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The magazine of the Friends of Loch Lomond and the Trossachs



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The Voice

The Voice is the magazine of the Friends of Loch Lomond and The Trossachs, the independent conservation charity working solely to protect, promote and provide projects and services for this most precious part of Scotland – The Loch Lomond and Trossachs National Park. To join us or to find out more about our work please visit www.lochlomondtrossachs.org.uk or use the form inside

The Voice is published biannually in spring and autumn. Submissions on topics relating to Loch Lomond and The Trossachs National Park are welcome. Please send submissions to the editor at the address below or email simon@lochlomondtrossachs.org.uk

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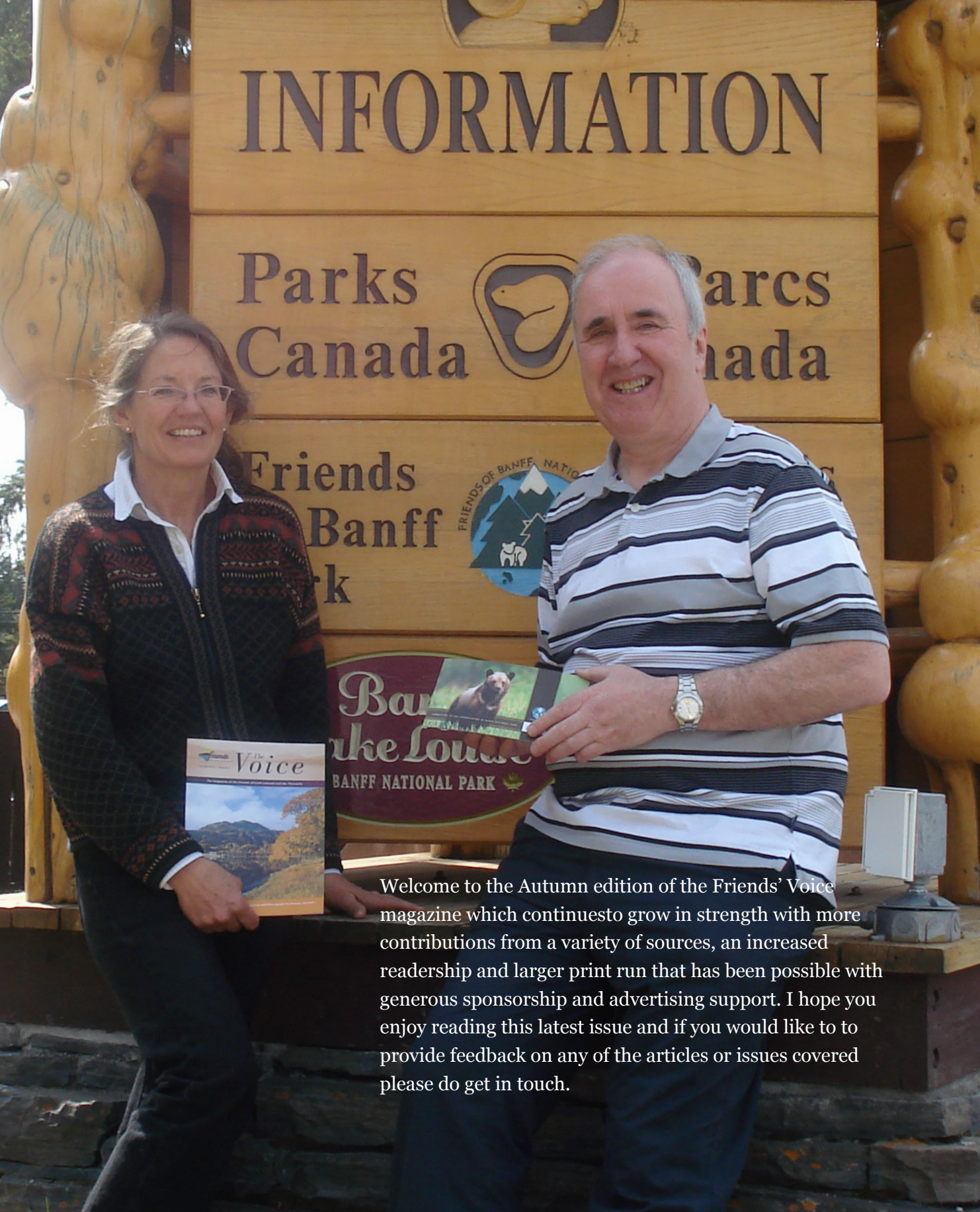
These past months have been difficult. First there was a lightning strike which blasted my house alarm off the outside wall, and cut off my electricity and telephone for a couple of days. As my personal (red button) alarm was also cut off I felt a little helpless! The next disaster happened on Friday 2nd September when I walked into the bathroom to discover the floor flooded and on going downstairs I found the kitchen flooded as well with water running down the light flex. By Monday the 5th September the plumber had been, the electrician had restored the lighting system, the carpets are dried and I am sitting at my desk writing this 'thought'. Somewhat shattered but almost back to normal, or as normal as one can be at 97!

I have been thinking of a kind of conservation beyond the National Park recently, and am expecting a visit from Simon Jones, the Head Gardener at Edinburgh Zoo. He is building a new enclosure for two giant Pandas, who I have heard are in need of bamboo! I have phoned him to offer Loch Lomond bamboo and he is coming to see if the plants are suitable. It would be fun if my Auchendarroch bamboo was suitable feed stock for the two Pandas – the plants are ready to be dug up and taken away to Edinburgh and feed the Pandas – the first to live in this country for 17 years. I sit back and await developments. I will tell you more in the next edition of VOICE.

All the best, yours aye Hannah



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INFORMATION

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BANFF NATIONAL PARK

Welcome to the Autumn edition of the Friends' Voice magazine which continues to grow in strength with more contributions from a variety of sources, an increased readership and larger print run that has been possible with generous sponsorship and advertising support. I hope you enjoy reading this latest issue and if you would like to provide feedback on any of the articles or issues covered please do get in touch.

In May we had a well attended AGM on the PS Maid of the Loch at Balloch and this provided an opportunity for the new National Park Convenor, Linda McKay to speak to members and hear views on a range of topical issues such as the introduction of the new byelaws on East Loch Lomondside. It was also a time of change for the Board of Trustees with Frank Bracewell receiving a gift of an inscribed skean dhu to mark his decades of service to the Friends and Rowena Fergusson stepping down as a Trustee after many years sterling service as both a Trustee and former Chair of the Friends. Rowena was responsible for modernising the Friends and introducing a number of initiatives designed to ensure the organisation was placed on a more sustainable and relevant footing. She was also, of course, responsible for cajoling me into becoming a more active member of the Friends and consequently she is not being allowed to disappear completely! Rowena is continuing to provide support in the background, including excellent catering at Friends events such as the AGM.

We recently welcomed John Urquhart as a very able and committed replacement for Rowena as a Trustee. John is a regular contributor to Voice and, with his wife Anne, has been a strong supporter and participant in the Our Park voluntary visitor donation scheme through the operation of their Balmillig B&B in Helensburgh. He is also Chair of the Argyll & Bute Access Forum and acting Chair of the new Loch Lomond Tourism Destination Organisation.

