

TROSSACHS BUSINESS TRIVENTURE

FRIDAY 15th MAY 2026

These Joining Notes contain **IMPORTANT** information.
Please read and respond where requested. Thank you 😊.

Hello!

We are delighted you can join us in the Trossachs on 15th May 2026. It will be a phenomenal day out as we pedal, paddle, and perambulate through Rob Roy country – forests, lochs, and rivers overlooked by lofty Ben Lomond.

Originally conceived as a team development experience for a formed team we have opened this out as an informal day of chilling out, networking, and laughter for a group of business folks. A business micro-adventure!

Gathering	09:00. Aberfoyle car park https://w3w.co/suiting.wacky.energetic (car parking is FREE) where we will meet up with Lewis (activity leader) and Jim (logistic support) from Ancrum Outdoors to get our bikes sorted out. You may have your own bike of course (see later) but we will gather here initially. We will then head over to the nearby Station Coffee Shop.
Illustrative Timings	09:00 Gather (as above) 09:30 Brews, butties, and banter 10:00 Set off on bikes 11:45 Arrive Kinlochard Community Centre for lunch and change 12:30 Load bikes into van, sort out canoes, safety gear/brief/teach-in. 13:00 Set off in canoes (14:00 Jim will return any hire bikes to Aberfoyle Bikes) 15:00 Arrive Milton landfall/carry canoes to car park (500m) 15:15 Set off on final walk stage 16:15 Arrive Aberfoyle and final admin faff. 16:30 Disperse.
Route	See maps at back. This is a very storied area. Rob Roy McGregor's country. Steeped in myths and legends! We will share some of this on the journey.

	<p>Our day will involve a 12.5km gravel ride from Aberfoyle through Lochard Forest to Kinlochard. We will be on wide, well-graded forestry roads throughout.</p> <p>We will stop off for our packed lunches (please provide your own) and brews (we are providing the makings) in the Community Hall which we have exclusive use of. The views over Loch Ard are superb.</p> <p>After lunch, we will sort out safety gear, get a safety brief and short teach-in from Lewis, before paddling 5km down Loch Ard in 2-person Canadian canoes. We will stick together throughout. Depending on rate of progress, we will take in crannogs, hidden castles, and Rob Roy's cave!</p> <p>Whilst we are on the water, Jim will return any hire bikes to Aberfoyle Bikes, and then park up to meet us off the water.</p> <p>After disembarking we need to carry ("portage") the canoes 500m to the Jim's van & canoe trailer. This will be fun. Honest!</p> <p>We will finish off the day with a 4kms reflective amble through the woods back to Aberfoyle.</p> <p>There may be adjustments on the day in light of forestry operations and wind strength/direction.</p>
Leaders	<p>So, who are the team that is supporting you?</p> <p>Trusted partners at Dundee-based https://www.ancrum.com are providing Lewis (activity leader) and Jim (logistics, support vehicle). We have worked with these super people several times before.</p> <p>Lewis is a highly experienced and widely qualified mountain, bike, and canoe leader and first aider.</p> <p>Jim (a former senior Fire & Rescue Service officer) will ensure that bikes, canoes, and any of your spare kit/packed lunches are in the right place at the right time.</p> <p>In addition, our very own Dave Stewart is an experienced and qualified Mountain Leader and outdoor first aider.</p> <p>You will be in well qualified, experienced and insured hands.</p>

So, who is coming?

See group list at the back. Wonderful, wonderful people! Please do connect with one another on LinkedIn.

What about clothing and equipment?

Ancrum Outdoors are providing mountain bikes & helmets, and canoes, paddles, & buoyancy aids.

So they can fit you properly and safely for bikes and buoyancy aids, **please let me know these details by Wednesday 6th May.**

- Height (for bike sizes and paddle lengths).
- Shirt/dress sizes (needed for buoyancy aids).
- Weight (needed for buoyancy aids).
- Shoe size (Ancrum will bring wet boots for the canoe section. Alternatively you might prefer to bring wellies or a spare pair of trainers you don't mind getting wet. My preference is for wellies. You will end up stepping into water when getting in and out).

