

FRESH AIR BUSINESS CANOE CONVERSATIONS
LOCH CHON, ABERFOYLE
FRIDAY 9th MAY 2025



Hello!

Gathering & Timings	<p>We will gather for brews and butties at 10:00 in the Station Coffee Shop, Aberfoyle https://w3w.co/estimated.hosts.universal.</p> <p>We will then set off by minibus at 10:30 for the 15 minute ride to our launch point on Loch Chon https://w3w.co/delight.shuffle.proclaims</p> <p>We will be back in Aberfoyle by 14:00.</p>
Car parking	<p>There is free parking in the village car park across the road at https://w3w.co/postage.pulled.incurring</p>

Event Price	<p>As advertised we will be charging £60 + VAT per person for this event. This is a contribution towards the costs of canoe, equipment, and leader hire. We are making no profit on this.</p> <p>We will invoice you after the event.</p> <p>If we have to modify (i.e. different loch or offer of a walk due to wind strength) or cancel the event, there will be no charge.</p> <p>If you cancel within 10 days of the event, and we cannot fill your place, we ask that you still pay as we will have pre-ordered/pre-paid the event with Ancrum Sports.</p>
Route	<p>Loch Chon enjoys a sheltered position north west of Aberfoyle in the Trossachs, and so there is a great chance of having calm and clear waters.</p> <p>Once we get our “loch legs” on the water we will paddle northwards around a little headland to visit the crannogs (see image on cover page). Depending on time we may paddle a little further before heading back to our beach launch point.</p> <p>It is a narrow loch and so we won’t be far from either shore at any time.</p>
Leaders	Lewis Jones (Ancrum Sports, and Liesure & Culture Dundee) and Dave Stewart.

So, who is coming?

1. See attached Group List. We have 2 places left. Perhaps you have a colleague or client who would like to come?

What will we be doing?

2. The first point to make is that no previous experience is required. This is an entry-level paddle using super-stable 2-person Canadian canoes. These are big canoes with high freeboard (i.e. water doesn’t splash into the body of the canoe). See photo next page.
3. Before we launch from a little beach, Lewis Jones from Ancrum Sports will fit us all out with buoyancy aids and paddles, show us around our canoes, and provide a skills and safety brief. Then off we go.

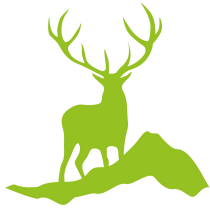


4. As the kit list suggests you will want to consider what to wear on your feet. My preference is for wellies so I can wade in a bit to make sure the canoe is floating free before I get in. They also keep my legs from collecting any duck muck that may be in the water. Some folks choose to wear old trainers.
5. Once we are underway Lewis will keep us right. We will be close to a shore throughout. We will tie our canoes together at various points to create an 8-person platform so we can have a group blether on any business topic, or share a request for the group's support.



What about clothing and equipment?

6. Canoes, paddles, and buoyancy aids will be provided. Otherwise, please bring the following:
 - Small rucksack/bag with waterproof inner bag.
 - A means of preventing your smart phone from falling in the water i.e. a cord attached to your waist or round your neck. Some people attach their phones to some form of float like a large empty water bottle. You might want to invest in a water-proof case.
 - Personal medication/comfort items.
 - Anti-midge lotion (e.g. [Smidge](#)). This is a "just in case". No midgies yet but it is a matter of time. Once we are on the water and underway, they are unlikely to be an issue. More a problem on shore.



- Sun glasses, sun hat/beanie, sun cream, lip salve. All essential as we will be out in the open for a couple of hours.
- Gloves with grip if you have sensitive hands.
- Anti-bac hand lotion/clean water for hands before handling food/snacks.
- Short legs/sleeves are fine if you have sun lotion and midge lotion.
- Waterproof jacket. A warm day ashore may feel cool on the water in a loch breeze. A jacket will also protect you from paddle-splash.
- Waterproof over-trousers.
- Spare layer for stops.
- Wellies (my preference) or old trainers you don't mind getting wet.
- Fluids. 1 – 2 litres. More if high temperatures are forecast.
- Snacks/packed lunch.
- Change of clothes back in your car should an unforeseen dip occur.

Toilets

7. There are toilets in the Station Coffee Shop where we are meeting. Thereafter, it will be “moments in Nature.” It will be easy enough to land ashore if needed during the trip.

Weather

8. The paddle will go ahead unless electric weather or a stiff breeze is forecast. We will make a weather call 36 hours before. If a bit too breezy we may offer a more sheltered loch in Stirlingshire/Perthshire, or a walk. In those circumstances we won't invoice you.

Health & Safety

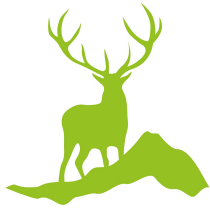
9. Lewis Jones/Ancrum Sports will provide all safety gear needed. Lewis will provide a safety brief before we set off, and keep us right throughout. He and I are both experienced first aiders.

10. Surprisingly, loch water isn't very clean. Don't swallow it. Clean your hands before handling food/snacks.

11. Ticks are prevalent around most areas these days. We will remind you to conduct a self-inspection on return from the trip.

12. **Please let me know in advance of any medical conditions or injuries you have.** This will allow us to provide the best possible support.

13. Please bring any medication you are going to need.



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GDPR

14. We would like to use respectful images from the day to support our marketing activities. Please let me know if you are not comfortable with this. We will of course be happy to share any images we take for you to use likewise.

Right then...

15. We are really looking forward to seeing you soon. To recap, please let me know about any injuries or medical conditions, and anything else I need to know to plan the best possible support for you. I will be back in touch with an update in a "7 Sleeps to Go" email.

Dave

Dave Stewart
Founder & Chief Executive
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Email: dave@freshairleadership.com

25th April 2024

Group List overleaf/...

Dave Stewart



Dave is founder and chief executive of The Fresh Air Leadership Company. He and colleagues specialise in helping business leaders build highly effective teams.

His passion for this stems from earlier experiences and careers in a rock band, mountain rescue team, and the British Army (including the SAS, leadership of an infantry battalion on operations, and complex matrix organisations delivering £1bn portfolios of comms and information systems projects and services). He has also held executive and non-executive roles across private, public, and not for profit organisations.

Dave is a Chartered Director and holds an MBA and Masters of Organisational Change. He is an experienced consultant, facilitator, and coach. He is also a qualified Mountain Leader.

GROUP LIST, LOCH CHON, 9 MAY 25

1	Kate Young	https://www.linkedin.com/in/kate-young-35559183/ Blue-Print Project Solutions
2	Derek McNab	https://www.linkedin.com/in/derekjmcnab/ Arthian
3	Dr Stefan Morrocco	https://www.linkedin.com/in/stefan-morrocco/ Morrocco Media
4	Charlotte Dixon	https://www.linkedin.com/in/charlotte-dixon-consulting/ Charlotte Dixon Consulting
5	Lisa Tennant	https://www.linkedin.com/in/tennantlisa/ Scottish Environment Protection Agency + various other roles
6	Graham Garven	https://www.linkedin.com/in/grahamgarven/ Garven Solutions
7	Pippa Ferguson	https://www.linkedin.com/in/pippa-ferguson-40bb8661/ Wild Walk Mentoring
8	Dave Stewart	https://www.linkedin.com/in/freshair-dave-stewart/ The Fresh Air Leadership Company
9	Lewis Jones Group Leader	Ancrum Sports and Liesure & Culture Dundee
10	Rachel Miller	https://www.linkedin.com/in/rachel-miller-17a925226/ Live Active Liesure (Joining us solo on Stand Up Paddleboard)