FRESHAIR HIGHLAND HACK

An expertly facilitated **journey on foot** through some of Scotland's finest and most inspiring scenery.

For senior business leaders looking for space to re-energise, reflect, and refocus.

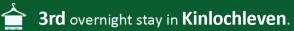
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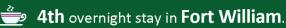


You need only carry a light daypack as your main bags will be carried ahead for you in our support vehicle each day.

Our route follows the West Highland Way







1st overnight stay in Bridge of Orchy.

The next morning our **three-day journey** begins.

Time to enjoy the **relaxing rhythm** of



walking, talking,





We're in this together, so we'll be in touch before the walk to explore your hopes and your needs for the journey.

We'll work together to ensure you get the very best from the experience.

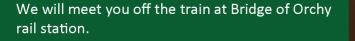
Each day's walk will be between 5-7 hours long and we will set a pace that allows everyone to walk and talk comfortably.

There may be times when you wish to walk alone, maybe dwelling awhile on a grassy bank or rock. There will be ample opportunity for this.

There will also be plenty of opportunity to share **Stories** with your fellow walkers.

Guest companions will join us during parts of the journey. They will briefly share their stories and challenges as a way of stimulating thoughts and discussions around themes of common interest.

And towards the end of the journey we can help you gather your thoughts, perhaps even create an **action plan** if this would be helpful.



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