There are 3 options regarding bikes. **Let me know which bike option you are going for. Again, by Wednesday 6th May:**

🚲 **1.** Ancrum Outdoors can provide well-maintained Mountain Bikes + helmets based on the info above.

🚲 **2.** You can bring your own bike + helmet. After the bike stage, Jim from Ancrum will bring it back from Kinlochard Community Hall to Aberfoyle where we will end the day.

🚲 **3.** You can hire at own expense a bike + helmet from <https://aberfoylebikehire.co.uk> which is situated beside the village car park/Station Coffee Shop where we are gathering. **You must book in advance, and do so as soon as possible to ensure you secure what you want.** If you are going for this option **why not hire an e-bike?** I will be bringing my e-bike. They are marvellous things! Jim will deliver it back to Aberfoyle Bikes after lunch and by 14:00. So, arrange your hire 09:00 – 14:00.

You need to bring:

- Drink/snacks/packed lunch.
- Appropriate clothing for the forecast weather conditions **noting that you will feel warmer on the bike ride through the forest and cooler when canoeing on an open, potentially breezy loch where you won't be moving much.**

- You will need a choice of layers as well as a waterproof jacket and waterproof over-trousers. **Shout if you need help with the latter.**
- Given it is likely you will get your feet wet getting in and out of your canoe, bring a second bag with spare footwear and dry socks. Also a change of clothes in case of very wet weather or an inadvertent “dook” in the loch. These, and any other items including your packed lunch, can be left with Jim and his vehicle in the morning. He will meet us at Kinlochard Community Hall for lunch where you can change/adjust as necessary, and again at the end of the paddle before the final walking section.
- Small rucksack with waterproof inner-bag to keep contents dry. Two carrier-bags, one inside the other, will work a treat if you don’t have a rucksack inner-bag.
- **Safety or normal specs or similar** for the bike ride (to prevent eye injury from stones/mud being thrown up by other riders).
- Gloves with grip for the bike ride and canoe paddle. Take two pairs in case the first pair get wet on the bike ride.
- Warm hat (and scarf or equivalent), especially for the canoe leg.
- Sun lotion, lip balm, sun specs, sun/baseball cap.
- Midge lotion/wipes/spray. We should be ok, but better safe than sorry 😊.
- Comfortable trail shoes/boots with good grip for bike ride and walk; and wellies or spare trainers (or wet-boots provided by Ancrum) for the canoe stage.
- One litre fluids minimum. More if the weather is warm. We can top up at the Kinlochard Community Hall. If you bring a flask, you will be able to top up with a hot brew at the Community Hall. The Ancrum support vehicle can take what you don’t need for the outward bike ride to the Community Hall, and anything you don’t need for the canoe paddle back to canoe/walk transition point.
- Personal medication/comfort items.

Toilets

There are toilets in the Station Coffee Shop and public toilets in the car park in Aberfoyle, and in the Kinlochard Community Hall. Otherwise, there will be ample opportunities for covered-from-view “moments in Nature.” Bring your own comfort items, just in case.

Weather

The event will go ahead unless exceptional and dangerous weather conditions are forecast. Should high winds make canoeing difficult, we have a couple of shorter, sheltered options we can use. Lewis and I will make a weather call 36 hours before and let you know of any changes.

Health & Safety

As covered earlier, we will be in the hands of experienced national governing body qualified activity leaders and outdoor first aiders.

However, accidents can happen and old injuries flair up. **I will be sending out a confidential consent and disclosure form for you to complete.** This will allow us to provide the best possible support.

Please bring any medication you need, and record this on the consent form.

GDPR

We would like to use respectful images and video from the day to support our marketing activities e.g. social media, website, newsletters. If you are not comfortable with this, let me know.

We will share any images we take for you to use likewise.

Price

We will invoice you separately for £125 + VAT. This is the cost-price of the event, and covers the 2-person team and equipment provided by Ancrum Outdoors and hire of the Community Hall.

Right then...

