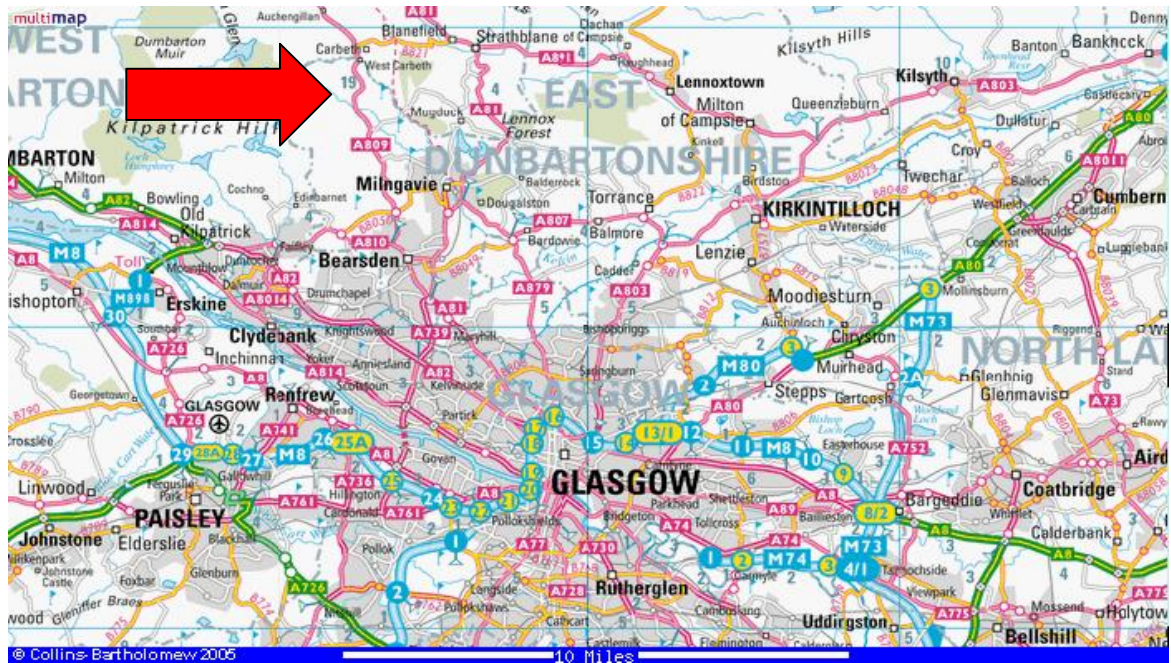
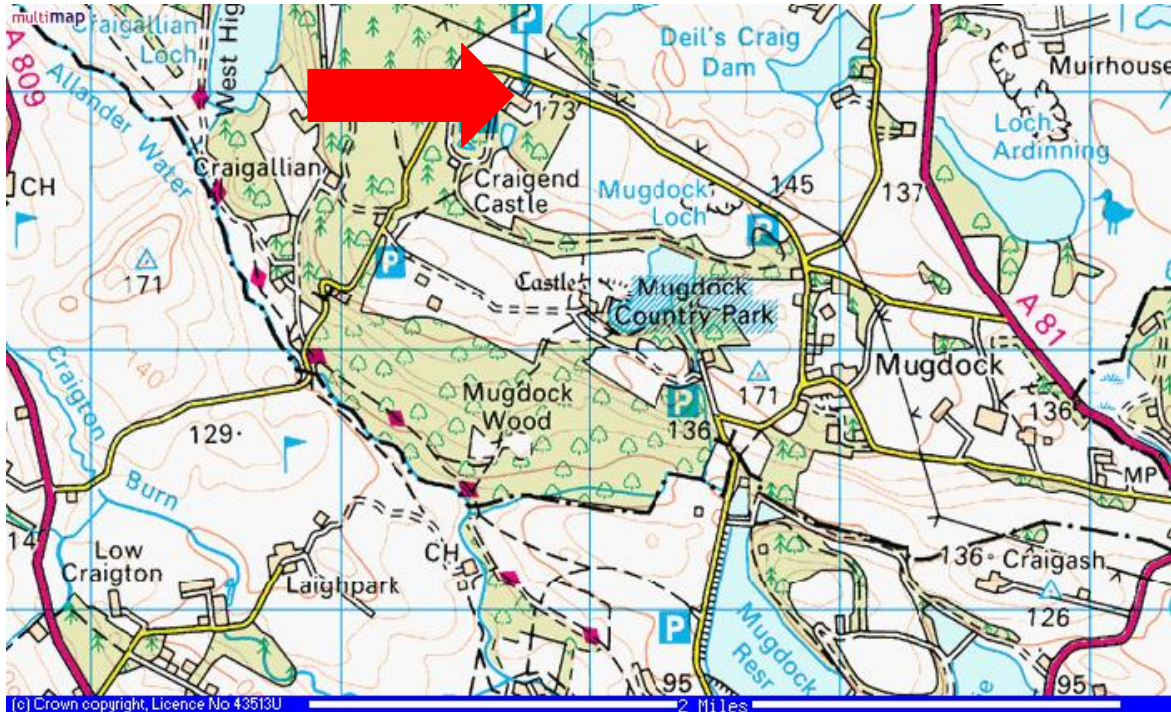


ALBA ADVENTURES LTD

MUGDOCK COUNTRY PARK, Strathblane



ALBA ADVENTURES LTD

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 Strathblane (A81)

Carry on up the A81 for approximately 4 miles. Turn left at signpost for Mugdock Planetarium. (If you reach Strathblane you have gone too far)

At T junction turn right and follow road for approx 1 mile. Mugdock Country Park Car Park on left.

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)

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 336 5300.

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