Mind & Body Retreat in the Scottish Highlands



Trip style:

Destination:
Scottish Highlands

Walking Grade
3

HOLIDAY OVERVIEW

This Mind and Body retreat offers a transformative experience combining yoga, Pilates and peaceful countryside walks. Spend the first few days working on Pilates exercises then after a free day to rest, switch to yoga exercises, with all sessions run by expert teachers. There will also be the option to explore the Scottish Highlands with daily guided walks led by an experienced HF Holidays Leader. This holiday suits all levels of yoga and Pilates experience; from beginners to the more advanced.

WHAT YOU'LL LOVE

- Enjoying guidance and tuition from an expert Mind & Body Leader
- Learning and practicing easy-to-follow yoga and Pilates exercises
- Half day guided walks with our experienced HF Holidays Leaders
- Relaxing at our comfortable country house
- Spending time with like-minded people in the great outdoors
- A more personalised experience thanks to small group sizes (maximum 16 people)

WHAT'S INCLUDED

- En-suite accommodation in our country house
- Tickets for the Loch Linnhe Cruise & Nevis Range Gondola
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Expert tuition with a yoga and Pilates instructor
- Guided walks with experienced HF Holidays Leaders
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2–3 **Your Mind & Body Sessions**

On this Mind & Body retreat the first two days are outlined below. Your day will be divided into Pilates sessions and optional guided walks or sightseeing visits in the afternoon.

Your optional walks or sightseeing visits will take you out to explore the countryside surrounding your HF country house, and the options are outlined below.

Walks information:

Day 2: Hospital Lochan and the Glencoe Visitor Centre

Distance: 4.5 miles (7km)

Ascent: 550 feet (160m)

In summary: We'll begin with a walk up the peaceful main street of Glencoe Village passing the local museum and the Glencoe Massacre Monument – a memorial to the 30 members of Clan MacDonald murdered by government forces during the Jacobite Uprising in 1692. Crossing the old Bridge of Coe, we'll head through the woodlands that surround "Hospital Lochan", an 18th century manor house that served as the local hospital for many years. After a circuit of the lochan, we'll follow the Glencoe Orbital track to the National Trust for Scotland Visitor Centre where there's free time to check out fascinating exhibits on the history and wildlife of the area.

Day 3: Cruise Loch Linnhe

This afternoon we will head to Corpath Marina to take a cruise on Loch Linnhe, our journey will give us views of Ben Nevis, experience the Jacobite steam train passing by the Marina and the chance to explore the small islands around Corpach.

Day 4 Free Day - Scottish Highlands

A free day for you to explore the local area or to relax at Alltshellach. Our Discovery Points help you make the most out of your free day. There's plenty of maps and a selection of the best local walking routes, as well as weather forecasts and public transport options – plus details about other places to visit. Discover more about Alltshellach and the local area for ideas on how to make the most of your free day.

Day 5–7 Your Mind & Body Sessions

On this Mind & Body retreat the last three days are outlined below. Your day will be divided into Yoga sessions and optional guided walks or sightseeing visits in the afternoon.

Your optional walks or sightseeing visits will take you out to explore the countryside surrounding your HF country house, and the options are outlined below.

Walks information:

Day 5: Loch Linnhe Shore

Distance: 5 miles (8 km)

Ascent: 155ft (40m)

We'll explore the shores of beautiful Loch Linnhe with an easy circular route from the house today. Look out over its calm, crystalline water and the forested hills that embrace it while stretching your legs around the loch. There's also plenty of time to pause and take photographs or take a seat and soak up our surroundings.

Day 6: Sauna session

This afternoon you have the chance to fully rest and relax as we have arranged for a mobile sauna to be at the country house. This will give you the chance to slow down, enjoy the warmth and leave feeling refreshed and re-energised. Due to the size of the sauna, you will be split into smaller groups to enjoy your session.

Day 7: Nevis Range

This afternoon we head to the Nevis Range to travel on the Mountain Gondola (ticket included), the only one of its kind in Britain, we travel up the north face of Aonach Mor to the top station, where we will have time to wander to the viewpoints and take in the magnificent scenery.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.

ACCOMMODATION

Alltshellach, Glencoe

For a combination of mountain views, olde-worlde charm, and somewhere comfortable to sleep, this stately Scottish house in North Ballachulish has an enviable setting right on the shores of Loch Leven. The walking opportunities here are as every bit rugged and romantic as you'd expect, especially around Glen Coe, the Mamores, Kinlochleven, Bidean nam Bian, and Ben Nevis – the 1,345-metre-high peak towering above glistening lochans and glacial valleys in the north-west Highlands. You can also spend time in Fort William and ride the Hogwarts-esque Jacobite steam train as it makes its way through beauty spots such as Loch Eil, Glenfinnan, and Arisaig to the fishing port of Mallaig.