The summer months has been a busy and successful period for the Friends with appearances at Highland Games and other major events in Bearsden, Luss, Callander and Loch Lomond Shores. Thanks to all our volunteers who helped with manning these events and the 20 plus people who helped with marshalling duties at the Caledonian Challenge on the West Highland Way in June that generated much needed funds for the

Friends Our Park initiative.

Thanks also to our President Dr. Hannah Stirling for the generous donation of funds to purchase a new mobile exhibition unit and attractive branded flags for use at these and future events.

The highlight of the summer on the fundraising front was the inaugural Friends golf charity event at the Carrick on Loch Lomondside generously sponsored by Stephen Carter and Guy Keating at Cameron House Hotel & Resort and David Mouldsdale of Optical Express and the Mouldsdale Foundation. We had a good response from the business community through either participating in this event or donating prizes and the funds raised, combined with funds generated through the Our Park initiative developed with local partners, has enabled us to financially support 9 access, conservation, heritage and education projects with a total combined value of those projects of over £200,000 (see page xy) when leverage from other sources is taken account of. A great start and something we hope to build on in the future with a range of partners.

Other issues of interest in recent months include the publication of the Government Reporters' findings and recommendations on the first National Park Local Plan (see page xy for further details); the recent launch of the new 5 year draft Park Plan; progress with our Young Friends scheme; the successful introduction of camping and drinking byelaws on East Loch Lomondside by the Park Authority and partners; the completion of the first phase of repairing and upgrading Loch Lomond piers and the introduction of expanded and nonsubsidised additional ferry/cruise services by local boat operators; and the welcome release of £500,000 by the Government to Transport Scotland to come forward with a proper and well thought through design framework for tackling the much needed upgrade of the A82 between Tarbet and Crianlarich.

I was fortunate to visit Alaska and the Canadian Rockies in late Spring with my wife, Paula and we enjoyed trips to a diverse cluster of National Parks over a three week period. I took the opportunity to meet up with our counterparts at Alaska Geographic and the Friends of Jasper and Banff National Parks. Interestingly Banff National Park celebrated its 125th anniversary last year and Parcs Canada, which manages the Canadian National Park services, is currently celebrating its 100th anniversary. There are some remarkable similarities between the Friends organisations and the challenges we all currently face despite the distance separating us, and the marked differences in geography and heritage. We have similar membership numbers and rates but they are all more active in generating funds from retail and sponsorship activities to fund impressive access, conservation, education and heritage programmes in partnership with their respective National Parks. There is also huge investment currently taking place in the Parks with support from the US and Canadian Governments as part of national economic recovery plans they really do value their National Parks. Plenty food for thought as we take forward a review of our future priorities and activities.

Many thanks for your continuing support which we very much appreciate as we strive to make a difference in the area covered by the Loch Lomond and the Trossachs National Park. Although it is some time away, I hope we will see many of you at our pre-Christmas social event at Ross Priory on Sunday 4th December.

All the very best.

James Fraser Chair - Friends of Loch Lomond and The Trossachs.

Ardroy Outdoor Education Centre Saved for Thousands of Kids to Enjoy

Friends Chairman, James Fraser writes...

In the Spring I was approached by George Bruce from Dunoon, a former trade member of the Area Tourist Board I used to manage as Chief Executive covering Argyll, Loch Lomond, Stirling & the Trossachs, with a request for urgent help. Along with several others I couldn't refuse as it involved trying to save the future of Ardroy Outdoor Education Centre in Lochgoilhead which, for the past 40 years, has provided what has been described as 'life changing outdoor educational experiences' in the National Park for tens of thousands of young children and others predominantly, but not exclusively, from Fife. As part of the latest round of budget cuts Fife Council had decided to withdraw its annual £290,000 subsidy with effect of the end of July this year and to place the Centre and the nearby cluster of 3 bungalows on the open market, thus denying 2,500-3,000 young children per year the opportunity to enjoy outdoor adventure and educational residential breaks in a magnificent part of the National Park.

George and his wife Isla pulled together a group of influential and experienced people from a variety of backgrounds to try and save the Centre and after several months of intensive work and a roller coaster journey that has involved extensive lobbying of politicians, the preparation of business and marketing plans, the setting up of a charitable social enterprise company, tough negotiations with Fife Council officials and much more, it looks like the group has managed to save the future of the Centre.

Footnote: The Friends is helping the new venture get off to a new start with financial support to purchase an 18 seater minibus. The winning group in our Young Friends schools competition will also enjoy an outdoor adventure day at Ardroy and we hope to build further on this partnership working with Ardroy Outdoor Education Centre as part of our evolving Young Friends educational programmes.

The details of new lease arrangements have recently been finalised between the new not for profit company and Fife Council. It is likely the Centre will initially be leased for a £1 peppercorn rent to allow the company to re-open the Centre at the end of October and a robust business plan, prepared by the group involved in setting up the company, demonstrates the Centre can be run without a public subsidy. Funding bids to upgrade the Centre and marketing initiatives to generate business for the Centre are progressing well and it is anticipated the Centre should be able to trade successfully catering for school groups during term time and other groups and individuals seeking special outdoor adventure and educational experiences at other times of the year.

It is early days for George and his team and much work still requires to be done to ensure the success of the Centre but there is no doubt in my mind that under George's leadership, and with inputs from others, Ardroy can trade successfully and, more importantly, continue to provide many thousands of Scottish primary school children with life changing outdoor adventure and learning experiences in Scotland's first National Park.

I for one don't regret rallying to George's call for help in saving a valuable facility and service that will now, I am sure, continue to be enjoyed by many of our youngsters for hopefully what will be many years to come.



Padding on glass

My first Impressions of Loch Lomond

by Thomas Peddie (Apprentice Outdoor Leader)

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www.wildbynature.eu



Loch Lomond is a beautiful and interesting place to visit and one of the best ways to explore the loch is by canoe. Being an almost completely silent method of travel, it allows you to hear any birds or wildlife that inhabit the Loch, also allowing the paddler to get closer to this wildlife, creates some great photo opportunities.

In autumn 2010 I was fortunate enough to be able to undertake my first ever visit to the Islands of Loch Lomond as part of my Outdoor leader apprentice course, here is my first impressions. A co worker and I, put our large (Canadian) open canoes in at Aldochaly Bay, near to some delightful miner's cottages, a popular point for lots of Loch paddle trips. I understand that the cottage is actually one of the most photographed cottages in Scotland, due to its typical cottage garden and I guess location. The nearby small island is an ancient crannog which is an old Pict dwelling with a hidden causeway. The calm, clear and sunny

weather allowed us to gain the shore of Inchtavannach known as the monk's island. This island was inhabited by St Kessog in the sixth century. Hugging the intimate wooded shoreline we were able to then cross over to Inchconnachan. This magnificent island has an isolated family group of fallow deer and some roe, the fallow deer originate from when the Normans hunted on the Islands. I was fortunate enough to see two deer, close to the shore, only possible by the use of a quite hunting or Indian stroke. Inchconnachan has an old derelict house built by the Colquhouns of Luss. Cliff another co worker mentioned that in the late 80's there was gentleman who lived in the house, who would regularly shoot shot guns in the upper branches of the trees, obviously liking his solitude.

