

WALKING • CYCLING • HORSE RIDING • WILDLIFE • HISTORY • ARTS • MUSIC • DRAMA

Walking & Arts  
**Cowalfest**  
www.cowalfest.org



**Cowalfest 2009**

*Welcome home*

**9th to 18th October 2009**



Portrait of Alexander Reid by Vincent van Gogh, 1887  
© copyright Culture and Sport Glasgow (Museums)

## Van Gogh's friend is coming home for Cowalfest

See [www.cowalfest.org](http://www.cowalfest.org)

**FREE ADMISSION TO ALEXANDER REID AND THE JAPANESE INFLUENCE:  
ART, SHIPS AND PLANTS EXHIBITION AT COWAL CAMERA CLUB,  
CASTLE STREET, DUNOON 12 - 16.00 DAILY**

## Welcome to Cowalfest 2009 - Scotland's largest walking festival

Walking is now said to be worth £1.3bn to the Scottish economy. Cowalfest, now gearing up for its seventh festival which starts on Friday, is Scotland's largest walking and arts festival. Not only does it attract visitors during its ten days in October, but it also encourages visits to Cowal during the rest of the year. So pass on this newsletter, phone your friends and relatives, and book yourselves on some of our great walks and events, and do what everyone else is doing - getting out and walking. ✓ offered by Cowalfest.

**UK Visitor Activities undertaken in Scotland (from VisitScotland.org)**

**UK Holiday Trips (%) 2008**

**Hiking/Hillwalking/Rambling/  
Other walking 47% ✓**

**Heritage, Architecture, Literature  
etc. 23% ✓**

**Shopping 14% ✓**

**Touring/Sightseeing 13% ✓**

**Wildlife watching & Zoo Park  
Visits 9% ✓**

**Watching performing arts (in-  
cluding cinema) 8% ✓**

**Adventure Sports 4%**

**Fishing 4%**

**Golf 3%**

**Cycling 3% ✓**

*Breathtaking*

**Argyll's Cowal Peninsula - Marine Gateway to Loch Lomond & The Trossachs National Park**

This newsletter is sent to you to keep you informed about Cowalfest, and to let you know what Cowal Walking Festival Association is doing to promote walking, outdoor, environmental and cultural activities in Cowal and, through that, in Scotland. Please feel free to pass the newsletter on to visitors, potential visitors, colleagues, friends and family. If you do not wish to receive further copies of this occasional newsletter please email [dorothy.bruce@bannachra.plus.com](mailto:dorothy.bruce@bannachra.plus.com) and you will be removed from the distribution list.

*Have you booked yet?*

## Walks Diary

### 9 Friday

- 10.00 1 Carnach Mor and Beinn Bheula
- 10.00 2 Toward to Innellan
- 10.30 3 Lower Stillaig
- 14.00 4 Dunoon Heritage Walk/Museum
- 16.00 5 Holy Loch Birdwatch
- 21.30 6 Moonlight walk

### 10 Saturday

- 09.30 7 The Coffin Route
- 10.00 8 Dunoon Forest
- 10.00 9 Beinn Mhor Mountain
- 10.00 10 'The Eagle and the Cross'
- 10.00 11 Stob an eas - Hell's Glen
- 14.00 12 Benmore Garden - Hidden Gems
- 14.00 13 Colintraive Heritage
- 19.00 14 Macbeth's Way - torch-lit walk

### 11 Sunday

- 09.00 15 Red Squirrel Walk, Glenbranter
- 09.00 16 Clach Bheinn Circle
- 09.30 17 Cowal Way 1 - Portavadie to Tighnabruaich
- 10.00 18 Dunoon to Bishop's Seat
- 10.00 19 Castle Lachlan to Newton
- 11.00 20 Homecoming Burns Whisky Walk
- 14.00 21 Benmore Botanic Garden - Specialist Collections
- 14.00 22 Whistlefield to Inveroaden
- 14.30 23 Tai Chi Walk
- 17.00 24 Prospero's Way torch lit walk

