



Adventure & Yoga Retreat Itinerary

Itinerary:

Sunday 27th August

Arrive, settle in and share a welcome dinner, while away the evening around the fire pit.

Monday 28th August - Pillars of History

Yoga and meditation before breakfast, Iron age replica Crannog tour, Open Canoe /Paddleboard from the Crannog on Loch Tay to the village of Acharn, experience foraging (and Chocolate tasting) with chocolatier Charlotte Flower, Open Canoe / Paddleboard from Acharn to Kenmore. Evening meal in Kenmore before the exquisite Hot Box (Sauna, loch side sauna steam room and spa).

Tuesday 29th August - Natural Pillars

Yoga and meditation before breakfast, Poetry Path with an award winning poet, cycle tour visiting: Dunkeld cathedral (1260 - 1501), the Birnam Oak (as mentioned in Shakespeare's Macbeth and the stunning river Braan – highlighting Ossian's Hall, the waterfall and the Hermitage itself. To conclude, relaxing with a drink on the banks of the Tay at the Taybank (known as the musical meeting place) once owned by folk singer Dougie Maclean

Wednesday 30th August - Pillars of the Community

Daytime options available to guests at their own choice and cost: Treatments / Sound bath / Whisky distillery tour / coffee roasters / gift shops etc. Additional option of a guided walk up the mountain of Schiehallion (3553 ft).

Thursday 31st August - Ancient Pillars

Visiting the Fortingall Yew (estimated to be between 2000 – 9000 years old -hard to date due to its age), Continuing our drive to Kinloch Rannoch / Carrie Burn / The Black Woods of Rannoch for a day of Meditation, Yoga & Forest Bathing in the ancient woodland estimated to be 2000 years old.

Friday 1st September

Final Yoga session and farewell brunch.

Prices: Superior King Suite - Single £1950pp / Shared £1600pp, Premium Room en-suite - Single £1850pp / Shared £1500pp, Twin / double shared room en-suite £1450pp, Programme only (available on request)

Any further enquires or to book your place e-mail: yoga@fernbankhouse.co.uk