Inchlonaig was our next Island which is also known as Yew tree Island, a quite intimate place with beautiful trees. Exploring the interior, we heard a large Fallow stag calling and I found out why it is called roaring as it was pretty loud. Inchconnachan has yew trees on it which were introduced by Robert the Bruce to provide his archers with long bows. As we reached the highest point we caught sight of the stag on top of the hill just in front of us. I thought what a beautiful island which made me realise, how lucky I am to live in Scotland.

As we paddled across a wider deeper part of the loch, moving away from Inchlonaig, we enjoyed great views. A small craft gives uninterrupted views of across the flat calm loch, the light seemed to define the clear crisp autumn colours of trees and vast mountain landscape, and it is a sight that I will never forget. On the way we spotted five Cormorants drying their wings, which are thought to be a bad omen to sailors although this can be countered with some white heather attached to the bow.



A quick description and photos, but this does, not do this experience justice and is a poor substitute to actually getting on the Loch and experiencing it. To be honest I don't have the words to explain how beautiful Loch Lomond is on a calm clear autumn day and the experience will live with me for ever.

Picture still to be supplied

John Urquhart joins our trustees
On being welcomed to his first BOD meeting, new FOLLAT trustee JU said how honoured and pleased he was to be invited to join the 'Friends'.

"My wife Anne and I have been members of the Friends for many years now, but truth to tell, my own friendship with the Loch goes back a very long way – very nearly half a century in fact - to the early sixties, long before the Friends were formed - to my boyhood growing up in Glasgow, when, seized with an adolescent urge to get afloat and 'do daring things', I started building lath and canvas canoes in the front room of our council house just off Yokermill Road. Looking back, my parents must have been very understanding! Loch Lomond was the obvious place to get afloat and soon I had joined the Camping Club of Great Britain and Ireland and, paddling out from their Milarrochy Bay campsite, began to discover for myself what a wonderful playground the Loch is. Within a year or so I had visited every one of the larger islands and knew every nook and cranny of the shores between Balmaha, Luss and Rowardennan.

Later on, as a university student, having learned to sail with the Glasgow Schools Sailing Club ("The Brassbounders"), I helped introduce many a Glasgow youngster to the Loch and to the great sport of dinghy sailing.

These were happy days indeed and you never forget them. The Loch had a huge impact on me and I still care very deeply about it.

Retired now from a career in secondary education and heavily involved in local tourism, it was natural therefore for me to become involved in efforts to look after Loch Lomond and improve access to its wonderful surroundings. I now serve on the National Park's Local Access Forum and chair the equivalent body for Argyll and Bute. I am also Vice Chair and acting chairman of our new local tourism destination organisation, "Love Loch Lomond". I am also a director of the Helensburgh and District Access Trust which, with their Three Lochs Way project, has done so much recently to promote responsible access to areas lying to the west of the Loch.

Clearly I welcome this opportunity to join the Board of The Friends and I look forward to contributing to the good work which it does."

Friends Pledge Cash Support For Three Lochs Way Improvements



The Friends are contributing to a £40,000 funding package to support a local access group's plans to improve the Three Lochs Way walking route and strengthen its overall promotion.

Following the south western edge of Loch Lomond and conceived and managed by Helensburgh and District Access Trust, the Three Lochs Way is a relatively new long distance walking route linking the towns and villages to the west of Loch Lomond from Balloch and Cardross in the south via Helensburgh and Garelochhead to Arrochar and Tarbet in the north. Inveruglas makes a scenically impressive northern terminus for the route.

Lying parallel to the West Highland Railway, the Three Lochs Way is particularly well served by public transport, making it uniquely accessible and suitable for those seeking short as well as longer walking experiences. Serious walkers can continue their exploration of Scotland by joining the West Highland Way at Inveruglas ferry or by heading down the Cowal Way where it meets the Three Lochs Way at Arrochar. The Three Lochs Way has recently achieved status as one of "Scotland's 20 Great Trails" and is now being marketed as such by Scottish Natural Heritage and VisitScotland.

Although Helensburgh and District Access Trust is leading the project, the latest raft of improvements is a joint initiative by the Trust and The Friends, whose substantial contribution will come from the "OUR Park" visitor voluntary donation scheme and the recent inaugural Friends golf charity event at the Carrick, Loch Lomond.

The Access Trust is putting up £5,500,

The Friends will contribute £5,000 and the new local tourism destination organisation, Love Loch Lomond, has recently come on board with a further £4,000, making up a sizeable sum totalling £14,500 which is likely to be match funded by the Argyll & the Islands European Leader Programme and added to further by the army with 'in kind services' erecting a missing bridge.

The funding will be invested to make the Three Lochs Way more appealing and user friendly by improving signage and providing new sources of information and interpretation, including display panels at the 7 railway stations along the route, a groundbreaking iPhone and Android route guide 'apps' as well as more traditional printed map guides.

It is also the intention to replace a key bridge in Glen Culannach that has been washed out by flooding. Glen Culannach effectively links two parts of the Park but lies within the MOD's Garelochhead Training Area. The bridge is being constructed by military trainees.

Income streams for The Access Trust will be generated by sales of the maps and advertising space on the freely available mobile phone apps. All proceeds will be ploughed back into countryside access works and path maintenance.

These improvements will help to secure the route's reputation as one of the best of Scotland's Great Trails as well raising the profile of the previously Friends funded Tarbet Loop footpath network that is now an integral part of the Three Lochs Way.

More information about the route is available at www.threelochsway.co.uk

Paradise Rediscovered on the Bonnie Banks

During one of the few sunny spells this summer I ventured up East Loch Lomondside to find out what the impact of the introduction of the new camping and alcohol byelaws has been.

I was very pleasantly surprised as the overall quality of the visitor experience has greatly improved and resulted in 'paradise being rediscovered on the bonnie banks' according to the positive comments I received from chats with a number of visitors at the new informal campsite at Salloch Bay and elsewhere. There has been a well publicised build up of problems arising from loutish and irresponsible behaviour on the bonnie banks for years that has meant families and groups wishing to enjoy the tranquility of this magical place have been deterred from visiting.

This has all changed as a result of the introduction of a package of measures, including restricting camping to official sites and banning outdoor drinking, on East Loch Lomondside by the National Park Authority, Forestry Commission and the Police in partnership with the local community in June this year. The transformation in the mix and behaviour of visitors is remarkable in a relatively short period with the return of families and others who can now enjoy the special qualities of the area confident in the knowledge it is a safe place to visit and stay overnight.

The National Park Authority and their partners are to be congratulated for taking forward this bold initiative to tackle long outstanding problems on the lochside and it is hoped that lessons from this pilot can be used to improve the situation in other parts of the Park such as Loch Lubnaig, Loch Venachar, Balquhadder Glen, Loch Earn and the Loch Lomond Islands. There has been a noticeable rise in informal camping and irresponsible behaviour in recent years at these easily accessible lochside locations. Further action is required to ensure Scotland's first National Park and most heavily visited countryside destination does indeed fully regain its 'paradise' credentials and takes its place as one of the truly great destinations in the world family of National Parks.

