

FOR THE TRAVEL TRADE

SLOW TRAVEL & WELLNESS



SLOW TRAVEL & WELLNESS IN ARGYLL & THE ISLES



Argyll and the Isles is a glorious coastal region of glittering sea lochs, islands, hills and glens. Home to award-winning spas, an array of walking and nature routes and breathtaking scenery, Argyll & the Isles is the perfect destination to travel slow, reconnect with nature and enjoy unique wellness experiences.

#relaxed #slowtravel #wellness #scenery #mountainsandsea

This itinerary is designed for travel at a slower pace, for visitors to enjoy the scenery, make plenty of stops to take in the viewpoints and to get to know a local lifestyle centred around the sea, beaches, mountains and sunsets.

DAY 1: IMMERSION IN LOCH LOMOND

Upon your clients' arrival at Loch Lomond in the afternoon, we recommend checking into the Loch Lomond Arms with some time to relax. The Loch Lomond Arms, which opened its doors in 2012 after an extensive renovation, has been restored to its former glory as a luxurious 17th-century coaching inn. Located within easy reach of Glasgow and Edinburgh, it enjoys a unique position on the shores of Loch Lomond.

Later in the afternoon, your clients can join Inchbaggers Island Swim, an immersive wild swimming experience in Loch Lomond's

pristine waters. Following this, your guests can unwind further with a nourishing dinner at the hotel's restaurant, which features local seasonal produce. An evening stroll along the loch shore will ensure a restful night's sleep.

DAY 2: ISLAND HOPPING & COASTAL CALM

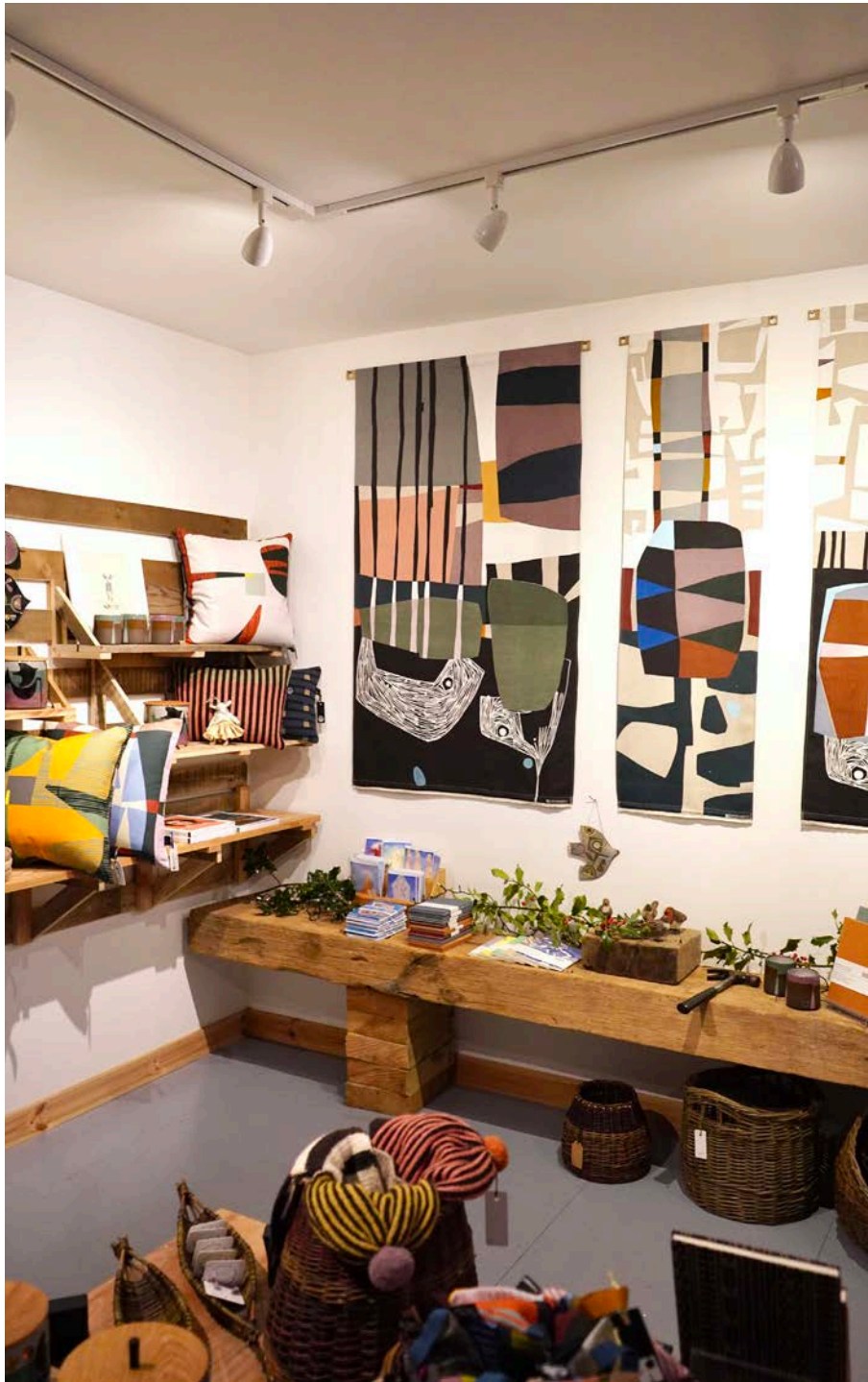
After a delicious breakfast at Loch Lomond Arms, your clients will travel to Rothesay. From there, they can embark on a Bute Boat Tour, exploring the Kyles of Bute, which are renowned worldwide for their stunning beauty. The steep, tree-lined hills and narrow waterways are a haven for wildlife.