### 12 Monday

- 09.30 25 Duke's Pass
- 09.30 26 Cowal Way 2 - Tighnabruaich to Glendaruel
- 10.00 27 Glen Massan to Loch Tarsan
- 10.00 28 Butterbridge to Arrochar via Glen
- 10.00 29 Cruach nan Capull and Sidhean Sluiagh
- 11.00 30 Cormonachan Native Woodlands Trail
- 13.00 31 Brac Hill Climb
- 14.00 32 Benmore Botanic Garden - The History

### 13 Tuesday

- 09.15 33 Am Binnien
- 09.30 34 Cowal Way 3 - Glendaruel to Strachur
- 10.00 35 Glenbranter Waterfall Walk
- 10.00 36 Beinn Mhor from Glen Massan
- 10.00 37 Kilmun Heritage Walk
- 10.30 38 Photography Walk, Toward
- 13.00 39 Glenkin from Rumbling Bridge
- 14.00 40 Caladh
- 14.00 41 Benmore Botanic Garden - Autumn Colours
- 18.00 42 Dusk Wildlife Walk

### 14 Wednesday

- 09.15 43 Cowal Way 4 - Strachur to Lochgoilhead
- 10.00 44 Beinn Bheula Loop
- 10.00 45 Portavadie
- 10.00 46 Butterbridge to Ben Ime via glas bealach
- 11.00 47 Glen Fyne
- 12.00 48 Tai Chi Walk, Benmore
- 14.00 49 Strachur Historical Village Walk
- 14.00 50 Benmore Botanic Garden - Plant Hunters

### 15 Thursday

- 09.15 51 Cowal Way 5 - Lochgoilhead to Ardgartan
- 10.00 52 Beinn Ruadh from Inverchapel
- 10.00 53 Benmore to Glenbranter
- 10.00 54 Castle Toward from Ardyne
- 11.00 55 Newton Hill
- 11.00 56 Celtic Food Walk with Backwoods Lunch
- 14.00 57 Strachur Folklore
- 14.00 58 Benmore Botanic Garden - An Introduction to the Garden for the Younger Visitor

### 16 Friday

- 09.00 59 Ardentiny to Carrick
- 09.15 60 Cowal Way 6 - Ardgarten to Inveruglas
- 10.00 61 Glen to Glen
- 10.00 62 Innellan to Dunoon
- 10.00 63 Glen Mor to Summit of Ben Donich
- 10.00 64 Paper Caves
- 11.00 65 Ardkinglas Woodland Garden
- 11.00 66 Celtic Tree Children's Walk, Caol Ruadh Garden
- 14.00 67 Glenbranter Fungal Foray
- 14.00 68 Benmore Botanic Garden - Autumn Colour and Textures
- 14.00 69 Discovery Trail, Ardentiny

### 17 Saturday

- 10.00 70 Puck's Glen to Gairletter
- 10.00 71 Sandbank to Bishop's Glen
- 10.00 72 The 'Homecoming' Art Walk
- 10.00 73 Lamont Heritage
- 10.30 74 Blairmore
- 10.30 75 Toward Hill
- 11.00 76 Celtic Tree Children's Walk, Strachur House
- 14.00 77 Benmore Botanic Garden - Specialist Collections

### 18 Sunday

- 09.00 78 Red Squirrel Walk - Ardentiny
- 10.00 79 Colintraive to Lochan na Leirg
- 10.00 80 Succothmore B29 Crash Site
- 10.00 81 Kilmun Arboretum
- 14.00 82 Puck's Glen Loop
- 14.00 83 Whistlefield to Inverchapel
- 14.00 84 Benmore Botanic Garden - The Lower Garden
- 14.00 85 Tai Chi Walk, Benmore
- 14.30 86 Glendaruel House, St Sophia's Chapel & Home Farm Woodland Walk
- 14.30 87 Homecoming' Burns Whisky Walk, Ardkinglas

### 9 Friday

- 09.30 Dunoon Window Gallery opens
- 12.00 - 16.00 Alexander Reid Exhibition, Cowal Camera Club, daily, 9-18 Oct

