



Isle of Mull Travel Details

Accommodation: Ardachy House Hotel, Uisken, by Bunnesan, PA67 6DS Phone 01681 700505
WalkingWomen Office: 0114 241 2774

Traveline: <http://www.travelinescotland.com/> or ring them on **0871 200 22 33**

However you plan to travel, please let us know your plans & arrival times well before the holiday starts so that we know which ferry you will be on, and which bus we should pick you up from.

Please note that Autumn 2017 timetables have not yet been released and the times below are for guidance only.

Getting to Oban for the ferry

By Train to Oban

There is just one train that connects with the ferry; leaving Glasgow Queen Street at 12:21 arriving in Oban at 15:28 to enable you to catch the 15:55 ferry. **The ferry leaves promptly after the train arrives so it is best to co-ordinate your train arrival with the ferry times. See www.scotrail.co.uk and www.calmac.co.uk**

By Bus to Oban from Glasgow – Citylink (0871 266 33 33)

Citylink run a bus from Glasgow Bus Station to Oban leaving at 12:30 arriving 15:25. See www.citylinkonlinesales.co.uk

By Car to Oban

Oban is 2hr 30mins by car from Glasgow – on the M8 and A82/A85 – a beautiful drive! Once in Oban, if you don't want to pay to take your car over to Mull, you can leave it parked at the Pay & Display car park next to the Calmac ferry terminal, or for free Lochavullin Street long term car park (see map) a little walk away from the ferry terminal.

Ferry from Oban to Mull, then Bus to Bunnesan

Ferry from Oban to Craignure, Mull leaves at 15:55, arriving 16:45

Bus number 496 destination Fionnphort. Bus leaves Craignure at 16:50, arriving Bunnesan 17:45. A member of the accommodation's staff will then collect you from the Bunnesan bus stop.

PLEASE NOTE: the bus doesn't wait for long at the Craignure ferry terminal. For bus timetables please see www.westcoastmotors.co.uk/timetables

Return Journey

The bus leaves Bunnesan at 07:30 and arrives Craignure at 08:30 to connect with the 08:40 ferry which arrives in Oban at 09:30 or the 09:55 arriving 10:50.

The train to Glasgow and beyond departs at 12:11.

There is a bus which leaves Oban at 12:10 arriving Glasgow at 15:10



WalkingWomen

Tel: 0114 241 2774 Email: queries@walkingwomen.com Website: www.walkingwomen.com
Bookings/Enquiries: WalkingWomen, Scotia Works, Leadmill Road, Sheffield S1 4SE
Registered Address: 112 Sandgate Drive, Kippax. Leeds LS25 7QR

Extra night in Edinburgh, Oban or Glasgow

If you want to spend an extra night in Oban or Glasgow, you can do so inexpensively at Corran House Hostel in Oban (01631 566040), or at the Eurohostel in Glasgow (0141 222 2828). We can recommend the Ardenlee Guesthouse in Edinburgh as a B&B overnight option - www.ardenlee.co.uk.

What to Bring

Essential items:

- **Walking boots** - leather or waterproof fabric, broken in and comfortable, with ankle support & sufficient tread left for good grip. If you're buying a pair for this trip, walk around in them as much as possible to break them in before you come.
- **2 or 3 pairs of walking socks.** Wearing a thin coolmax sock underneath a thicker sock helps avoid blisters. Tape on the heels is also a useful preventative measure
- **Waterproof anorak** - should ideally also be breathable.
- **Waterproof trousers**
- **Extra fleece or sweater** - to put on during a stop or if it's windy.
- **Trousers &/or shorts** - loose enough not to restrict your movement (Jeans are not advisable)
- **Walking tops** - cotton is not advisable as it holds the moisture if you're sweaty and then you get cold easier during a stop. 'Wicking' tops or anything synthetic will tend to take the moisture away from your body.
- **Gloves & hat** - in case it's windy!
- **Day pack** - to carry spare clothing, waterproofs, packed lunch, water bottle and other bits and pieces. If you're buying one for this trip, try and get one that carries the weight on your hips rather than only your shoulders - you'll be much more comfortable. Also, if you think that poles will help you, most walking rucksacks now have straps to carry them when not in use.
- **Water flask** - or strong plastic water bottle - 1 - 1.5 litres
- **Sun screen, lipsalve**
- **Large plastic bag** - to keep the contents of your rucksack dry if it rains.
- **Towel & Swimming costume for swimming stops** - You can buy light-weight camping towels from outdoor shops.

Non-essential, but nice!

- **Walking poles** - not essential but many women use them to help with balance and to save wear to their knees. 2 poles are best if you have troublesome joints - you can then reduce pressure on your knees by up to a third.
- **Gaiters** - not expensive, and they do keep your boots drier, and stop rain running from waterproof trousers into your boots (i.e. worn under waterproofs).
- **Also:** Slippers - such bliss in the evening! Camera, spare film & spare battery, maybe binoculars, a mat to sit on during a drink stop, a flask for a hot drink.

Some advice if buying boots

- A walking boot should be a size bigger than your normal shoe size to prevent you damaging your toes when walking down hill. You can always wear another sock if your boot is too big, but you can't solve the problem the other way round! You should not be able to feel your toes touching the end if you're standing on a downhill slope with your boots done up well.
- Go for the make and model of boots that feels most comfortable, rather than necessarily the one that comes most highly recommended - even if it means foregoing a gortex lining, or some other feature. If they feel uncomfortable when you put them on, they will get worse when you walk. Most good shops will allow you to return boots back if you've only tried them out around the house. Feet can be wide in different places and a 'wide' boot may not be comfortable for every wide foot. If in doubt, try as many as needed till you have the boot that feels right for you and comfortable from the start.

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