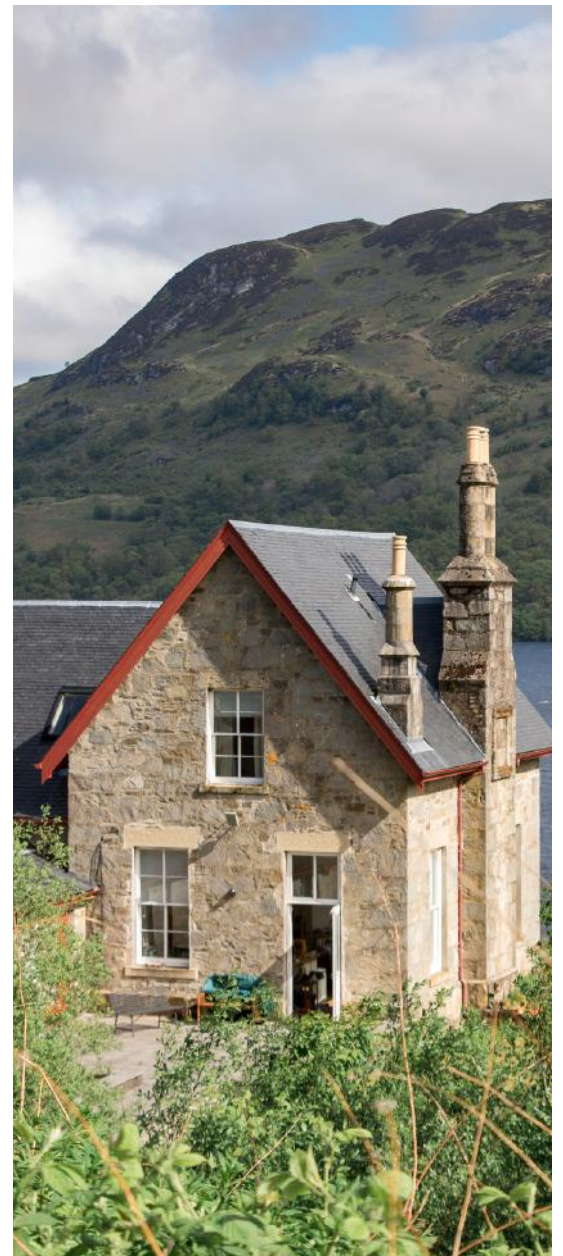




WELCOME PACK

Thanks for booking your outdoor fitness retreat with us. We are already looking forward to welcoming you to Royal Cottage and can't wait to show you around our part of the stunning National Park.

We have sent you some more information in this welcome pack so you know what to bring and what to expect, but we also like to speak to our guests in person, so if you have any questions that are not covered feel free to give us a call on 07456481699 or send us an email info@beyondfitness.uk



GETTING HERE

BY CAR

Our address is **Royal Cottage, Stronachlacher, FK83TY** and we can be found on google maps using this address or **Beyond Fitness, Stronachlacher**. Reception can get patchy on the drive up so its worth downloading the route onto your phone or taking a few screenshots.

This is an image of the turn-off onto our private road. There is now a gate here and a sign saying Royal Cottage. Please leave the gate as you find it.



If you need any help on your way to Royal Cottage just give us a call on 07456481699. We can also arrange transfers from major airports and train stations if needed. Just get in touch.

ITINERARY

Friday

Afternoon: We welcome our guests as they arrive and serve afternoon tea

6pm: Welcome meeting to discuss our plans for the upcoming weekend

7pm: Evening meal shared in the dining room

Saturday

7.30am: Morning fitness session in the grounds of Royal Cottage

9am: Breakfast

10am: Head off on adventure in the National Park - either a hike or bike (packed lunch)

3pm: Return to Royal Cottage for stretching session

Afternoon: Free time

7pm: Evening meal shared in the dining room.

Sunday

7.30am: Morning fitness session in the grounds of Royal Cottage

9am: Breakfast

10am: Last activity of the weekend - hike/bike (packed lunch)

3pm: Return to Royal Cottage for snacks and goodbyes

Our itineraries are flexible but this gives you some idea of what we will get up to. All the daily activities will cater to the group we have staying with us and will of course be weather dependant. Our retreats are sociable but there is always time each afternoon to find that secluded spot to have some relaxation and alone time if you wish.

WHAT TO BRING

Each morning we will work out in the grounds of Royal Cottage so bring:

- Workout clothing
- Trainers
- Workout towel

When hiking we can experience all weather conditions so bring:

- Hiking shoes or trail shoes
- Waterproof clothing
- Warm jacket
- Hat & gloves
- Backpack to carry extra clothing and lunch
- Walking poles if you use them

On our bike rides you should bring:

- Trainers
- Waterproof jacket
- Padded cycling shorts (Trust us! These make life much more pleasant)

Loch Katrine is a great spot for a swim so don't forget your swim stuff!

Don't worry about dressing up in the evening. The vibe is relaxed so wear what you feel comfortable in.

We provide bath towels so don't take up space in your bag with your own. Hand soap, shower gel, shampoo and conditioner are all provided in reusable bottles. Just bring your own toothbrush and toothpaste.

IT'S GOOD TO KNOW

Weather

The weather in our part of the world can change quickly and it does get wet! We don't let this stop us from getting out and enjoying what Loch Katrine and the surrounding National Park has to offer, so if it does rain it's best to be prepared. Besides, we always have a warm fire and a glass of wine to come home to at Royal Cottage!

Midges

The Highlands of Scotland are home to midges as well as us and we do encounter them on our escapes if there is no breeze or sun to scare them off. We can change how we run our activities to avoid them to some extent and we also have midge nets and spray as a last resort. Leggings and long sleeves can help.

Wifi and mobile reception

Royal Cottage is remote and as such our internet is very slow. We quite enjoy this as it acts as a buffer from the stresses of modern life and allows us to wind down, but if you do need to send the off email or message on social media the internet should cope! We also don't get any mobile reception at Royal Cottage, but our guests are welcome to use the house phone if it is urgent. It is also a good idea to leave our number (01877 386285) with any friends or family that might need to get in touch.

Charity

At Beyond Fitness we value the environment and those that make it safe for us to enjoy. As such we split 1% of our profits between the local Mountain Rescue Team who keep us safe in the hills and a variety of global environmental charities.

WHAT WE NEED FROM YOU

Now that you have a bit more information from us just fill out the online form below. This just lets us know a bit more about you and helps us make your stay as enjoyable as possible.