Really looking forward to seeing you in a few weeks. Shout if I can help clarify anything in the meantime.

Dave



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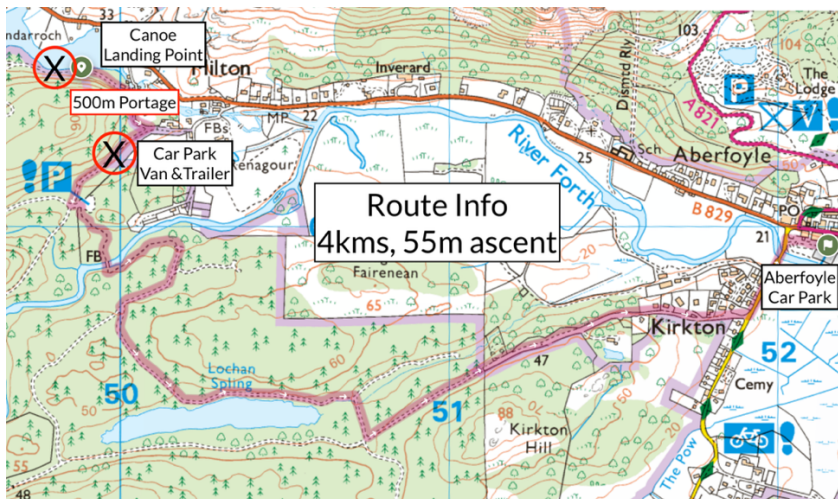
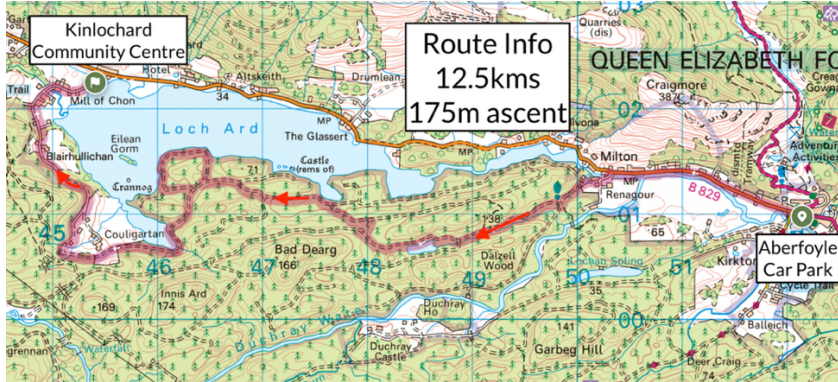
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6th May 2026

Attachments:

- Route Maps
- Group List. See over page/...

ROUTE STAGES



GROUP LIST

1	Charlotte Dixon	https://www.linkedin.com/in/charlotte-dixon-consulting/ Charlotte Dixon Consulting
2	Bryan Fleming	https://www.linkedin.com/in/bryanflemingfj/ FJ Philanthropy Ltd.
3	Stuart Bain	https://www.linkedin.com/in/sbscottish/ Serial Entrepreneur Global Scot
4	David Christian	https://www.linkedin.com/in/david-christian-663b7b41/ Balfour Beatty plc
5	Rob Taylor	https://www.linkedin.com/in/robinmichaeltaylor/ Raytheon, Institute of Engineering & Technology
6	Melanie Taylor	NHS
7	Natalie Taylor (no relation to Rob & Melanie)	https://www.linkedin.com/in/nataliemackinnon/ Recently AGB Scotland Ltd. Imminent new chapter.
8	Chris Grimes	https://www.linkedin.com/in/chris-grimes-actor-broadcaster-facilitator-coach/ Second Curve
9	Fraser Morrison	https://www.linkedin.com/in/fraser1000steps/ CEO Founder Global Scot SBN Ambassador
10	Dave Stewart Walk Leader	https://www.linkedin.com/in/freshair-dave-stewart/ The Fresh Air Leadership Company
11	Lewis Jones Bike & Canoe Leader	https://www.ancrum.com
12	Jim Support Manager	https://www.ancrum.com