James Fraser Chairman
Friends of Loch Lomond & the Trossachs

Stocking up for the

As the nights draw in it's time to prepare to hibernate

Well-known local naturalist Keith Graham, who lives at Port of Mentieth, writes of the coming of Winter

A summer of mixed fortunes with rain never far away is drawing to its natural end as stronger, bronzing colours begin to make their impact. There were during that summer, unseasonally severe storms of such magnitude that some nests and indeed, broods of young came to grief. Ospreys and kites were amongst those to suffer albeit that those resident in the National Park, have apparently survived well. And all this following a long and particularly cold winter during which, snow lay for long periods.

Such variations in weather patterns are of course not necessarily abnormal and by and large nature adjusts and copes with such vicissitudes. History has certainly always recorded cycles of feasts and famines and those long days last winter, when snow covered the landscape, ensured that for instance, those raptors that rely upon small mammals for their food endured something of a famine. It is likely that many of them failed to survive. However underneath the snow, those same small mammals, most notably the short tailed field voles, enjoyed respite from the predatory eyes of their winged enemies and led a sheltered life beneath the insulating blanket of snow. They therefore went forth and multiplied with a vengeance and when spring and summer finally arrived, those raptors that survived now discovering a veritable bonanza of food. Voles have been so numerous this year that many birds of prey, most notably tawny owls, have

successfully reared exceptionally large broods of young. Nature somehow always manages to balance the books! But now, as shortening autumn days advance, those large numbers of owlets as well as other young raptors and indeed all the other young creatures of the year, face the challenges of independence and the task of establishing territories that will sustain them.

The transition from summer into autumn poses great challenges to all of the year's progeny, challenges that frankly many of them will not survive. Of course, many birds escape the challenges of approaching autumn and winter by translocating, flying sometimes thousands of miles to Africa in mind boggling migratory journeys across Continents, mountain ranges, seas and deserts. These are journeys that many of them may fail to survive and always when spring finally breaks winter's grip, we wait with bated breath for them to return.

However as our skies empty of summer's birds, as the likes of swallows, martins and the sweet singing warblers, depart, so too are others beginning to arrive from their breeding grounds far to the north in the Arctic Circle. The first gaggles of migrating geese arrive in September, the bulk of the remainder in October, filling the blushing landscape with their gabbling conversations. Below their ordered skeins there is deep, sonorous noise too from the glens where mighty, antlered monarchs establish their realms with much roaring and posturing as the rut

The winter months

gets into serious action.

Rowan berries this year were red by mid-August and there followed another frenzied feeding bonanza as the sedentary population of blackbirds, thrushes and starlings reaped their own harvest at the same time as man with his great dinosaur-like machines harvested his golden crops. What berries remained will doubtless quickly be snapped up by those 'Viking' invading thrushes, the fieldfares and redwings, whose hurried progress in rabbles will become a familiar sight in the Park during October and November.

From the north too will come graceful and melodic whooper swans, the true wild swans of ancient myth and legend, sailing through the autumnal air like glorious fleets of galleons. From the north and east too, more travellers will make landfall and suddenly our woods and wetlands will become home to the likes of woodcock and snipe escaping from the perma frosts that seize their native lands.

Meanwhile, hedgehogs and bats will disappear as they bed down for a winter's sleep, hopefully happy in the knowledge that they, like the birds that fled south, have ingested sufficient food, converted to fat, to sustain them through their hibernation. Squirrels on the other hand, reap a harvest during autumn's mellow fruitfulness, stashing away vast hoards of food that will get them through those winter days when otherwise there is nothing to eat. They are not alone in establishing such caches for jays too collect great numbers

of acorns for those 'rainy' winter days.

Badgers too during autumn days, eat as if there were no tomorrow. Brocks do not of course, hibernate and indeed may be seen out and about during the winter months but if the weather turns severe, they may well sleep through the worst, secure in their underground setts. Shortening days also prompt many of us to start feeding the birds. Winter days can be substantially brightened with so much colour and animation as more and more birds flock to our gardens to feast upon our gifts. Titmice cling like trapeze artists to the baskets of nuts, an art the finches too have learned albeit with considerably less panache. Pert redbreasts vie for the best feeding territories, ever alert for the threats posed by rival robins. Nothing defends such territory with such vigour and indeed belligerence as cock robin. Robins and the minuscule wrens also provide us with snatches of music through even the darkest of winter days, the robins in particular, offering us little passages of delightful, bell-like melody. And at last, as the Yuletide season brings thoughts of plum pud, turkey and mince pies, days almost imperceptibly, begin to lengthen. Redbreast, even in these days of ever changing designs, remains one of the most popular of Christmas card subjects.

There is increasingly, a burgeoning sense of a new dawn. At this time in the wombs of roe does, something at last begins to stir. Roe, like stoats (which now of course, may be ermine) go through

a process of delayed implantation. Although roe mate in August, the embryos remain dormant until at the turn of the year, new life at last begins, almost always twins. Final fulfilment comes of course, in May. And again we wait with bated breath for those certain signs that the new dawn is indeed on track. The first hints of song, often provided by bright crocus billed blackbirds, ring out. I well recall hearing such music as early as on a Christmas Eve in our capital city, providing us with a carol of real distinction.

The first music and of course the first flowers of a new beginning emerge as snowdrops burst into fragile bloom. Slowly the landscape of the park begins to breathe with renewed energy. The level of music slowly rises. Cock great tits proclaim their 'tea-cher, tea-cher' challenges as they seek to establish territorial rights which as spring advances, will become their breeding territories. Catkins dangle delightfully from the branches, Already in the mountains, eagles are planning the next generation. The chosen eyrie has been refurbished, dramatic courtship is in progress. These are the first vital signs that herald another new cycle of life.

There is always something worth looking forward to and as Easter now approaches, thoughts of new, young life emerge ... fluffy yellow chicks and of course, those charming bunny rabbits. Spring is springing! fe article

**Picture still
to be supplied**

Our first charity Golf Event
A Huge fundraising effort for
conservation, education and access
initiatives in the National Park took place
at the Carrick on the 29th of June in the
form of a golf event, and thanks to the
great generosity of Optical Express and
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teams came from the following generous
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More narrative about the day – circa 300
words

Pic of teams at start and of Sir Malcom
and David Mousdale

Foundation Supporters £500 minimum

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Ardoch is an exceptional venue for business seminars and family reunions. There are 18 bedrooms and numerous meeting rooms in a mix of traditional and contemporary spaces most of which overlook Loch Lomond. Hire Ardoch on an exclusive basis and be assured of total privacy. Phone Robert for details.

