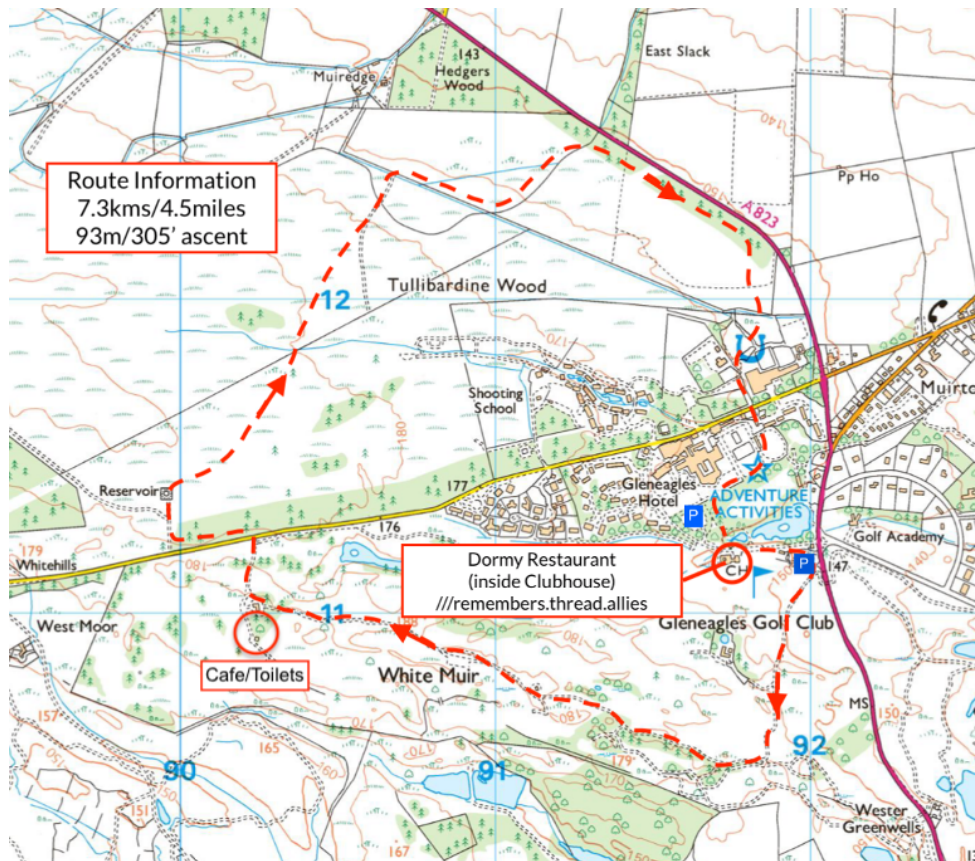


FRESH AIR BUSINESS WALK

GLENEAGLES, FRIDAY 23rd OCTOBER 2025



Hello!

Gathering	Dormy Restaurant in the Clubhouse at Gleneagles at https://w3w.co/remembers.thread.allies We will lay on teas & coffees and croissants.
Rail Station	Gleneagles Rail Station. Please organise pick-ups between you. https://w3w.co/circle.unrated.heavy
Car parking	https://w3w.co/prowling.managed.voltages and https://w3w.co/tolerable.shuts.cherish (2 mins walk).

Timings	Gathering from 10:00. Setting off 10:45. Back by 14:00.
Route	It's a cracker of a low-level, generally flat walk. See map above. We will skirt a championship golf course with wonderful views south to the Ochil Hills before heading north across open moorland with views over to several mighty Munros, returning to Gleneagles Hotel along a woodland walk, the equine cross-country course, falconry centre, and gun dog kennels. The moorland section can be a little muddy after rain so come prepared!
Group List	See attached, and please connect on LinkedIn ahead of the day.
Leaders	Myself (Dave Stewart) and Rachel Miller. Our bio notes are at the 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 offering a theme for discussion when we send out the "7 Sleeps to Go" email.
3. We will be walking and talking at the pace of great conversation, and there will be plenty of stops for group discussion and to admire the fabulous views, and also have some lunch (bring your own).

What about clothing and equipment?

4. Don't skimp on the list below 😊
 - Small rucksack.

- Long trousers are recommended (to keep any year-round ticks at bay).
- Personal medication/comfort items.
- Warm beanie and gloves.
- 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. Maybe pack a flask if chilly weather is forecast.

Toilets

5. There are toilets in the Dormy Clubhouse where we will gather, and also in the golf course cafe a third of the way round the route. Thereafter, it will be “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 Miller 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. We will be walking mostly on wide established paths and some short stretches of tarmac. The 1.5 kms stretch across the moor is on a narrow path which can be quite muddy in places. Don't expect white footwear to stay white! We will point out any 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. Really looking forward to seeing you all. In the meantime, please let me know about: your refreshments preferences; injuries or medical conditions; and anything else we need to know to plan the best possible support for you.

Dave & Rachel

Dave Stewart
Mobile: +44(0)7776153428
Email: dave@freshairleadership.com

9th October 2026

Attachments:

- Bio Notes, Dave Stewart, Rachel Miller.
- Group List.

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.

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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 two young children."

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GROUP LIST

	Name/LI Profile Link	Business
1	Keira Hodge	Growth Marketing, Being Wineful
2	Jenna Blythe	Gym on the Square
3	Rhona Kivlehan	Nuffield Health Glasgow Hospital
4	Stuart Bain	Bridging Ambitions Partners LLP
5	McKenzie Cairns	Thistle Systems
6	Julie-Anne Griffiths	Equi-Scotia
7	Paul Gibson	Arran Estates, Arosfield Management, Padlocked Storage.
8	Alan Clark	Take Your Marks
9	Ama Lawani	University of Stirling
10	Calum McLean	Virtual Services Group
11	Stefan Morocco	Quiet Eye Productions & Morrocco Media
12	Agnieszka Kij	Sky
13	Kim McAfferty	Neuven Solutions
14	Simon Bergenroth	3 Hats
15	Glen Stocco	arko advisory
16	Steven Gordon	Gym on the Square
17	Gavin Muir	McAvoy & Muir
18	Jonathon McAvoy	McAvoy & Muir
19	Dave Stewart Walk Leader	The Fresh Air Leadership Company
20	Rachel Miller Walk Co-Leader	Live Active Liesure, Tayside Mountain Rescue Team, & The Fresh Air Leadership Company