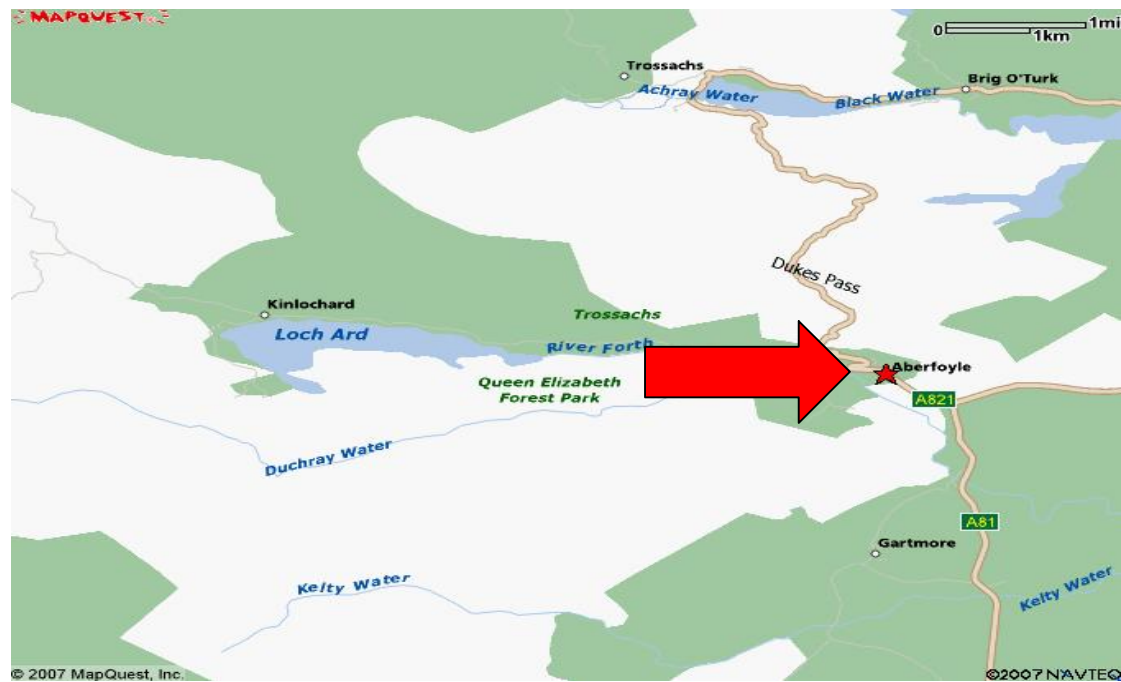
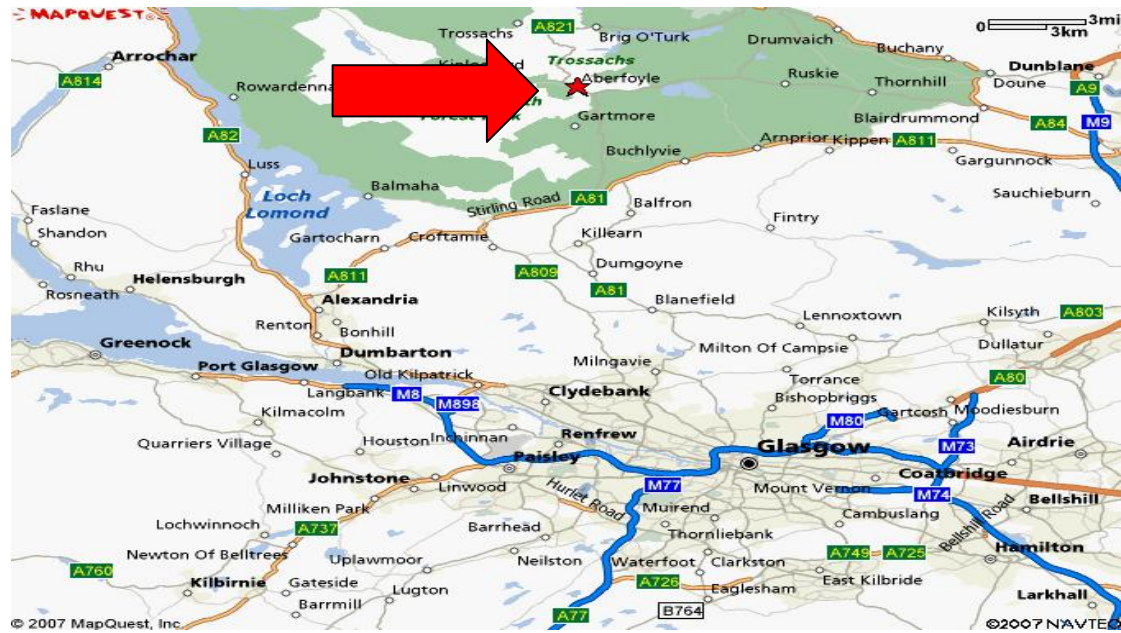


Maps and Directions for Aberfoyle



Meeting Point:

Main Car Park in the Centre of Aberfoyle

Alba Adventures

FROM GLASGOW CITY CENTRE

Follow signposts for A8 north.

Join M8 and head west (signposted Dumbarton, Greenock)

Leave M8 at Junction 16 (signposted Aberfoyle) and follow signs for Milngavie (A879 and then A807)

Once in Milngavie, follow signs for Aberfoyle/Stirling (A81)

Carry on up the A81 following signs for Aberfoyle for approximately 20 minutes. Turn left at the sign for Aberfoyle (A821). Travel into Aberfoyle and park in the main car park. If you venture through Aberfoyle you have gone too far. Alba staff will be waiting in the car park for you.

Contact for your Event

Your contact for the day is John and, if needed, he can be contacted on 077759 42545 or you can contact the office on 0141 564 1154.

Suggested Kit List

It would add to your enjoyment and comfort if you could bring the following:

- * Warm top and jacket
- * OLD Trainers you don't mind getting dirty or wet
- Woollen socks
- A comfortable pair of outdoor trousers (jeans, if the weather is wet, can be uncomfortable)
- * Gloves
- * Waterproof jacket
- * Spare socks



Plus the following for water based activities:

- * A swimming costume or trunks and t-shirt to wear under your wetsuit
- * Towel
- * A spare pair of dry trainers and socks to wear on the way home
- * A cord or similar to keep your glasses on if you want to wear them while rafting
- * Valuables and non waterproof cameras should be left at home
- * Plastic bag (for wet gear)

**We look forward to seeing you
Alba Adventures**