Business Plus Supporters £250 minimum

- THE OAK TREE INN BALMAHA**
 Glasgow, G63 0JQ
 Tel: 01360 870 357 email: info@oak-tree-inn.co.uk
 www.oak-tree-inn.co.uk
Family run inn on east side of Loch Lomond adjacent to WHW, serving good food all day with bunk, standard and deluxe accommodation available
- THE WINNOCK HOTEL**
 The Square, Drymen, Loch Lomond, G63 0BL
 Tel: 01360 660 245 email: info@winnockhotel.com
 www.winnockhotel.com
The Winnock Hotel in Drymen is the perfect choice for everything from a delicious bar meal through to a fun-filled party-night, ceilidh or special event.
- BEST WESTERN BUCHANAN ARMS HOTEL AND SPA**
 23 Main Street, Drymen, Glasgow G63 0BQ
 Tel: 01360 660 588 email: info@buchananarms.co.uk
 www.buchananarms.co.uk
One of the finest and most popular small hotels in Loch Lomond and the Trossachs, with a character and charm which sits peacefully and calmly with the qualities of its surroundings.
- CRUISE LOCH LOMOND**
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 Tel: 01301 702 356
 email: enquiries@cruiselochlomond.co.uk
 www.cruiselochlomond.co.uk
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- SWEENEY'S CRUISES**
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 Tel: 01389 752 376 email: info@sweeneyscruises.com
 www.sweeneyscruises.com
Scottish Tourist Board 4-star tours on Loch Lomond. All cruises have live commentary, bar and toilet facilities. Open 7 days a week all year round.
- COACH HOUSE COFFEE SHOP**
 Luss, Loch Lomond, Argyll, G83 8NN
 Tel: 01436 860 341 email: info@lochlomondtrading.com
 www.lochlomondtrading.com
Award winning coffee shop - gorgeous food, hearty soups, fantastic coffee and cake - roaring log fires in the winter and tables outside in the summer
- BALMILLIG B & B**
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 Tel: 01436 674 922 email: anne@balmillig.co.uk
 www.balmillig.co.uk
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- LOCHSIDE PHOTOGRAPHY**
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 email: h.hall@lochsidephotography.co.uk
 www.lochsidephotography.co.uk
Wedding photography for all budgets, high quality press, corporate, and landscape photography founded on many years experience in tourism and the Loch-Lomond area.
- CALLANDER ENTERPRISE**
 www.callanderenterprise.com
 www.twitter.com/incallander
 email: cal-ent@incallander.co.uk
Callander Enterprise is dynamic business group with ambitious objectives to benefit the entire business community in the area. The 200+ members cover the largest settlement within the National Park
- THE MYRTLE INN HOLIDAY COTTAGE**
 Tel: 01877 330 919 mobile 07703838800
 myrtleinn@btconnect.com
New on the self-catering list - cottage sleeps up to five, only a few minutes from all the shops with a handy Spar even closer and a brand new coffee shop opening in May!

Business Supporters £100 minimum

- POPPIES HOTEL & RESTAURANT**
 Leny Road, Callander FK17 8AL Tel: 01877 330 329
 www.poppieshotel.com
- THE HARBOUR CAFÉ**
 Loch Venachar, Callander FK17 8HP Tel: 01877 330 011
 www.venachar-lochside.co.uk
- WHEELS CYCLING CENTRE - BIKES / HIRE**
 Invertrossachs Road, Callander, FK17 8HW
 Tel: 01877 331 100
 www.scottish-cycling.com

And the winner is...

The Oak Tree Inn Balmaha, one of our first Business Supporters, and generous supporters of the Friends in others ways in addition, have won the CIS Excellence Award 2011 in the Pub-Restaurant Excellence category! This builds on their winning the Dram Scottish Licensed Trade Awards/Wallace Express Gastro -Pub of the Year 2008 award. The Oak Tree Inn was shortlisted from thousands of entrants alongside other top-notch competitors including The Waterside Bistro, Haddington and Joseph Pearce's, Edinburgh. The award ceremony took place at the Hilton Hotel in Glasgow which was held this summer. The Oak Tree Inn was built by it's owner Sandy Fraser. It's unique style combined slate and other recycled materials, all of which were sourced locally, using new building technology. Factors influencing the judges included the special atmosphere and experience of visiting – and the food! – adventurous, with a large proportion sourced from their market gardens and smokery beside Loch Lomond.. After receiving the award, Sandy Fraser said: 'Sourcing locally is important for us and we combine our own produce with other local supplies to offer delicious meals, as well as offering good quality accommodation to suit all budgets. The Oak Tree Inn would like to thank all its customers, both old and new, for their continued support. We're thrilled with this award and the recognition it brings'



A warm welcome awaits you at the
Oak Tree Inn

The invigorating fresh air of this area will provide you with an appetite that demands satisfaction and our chef has designed a menu to do just that!

Our range of tempting starters and mouth watering main courses are made, where possible, from local produce and can be complemented by a choice from our extensive wine list.

The Oak Tree had the first harvest of its own home grown produce in 2007 with customers still being able to sample the freshest ingredients

The Oak Tree Inn, Balmaha, Loch Lomond G63 0JQ
 T: 01360 870 357 E: info@oak-tree-inn.co.uk
www.oak-tree-inn.co.uk

Cruise offers on Loch Lomond

Readers of VOICE will be pleased to hear that not only have the new seasonal cruises from Luss to Balmaha – Balmaha to Luss been extended to run to the end of October, but that special Autumn discounts will apply

- On the **Cruise Loch Lomond** services - one free child place when accompanied with two fare paying adults.
- In Luss at **The Lodge on the Loch** everyone boarding or leaving the boat would be given 20 % off all food at Colquhoun's restaurant in the Lodge on Loch Lomond (Monday to Saturday throughout October)
- In Balmaha at **The Oak Tree Inn** all kids arriving at Oak Tree by the Balmaha Explorer cruise eat free!

Cowal Red Squirrels

Last year, we made a donation to Cowal red Squirrel Group to support their excellent work to help protect native red squirrels in the Cowal. Red squirrels in the National Park, as across Scotland, are still under significant threat from invasion of the non-native grey squirrel, with Cowal being one of only eighteen stronghold sites in Scotland.

Jim Downie, National Park Ranger Team Leader and member of the Cowal Red Squirrel Group tells us how 'OUR park' donations are helping them collect vital data to assess the geographical spread of both species at key sites at Arrochar in the National Park. Cowal Red Squirrel Group, thanks to the help from Friends of Loch Lomond & The Trossachs have continued to carry out squirrel surveying. A grant from the 'OUR park' scheme has helped the group replace feeder boxes and to replenish stocks of peanuts used to attract the squirrels to the boxes. The feeder boxes collect a small sample of hair each time a squirrel visits, by analysing this hair we can determine whether red or grey squirrels are using the boxes.

These feeder box surveys take place in strategic locations around the 'pinch point' at Arrochar. This

is an area where both red and grey squirrels are found, and is the most likely place that grey squirrels will move through into the Cowal peninsula. The Cowal peninsula is currently a red only zone and has been identified as one of only 18 stronghold sites in Scotland for red squirrels. The feeder box surveys will hopefully act as an early warning system as to any movement of Grey squirrels into Cowal. So far, only one of the feeder box transects currently show red and greys which is in an area we expect to see these results.

Going forward the group would like to use their future grant funds to build on their work to purchase a small remote camera which is capable of capturing photos and even video of squirrels visiting the boxes. This will help where there is any uncertainty over the hair analysis and help the group increase their hair analysis skills and remove any doubt over possible grey incursion towards the stronghold.

