

AIRELIBRE

KNOYDART

PENINSULA, SCOTLAND

APRIL 28TH - MAY 3RD, 2024

AIRELIBRE RUNNING & HIKING EXPERIENCES
SPRING/SUMMER 2024

KNOYDART PENINSULA, SCOTLAND

ABOUT THE EXPERIENCE:

Join us for an unparalleled experience as we run through the ancient trails surrounding historic Gaelic communities. Immerse yourself in Scotland's wild and breathtaking scenery and cuisine during this meticulously curated running retreat.



KNOYDART PENINSULA, SCOTLAND

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Technical Details



Overview

LOCATION:

Knoydart Peninsula, Scotland

DIFFICULTY:

Gentle Adventure (Easy Active)

DAILY DISTANCE:

Ranging from 7 to 15 km

MAXIMUM ALTITUDE:

770 m

MAXIMUM ELEVATION LOSS:

72 m

TRAVEL TO:

Glasgow International Airport
(IATA Code: GLA)

APRIL / MAY EDITION:

Sunday, April 28th - Friday, May 3rd, 2024

Join us on this adventure, from the bustling harbours of Glasgow to the expansive heather fields of the Scottish Highlands, and onward to the secluded lochs of the Knoydart Peninsula. This retreat promises an exploration of remote and pristine landscapes at the edges of the European continent.



Highlights

- ✿ Discover Gaelic culture and run through the world-famous Scottish highlands.
- ✿ Early rise for a lochside meditation session and experience the benefits of wild swimming.
- ✿ Embark on a journey aboard the Knoydart Ferry to Inverie.
- ✿ Immerse yourself in local history with a felt-making workshop guided by Sarah, a resident of Ariundle.
- ✿ Learn about Scottish folklore through the art of food fermentation in a workshop with Hannah, a local small business owner and nutritionist.

BOOK NOW

Weather

As May is a transitional month between spring and summer, you can expect mild and changing weather in Scotland. On average, there are highs of 13°C (55°F) and lows of 7°C (45°F). Although May isn't the hottest month of the year, you can expect some warm days in the low to mid 20s°C (68°F).



Your adventure itinerary

DAY 1

ARRIVAL IN GLASGOW AND GLENCOE

Welcome Gathering at West End coffee favorite, Papercup Roastery. We then drive in a private van to the mysterious Glencoe to hike up the Hidden Valley. A short drive and ferry trip will take us to our accommodation at Ariundle Lodge for our Welcome Dinner.

LUNCH & DINNER: Included

ACCOMODATION: Ariundle Lodge | Twin or Triple occupancy



DAY 2

MORNING YOGA – ARIUNDLE FOREST 10 KM RUN – FELT-MAKING WORKSHOP

We rise early to flow through an energizing yoga practice with Jo.

After a homestyle breakfast, we gather for our first run and introduction to trail running in the Highlands.

Wet feet along a single-track, taking us up into the hills of Ardnamurchan, through some of Europe's oldest Oakwood forest.

In the afternoon, we will enjoy a delicious lunch and a chance to delve into the local history through a felt-making workshop by Ariundle resident Sarah.

BREAKFAST, LUNCH, & DINNER: Included

ACCOMODATION: Ariundle Lodge | Twin or triple occupancy

Your adventure itinerary

DAY 3

LOCH MOIDART 9 KM COASTAL RUN – FERRY TRANSFER TO KNOYDART

On our way to Knoydart, we run around the sweeping coves and beaches of the tidal sea loch, Loch Moidart, a world away from the forests and mountainous terrain we have encountered so far.

After finishing our run and freshening up, we will transfer to Mallaig, where we will board the Knoydart Ferry to take us to Inverie, the main community on the remote peninsula.

BREAKFAST, LUNCH, & DINNER: Included

ACCOMODATION: Knoydart Lodge in comfortable Twin, Triple or Quad rooms



DAY 4

WILD SWIM IN INVERIE BAY – 15 KM RUN UP THE GLEN – MINDFUL MOVEMENT PRACTICE

We rise early for a meditation and wild swim in front of the lodge in Inverie Bay. Stepping out of comfort and into a collective sense of vulnerability.

By mid-morning we will take the Estate tracks up towards the remote Loch an Dubh Lochain. A catchment of water beneath the steep flanks of the surrounding mountains.

