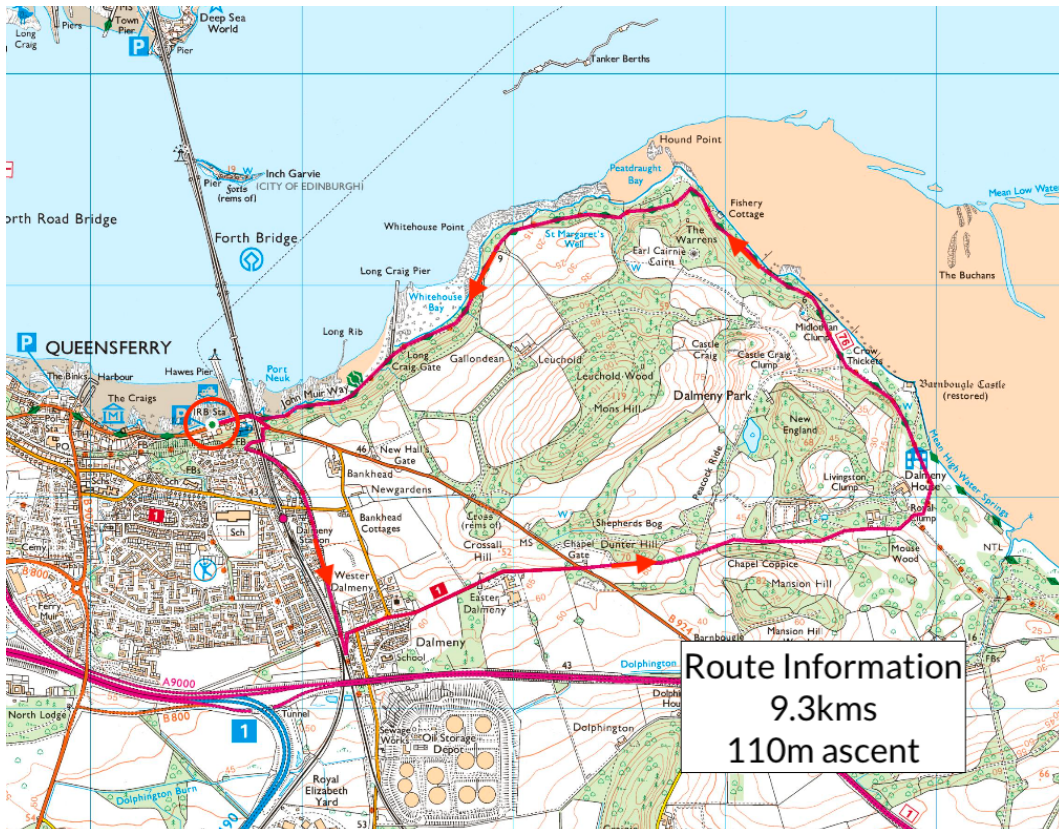



FRESH AIR BUSINESS WALK  
**SOUTH QUEENSFERRY & DALMENY**  
**FRI 27 MAR 26**



Hello!

Gathering	The Railbridge Bistro, 4 Newhalls Road, South Queensferry EH30 9TA <a href="https://w3w.co/deny.clinking.workloads">https://w3w.co/deny.clinking.workloads</a>
Brews & Butties	If anyone or company would like to sponsor or part-sponsor our pre-walk refreshments we will be delighted to offer shout outs across LinkedIn, Instagram, and Facebook.
Car Parking	Opposite the Railbridge Bistro, and also along the B924 out of the village here <a href="https://w3w.co/reply.drives.listening">https://w3w.co/reply.drives.listening</a>
Rail	The nearest railway station is Dalmeny, 750m/15mins walk from the Railbridge Bistro.

Timings	Gathering from 10:00. Setting off 10:45. Back by 14:00.
Route	<p>After our brews and butties we will head off under the <a href="#">Forth Railway Bridge</a>, a UNESCO World Heritage site, and up a flight of steps to meet a path along the old railway line to the pretty village of Dalmeny. From there we will walk along a pavement for a kilometre with big, big views over the hedge to the three Forth bridges. Before you know it, we will have entered Dalmeny Estate and be making our way down to <a href="#">Dalmeny House</a> currently under refurbishment. Ahead of us lies the Firth of Forth, the sandy shores and rocky outcrops of which we will follow back through avenues of Spring-budding trees to South Queensferry along the <a href="#">John Muir Way</a>.</p> <p>It is a cracker of a walk!</p> 
Group List	See attached. Please connect on LinkedIn ahead of the day.
Dogs	Well behaved owners and dogs are welcome.
Leaders	Dave Stewart and Rachel Miller. See bio notes at back.

## What will we be doing?

1. The walk is an opportunity to make new connections, tap into the expertise of the group to explore a business challenge, and to enjoy amazing scenery and breathe fresh air!
2. We will be walking at a pace which allows for easy conversation, and there will be plenty of stops for group discussion, admire the fabulous views, and also have some lunch (bring your own).
3. We will offer a theme for discussion on the day. Totally optional of course as you may have a pressing real-world issue to bring to the group.

## What about clothing and equipment?

4. Don't skip on the list below 😊
  - Small rucksack.
  - Personal medication/comfort items.
  - Hat and gloves according to weather forecast.
  - Waterproof jacket and waterproof over-trousers.
  - Spare layer for stops.
  - Comfortable walking boots or trail shoes with good grip.
  - Drink/snacks/packed lunch. One litre fluids minimum.

## Toilets

5. There are toilets in the Railbridge Bistro. Thereafter, toilets will be al fresco "moments in Nature."

## Weather

6. The walk will go ahead unless exceptional and dangerous weather conditions are forecast. We will offer an update in a "7 Sleeps to Go" email.