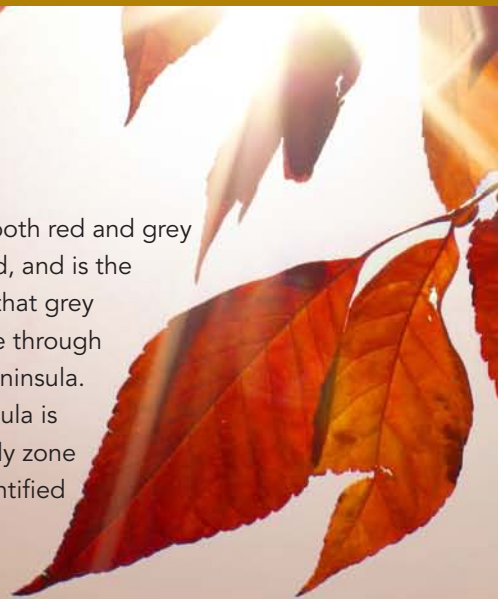
To find out more about the group and their work go to their website

www.cowalredsquirrelgroup.org

or contact Jan Ferguson on 01369 870 346 or by email janferguson1@hotmail.co.uk.

.....

Help support the effort to protect our red squirrels throughout the National Park and beyond by notifying the Scottish Wildlife Trust of any your squirrel sightings – red or grey, dead or alive at www.saveoursquirrels.org/sightings.



It's... it's a Lochside blitz!

Litter continues to be an issue in Loch Lomond & The Trossachs National Park, whether it be the mess left by irresponsible campers, or the large quantities of rubbish that washes up on to the beaches of the sea lochs. The OUR park scheme with our dedicated volunteers have build on our successes last year and have taken action over the pre-season period to tackle the issue head on by clearing litter from some of the most scenic lochside locations in the National Park - over 160 bags of litter cleared in total. Not only have our fantastic volunteers done a great job of making a massive improvement to the visual appeal of these areas, but they have also removed litter out of harm's way for wildlife. The results of our actions are also being used to campaign against the issue, with the aim of reducing the problem at the cause.

Sites cleared include:

- Arrochar - 96 bags of rubbish and various other larger items such as fishing nets, tyres and even an oven!
- Loch Lubnaig (east side) - 30 bags of rubbish and other larger items such as camping equipment
- Loch Earn (north side) - 45 bags of rubbish, plus other items such as tyres

Join us for Make a Difference to Loch Lomond Day Wednesday 26 October

On Wednesday 26 October we are planning an fun-packed day of conservation activities to give people the opportunity to come and learn more about the special qualities of the Loch Lomond area while also making a positive contribution to our beautiful area.

The day will start with coffee and bacon rolls kindly provided by The Carrick, and finish with a prize raffle which all participants will be entered in to. To find out more about the event, or to register your interest (places are limited!) please contact Jennie Wills, Project Support Officer, on 01389 727 709 or jennie.wills@lochlomond-trossachs.org

Make a Difference to Loch Lomond Day is being planned in collaboration with the Love Loch Lomond & the National Park Authority.

PICS – to accompany

**Picture still
to be supplied**

We now have a fantastic over fifty businesses fundraising for the OUR park scheme – here we find out about how and why some of our pioneering members are getting involved:

OUR park fundraisers

- ARDACHEARNBEG COTTAGES
- ARDROY OUTDOOR LEARNING TRUST
- ARROCHAR HOTEL
- BALLYHENNAN OLD TOLLHOUSE
- BALMILLIG B&B
- BALQUHIDDER BRAES HOLIDAY PARK
- BENMORE LODGE
- BOOKPOINT
- BRAEMOR B&B
- BUCHANAN ARMS
- CND SCOTLAND
- COACH HOUSE COFFEE SHOP
- COACH HOUSE HOTEL
- CREAGAN HOUSE
- CRUISE LOCH LOMOND
- DELI ECOSSE
- DREADNOUGHT HOTEL
- DRIMSYNIE ESTATE
- FASCADAIL GUEST HOUSE
- GATEWAY CENTRE
- GLENDARUEL CARAVAN PARK
- GO APE
- HIDDEN GLEN SAFARIS
- HUNTERS QUAY HOLIDAY VILLAGE
- I LOVE SCOTLAND
- INVERBEG INN
- INVERNAID BUNKHOUSE
- INVERTAY HOUSE
- LADY KENTMORE ANTIQUES
- LOCHEND CHALETs
- LOCHGOILHEAD HOTEL
- LODGE ON LOCH LOMOND
- MCDONALDS FOREST HILLS
- MISH MASH
- NP OFFICE—BALLOCH
- NP OFFICE—CALLANDER
- OAK TREE INN
- POPPIES HOTEL
- ROSLIN COTTAGE B&B
- ROSS PRIORY
(University of Strathclyde)
- ROWARDENNAN HOTEL
- SCISSOR SISTER
- STRATHFILLAN WIGWAMS
- TARBET HOTEL
- THE COACH HOUSE HOTEL
- THISTLE HOUSE
- TIGH MOR TROSSACHS
- WHEELS CYCLE CENTRE
- WILD BY NATURE
- WINNOCK HOTEL

Dorothy

C-N-Do Scotland

When Dorothy Breckenridge and Margaret Porter started C-N-Do Scotland in 1984, they began with the forward thinking (for those days!) ethos that the business should remain small and sustainable and should show care and empathy for the environment. These ideals have remained very much in place for this business that offers walking holidays and courses all over Scotland. The 'OUR park' scheme is an ideal way for them to demonstrate their commitment to sustainability and environmental awareness, a factor that many consumers consider important when choosing holiday providers. Dorothy says, "We joined the OUR Park scheme as it supports our philosophy and helps to raise awareness to our customers about caring for the landscape. It allows us to give something back to the area and makes it easier for visitors to do the same by donating money for projects or volunteering their time." C-N-Do's customers raise money for the scheme by giving an optional donation when they book and for every pound raised in this way the business will match it with another pound! The money raised will benefit projects such as footpath maintenance, improved interpretation and wildlife conservation that will enrich the experience of their customers.

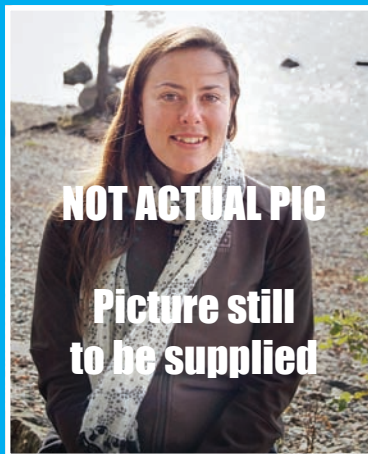


Victoria

Lochend Chalets

We are pleased to have as members of the 'Our park' scheme a well established business in the Lake of Menteith area. Next year, the Nairn family will have been running their family holiday business at Lochend on the edge of the Lake of Menteith for fifty years! The business started as a caravan park and now provides a range of 3 to 4 star self-catering accommodation in chalets, lodges and the converted coach house. On site, there is also the internationally acclaimed Nick Nairn Cook School where you can try your hand at some cookery classes. We asked Victoria Carroll (nee Nairn), co-owner of Lochend Chalets, why she had joined the scheme; 'I hope that as more and more businesses join the scheme we can begin to tackle projects that will improve the area for ourselves and our customers, for example addressing the problem of littering and helping further improve the visitor experience in other ways.' She also hopes that in general, it will give those that stay at Lochend a closer connection and awareness of the environment. Lochend chalets raise money for the scheme by encouraging visitors to give an optional donation when booking and donation envelopes in the accommodation.

