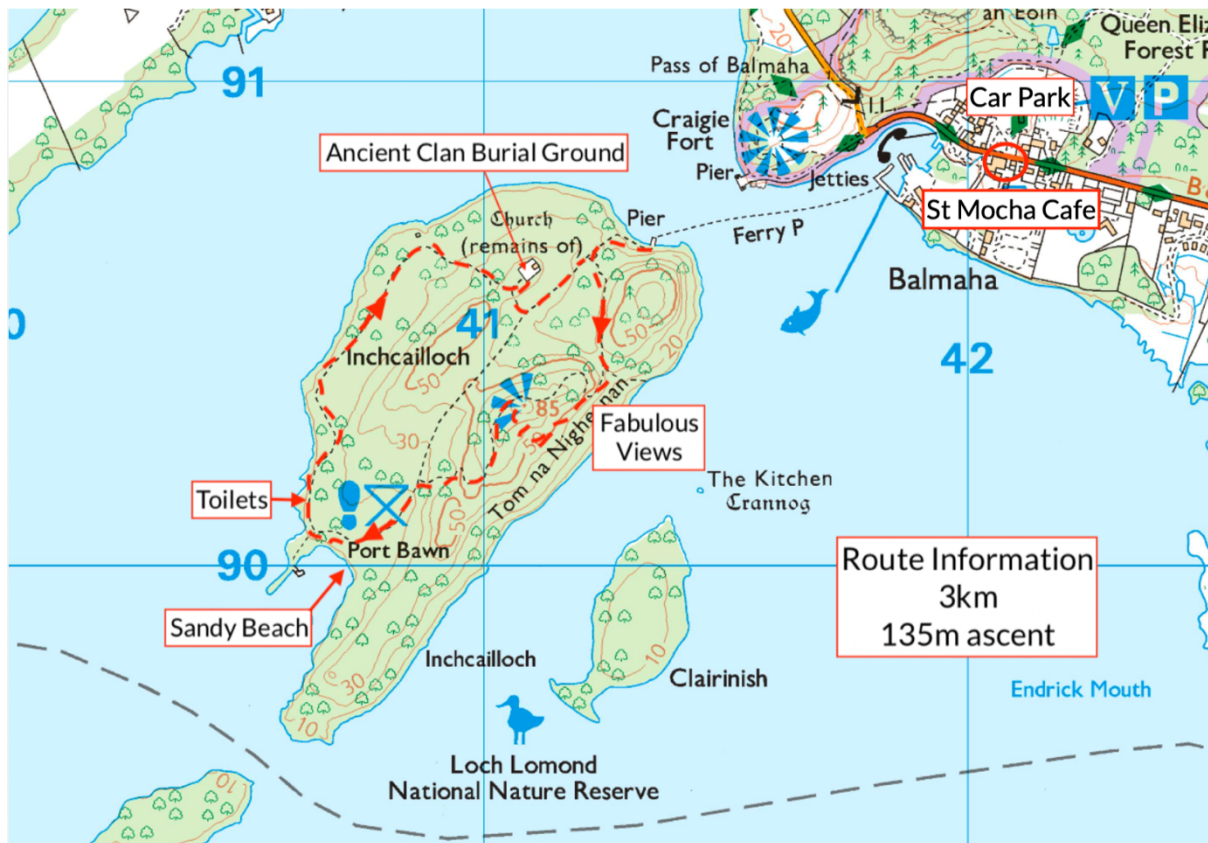


FRESH AIR BUSINESS WALK

INCHCAILLOCH

Island of the Old or Hooded Woman

FRIDAY 22nd MAY 2026



Hello!

Timings	We will gather from 10:00 and aim to set off on foot around 10:30 to a nearby jetty to take the 5 minute ferry ride over the Isle of Inchcailloch. Back by 13:45.
Gathering	St Mocha Coffee Shop in Balmaha . There is only counter service and so it likely to be a case of queuing. Get there early 😊
Public Transport	Rail to Alexandria then 309 bus. Timetable here .

Car parking	Balmaha Visitor Car Park , on the other side of road from St Mocha Coffee Shop. Takes card payments via Ringo app.
Brews & Butties	We ask you to cover your own costs as there is no way of arranging a group bill at the cafe.
Ferry	There is a 5 minute pedestrian ferry ride. We will cover the return ticket per person.
Route	This is a fabulous walk. Short on distance but stuffed full of myth, history, geology, and wildlife. The loftiest of Loch Lomond's islands, and boasting a gorgeous sandy beach at Port Bawn, it offers absolutely stunning views over the loch and to the Highlands beyond. You can read more here.
Leaders	Dave Stewart & Rachel Miller. You can read about us at the Annex.

So, who is coming?