### 10 Saturday

- 19.00 Macbeth's Way, Dunans Castle

### 11 Sunday

- From 10.00 Horse rides, Glenbranter
- 11.00 Homecoming Burns Whisky Walk, Colintraive
- 19.00 Prospero's Way, Dunan's Castle

### 12 Monday

- 11.15 Benmore House tour, Benmore

### 13 Tuesday

- 11.00 Kilfinan Hotel tour, Kilfinan
- 19.00 Japanese Gardens - talk

### 14 Wednesday

- 11.15 Ballimore House tour, Otter Ferry
- 19.30 Mandy Haggith, Robin Jenkins Literary Award winner in conversation with Brian Morton

### 15 Thursday

- 11.00 Dunderave tour, Inveraray
- 11.00 Celtic Food Walk & Backwoods Lunch
- 14.30 Ardkinglas House tour, Cairndow
- 19.00 Merchants and Emigrants - the Clyde a working river

### 16 Friday

- 11.00 Celtic Tree children's Theatre Walk, Colintraive
- 11.15 Royal Marine Hotel tour - **Cancelled**
- 19.00 Music in the Smiddy, Strachur

### 17 Saturday

- 10.00 - Homecoming Art Walk
- 11.00 Celtic Tree children's Theatre Walk, Strachur
- 13.00 - 17.00 Health Fayre, Well Therapies, Strachur

### 18 Sunday

- From 10.00 Horse rides, Glenbranter
- 14.30 Homecoming Burns Whisky Walk, Ardkinglas

## Cycling Diary

**Saturday 10th October** - 10.00 Ardentiny, Stronchullin & Strone

**Sunday 11th October** - 10.00 - Benmore & Kilmun

**Wednesday 14th October** - 19.00 Bishops Glen **NIGHT RIDE**

**Saturday 17th October** - 10.00 - Bishops Glen **LADIES ONLY**

**Saturday 17th October** - 10.00 Kilbride Hill & the Camels Hump

**Sunday 18th October** - 10.00 - Innellan & Toward (with mud. Lots of mud!)

# 2009 Walking & Arts Cowalfest

www.cowalfest.org

*Enjoy yourself  
- be part of it*

## Special Offer for Cowalfest members

*- just to let you know how much we appreciate your support*

If you are a Cowalfest member or Corporate member we will let you have a free ticket for **Mandy Haggith in conversation with Brian Morton** on Wednesday 14th October, 19.30 at Cowal Camera Club, Castle Street, Dunoon. Mandy was winner of the first Robin Jenkins Literary Award - the UK's first environmental book award.

If you would like to take up our offer please email Dorothy Bruce at - [dorothy.bruce@bannachra.plus.com](mailto:dorothy.bruce@bannachra.plus.com)

- 87 fantastic walks including all six stages of the Cowal Way



- six grand house visits



- 6 thrilling mountain bike rides



- 59 local shops in Dunoon Window Gallery with Cowal Camera Club



- 4 enjoyable horse rides



- 7 great performance walks/events



- 3 enthralling talks



*Mandy Haggith - winner of the Robin Jenkins Literary Award in discussion with Brian Morton*

- 1 atmospheric musical evening
- 1 relaxing Health Fayre
- 1 fascinating exhibition

**ALEXANDER REID AND THE JAPANESE INFLUENCE: ART, SHIPS AND PLANTS**

- 10 breathtaking days of festival

**Booking for walks and events can be done online at - [www.cowalfest.org](http://www.cowalfest.org).**

## ONLINE QUESTIONNAIRE

As part of our evaluation and feedback to funders Cowalfest has always issued questionnaires to festival participants. This year is no exception. However, in addition to the paper questionnaires we will also have an online questionnaire and we hope that after the festival you will help us by taking a few minutes to log on to [www.cowalfest.org](http://www.cowalfest.org) and fill in the form. This would be much appreciated.

**ALEXANDER REID AND THE JAPANESE INFLUENCE: ART, SHIPS AND PLANTS** is a one-off exhibition. It uses images from national and international institutions that we have permission to use for the ten days of Cowalfest to ensure van Gogh's friend, Alexander Reid, is home in Cowal for Homecoming Cowalfest 2009.