To date Lochend Chalets have raised £XX



Niall

Lodge on the Loch & Inverbeg Inn

The Colquhoun family, who have been involved in the hospitality industry on Loch Lomondside and Perthshire for several generations, own and operate the award winning Lodge on Loch Lomond Hotel and The Inn at Inverbeg. Both these hotels are in stunning lochside locations and are actively involved in encouraging their guests to contribute to conservation and access initiatives through the Our Park voluntary visitor donation scheme. Owner, Niall Colquhoun is an enthusiastic supporter of the scheme and says "Given that our hotels are in such unique locations, engulfed by such natural beauty and panoramic views of Scotland's most breathtaking loch, it makes complete sense for our many thousands of guests each year to be given the opportunity to help conserve this special place and contribute positively to improving outdoor access." He added "I am particularly pleased the first wave of funding raised by our guests is being used to improve and promote the Three Lochs Way path network, linking as it does Loch Lomond with the Gareloch and Loch Long, as this will open up previously undiscovered parts of the area for the enjoyment of many future visitors as well as local residents in nearby towns and villages"



Visit the Award Winning
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- *gorgeous food, hearty soups,
fantastic coffee and cake*
- *roaring log fires in the winter and
tables outside in the summer*

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www.lochlomondtrading.com



With Sweeney's four star tours on Loch Lomond you can enjoy the Loch in all its seasonal beauty in style and comfort, whatever the occasion or time of year. Whether it's a relaxing cruise you're after or a fun night out with a difference, Sweeney's Cruises caters for all.

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 or email: info@sweeneyscruises.com
www.sweeneyscruises.com

**CRUISE
 LOCH LOMOND**

Experience the serenity of the bonnie banks on one of our award winning cruises Rambler; Explorer; Rob Roy Discovery or Ben Lomond Hike. Cruising throughout the winter months.

Departures from Tarbet, Luss, Inversnaid, Balmaha and Rowardennan

Telephone **01301 702356**

www.cruiselochlomond.co.uk



**Best Western
 Buchanan Arms Hotel & Spa**

With its stylish and contemporary bedrooms and public areas that still retain the traditional feature log fires, the unique snug bar and the walled hotel gardens is the perfect place for a relaxing break or secluded spot for a residential meeting or event.

**22 Main Street, Drymen,
 Loch Lomond, G63 0BQ, Scotland
 Tel: (01360) 660588 Fax: (01360) 660943
www.bestwestern.co.uk**



Hotels with personality



54 MILES IN 24 HOURS TO HELP OTHERS

From a walkers perspective

Building on our successes over the last few years, we again rounded up a group of hardy volunteers to help marshal this year's Caledonian Challenge, a 54 mile sponsored walk starting at Gairloch 8 miles north of Fort William and finishing at along the West Highland Way at Strathfillan.

This year, our volunteers worked through the night on Saturday 11 June at the Glencoe and Inveroran checkpoints and the finish at Strathfillan, in the process raising a fantastic £2,100 for our conservation work!

Here, we hear about Phil Addicott's experience of the Caledonian Challenge a walker participating in the 54 mile challenge, including how our volunteer marshals spurred him along the route, and in particular during his low-point at Inveroran, where he was tended to by our very Sue Cameron – the coffee and jam roly-poly lady!

Although I'd been aware of the Caledonian Challenge for a number of years, the prospect of taking part had never occurred to me until a telephone conversation with an old school friend. It was one of those calls when you catch up on life's events, fairly harmless stuff you'd have thought.

Then came the email with the weblink to sign up. The sort of email you'd probably prefer to delete apart from the nagging voice in the back of your head that it might actually be quite fun, and you'd be raising some cash for some worthwhile causes.

So it was with trepidation, and some reluctance that last January we signed up to take part in the RBS 2011 Caledonian Challenge, how little we knew about what we would be letting

ourselves in for.

Let's get one thing out of the way first, the Caledonian Challenge was quite possible the hardest thing I've ever done in my entire life – physically, mentally, emotionally, but it was also one of the most rewarding.

Crossing the finish line you are overcome with exhaustion and emotion but overall an immense sense of pride – pride in yourself, in the friends you've just walked with and the pride in the amount of money you've been able to raise.

Throughout the journey you are cheered along the way by the hundreds of volunteers who take a weekend (or longer) out of their lives to make that happen. The volunteers who point you in the right direction; the volunteers who man the drinks stations at all hours of the day and night

Without wanting to take anything away from the efforts of the marshalls at the start or the early checkpoints because they are as valuable assistance as the rest of the journey, it's the volunteers and marshalls towards the end who stick in the memory; those which man the drinks station at Bridge of Orchy at 5am, the lady with the soup and a roll and witty banter near Tyndrum and the cheery couple who'd been up since 4am to hand out sweets since 4am as you pass by the Green Welly. Apparently that pair were inspired to sign up for next year!

The Caledonian Challenge wouldn't exist without the hard work of the organisers, the determination of the competitors of their supporters, and the selflessness of the volunteers.

My over-riding memory which washed

away the naive enthusiasm at 9am on the Saturday morning, was walking into Checkpoint 4 at Inveroran at 4am in the morning – about 44 miles done with another 10 to go. The tent was a sight to behold and it appeared to be a real low point for a lot of people – exhaustion and fatigue had really taken hold and there was still the prospect of another 10miles and four gruelling hours to go. The sheer spirit, enthusiasm and encouragement from the volunteer contingent was a real motivation to get out of the chair and drag yourself out of the tent, in particular the girl who brought me a cup of coffee and jam roly-poly and custard.

The next time you see an incoming call from an old schoolfriend, take the call as you may end up taking part in the challenge of a lifetime.

Phil Addicott, The Old Martonians. A huge well done to Phil's team, which included Michael Houston, Chris Tomlinson and Jonathan Pearce who together raised more than £2,750 for the Scottish Community Foundation!!



And thank you so much once again to our volunteers to helped us with the event!

A HUGE THANKS to all our volunteers who helped with the various events, which included 'OUR park' business supporters for Arrochar, as well as to the National Park Authority who assisted with logistics and equipment.

We may link this to something else on litter/irresponsible camping?? Adjust as necessary!!

Pics – to accompany

- Sat 15th Oct 10am-4pm Helensburgh Xmas card sale, St Columba's, West King St
- Louis Stott – church in the Trossachs (?)
- Friends at the Highland games short report (or covered in James' letter?) + get on the volunteers list for next year
- Planning: local plan digest – leading into wind warning – esp edges of Park?
- Gold mine - our position- letter summary
- Bracklinn Bridge??



