



Scotland 2026

June-July



Two different expeditions offer rowers a chance to explore the remote northern part of Scotland from the water and enjoy a mix of challenging rows and remote, wild camping. Check out both our expeditions on the following pages.

Rannoch Adventure Ltd.

Unit 8, Dammerwick Farm, Marsh Road, Burnham-on-Crouch, Essex CM0 8NB United Kingdom
Tel +44 (0)1621 782127 - info@rannochadventure.com - www.rannochadventure.com
Company Registration No 7887751 - Company VAT No GB 129 1364 20

The Glorious Isle of Mull



This large Inner Hebridean Island has a fascinating coastline and numerous places of interest to visit. We start this row from Oban, rowing along the south coast towards Iona. Then we head up the west coast, passing by Fingals Cave, through the Sound of Ulva and the white sands of Calgary Beach. We will then undertake a long overnight row up to the Isle of Eigg before heading back into wonderful Tobermory for a well-earned rest (and a wee dram!). We will then row back down the east coast of the island through the Sound of Mull and finish back at Oban.

Dates: Saturday 27th June– Thursday 2nd July 2026

Duration: 5 days

Start / Finish: Oban

Price: £1,750 per person

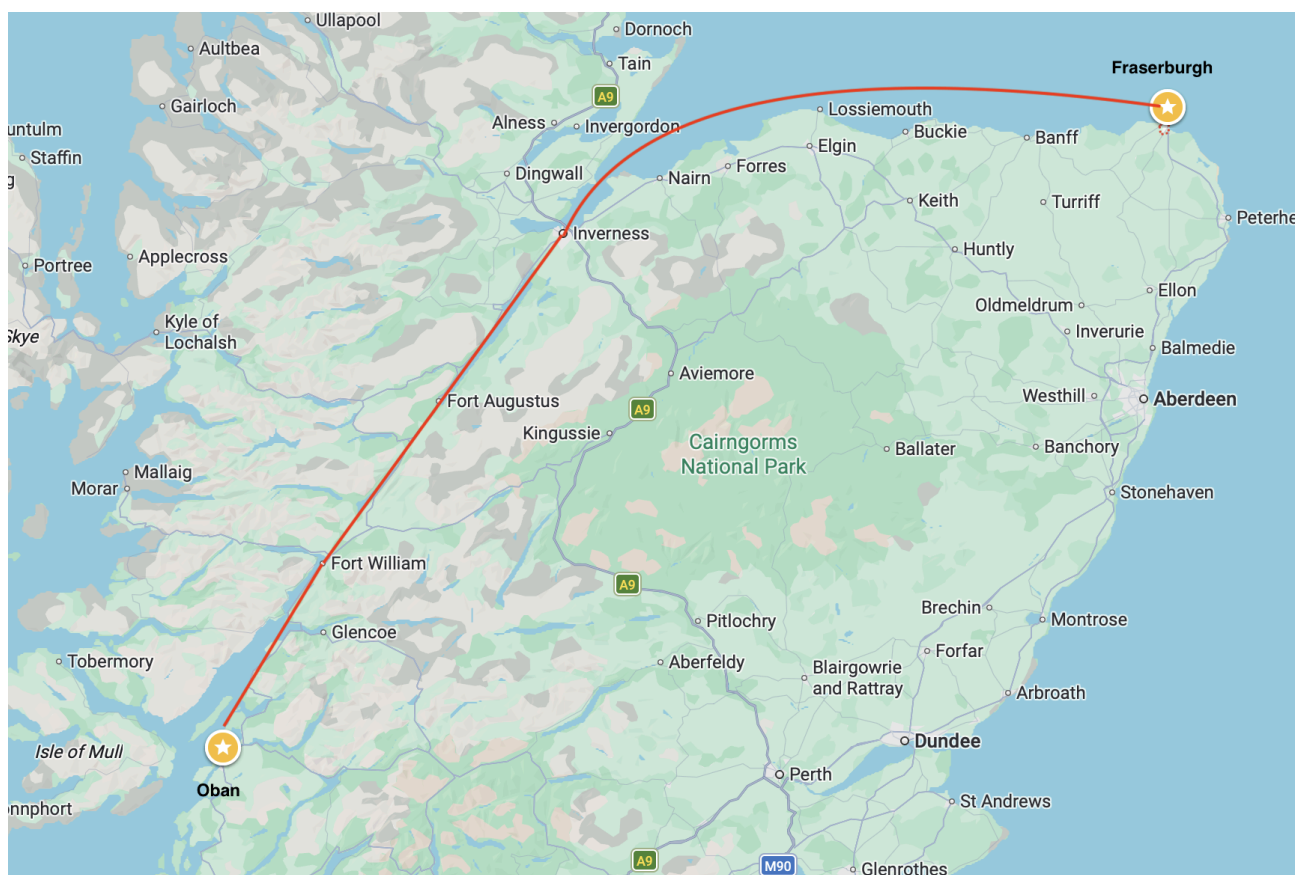
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Caledonian Canal – Oban to Fraserburgh (or reversed depending on weather)



Row coast to coast — and beyond.