## Health & Safety

7. Rachel and I are both experienced national governing body qualified Mountain Leaders and outdoor first aiders. Rachel will be carrying a first aid pack.
8. **Please let me know in advance of any medical conditions or injuries you have.** This will allow us to provide the best possible support. Please bring any medication you are going to need.

9. Our route will be on wide woodland tracks, and tarmac/pavements. We may also take to the beach depending on the tide! We will point out any specific hazards as we go.

## GDPR

10. We would like to take respectful images to support our marketing activities. Please let me know if you are not comfortable with this.

## Right then...

11. We are really looking forward to seeing you all. In the meantime, please let me know about and injuries or medical conditions; and anything else we need to know to plan the best possible support for you.

12. I will send a group update in a “7 Sleeps to Go” email.

## Dave

Dave Stewart

Mobile: +44(0)7776153428

Email: [dave@freshairleadership.com](mailto:dave@freshairleadership.com)

25th March 2026

Group List and Bio Notes attached/...

## GROUP LIST

1	Victoria Hope Cochrane	<a href="https://www.linkedin.com/in/vhcochrane/">https://www.linkedin.com/in/vhcochrane/</a> Folly Spirit Labs
2	Rachel Jones	<a href="https://www.linkedin.com/in/rachelhrjones/">https://www.linkedin.com/in/rachelhrjones/</a> SnapDragon Monitoring
3	Alan Cunningham	<a href="https://www.linkedin.com/in/alan-cunningham-cissp-gstrt-gsna/">https://www.linkedin.com/in/alan-cunningham-cissp-gstrt-gsna/</a> TSC LLC
4	Beth Cunningham	
5	Calum Maclean	<a href="https://www.linkedin.com/in/calum-mclean1/">https://www.linkedin.com/in/calum-mclean1/</a> Virtual Services Group
6	Andrew Johnston	<a href="https://www.linkedin.com/in/adjohnston/">https://www.linkedin.com/in/adjohnston/</a> Red Bee Media
7	Mickey Maclean	<a href="https://www.linkedin.com/in/michael-maclean-52008090/">https://www.linkedin.com/in/michael-maclean-52008090/</a> Hamylns of Scotland
8	Brian Halliday	<a href="https://www.linkedin.com/in/brianhalliday/">https://www.linkedin.com/in/brianhalliday/</a> Advanced Mind
9	Colin Mathieson	<a href="https://www.linkedin.com/in/calum-mathieson-a0670812a/">https://www.linkedin.com/in/calum-mathieson-a0670812a/</a> Mathieson Group
10	Alex Hislop	<a href="https://www.linkedin.com/in/alex-hislop-4416678/">https://www.linkedin.com/in/alex-hislop-4416678/</a> Unstoppable Momentum AB
11	Grant Currie	<a href="https://www.linkedin.com/in/grant-currie-fiwfm-3737286a/">https://www.linkedin.com/in/grant-currie-fiwfm-3737286a/</a> Virtual Services Group
12	Stephen Bonthron	<a href="https://www.linkedin.com/in/stephenbonthron/">https://www.linkedin.com/in/stephenbonthron/</a> Steve Bonthron Movement Coach
13	Bryan McAlpine	<a href="https://www.linkedin.com/in/bryan-mcalpine-amema-22947067/">https://www.linkedin.com/in/bryan-mcalpine-amema-22947067/</a> Arthian
14	Charlotte Dixon	<a href="https://www.linkedin.com/in/charlotte-dixon-consulting/">https://www.linkedin.com/in/charlotte-dixon-consulting/</a> Charlotte Dixon Consulting
15	Alan Clark	<a href="https://www.linkedin.com/in/alanclark-tpwtd/effectivenow">https://www.linkedin.com/in/alanclark-tpwtd/effectivenow</a>
16	Simon Bergenroth	<a href="https://www.linkedin.com/in/simonbergenroth/">https://www.linkedin.com/in/simonbergenroth/</a> 3 Hats
17	Keiron Smith	<a href="https://www.linkedin.com/in/kieronsmith/">https://www.linkedin.com/in/kieronsmith/</a> Formerly Snap Dragon Monitoring
18	Stuart Bain	<a href="https://www.linkedin.com/in/sbscottish/">https://www.linkedin.com/in/sbscottish/</a> Serial Entrepreneur
19	Dave Stewart Group Lead	<a href="https://www.linkedin.com/in/freshair-dave-stewart/">https://www.linkedin.com/in/freshair-dave-stewart/</a> The Fresh Air Leadership Company
20	Rachel Miller Group Co-Lead	<a href="https://www.linkedin.com/in/rachel-miller-17a925226/">https://www.linkedin.com/in/rachel-miller-17a925226/</a> Rachel Miller Outdoors



## BIO NOTES

### Dave Stewart



Dave and colleagues at The Fresh Air Leadership Company specialise in helping business leaders build highly effective teams.

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

Dave is a Chartered Director and Master of Organisational Change. An experienced consultant, facilitator, and coach, he is also a qualified Mountain Leader. He organises open micro-adventures for business leaders around Scotland each month – walks, gravel rides, and canoeing – where the emphasis is on great conversations.

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### Rachel Miller



Perthshire-based Rachel delivers outdoor learning to rural and inner-city primary schools for children who might not usually get this opportunity. She is also founder of Rachel Roberts Outdoors, is an established member of one of Scotland's busiest mountain rescue teams and is an experienced Fresh Air Leadership Company support facilitator.

A qualified gym instructor, first aider, and outdoor leader with a professional interest in the therapeutic benefits of engaging with Nature, Rachel is passionate about helping her clients - children and adults - get the most out of Scotland's amazing spaces.

"I love introducing people to the joys of climbing, hill walking, mountain biking, and all forms of paddle sports, but no-one more so than my baby daughter!"

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