



## Mountain & Wild Swimming Adventure

### Summary

- ~ Summit a mighty Scottish mountain
- ~ Cool off with a refreshing dip in a loch
- ~ Relax around the campfire with refreshments



### Details

Ben Ledi standing proud at an elevation of 2884ft is a Corbett – a collection of Scottish mountains between 2500 - 3000ft – situated in the heart of the Trossachs, a beautiful and romantic area of the Highlands. Just an hour's drive from Glasgow, the steep but steady climb runs through forestry before emerging above the trees to reveal gorgeous views across Loch Lubnaig, Loch Katrine and the wee town of Callander.

It can take approx. 3-5 hours to climb this Ben, with plenty of breaks to enjoy the hike and to take in the breathtaking vistas.

There is a small cross located just below the summit which was erected as a memorial to Sg.t Harry Lawrie – a member of the Killin Mountain Rescue team who was killed on duty in 1987. It serves as a poignant reminder that the mountains can be treacherous in difficult conditions.

Descending via an alternative route, it's just a 5 minute drive along the road to Loch Lubnaig; a hugely popular Loch with local wild swimmers. It's calm and sheltered waters allow for great swimming in the summer; and winter for those hardy enough to brave it!

There is a small café located on the shores, but we prefer to pitch up at an alternative beach where we can enjoy the peace of the loch and admire the views back to Ben Ledi. After a long hike, the soothing cool loch is the perfect antidote – enjoy a paddle in the shallows, or a dook (*Scottish, verb. 1. To dip or plunge*) as we light the campfire ready for some tea, delicious homemade Scottish treats and a well-earned rest.

## What's Included

This price includes the following:

- ~ An expert Live the Wild Guide for the duration of your Experience
- ~ Treats and refreshments on the hike
- ~ First aid kit and emergency shelter
- ~ Guided cold water entry to the Loch
- ~ Towels, blankets and hot water bottles
- ~ Photography of your Experience throughout the day
- ~ Campfire and shelter (if required)
- ~ Outdoor equipment for eating and drinking
- ~ Tea/coffee and traditional handcrafted Scottish fare

Chauffeur driven transport is available for the day; this is provided by Stanelydrive – please see our website for details.

## What to bring

Please bring the following to make your day even more enjoyable:

- ~ Footwear suitable for hiking well-established trails
- ~ Warm and waterproof clothing (the Scottish weather is infamously changeable!)
- ~ Swimwear and a change of clothes and footwear, if you're planning on heading into the Loch
- ~ Plenty of water to keep you hydrated throughout the day
- ~ A sense of adventure!



[www.livethewildscotland.com](http://www.livethewildscotland.com)