In the afternoon, Jo will lead a mindful movement practice prior to sharing a home-cooked meal together at the lodge.

BREAKFAST: Included

ACCOMODATION: Knoydart Lodge in comfortable Twin, Triple or Quad rooms

Your adventure itinerary

DAY 5

COLD WATER IMMERSION – MINDFUL MOVEMENT – 14KM RUN TO RIVER AND WATERFALL

Our second cold water immersion, noticing the change in our mind and body, will start the day. After breakfast we will head out for our final run for the trip. Making our way along forest paths to the tumbling river and its waterfalls.

Our final home cooked dinner of Haggis, Neeps and Tatties—a flavorful finale sure to become your trip favorite.

BREAKFAST, LUNCH, & DINNER: Included
ACCOMODATION: Knoydart Lodge in comfortable Twin, Triple or Quad rooms

DAY 6

CLOSING YOGA SESSION – SCENIC DRIVE TO GLASGOW – FAREWELL

As we conclude our time together, we'll engage in our final yoga session led by Jo at the Community Hall. Following this, we embark on a scenic drive back to Glasgow, providing an opportunity to reflect on the memorable week we've spent together.

BREAKFAST: Included



Included

- Transportation throughout the whole experience.
- Specially designed trails along the magical landscapes of the Highlands.
- Carefully curated culinary experiences.
- Exclusively designed yoga and meditation sessions.
- All meals and accommodations for the duration of the experience.
- Knowledgeable and professional local guides. Aire Libre & partner brands merchandise.
- Complimentary La Familia Global Community Membership (\$ 25 USD value)
- Dedicated sports and action photographer to capture your moments.

Not Included

- Airfare for your inbound and outbound flights to Scotland.
- Travel Insurance. We highly recommend securing personal travel insurance for your peace of mind.
- Alcoholic beverages and any additional meals beyond the provided ones.



Suggested Packing List

- Quality fully seam-sealed waterproof breathable running jacket (compact) with hood.
- Quick-dry Running bottoms (shorts / tights).
- Long and short sleeve quick-dry tops.
- Hydration vest or refillable bottles 2.5 L.
- Waterproof gear.
- Cool weather casual and sports clothing.
- Long sleeve thermal (Merino, polypropylene or similar) top in addition to the clothing worn for the run.
- Sandals, bathing suit, and quick-drying towel.
- Compact travel bath towel.
- Beanie or buff and running gloves.
- Night Lamp or headlamp. Min. 100 lumens.
- Sandals, bathing suit, and quick-drying towel.
- Trail running shoes.
- Sufficient pairs of long running socks.
- Biodegradable sunblock, hat or cap and sunglasses.
- Biodegradable insect repellent.
- Personal medical kit (recommendation with basic medication for any ailment).
- UK Power plug adapter or voltage converter.
- Personal energy snacks of liking (bars, fruits, nuts,etc...).
- Thermos for coffee or tea.*
- Small waterproof bag to protect cameras and phones in case of rain during runs.*
- Hiking poles.*

Optional



Pricing

INDIVIDUAL BOOKING: \$ 2,829 USD
BOOKING IN PAIRS: \$ 5,458 USD (Save \$200 USD)

Secure your spot with a 10% deposit
Payment installments available at Checkout

Accommodation options

Experience the charm of rustic Highland lodges, lovingly run by locals deeply rooted in this place they’ve called home for many years.

Please refer to the itinerary for detailed information about the capacity available for accommodations on each night of the trip.



Your Host

GEORGE BAUER

He is a Melbourne-raised runner who now lives in the Highlands of Scotland, fulfilling a dream to explore single track trails from his doorstep. George's inspiration comes from the vast and varied experiences that running has brought him. He is a project designer focused on creating community through his love of plant-based food, and the exciting ways in which we can exercise the body and mind.