About

· 38 well-appointed guest rooms · Exclusive occupancy: 53 guests minimum · Check in from 4:00pm · For members check in from 2:00pm · Full-board (including cream tea on arrival) · Free Wi-Fi · Free on-site parking · Boot room and drying room · 2 travel cots & 2 high chairs · Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks · Indoor pool · Books and games to borrow · Licensed bar · Three lounges · Lawns and wooded grounds leading down to Loch Leven · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point

The pool opening hours: 7am -12pm and 4:30pm-9pm

Then & now

Designed in the early 1870s by Inverness architect Alexander Ross, Alltshellach was built for Lady Alice Ewing – fourth daughter of the 19th Earl of Morton and the second wife and widow of Alexander Ewing, a former Bishop of Argyll & the Isles. Their daughter, Margaret, married Liberal MP Alexander Crum while their granddaughter, also Margaret, married William Thomson (later known as Lord Kelvin) who was one of the most important physicists of the 19th century for determining the absolute zero on any temperature scale. The house remained in the family thereafter, with notable architectural additions including a private chapel, coach houses, stables, and five cottages built from Kentallen granite to house the groomsman and servants. It has been part of our HF Holidays line-up since 1929 (we purchased the property in 1953) and used as a military hospital during WWII.

Nowadays, Alltshellach has 38 well-appointed guest rooms in three categories (Classic, Premium, and Superior). Room 23 on the second floor is known as the Bishop's Room for its small prayer area, but this was most likely to have been the children's bedroom as the bishop would have slept in one of the larger rooms on the first floor. You'll find three comfortable lounges (the area with the small stained glass window at the end of the entrance hall was probably the private chapel), a dining room for a wide range of dishes made with fresh and seasonal ingredients, and a licensed bar with a superb Scottish whisky selection. Elsewhere, there's a handy boot and drying room, books and games to borrow during your stay, a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks, and beautiful lawns and wooded grounds leading down to Loch Leven. It also has a heated indoor swimming pool that is open all year round*.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team. Check out 10am.

FOOD & DRINK

Dining

Seasonal dining, tailored for you

Our team of skilled chefs design our dinner menus to showcase the best of each season, from warming winter comfort food to vibrant summer dishes, including vegetarian, vegan and high-protein options. We also source fruit and vegetables within a 40-mile radius of each house, open every break with a Chef's Special menu inspired by dishes and flavours of the local area, and are able to adapt dishes to suit special dietary requirements.

Welcome Cream Tea

What better way to start your stay than with a cream tea, served fresh on arrival to make you feel instantly at home. A quintessentially English tradition, our scones are baked in-house and served with preserves and clotted cream, providing the perfect opportunity to meet fellow walkers.

A hearty breakfast to start the day

Start the day with a freshly-prepared cooked breakfast and a wide choice from our continental buffet, including hot drinks, juices and fresh fruit. Our team offer a quick and friendly service, leaving you fuelled and ready for your day's adventures.

Our famous picnic lunch

Our personalised picnic lunches are perfect for a day out walking, ready to enjoy when hunger strikes. Choose from a large selection of fresh sandwiches and salads, freshly baked cakes and snacks, including the ever-popular Freddos chocolate bar! Everything is designed to fit neatly into your rucksack, and all of the packaging we provide is recyclable or compostable.

3-course evening meals

Our à la carte evening menus feature a wide choice of starters, mains, and desserts, made with seasonal ingredients and, wherever possible, herbs and vegetables from our own gardens. Shared around sociable tables, dinners are relaxed occasions, with drinks available to order at the table or from the bar, and a traditional Sunday roast to round off the week.

ROOMS

Your room at Alltshellach

Designed with your comfort in mind, Alltshellach has 38 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

Premium Rooms are more spacious en-suite guest rooms*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

Superior Rooms are even more spacious en-suite guest rooms offering upgraded views of the surroundings*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

We love: Room 21 for its extra space, corner position, and gorgeous views across Loch Leven. Equally fabulous is Room 23 (known as the Bishop's Room) on the second floor.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Room supplements

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

*Views and layout reflect each properties unique character and location

*Please note, pool opening hours are: 07:00am – 09:00am 16:00pm – 18:30pm

ACCESSIBILITY

For accessibility and assistance information, please contact our expert team on 020 3974 8865 or view the accessibility information online for Alltshellach

ABOUT YOUR STAY

A warm welcome
We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided waking routes as well as visit-worthy local attractions.

