

## **Pre-conference**

The pre-conference is a recreational event over three days. Our aim is to offer something for everyone and to provide a mix of activity and experience of Scotland and the local environment of Aberfoyle.

### **Monday - arrival at Dounans, Aberfoyle**

A shuttle bus will be arranged for Monday 23 April between 14.00 and 20.00 hrs from Stirling railway station. We may need to charge you an extra € 24 for pickups outside these times.

Monday evening provides a time for settling in to Dounans centre, meeting people, and perhaps a walk in the woods to a local viewpoint.

### **Tuesday - The Outdoor Activity Day**

On Tuesday we have planned a number of activity choices for smaller groups to enjoy the Scottish landscape in different ways.

Choices include:

1. For the more experienced outdoor adventurers, Frank Grant is offering a mountaineering day in Glencoe. This will be dependent on the weather and mountain conditions, and will require you having the appropriate clothing and equipment. You should note that this option does require a level of fitness and experience. If you want to know more about this please contact us at [info@europe.org](mailto:info@europe.org)
2. Alternatively, if you would like to walk up a local mountain, Roger Greenaway is offering to escort a group up the local Ben Venue. This also requires walking boots and outer wet weather gear.
3. Or if you would prefer, we can provide maps and advise on local self-guided walks.
4. If nature is your thing, you could join a woodland walk with the local ranger which ends at the Red Kites viewing station to see them being fed in the wild. There is also an Osprey viewing centre at the nearby David Marshal Lodge.
5. For golf enthusiasts, you can enjoy a round of golf at one of Scotland's scenic golf courses with views to Ben Lommond and the Campsie Hills. There is an extra charge for golf payable on the day to cover green fees and golf club hire.

We can share our various adventures over dinner and enjoy a glass of beer / wine with an evening slide show of Scotland by friend and photographer Keith Ratcliff.

### **Wednesday - 2 Lochs Journey Day**

Wednesday involves a journey through the Trossachs using different ways of travelling. We start our journey at Loch Katrine, and travel together on the original steam boat the Sir Walter Scot, up the loch to Stronachlachar, where we pick up bikes. You can even try your co-operative biking skills on a tandem (a bicycle made for 2) if you like. Our bike ride takes us along quiet roads to the world famous Loch Lomond, where we stop for lunch and a short walk on the West Highland Way to Rob Roy's Cave. We then re-trace our route back to catch the steamer to the head of Loch Katrine and a well earned cup of tea. For those with more biking in their legs, they can choose to bike around Loch Katrine on the private road around the loch (about 2-3 hours).

After some chill-out time, we will finish our day with a meal out at a local restaurant in Aberfoyle.

### **Thursday - Stirling - Castles and Sites**

Thursday is a chance to experience some of Scotland's ancient history with a trip to the City of Stirling and its Castle. En route we can even visit Doune Castle, famous for the location of the film: Monty Python and the Holy Grail. Our pre-conference will end back in Aberfoyle at approximately 15.30 to give you time to wind down before we begin the Conference.

Safety and insurance: We have reviewed the pre-conference activities for likely areas of risk and have taken steps to ensure that you will be reasonably safe. But it is particularly important that participants in the pre-conference activities ensure that they have appropriate travel and accident insurance which includes access to health care and hospital treatment in the UK. And that you understand that you are personally responsible for taking part in the activities that you choose. Also see section on Health, Safety and Insurance.