



## 5 Day 'At One With Nature, Spey Descent'

**Example Itinerary** - Kincaig (Loch Insh) ~ Tugnet (Spey Bay/Moray Firth)

Paddle an open-canoe for almost 70 miles of this most beautiful of Scottish rivers, at a leisurely pace through five unforgettable days. Suitable for all standards of paddler, from novice upwards, the adventure begins in the Highland village of Newtonmore, where the first and second evenings and overnights will be spent in The Beeches, our comfortable Victorian home.

**Day 1** ~ Basic paddle strokes will be learned/revised on the flat waters of the Spey just downstream of Kincaig Bridge. Then, at a leisurely pace, the group will set off to tackle a series of small but fun rapids en route to Aviemore, travelling through historic Rothiemurchus Estate, with stories central to the history of Clan Grant. Return to Newtonmore for another night of absolute comfort at The Beeches ~ incl. delicious food and a special tasting of Balvenie single malts.

**Day 2** ~ Minibus takes us back to where we stopped on Day 1. We move off on to a mixture of small, easy rapids and flat sections taking us on past Boat of Garten and Monarch of the Glen's 'Glenbogle' Station near Broomhill Bridge. Stopping for our first night under 'canvas' at the picturesque riverside camping meadow (access to hot water here!) at Boat of Balliefurth, upstream of Grantown on Spey.

**Day 3** ~ River starts to flow more decidedly seaward as it passes Grantown on Spey, with its fun, boulder strewn rapids and on by Cromdale. Through Tulchan and Ballindalloch estates and some bigger rapids to our next overnight stop close to Cragganmore distillery at Ballindalloch Station, part of the Speyside Way long distance walk.

**Day 4** ~ On into the area of famous malt whisky names such as Knockando & Tamdhu, to Aberlour where, since we have fewer miles to travel today on still faster water(!), perhaps have a stop for \*afternoon tea/lunch. Camp in Craigellachie, close to where the River Fiddich leaves its famous glen and adds its waters to the Spey. As a last night treat award yourselves a relaxing, tasty \*bar-meal in the village's Highlander Inn and maybe a dram with Joe in the unique Fiddichside Inn.

**Day 5** ~ After passing the village of Rothes, moving through steep forested banks and by red cliffs and pillars, the river takes us on to Fochabers, heralding our approach to the coast. With now shingle banks either side one can smell the sea air, see ospreys on river patrol ~ perhaps even witness otters at play. Finally, in completing your memorable journey, paddle towards the rolling waves of remote Spey Bay, where 'the fresh meets the salt'.

Join with us on this Magical Journey. Develop new skills and awareness, of how to handle this versatile craft, thus enhancing competence and confidence. The 'Classic' 5 Day Descent is ideal for families. Award yourself the pleasure of being steeped in nature and experience immense personal satisfaction in guiding, normally with a partner, your canoe, through some of the most beautiful countryside in Britain, along Scotland's most ideal touring river. A bird-watchers' paradise with dippers, golden-eye and grey wagtails at your elbow and buzzards soaring above.