Helping you enjoy the Great Outdoors - A natural focus on walks

Walks talks and Discovery Points
Our founder, country pastor turned social innovator, Thomas Arthur Leonard, was passionate about encouraging people to explore the countryside. His legacy continues in HF's continued focus on walking. Many guests choose to travel with us on guided or self-guided walking holidays, and as such, evenings at our houses are often busy with walk leaders hosting various briefings and talks. On guided walking holiday arrival days, there are walking information briefings before dinner, and for the duration of any guided walking holiday there will be a Walks Talk before (or on occasion after dinner), to go through the following day's walk options. Self-guided walking guests, and those on special interest holidays (where there is free time to explore independently), are of course welcome to also join in these Walks Talks - please talk to the team locally if you have any queries. Our Discovery Points are filled with handy maps and route notes, designed to ensure everyone, not just those booked on a guided walking holiday, can enjoy the beautiful countryside settings that our HF houses enjoy.

The walking day
Prior to setting off on guided walks, our HF Holidays Leaders run through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure walkers have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

TRAVEL DETAILS

Address

Alltshellach
Onich
Fort William
Invernesshire PH33 6SA

Tel: +44 (0)1855 821357

HF Holidays Sales and Support Team

Telephone: +44 (0) 208 0155108

Email: reservations@hfholidays.co.uk

(our office customer support team are happy to help with any requests or queries you may have for the house)

NEW: Return Flights from London Heathrow to Glasgow, plus airport transfers to Alltshellach only £350pp. Call us to book

By HF Holidays Shared Transfer

We offer group transfers for your convenience/peace of mind on **Saturdays**, or over the **festive period**. Available transfers will show as options on the booking page, if appropriate, for your requested holiday date/s.

2026 Prices: £85 per person for a return transfer, or £55 per person for a single transfer.

Outward journey: Depart Glasgow Buichanan Street Bus Station at 15:15, or Glasgow Airport at 15:45. Arrive at Alltshellach approx. 18:30.

Return journey: Depart Alltshellach at 09:30, arrive at Glasgow Airport at approx. 11:30 or Glasgow Buchanan Street Bus Station at approx. 12:00

These transfers are at additional cost and MUST be booked in advance via our website, by email or with our team over the phone (please see above contact info for the Sales & Support Team. Thank you.

By Road

From Glasgow (or the south) take the A82 towards Crianlarich then Fort William. Once you reach Ballachulish go straight on at the roundabout, over the steel bridge and take the second right onto the B863 towards Kinlochleven. Once you've turned onto the B863, continue around 400 yards and you will find Alltshellach on your right.

From Fort William (or the north) take the A82 southbound towards Glencoe. Once you reach North Ballachulish, turn left onto the B863 towards Kinlochleven (if you've reached the steel bridge at Ballachulish then you've gone too far). Once you've turned onto the B863, continue around 400 yards and you will find Alltshellach on your right.

By Taxi

Alltshellach is an approx. 25 mins taxi journey from **Fort William**. There are frequent train services along the west coast between Glasgow and Fort William. Please see the 'By Train' section for further information. Taxi companies to consider include the below:

West Highland Taxis Tel: 01855 831495, jamie@westhighlandtaxis.com

Nevis Taxis Tel: 01397 703000, nevistaxi@hotmail.com

Lochaber Taxis Tel: 01397 703334, pedro@lochabertaxis.com

Alltshellach is approx. 97 miles from **Glasgow city centre**, which takes around 2h30 and is a considerable cost by taxi; we would suggest using public transport in the first instance as the most reasonable option.

By Bus

For journey planning, including for any bus, coach, ferry, Glasgow Subway or Edinburgh Tram service in Scotland, we recommend using www.travelinescotland.com for the most up to date information. There is also an app you can download or you can call 01421 465 1878 for further information.

Alltshellach's closest bus stop is **North Ballachulish, at/opposite Kinlochleven Road End on A82.** You can request that your driver stop here (there is no need to continue on to Fort William - however please check timetables that the bus is scheduled to stop at North Ballachulish). The bus stop is approx. 0.4 mile (or 8 mins) walk away from Alltshellach, on flat pavement. There is no need to cross the steel bridge. The bus stop is on the A82; disembark here and then turn onto the B863 towards Kinlochleven, and Alltshellach is 400 yards on your right. We regret that HF staff are not permitted to collect/drop you at the bus station for insurance reasons.

The bus to/from Glasgow and North Ballachulish takes approx. 2h45. The main bus station in Glasgow is **Buchanan Bus Station, Glasgow City.**

The bus between Edinburgh and North Ballachulish takes approx. 3h40 or longer. The main bus station in **Edinburgh is Edinburgh Bus Station, City of Edinburgh**.

If you are travelling by train and arriving into (or departing from) **Fort William**, then there is a bus service between Fort William and North Ballachulish, which takes approx. 25 mins, and at peak times the service runs approx every 30 mins.

Ember also run electric bus services across Scotland, including to Fort William. For further information see https://www.ember.to/

By Train

The nearest train station to Alltshellach is **Fort William**.