Starting in Oban, you'll make your way through the Sound of Mull before entering the Caledonian Canal at Fort William. From there, the route cuts across Scotland along the Great Glen, linking a series of lochs including the vast and iconic Loch Ness, before reaching the east coast at Inverness.

From Inverness, the expedition continues south along Scotland's east coast towards Fraserburgh. This section introduces more open water, with a long coastal passage, changing sea states and a strong sense of progression as you work your way from Oban to Fraserburgh.

This is a varied and rewarding journey, combining sheltered inland rowing with more exposed coastal conditions — offering a complete coast-to-coast experience under your own power.

Full support and guidance provided.

A great step up for those looking to build experience.

Dates: Friday 3rd July– Sunday 12th July 2026

Duration: 9 days

Start / Finish: Oban / Fraserburgh (this route maybe reversed depending on the weather)

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Price: £2,700 per person

What to expect

Our Scottish Roxy Expeditions will take place in our 12 man ocean rowing boat, Roxy.

The rowing schedules for all of these trips will change each day but expect a mix of long overnight rows broken down into 3 hour shifts, and shorter day rows, interspersed with stop offs on the way and wild camping overnight in our yurt.

Please note all itineraries are wholly weather dependent and may be subject to change at short notice.

Both of these rows are tough and both mentally and physically challenging, but the Scottish scenery is just reward for the hard work. Living in close quarters with other recently befriended rowers in a small vessel can also be emotionally demanding.

Rowing in the open waters under your own power is a fantastic achievement and you will look back on the adventure with great pride. On the way, you will overcome many challenges, both physically, mentally and socially. But the memories and friendships made along the way will hopefully last a lifetime.

Accommodation

All nights will be spent either on board Roxy or wild camping in our expedition yurt. Rowers are required to bring their own sleeping bag. Accommodation on land at the start and end of the row are not included in the package.

Meals

All expedition meals and snacks are provided. Drinking water is available on the boat (via a water maker). Rowers may bring a limited amount of personal snacks if they wish, although sufficient food will be available. Stop offs and restaurant meals may be scheduled, depending on weather conditions at the time. The costs of these are not included in the price.

Safety & Medical

- **There are 2 professional Rannoch Adventure staff accompanying all expeditions.**
- **All on board safety equipment is provided.**
- **First aid kits and non-prescription medical supplies are available on the boat.**
- **No smoking or drinking alcohol is allowed on or near Roxy.**

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Training and Fitness

The fitter you are, the more you will enjoy your expedition!

General Fitness

- **You should be a strong swimmer, ideally being able to swim 100 metres fully clothed. Please certify yourself.**
- **In advance of a row of this nature, we suggest a minimum 6-8 week personal training programme which mixes erg work with dynamic exercise (ideally cycling but swimming, aerobics, yoga are all good too).**
- **A combination of medium intensity exercise with prolonged endurance exercise is recommended.**

We suggest rowers build their own programme bearing the above in mind and subject to their current level of fitness. We strongly advise rowers use a qualified personal trainer for any more specific advice.

No specific Ocean Rowing Training is required for these adventures.

Social Media

All social media posts relating to the expedition should be written in the spirit of the Roxy programme. The following hashtags should be used whenever possible: #rowwithrannoch, #roxyexpeditions and @RannochAdventure should be tagged in all posts relating to the row.

Essential kit for open water rowing

- **A full set of marine foul weather clothing**
- **Sports shorts, leggings**
- **Base layers, sports t-shirts (no cotton)**
- **Gilet, fleece**
- **White soled training shoes, trainers for onshore**
- **Swim suit/trunks, hat, neck buff, underwear, socks**

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- **Waterproof phone holder, headphones, ear plugs, book, rowing gloves, sunglasses**
- **Essential toiletries**
- **Warm sleeping bag**
- **A set of clothes for going ashore.**

This should be packed into three bags:

- **one 10 litre DRY BAG containing foul weather clothing and sleeping bag**
- **one 20 litre DRY BAG containing all clothes and kit**
- **one 3 or 5 litre 'day' DRY BAG containing all your loose bits that you take on the row deck with you such as suncream, hat, sunglasses etc).**

A comprehensive Kit List is available on request.

What's included in the price?

- **A place on Rannoch's professionally skippered ocean rowing boat**
- **All food and cooking equipment during the expedition**
- **All on board safety equipment**
- **First Aid kits and general medical supplies (excluding any personal prescriptions)**

What's NOT included?

- **Travel to and from the start and finish of the expedition**
- **Accommodation and meals onshore before, during and after the expedition**
- **Personal effects (clothes, sleeping bags, additional snacks etc.)**
- **Personal insurance**

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Payment schedule

Payment 1: 20% deposit to secure your place on the expedition

Payment 2: Balance due no later than 1 June 2026

Expedition	Dates	Price pp	Payment 1	Payment 2
The Glorious Isle of Mull	27 June – 2 July	£1,750	£350	£1,400
Oban-Caledonian Canal-Fraserburgh	3 – 12 July	£2,700	£540	£2,160

Full Terms & Conditions will be sent once a place on an expedition has been offered.

Apply for a place

To apply for a place on any of the above adventures, please complete the Application Form on this page:

<https://www.rannochadventure.com/roxy/apply-for-a-place>

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