great quality and distinction
that passes through a landscape second to none"

"Feeling sentimental!!.
Thank you Sandy for a stellar week"



**CONTACT ME
NOW**

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