

Hi Folks

### Autumn Gold

Autumn is a splendid time of year for walking in Scotland. Purple heather, golden leaves, roaring stags all make for an unforgettable experience. We have some exciting holidays lined up during this time

'Road to the Isles' – trekking from Rannoch to Skye, following old drove and military routes across the Highlands; echoes of an earlier era.

'A Sutherland Trail' – a new long distance route across the wild tracts of the North West; fantastic landscapes.

'Mull Iona Ulva' – easy going island explorations; excellent for wildlife spotting.

As an incentive to get you out there this Autumn, we are offering the following deals exclusively to our readers.

8 <sup>th</sup> – 15 <sup>th</sup> Sept	Road to the Isles – now only £549
12 <sup>th</sup> – 16 <sup>th</sup> Oct	Trossachs Trail – bargain price £425
24 <sup>th</sup> – 31 <sup>st</sup> Oct	West Highland Way – a snip at £499

To take advantage of these special prices, simply quote the promotion code "August Hill talk" when you book.

### Wildlife Spotting

Our holidays offer excellent opportunities for spotting much of Scotland's diverse wildlife. Here is a selection of wildlife spotted on recent trips:

Canada Geese, seals, dolphins, whale, gannets, shags, red throated divers, puffins, great and Arctic skuas, grass snake, lizard, terns, herons, golden eagles, dipper, cormorants, wheatears, adder, an osprey carrying a fish.....

What will you see?

### Mountain Aid / Ben Nevis High Tea

Mountain Aid is a new charity dedicated to supporting injured hill-goers, helping fund Mountain Rescue services and promoting mountain safety. Links have already been forged between C-N-Do and Mountain Aid. The first Mountain Aid fundraising event is to be a Haggis High Tea on Ben Nevis on the 22<sup>nd</sup> August. To find out more about the charity or to take part in this event see their website at [www.mountainaid.org.uk](http://www.mountainaid.org.uk).

### Trossachs On Two Wheels – Sponsored Cycle Ride

Another charity worthy of our support is Muscular Dystrophy Campaign. On the 20<sup>th</sup> September C-N-Do will be providing organisation and assistance with their Boat, Bike and Barbie event through the Trossachs countryside. There's a choice of two cycle routes one of 23 miles and the other 10 miles. Why not join us for the day and raise some money for a good cause? All your favourite C-N-Do leaders will be there! More details from [scotland@muscular-dystrophy.org](mailto:scotland@muscular-dystrophy.org)

### Nordic Walking Mini Treks

A further development of our Nordic Walking programme is Mini-Treks. These are short 4 to 5 hour walks in areas of scenic interest and varied terrain allowing you to really get into your stride. The price of £25 includes the use of Nordic walking poles.

### Autumn / Winter Páramo Range

In a few weeks time we will be taking delivery of some new Páramo outdoor clothing items.

'Quito Jacket' – a unisex multi-activity jacket in the new lightweight waterproof fabric. If you find your current Páramo jacket a bit too warm or heavy for summer, why not take a look at this one?

'Fuera Crest' – a ladies specific addition to the ever popular range of Fuera windproof jackets.

'Halcon Jacket' – a top of the range bird watching and country pursuit jacket with an incredible 9 pockets!

'Velez Adventure Trousers' – waterproof trousers in the new lightweight waterproof fabric. A lighter weight version of that perennial favourite the Cascada trousers.

We have a separate mailing list for our Páramo customers advising them of special offers, sale events and new garments. Let us know if you wish to be added to it.

Don't forget, if you have been on a holiday or course with us, we will give you a 10% discount on Páramo purchases. Discounts are also available for members of the SYHA, Mountaineering Council of Scotland and Ramblers Association.

If you are looking to pick up a bargain check out our virtual sale rails on [www.cndoscotland.com/paramo](http://www.cndoscotland.com/paramo) for some special offers.

### Hill Phones 2009

This Autumn sees the continuation of the successful Hill Phones scheme providing walkers in Scotland with information on deer stalking activities. If you are planning to go walking over the next few months in an area of Scotland that is subject to stalking you can make use of this service to ensure your activities will not cause disruption to the local estate. More information available at [www.hillphones.info](http://www.hillphones.info)

### A bit of feedback

"To be in such a wilderness area was a privilege – the wild flowers, the birds – a cuckoo being fed by pipits - amazing."

(From a recent Fisherfield Raid participant).

Enjoy yourselves wherever you go - The C-N-Do Team.