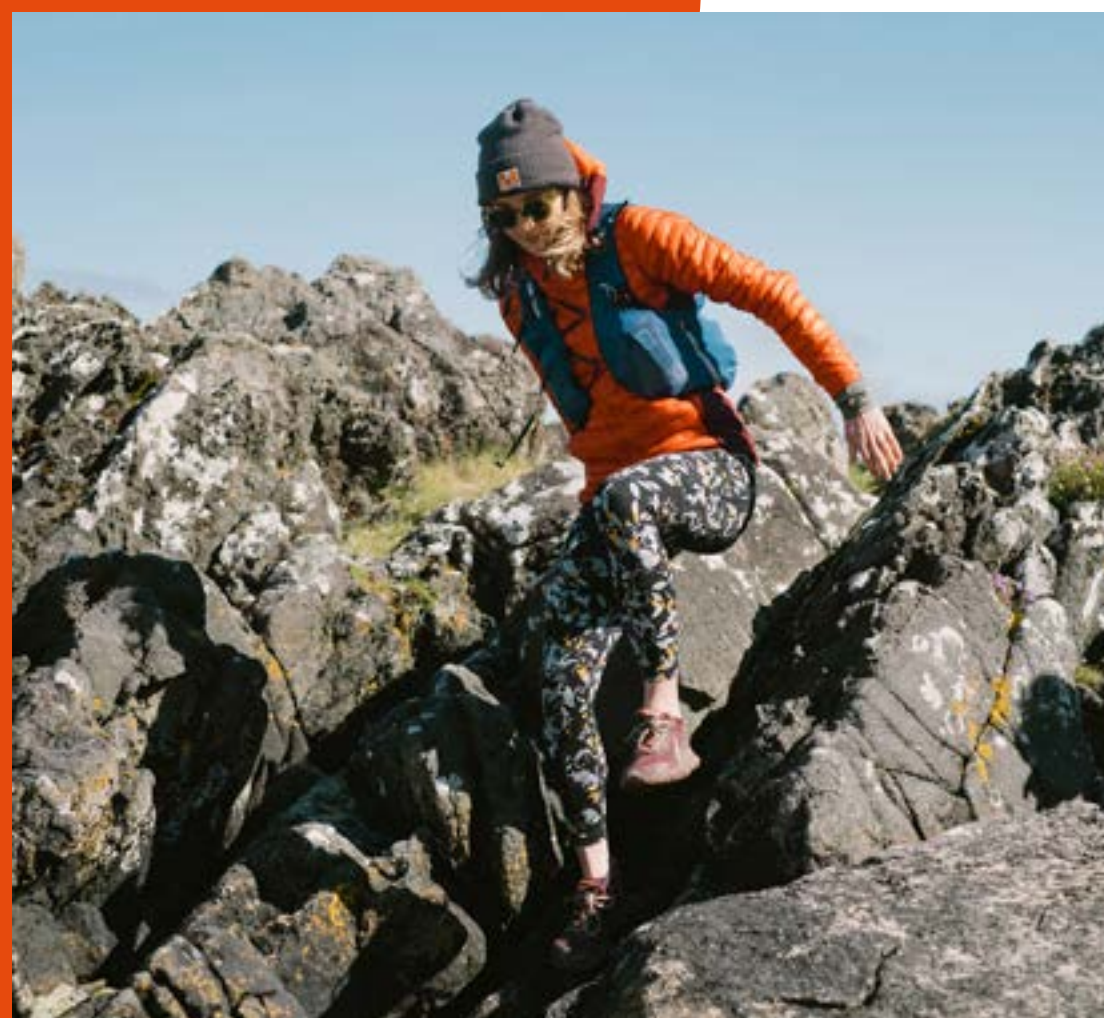


To connect with George, you can find him on Instagram as [@_georgebauer](#)

JO ARMSTEAD

She is a yoga instructor, doctor, avid trail runner and qualified mountain leader. She has lived in the Highlands of Scotland for over five years and is currently based full time in the Cairngorms National Park. As an advocate of lifestyle medicine, Jo is fascinated by the impact movement in nature can have on health and well-being, especially when in a group setting.

To connect with Jo, you can find her on Instagram as [@wilderness_flow_yoga](#)



Before you travel

- Currently, the UK's international borders remain open.
- A valid passport is required for entry.
- A Visa may be required depending on your nationality.
- Foreigners might be required to present a return ticket.

[BOOK NOW](#)



DO YOU NEED ANY ADDITIONAL INFORMATION?
SCHEDULE A CALL WITH OUR TEAM!

[CLICK HERE](#)