The area is dotted with small islands, and they will sail around one of the most famous—Eilean Dubh (Black Island)—before heading up Loch Ruel, known for its gentle tidal shallows. They will also pass the small car ferry that crosses between Rhubodach on Bute and Colintrave on the mainland.

A large seal colony has made its home on one of the small, uninhabited islands, and your clients may encounter dolphins and porpoises as they navigate through the straits. Birdwatchers will be able to spot eider ducks, oystercatchers, herons, and even sea eagles (if they can tear their eyes away from the stunning scenery). Back on solid ground, your clients will take the short ferry crossing to Colintrave and continue along the A886.

If your clients' hearts beat for nature and art, we recommend an overnight stay at the very tip of the beautiful Cowal Peninsula, at Carry Farm, where they can reconnect with the wilderness in comfort and style. Located on the unexplored Ardlamont Peninsula, nestled between ancient Atlantic hazel woodlands and the shores of the Kyles of Bute, Carry Farm

From Left to right.
Carry Farm
Loch Lomond Arms
Seal colony



offers simple, wooden, architect-designed lodges with carefully crafted interiors and stunning sea views—an antidote to busy modern lives. Built by Derek and Fiona, along with their family of artists and makers, the lodges embody the best local craft and design and are the perfect choice for a refreshing family break.

Your clients can explore the 60 acres of wilderness or revitalise their senses with a swim in the bay. They are also invited to visit the farm's [Hayshed Gallery](#), a creative space showcasing contemporary textiles and ceramics inspired by the surrounding landscape. The gallery features handwoven wool from the farm's Hebridean sheep, nature-inspired prints, and beautifully crafted ceramics and woodwork.

DAY 3: NATURE & HISTORY IN COWAL

Relax today in the region and soak up its healing vibes – why not allowing your clients to simply drift and enjoy the day as it comes. Your clients could visit [Historic Kilmun](#), an atmospheric site rich in history and contemplation. They can spend time exploring Cowal's coastal trails, embracing the tranquillity of the region.

The afternoon will be slow and peaceful, with opportunities for art, mindfulness, or simply absorbing the surroundings.