MINCE PIES, MULLED WINE & MUSIC

Christmas at Ross Priory

On Sunday 4th December 2011 from 4.00-7.30

On a sharp February morning, I drove slowly down the long, straight, sparkingly frosted, tree lined avenue and bump gently over the sleeping policeman just as the sun-bathed House comes into view. I smile to myself, remembering the first time I saw this view. Then, it was spoiled by the dominance of cars parked in front of this grand building. Now there is a car park hidden discretely among the trees and the glorious rhododendrons. This allows a clear view of the elegant façade of this 1812 'A' listed example of Gothic architecture by Gillespie Grahame. And today, a glimpse of the still, blue Loch Lomond, mirroring the snow capped surrounding hills which fold away beyond.

The University Staff Club, literally on the banks of Loch Lomond, has become one of my favourite places.

It was here in 1745 after the disastrous battle at Culloden, that the Marquess of Tullibardine, fleeing from the English, sought shelter from his friend Buchanan. When they were safely indoors Buchanan

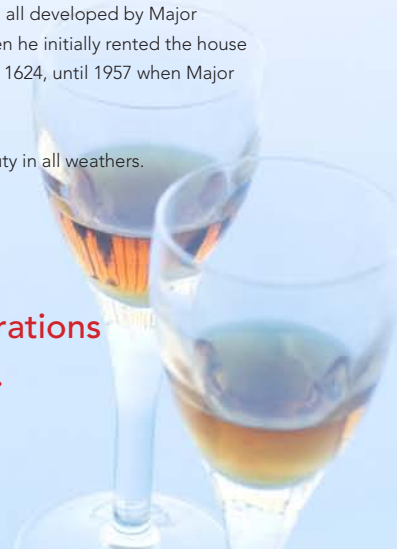
sent word to the English soldiers at Dumbarton who arrived in the morning to take Tullibarden and his companions prisoners. As he was being dragged away the Marquess cursed Buchanan "there'll aye be Murrays on the Braes of Atholl when there'll never a Buchanan at the Ross".

Buchanan's three sons died before their Father. A curse begun ? Sir Walter Scott was a frequent visitor to Ross Priory, a place of great natural beauty later enhanced by the surrounding gardens containing exceptionally beautiful rhododendrons, all developed by Major Christie during the years from 1925 when he initially rented the house from the Buchanans who owned it from 1624, until 1957 when Major Christie eventually bought it.

The University purchased it in 1971.

Steeped in history. Surrounded by beauty in all weathers.

**An ideal venue for the FRIENDS
to gather and enjoy the early Christmas celebrations
with mince pies, mulled wine and music.**



Launch of National Park Plan Brings Parties together

SNP and Labour politicians came together on 25 August to call the nation to action regarding National Parks in Scotland. MSPs were in Loch Lomond and The Trossachs National Park to launch the consultation of the five year National Park Plan. Priorities include urgent actions for conservation, enhancing the visitor experience to the Park and for the social and economic rural development of the Park's communities.

Pressing issues such as protecting the iconic capercaillie population, improving toilet and litter provision, mitigating flooding and pollution of lochs and rivers, better traffic management and affordable housing for young people in the National Park are just some of the areas MSPs are urging people to comment on.



From left to right Michael Russell MSP, Jackie Baillie MSP, Linda McKay National Park Convener, Roseanna Cunningham MSP and Bruce Crawford MSP



Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike.

(John Muir, Founding Father of National Parks)



Speaking at the launch, Linda McKay, Convener for Loch Lomond and The Trossachs National Park said:

"National Parks across the world are held in enormous respect and esteem as places to work, live and visit. We're asking people in Scotland to get involved and have their say over what they think we should concentrate on in the coming years. We want to take pride of place in the National Park family and that includes working with public, private and voluntary sectors to make sure suitable infrastructure is in place. We want people to know they have arrived at Loch Lomond and The Trossachs, to be welcomed by our rangers and to take away a great experience of Scotland with them."

This Plan provides a blueprint for a National Park our country can be proud of. It addresses the basic requirements needed to make Loch Lomond and The Trossachs a truly special place. In this challenging economic climate, the Plan provides the opportunity to deliver services in an innovative and coordinated way that will contribute significantly to Scotland's economic growth."

Michael Russell MSP, Jackie Baillie MSP, Bruce Crawford MSP, Roseanna Cunningham MSP all attended the launch event.



Michael Russell, Cabinet Secretary for Education and Lifelong Learning and Member for Argyll and Bute:

"National Parks in Scotland offer a fantastic open space for young people to explore, play and learn in and it's hugely important that we make sure these special areas are protected for future generations. Loch Lomond and The Trossachs National Park's scenery is world renowned I would encourage everyone with an interest in protecting this very special part of Scotland to get involved in the Park Plan consultation."



Jackie Baillie, Shadow Cabinet Secretary for the Health, Wellbeing and City Strategy and Member for Dumfries: *"Loch Lomond and The Trossachs is an area of outstanding natural beauty and it makes a significant contribution to the health and wellbeing of Scotland. With such close proximity to our cities, the National Park offers a wealth of activities including walking, boating, cycling or simple enjoyment of the stunning scenery. We are very lucky to have it right on our doorstep."*



Roseanna Cunningham, Minister for Community Safety and Legal Affairs and Member for Perthshire South and Kinross-shire:

"Every visitor and resident in the National Park has the right to be safe in an environment which is respected. I have visited Loch Lomond on a number of occasions to see the work of the National Park and in particular how they tackled the problem of anti-social behavior on the east side of the Loch. Working with the community and the Police and using innovative solutions has now resulted in a family friendly visitor destination, somewhere that Scotland can be proud of. To carry on this work, the National Park requires direct input from people living and visiting the area from across Scotland."



Bruce Crawford, Cabinet Secretary for Parliamentary Business and Government Strategy and Member for Stirling:

"With almost 7 million visitor days spent in Loch Lomond and The Trossachs, there is huge economic potential for this area. Tourism has economic benefits for all the communities and businesses in and around the National Park. It is essential for the National Park to focus on growth whilst protecting this important global destination in order for visitors and residents to prosper. Please give the Park Authority and its partners your feedback to ensure your views are heard."



Loch Lomond and The Trossachs National Park has asked every resident for their help in shaping the Park over the next five years and is now appealing on a national level for comments on the Park Plan. The consultation will run for three months finishing on 16 November.

Full details of the consultation are available on the National Park website www.lochlomond-trossachs.org and from National Park offices in Balloch and Callander. For more information email: nationalparkplan@lochlomond-trossachs.org



Find us on facebook, follow us on twitter

www.lochlomond-trossachs.org

**Publication dates for the next issue:
the (Autumn) edition of VOICE will be published early September 2011.
We would welcome your contributions
- for these to be considered please contact the editor by 20th July 2011.**

We gratefully acknowledge the generous support of the following for the OUR park Scheme.
We particularly acknowledge the support of Loch Lomond and The Trossachs National Park Authority for
the new young people's project - Wild.Lomond - Wild.Trossachs:
and the generous support of the companies in our Business Supporters' scheme.
And a most special thank you to our members - who are the basis of this charity and our work.



**Friends of Loch Lomond & The Trossachs, 63 West Princes Street, Helensburgh Scotland G84 8BN
Telephone: 01436 677733 Email: info@lochlomondtrossachs.org.uk**