

**FRESH AIR BUSINESS CANOE CONVERSATIONS  
LOCH CHON, ABERFOYLE  
FRIDAY 19<sup>th</sup> JUNE 2026**



Hello!

<p>Gathering &amp; Timings</p>	<p>We will gather for brews and butties at 09:30 in the Station Coffee Shop, Aberfoyle <a href="https://w3w.co/estimated.hosts.universal">https://w3w.co/estimated.hosts.universal</a>.</p> <p>We will then set off by minibus at 10:00 for the 15 minute ride to our launch point on Loch Chon <a href="https://w3w.co/delight.shuffle.proclaims">https://w3w.co/delight.shuffle.proclaims</a></p> <p>We use a minibus as there is not a lot of parking at the launch point.</p> <p>We will be back in Aberfoyle by 13:30.</p>
<p>Car parking</p>	<p>There is free parking in the village car park across the road from the cafe at <a href="https://w3w.co/postage.pulled.incurring">https://w3w.co/postage.pulled.incurring</a></p>
<p>Event Price</p>	<p>As indicated on our website we will be charging £70 + VAT per person for this event <a href="https://freshairleadership.com/services/fresh-air-business-micro-adventures/8021-2/">https://freshairleadership.com/services/fresh-air-business-micro-adventures/8021-2/</a> We will invoice you in the coming days.</p> <p>This is a contribution towards the costs of canoe, equipment, and leader hire.</p>

	<p>If we have to cancel the event, we will make a full refund.</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 (man-made islands).</p> <p>Depending on time we may paddle a little further before heading back to our launch point.</p> <p>It is quite a narrow loch and so we won’t be far from either shore at any time.</p>
Video	<p><a href="#">Check out this video</a> of a previous visit to Loch Chon, brilliantly captured by Stefan Morrocco of Morrocco Media.</p>
Leaders	<p>Lewis Jones (Ancrum Sports, and Liesure &amp; Culture Dundee) and Dave Stewart.</p>

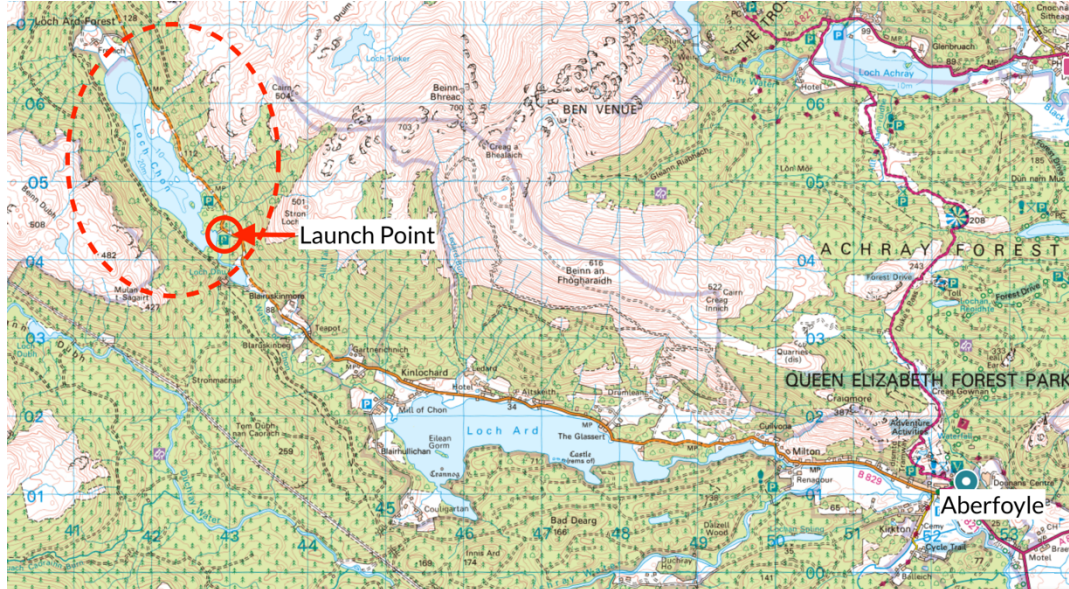
## So, who is coming?

