



LOCH NESS CHALLENGE

SCOTLAND, UK
6-10 SEPTEMBER 2018



EVENT OVERVIEW

Set in the wilds of the Highlands, Sailors' Society's Loch Ness Challenge will test your endurance and team-working skills to their limit as you canoe just under 60 miles in four days, as part of a team of two.

You'll take in some of the most breathtaking and iconic sights that Scotland has to offer as you paddle along the Great Glen canoe trail from Fort William to Inverness, including the length of the infamous Loch Ness.

This back-to-nature expedition will be both physically and mentally demanding. There will be up to 40 people in our group and each day will bring a new set of challenges that we'll face together, but the rewards will be well worth the effort.

This unique event offers you the chance to reconnect with nature as you:

- camp each night, with some sites so remote they cannot be reached by car.
- taste the crystalline waters from one of the many burns that cascade alongside the lochs.
- enjoy the camaraderie of fellow challengers in the evening as you unwind under the stars after a hard day of canoeing.

Sailors' Society's Loch Ness Challenge promises to be an incredible experience that will stay in your memory for the rest of your life!



DAY ONE

-  **Distance:** 21 miles
-  **Locks:** 3
-  **Strength:** 2 out of 5
-  **Mental endurance:** 3 out of 5

ROUTE

Day one consists of three contrasting sections and is the longest day of the expedition by far. Embarking at Banavie Loch, we will paddle along the calm waters of the first canal set between the Highland peaks. The scenery then dramatically opens up to Loch Lochy, sat in the shadow of Ben Nevis. The final part of our journey will take us through to a much smaller, sheltered glen where we will set up camp for our first night.

The campsite, Leiterfearn, sits on the edge of Loch Oich and can only be accessed on land by a disused railway line. Far away from any light pollution, this will offer a perfect night under the stars.

DAY TWO

-  Distance: 8 miles
-  Locks: 7
-  Strength: 4 out of 5
-  Mental endurance: 2 out of 5

ROUTE

Following a peaceful night at Leiterfearn, we'll start by making our way along the remainder of Loch Oich. Passing through Cullochy and Kytra, we will reach the edge of the legendary Loch Ness. Although covering the shortest distance, this leg of the challenge will be a true test of strength and teamwork as we encounter the most locks in one day.

After a hard day of portage, we will make camp at the historical site of the old pier on the edge of Fort Augustus. This is a five-minute walk into Fort Augustus, so we will have the opportunity to visit the local amenities, kick back and relax after the day's challenges.

DAY THREE

ROUTE

-  **Distance:** 21 miles
-  **Locks:** 3
-  **Strength:** 2 out of 5
-  **Mental endurance:** 3 out of 5



Departing after a night of camping in the tourist town of Fort Augustus, we will begin a clear run on Loch Ness. The second largest loch in Scotland, with a depth of 226 metres and length of 23 miles, this body of water has a temperamental personality, presenting short periods of sea-like conditions.

Due to the sheer size of the loch, the group will face one of the toughest mental challenges of the expedition. But we'll be sure to keep an eye out for Nessie! We'll make camp at a halfway point in Foyers, the most luxurious campsite we will have stayed at so far. A camping and caravan club site, it provides plenty of hot showers and immaculate indoor toilets, with a shop to buy snacks for our final day and souvenirs.

