



Spirit of the Spey ~ Example Itinerary

Arrival ~ A warm Highland welcome in Badenoch (upstream part of Strathspey), including comfortable, high-quality accommodation and delicious Scottish sourced food.

The Cross in Kingussie ~ originally a tweed mill ~ now a wonderful award winning restaurant with quaint, cosy rooms Kingussie.

Day 1 ~ am: Perhaps a Journey on the Cairngorm Mountain funicular; walk the Wildcat Trail or experience historic Highland culture at the 'living' Highland Folk Museum

pm: Relaxed visit to The Dalwhinnie ~ one of Scotland' highest distilleries.

Day 2 ~ Canoe coaching session on the River Spey at Kinraig ~ paddling on downstream to Aviemore.

A comprehensive Balvenie whisky tasting evening. A unique opportunity in intimate surroundings to sample at least 4 of The Balvenie Handcrafted Malts.

Day 3 ~ Paddle our canoes from around Grantown on Spey to Ballindalloch. Stay the next 4 nights in excellent accommodation ~ most likely the prestigious Craigellachie Hotel ~ an impressive Victorian house built 1893, overlooking the picturesque Thomas Telford Bridge spanning the Spey.

Day 4 ~ am Visit to the 'Pearl of the North' ~ Ballindalloch Castle, the grand ancestral home of the Macpherson-Grants since the mid 16th century.

pm ~ Visit The Aberlour distillery ~ excellent Speyside malt; excellent tour.

Day 5 ~ Paddle through some of the finest scenery in Scotland and best, testing but fun white water on the Spey from Ballindalloch, past Knockando and the three Carron distilleries, downstream to Craigellachie.

Day 6 ~ Personalised, full tour of The Balvenie distillery. Follow through to completion the handcrafted process of whisky-making in an historic distillery with its own farm growing barley ~ now the only mainland distillery with four men working shifts turning the germinating grain on the malt floor ~ truly a unique experience.

Day 7 ~ Continue to sense the true Spirit of the Spey as you guide your craft from Craigellachie through stunning scenery by Rothes village on past Fochabers to the rolling waves of the Moray Firth. This section includes some of the finest salmon fishing beats on the river.

Return from Spey Bay to Badenoch for an evening of relaxation and more delicious food, with time to share memories and reflect on our Magical Spey Journey ~ having truly experienced first-hand the Spirit of the Spey.