1. See attached Group List. As at 29 May we have 2 places left. Perhaps you have a colleague or client who would like to come too?

## What will we be doing?

2. First, no previous experience is required. This is an entry-level paddle, with experienced/qualified leaders, 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 on first page and video.
3. Before we launch from a lovely little beach, our activity leader 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.
4. Once underway, we will be close to a shore throughout. We will tie our canoes together at various points to create a multi-canoe platform for a group blether and share any business

“asks” of the group. We will also step ashore onto an ancient man-made crannog. I will also introduce a couple of discussion themes.



## What about clothing and equipment?

5. Canoes, paddles, buoyancy aids, and over-shoes will be provided. Please provide the following information as soon as you can so Lewis and his team can fit you out correctly:

- Height (for paddle length).
- Weight (for buoyancy aid).
- Shirt/Dress size (for buoyancy aid).
- Shoe size (for over-shoes).

6. 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. 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”. Once we are on the water and underway, they are unlikely to be an issue.
- Sun glasses, sun hat/beanie, sun cream, lip salve. All essential as we will be out in the open for a couple of hours. A surface breeze can mask the power of the sun.
- Gloves with grip if you have sensitive hands.
- Anti-bac hand lotion/clean water for hands before handling food/snacks.
- Shorts/short sleeves are fine if you have sun lotion and midge lotion.

- Waterproof/windproof jacket. A warm day ashore may feel cooler on the water in a loch breeze.
- Over-trousers. Just in case we have some rain.
- Spare layer for stops.
- Wellies (my preference) or old trainers. Lewis will provide over-shoes.
- Fluids. 1 – 2 litres. More if high temperatures are forecast.
- Snacks/packed lunch.
- Change of clothes/footwear back in your car.

## 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 difficult winds are forecast. We will make a weather call 36 hours before. If a bit too breezy we may be able to relocate to a more sheltered loch in Stirlingshire/Perthshire, or offer a walk.

## 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. Please complete the Consent & Medical Disclosure form which accompanies these Joining Notes.

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

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

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

## 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. Looking forward to seeing 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](mailto:dave@freshairleadership.com)

2<sup>nd</sup> June 2026

## 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. This included service as an SAS officer, leadership of an infantry battalion (600+ personnel) and award-winning business teams delivering £1bn portfolios of high-tech 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 is also a qualified Mountain Leader and organises outdoor networking events around Scotland each month.

Group List overleaf/...

## GROUP LIST, LOCH CHON, 9 MAY 25

1	Keira Hodge	<a href="https://www.linkedin.com/in/keira-hodge/">https://www.linkedin.com/in/keira-hodge/</a> Growth Marketing, Being Wineful
2	Rachel Jones	<a href="https://www.linkedin.com/in/rachelhrjones/">https://www.linkedin.com/in/rachelhrjones/</a> Glencraft Luxury Mattresses
3	Rhona Kivlehan	<a href="https://www.linkedin.com/in/rhonakivlehan/">https://www.linkedin.com/in/rhonakivlehan/</a> Nuffield Health
4	Steve Bonthrone	<a href="https://www.linkedin.com/in/stevenbonthrone/">https://www.linkedin.com/in/stevenbonthrone/</a> Steve Bonthrone Running
5	Colin Johnston	<a href="https://www.linkedin.com/in/colinjohnston/">https://www.linkedin.com/in/colinjohnston/</a> Crisp Malt
6	Louise Kerr	<a href="https://www.linkedin.com/in/louise-kerr-8046a4184/">https://www.linkedin.com/in/louise-kerr-8046a4184/</a> Leading Edge Performance
7	Keiron Smith	<a href="https://www.linkedin.com/in/kieronsmith/">https://www.linkedin.com/in/kieronsmith/</a>
8	TBC	
9	TBC	
10	Dave Stewart	<a href="https://www.linkedin.com/in/freshair-dave-stewart/">https://www.linkedin.com/in/freshair-dave-stewart/</a> The Fresh Air Leadership Company
11	Lewis Jones Group Leader	Ancrum Sports and Liesure & Culture Dundee