

## Ride Hard, Eat Well!

Welcome to Scotland! Mountain biking in Scotland means you will be hungry (very hungry!) and despite the remoteness of this particular trip, there are opportunities to enjoy great fresh Scottish fayre and of course a dram or two and a fine ale!

### Cam Allt Na Mara

Your base for the week is the wonderful Highland lodge 'Cam Allt Na Mara' on the shore of Lochcarron. To get the very most from your unique 'Torrid Affair' experience, we encourage you to read these notes we have prepared.

### Breakfast

Breakfasts are included and are provided on a help yourself basis to set you up for the day e.g fruits, yogurts, muesli, cereals, porridge, juices, breads etc (dietary requirements are taken into account from your booking).

### Lunches

There will be opportunities for you to buy packed lunch provisions to carry on the rides, or, depending on routes we may enjoy a great cafe stop or lunch at a traditional Inn (your guides will let you know the plan each day).

### Evening Meals

Some meals are enjoyed in locally selected inns and bistros, and for the rest, provisions will be purchased by ourselves to enjoy preparing meals at the beautiful accommodation facilities. A lochside BBQ is also a regular occurrence (your guides will let you know the plan each day).

### Saturday Evening Meal

Our first meal is at Cam Allt Na Mara with refreshments. This is our welcome to you (**no cost**).

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### Important Note on Meals

*In general, you will eat out on three nights and the remainder at Cam Allt Na Mara. Overall, we estimate a budget of £20 to £35 per person per day is adequate for lunches and evening meals with refreshments.*

*For those meals prepared at the house, we estimate £10 per person each night (£30 for the week) to cover the cost of evening meals with beverage. **There will be a 'kitty jar' in the kitchen where guests can deposit their contribution towards those evening meals.***

***Guests are also welcome to use the full kitchen facilities available at Cam Allt Na Mara.***

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## **Buying Provisions**

Due to the remote nature of your trip, we'll be stopping off in the city of Inverness on the journey northwards. Here we will refuel and have access to a great selection of lunch, snack and alcohol supplies. During the course of the trip, as well as relying on local suppliers, on occasion, we arrange online shopping deliveries to Cam Allt Na Mara.

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## **Eating Out (Some of Our Favourites)**

### **Lochcarron Bistro**

Situated in the heart of the pretty village of Lochcarron, this highland bistro strongly promotes local sustainable & seasonal produce. We love the warm, friendly staff and of course the deliciously fresh food on offer in its intimate, relaxed setting.

### **Applecross Inn**

A firm favourite of ours for over a decade, our close friend Judith Fish and her staff will give you a warm welcome to the Inn and it's world-famous menu. Situated in the village of Applecross, on the remote Applecross peninsula, the Inn boasts lovely views across the Inner Sound of Raasay, to the isles of Raasay and Skye and boasts an equally fine selection of honest, home-cooked cuisines. Just don't eat too much as you may well have another couple of hours riding afterwards!

### **Coastal Bar & Kitchen, Shieldaig**

Shieldaig's friendly local bar and Coastal Kitchen restaurant has a magnificent situation on the seafront in the centre of the village - specialising in langoustines, lobsters, mussels, crabs, scallops, oysters, surf and razor clams. One of their secret gems is their wood-fired pizzas though - they are to die for!

***Any questions, please just ask the guides!***