For journey planning by rail, please visit www.scotrail.co.uk. You can also view handy maps of Scotrail routes here; https://www.scotrail.co.uk/plan-your-journey/our-routes

Trains operate between **Glasgow Queen Street** and Fort William, and the journey time is approx. 3h50; this is a scenic journey on what is often known as the 'West Highland Line'.

There is a bus service between Fort William and North Ballachulish, which takes approx. 25 mins, and at peak times the service runs approx every 30 mins. Please see the 'By Bus' section on this webpage.

If you plan to travel from Edinburgh to Fort William, then there are trains between **Edinburgh Waverley station** and Glasgow. There are two train stations in Glasgow offering services to/from Edinburgh; Glasgow Central and Glasgow Queen Street, and it is a short 10 mins walk between the two (or you can take a taxi).

By Air

The nearest airport to Alltshellach is **Glasgow Airport (GLA),** which is around 87 miles away by road. For information on flights, car hire and other services from the airport, please visit https://www.glasgowairport.com/

There is an official bus service connecting the Glasgow Airport and the city centre (Glasgow Buchanan Bus Station); journey times from just 15 mins, aboard a fleet of electric buses. **Airport Express Service 500** is operated by First Glasgow; please see https://www.glasgowairport.com/to-and-from/glasgow-airport-express-service-500/ for further information. From the city centre, you can take a train and/or bus north to Alltshellach; please see those relevant sections for further information.

Other than the above mentioned Airport Express Service, regular buses from the airport to the city centre (Buchanan Bus Station) take between 30 mins and 1hr, dependent on the service you choose and traffic. Please visit www.travelinescotland.com for further journey planning.

Please note, Glasgow is served by two airports; the main Glasgow Airport (GLA) is located approx. 8 miles west of the city centre, in Paisley. There is also Glasgow Prestwick Airport (PIK) which is located about 32 miles southwest of the city, in Ayrshire.

Edinburgh Airport (EDI) is around 114 miles by road from Alltshellach. For information on flights, car hire and other services from the airport, please visit https://www.edinburghairport.com/

There is a convenient tram service between the airport and Edinburgh city centre, taking approx. 30 mins. For further information please see https://edinburghtrams.com/.

There are Scottish Citylink bus services between Edinburgh Airport and Glasgow, taking around 1h20. For information regarding transport links between Edinburgh Airport and the city centre, please see https://www.edinburghairport.com/transport-links

LOCAL AREA

Places to visit in the Scottish Highlands

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Alltshellach.

Ballachulish

Split into three (North Ballachulish, South Ballachulish and Ballachulish Village), the village was once famous for its slate. Nowadays, one of the best-known attractions is the 9-hole Woodlands Golf Course, formally known as The Dragon's Tooth.

Fort William

Nicknamed the Outdoor Capital of the UK, this West Highland town on the banks of Loch Linnhe is a 25-minute drive away. The town centre has a high street with an excellent selection of shops selling outdoor clothing and walking equipment.

Jacobite Steam Train

Making its way through beauty spots such as Loch Eil, Glenfinnan and Arisaig as it travels to the fishing port of Mallaig, riding this Hogwarts-esque steam train is a must for *Harry Potter* fans. Trains run daily and early booking is recommended.

Isle of Mull

Reached by car ferry from Oban or Lochaline, this Inner Hebridean island is home to Tobermory - the colourful town featured in children's TV series, *Balamory*. Don't miss Duart Castle, the ancestral home of Clan Maclean – one of the oldest Highlands families.

Isle of Lismore

After hiring bikes at Port Appin, a 30-minute drive away, it's just a short ferry crossing to this quiet and rural island. Must-dos include making the most of the walking and cycling opportunities, spotting all manner of wildlife, and visiting the Lismore Gaelic Heritage Centre.

Oban

As the unofficial capital of the West Highlands of Scotland and the Gateway to the Hebridean Isles, this harbour town is a 45-minute drive away. The climb to McCaig's Tower rewards with spectacular views across Oban Bay to the Atlantic Islands.

Eilean Donan Castle

Claiming to be the most-photographed Scottish castle, this ancient stronghold worth the 80-mile drive. It opened to the public in 1955 and has since become one of the country's best-loved attractions. Most interesting is the banqueting hall, kitchen, and main keep.

SAFETY ON YOUR HOLIDAY

Walking safety

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

ESSENTIAL INFORMATION

Packing list

Mind & Body sessions

No special clothing is required for your Mind & Body holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. There may be some lying down work, so you need to bring an exercise mat and a small blanket.

Walking

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- First-aid kit

USEFUL INFORMATION

Useful information

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your holiday and are delighted to share their knowledge and enthusiasm with you. Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In The Event Of A Problem

If you become separated from your group, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack and call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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