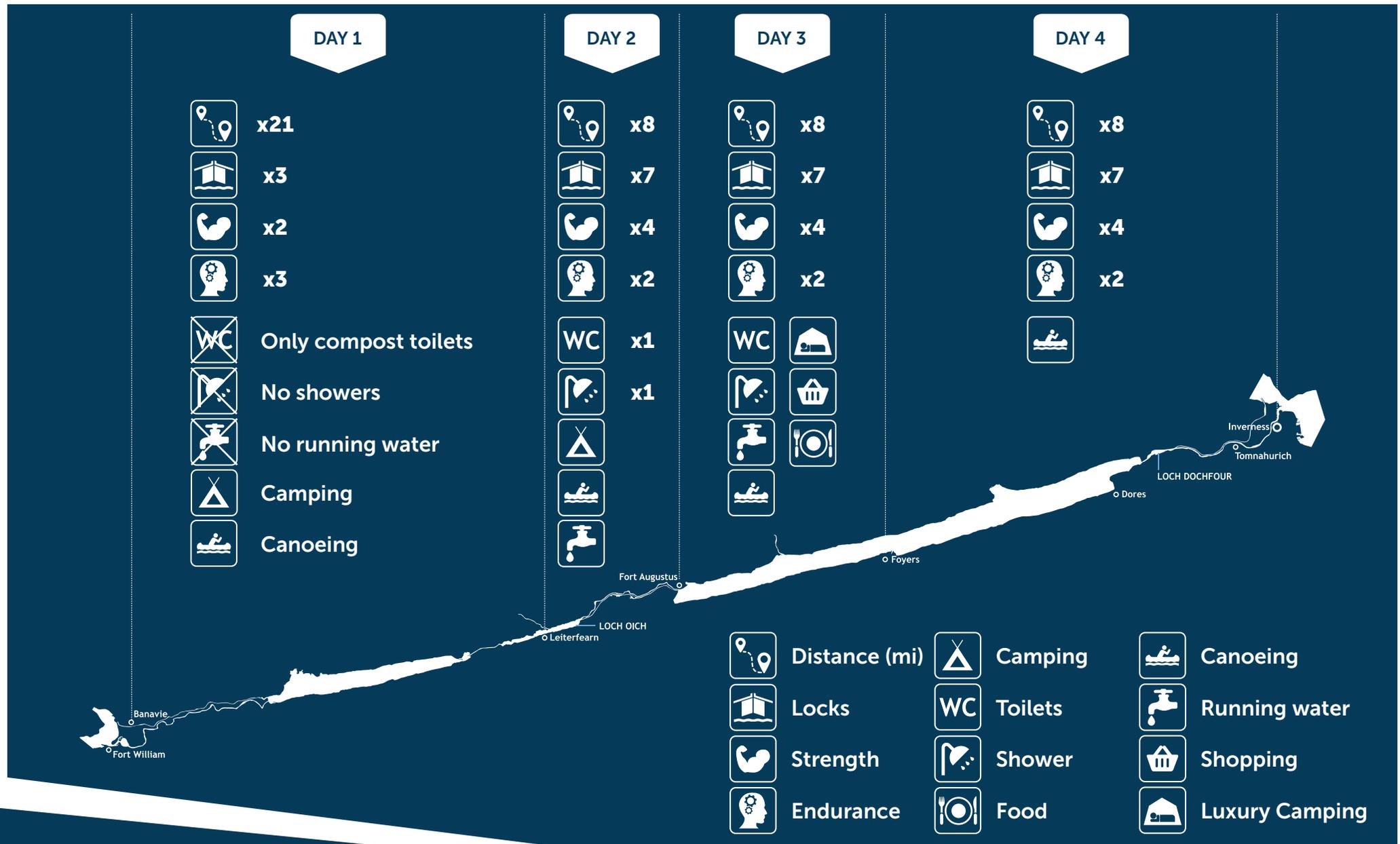
DAY FOUR

-  **Distance:** 18 miles
-  **Locks:** 1
-  **Strength:** 3 out of 5
-  **Mental endurance:** 4 out of 5

ROUTE

The end is in sight! On our ultimate day, we'll tackle our last section of the mighty Loch Ness. Having navigated the waters along the south side, we will make our way to the centre of the loch and enter the last canal to Inverness. With unfaltering natural beauty along the entire route, this final section is no different. Rolling countryside lines the last stretch of canal as we cheer each other on to our final destination in Tomnahurich.

LOCH NESS CHALLENGE ROUTE MAP



THE EVENT

WHAT WILL SAILORS' SOCIETY PROVIDE?

- Canoes, paddles and life jackets
- Land based Sailors' Society support crew
- Safety boats and guides
- Tents
- Camping fees and accommodation costs for four nights (6 – 9 September)
- Scheduled meals

WHAT WE ASK OF YOU

We ask each team of two for:

- a registration fee of £100 per person
- a minimum team fundraising donation of £3,000 (£1,500 per person)

PREPARATION

Although some advice and guidance will be provided by our expedition safety guides at the beginning of the event, it is strongly recommended that you undertake a canoeing course prior to the challenge.

A good level of fitness is required as paddling days will be long. In addition you will be required to carry canoes in

and out of the water at points along the route.

Working together is at the core of this expedition. Helping fellow participants when needed will be part of the journey, developing your own group skills and building a deep feeling of team spirit.

WHY TAKE PART?

By taking on this challenge you'll be helping us to keep making a positive difference to the lives of seafarers, on whom we all depend.

Celebrating Sailors' Society's 200th birthday, we want to make this expedition an amazing experience for all who take part.

This is one of several brand new challenges, so it's perfect for Sailors' Society event veterans as well as those who are new to our events. Attended by key figures from the shipping industry, this event offers networking, team building and a CSR opportunity – all rolled into one.

Plus, there's always a chance you'll spot Nessie!

HELPING SEAFARERS AND THEIR FAMILIES IN NEED

Sailors' Society is an international Christian charity working in ports across the world. Our chaplains help seafarers and their families, from all faiths and none, with welfare and practical support.

We visit ships in ports and talk with seafarers away from home for up to a year at a time; we help them get in touch with much-missed loved ones and access medical treatment; we liaise with frightened families when seafarers are kidnapped by terrorists or imprisoned, mostly through no fault of their own; and we build homes and schools and provide grants to bring hope and security to seafaring communities.

We cannot do this without your help. Why should you care? Almost everything we own or use comes by sea – our cars, our computers, our phones. We all rely on seafarers. Seafarers rely on us.

Help us help more.



Events

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Raising funds for Sailors' Society



EVENTS

— 2018 —

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