1. See the group list at Annex. This is likely to grow to 12- 14. Feel free to invite any business colleagues and clients. Let me know and I will send them a welcome note.

What will we be doing?

2. The walk is an opportunity for some headspace, to connect with fellow business leaders, make sense of where you are at, and explore potential opportunities together. And also to have a social blether, enjoy amazing scenery and breathe fresh air. We will also be offering an exploration of “imposter syndrome” and team leader “contagion”. Everyone will have experienced both of these at some stage!
3. Part-way round there will be an opportunity to ask something specific of the group e.g., introductions into a market segment, marketing ideas, supplier recommendations, action-learning or red teaming around a particular business challenge etc. Be as specific as possible.

4. We will be walking at the pace for easy conversation, and there will be plenty of stops to grab a snack or a bit of lunch (bring your own) and admire the fabulous views. The summit viewpoint and Port Bawn beach are cases in point.

What about clothing and equipment?

5. Here is a suggested packing list.

- Small rucksack with waterproof inner bag.
- Personal medication/comfort items.
- Anti-midge lotion (e.g. [Smidge](#)).
- Sun hat, sun cream, lip salve.
- Waterproof jacket.
- Waterproof over-trousers.
- Spare layer for stops.
- Comfortable walking boots or trail shoes.
- Fluids. One litre. More if high temperatures are forecast.
- Snacks/packed lunch.

Toilets

6. There are toilets in the coffee shop and across the road in the Visitor Centre. There are also toilets on the island (see map on Page 1) as well as plenty of tree cover for any urgent “moments in Nature” that are required.

Weather

7. The walk will go ahead unless exceptional and dangerous weather conditions are forecast, such as very high winds and/or electric storms. Rachel and I will make a weather call the day before. You can find a forecast here but note that this is only reliable around 3-days before: <https://www.bbc.co.uk/weather/2656456>

Health & Safety

8. Ticks are prevalent around most areas these days. We will remind you to conduct a self-inspection on return from your walk. We also recommend wearing long trousers and long sleeves and sticking to the main paths.

9. Rachel and I are both experienced outdoor leaders and first aiders. You will be in safe hands.

10. **Please let me know in advance of any medical conditions or injuries you have.** This will allow us to provide the best possible support.
11. We will be walking on established paths. Some stretches are uneven with criss-crossing tree roots. There are a couple of short steep'ish sections with steps. We will point out any hazards as we go.
12. Please bring any medication you are going to need.

GDPR

13. 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...

14. 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
Mobile: 44(0)7776153428
Email: dave@freshairleadership.com

30th April 2026

Bio Notes & Group List overleaf/...



Dave Stewart



Dave and colleagues 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 Special Air Service, leadership of an infantry battalion (600+ personnel) on operations and leadership of award-winning business units delivering £100m portfolios of high-tech programmes, projects and services. He has also held executive and non-executive roles across private, public, and not for profit sectors.

Dave is an experienced consultant, facilitator, and coach. He holds an MBA and Masters of Organisational Change and is a Chartered Director. He organises free outdoor networking events in amazing Scottish spaces each month.

Copyright 2025. The Fresh Air Learning Company trading as The Fresh Air Leadership Company, a Scotland based company. UKTM3270841. Registered Number 0762802. Registered Address First Floor, Templeback, 10 Temple Back, Bristol BS1 6FL

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 two young children."

Copyright © 2022. The Fresh Air Leadership Company (UKTM No. 3393322) is a trading name of The Fresh Air Learning Company Ltd (UKTM 3270841). Registered address: First Floor, Templeback, 10 Temple Back, Bristol BS1 6FL. Registered number: 0762802

GROUP LIST, INCHCAILLOCH, 22nd MAY 2026

1	Ama Lawani	https://www.linkedin.com/in/ama-lawani-30b55034/ University of Stirling (Faculty)
2	Nick Smith	https://www.linkedin.com/in/nick-smith-leadershipcoach/ Square Pegs Coaching
3	Graham Garven	https://www.linkedin.com/in/grahamgarven/ Garven Solutions Ltd.
4	Glen Stocco	https://www.linkedin.com/in/glenstocco/ Arco Advisory
5	Beth McLeod	https://www.linkedin.com/in/beth-macleod/ Bespoke Consulting Ltd.
6	Nicky Coffin	https://www.linkedin.com/in/recruitmentbusinessgrowthandscale/ Centred Excellence
7	TBC	
8	TBC	
9	TBC	
10	TBC	
11	TBC	
12	TBC	
13	Dave Stewart Group Leader	https://www.linkedin.com/in/freshair-dave-stewart/ The Fresh Air Leadership Company
14	Rachel Miller Co-Leader	https://www.facebook.com/RachelRobertsoutdoor/ Rachel Roberts Outdoors, Tayside Mountain Rescue Team