There will be time to relax over a delicious meal showcasing the best of what the region has to offer.

DAY 4: ISLAND ADVENTURE & ECO TRAVEL ON ISLAY

Today, your clients will travel by ferry from the Cowal Peninsula to

Tarbert and then continue to the Isle of Islay for a day of immersive nature experiences.

They will discover the island's wildlife and rugged landscapes with [Islay Encounters with Nature](#), a guided exploration of the island's flora and fauna. The Isle of Islay is probably best known for its distinctive single malt whiskies, and rightly so, but whisky aside, this beautiful island, with its temperate climate, miles of rugged coastline, extensive moorland, fertile farmland, and ancient woodland, is one of the most naturally diverse islands on the West Coast of Scotland. There is a choice of different encounters for your clients, all of which are tailor-made.

Choose from local accommodations for a restful night on the island. Why not consider staying a second night on Islay to explore some of the island's outstanding whisky distilleries? Your clients could also add to their eco-friendly adventure with [Islay E-wheels](#), cycling at a leisurely pace along scenic coastal routes.

DAY 5: ACTIVE ESTATE ACTIVITIES

Your clients will begin the day with a leisurely breakfast on Islay, soaking in the island's peaceful atmosphere. They will then take the morning ferry from Port Askaig to Kennacraig (approx. 2 hours).

From Left to right.
Historic Kilmun
Islay Encounters with Nature
Hayshed Gallery, Carry Farm



HOTEL RECOMMENDATIONS

5 star

- [Cameron House Hotel](#), Loch Lomond
- [Portavadie](#), Loch Fyne
- [Kilmartin Castle](#), Lochgilphead
- [Isle of Eriska Hotel](#), Isle of Eriska (Restaurant Michellin Starred)
- [No 26 by the Sea](#), Oban
- [No 17 the Promenade](#), Oban

4 star

- [Knockderry House](#), Cove on Loch Long
- [Lomond Arms Hotel](#), Loch Lomond
- [Loch Melfort Hotel](#), near Oban
- [Barcaldine Castle](#), near Oban
- [The Machrie](#), Islay
- [The Harbour Inn](#), Islay

NEEDING HELP WITH THE ULTIMATE TAILOR MADE EXPERIENCE?

Contact one of the following ground handlers who are experienced in providing a high quality service and product in our region: McKinlay Kidd

From Left to right,
Ederline Estate
Wild Bathing

From Kennacraig, they will drive north along the scenic A83 through Kintyre and Mid Argyll, passing lochs and ancient woodlands. Why not pause in Lochgilphead for a relaxed lunch at a local café, perhaps sampling fresh seafood or traditional Scottish fare?

Your clients will reach [Ederline Estate](#) in the afternoon, where they will check in and settle into their accommodation, surrounded by tranquil lochs and rolling hills.

They can choose from activities such as kayaking or paddleboarding on one of the estate's lochs, embracing the stillness of nature and the gentle rhythm of the water.

DAY 6: ULTIMATE RELAXATION IN OBAN & DEPARTURE

There's something special awaiting your clients today as their exploration of this peaceful corner of Scotland nears its end. Near Oban, they will find [Wild Bathing](#)—Argyll's first mobile wood-fired sauna and wild swim experience.

Your clients are invited to immerse themselves in the healing power of nature as they celebrate the power of the wild elements and wellness. The outstanding seaweed forage, wild salt scrub, swim, and sauna experience will begin with gathering edible seaweeds to make a Seaweed salt scrub for exfoliation and detox. This will be followed by a guided wild swim to rinse off, a cosy wood-fired sauna, and wild nibbles and hot drinks around the firepit. Your clients will have different experiences to choose from, with tailor-made options available.

From here, they can journey to Oban for an overnight stay, for example, at the [Boathouse Chalet](#) — a peaceful waterfront retreat.



For all you need to know

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& THE ISLES