



CALEDONIAN CABINS

Shepherds Hut GUEST HANDBOOK

Welcome to The Bunk House. In order you to enjoy the place to its full potential I have set out everything I could think of that you would need to know. If I have forgotten something, please feel free to call me anytime between 8 am and 11pm on **07967 028938**. However, if it's a real emergency, then just call me any time at all.

***Just a reminder that for the enjoyment of all guests this is a
strictly non-smoking Shepherd Hut.***

February 2024

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If something is not working or damaged on your arrival or during your stay, please let me know immediately so that I can have every opportunity to fix it for you during your stay.

In the unlikely event of a fire the Evacuation Procedure is on the coat hooks by the front door as well as at the back of this information pack

First Aid Kit

Located in the utility room, please make an entry in the accident book if you have an accident and injure yourself in any way. We also supply a Bodily Fluid Spill Kit.

Heating

There is a log burner style electric heater with remote controls and an oil radiator behind the chair by the bed, please turn off when leaving the property.

Always leave the small frost heater on to prevent pipes bursting do to frost.

Hot Water

The hot water for the sink is provided by a small boiler unit. The Shower is electric and will supply hot water on demand.

Water Supply

Due to our remote location there are no mains water supply to the cabin. The water is drawn up from our onsite 80m deep well, filtered and then pumped in on demand. In the unlikely event you experience low water pressure, that is an indication that there is a problem or the pump is blocked. In this case, please call me so I can sort it out for you.

The **stopcock** is located on the pipe found outside, it is about half-way between the wheels along the back edge of the hut beside the track. To close, just turn the handle is horizontal (across the pipe)

Sewage/Septic Tank

Again, due to our remote location we are not on mains drainage either. All the wastewater and sewage run into a septic tank. Therefore, we cannot allow any female products, wipes or nappies to be disposed of down the loos. Please use the bins or dustbins for such waste items. Also, please refrain from letting fat and oil go down the sink

STRICTLY NO BLEACH IS PERMITTED TO BE USED ANYWHERE IN THE PROPERTY

Winter

When its cold and frosty, the wooden decking and step will become very slippery. Please use the salt in the little bins to scatter and prevent a nasty fall. Do not underestimate how slippery it can be. If there is snow on the roof, take care not to stand around or under the gutters as it will avalanche down when it begins to thaw. It is very heavy especially when falling from height!

Security

Please ensure all doors and windows are locked when leaving the bunkhouse unattended.

The property will not be insured if there is an incident and the property is not properly secured. Also, Scottish law allows any person to enter the property if the doors are open!

Local Facilities

- **Post Office**
 - Invergarry Mon – Fri, 9.00-12.00pm,
 - Fort Augustus Mon- Sat, 9.00-3.00pm
- **Supermarket** - Fort Augustus, Fort William, Drumnadrochit, Inverness
- **Petrol** - Invergarry Closes daily 9pm or Fort Augustus Daily.
- **Supermarket Delivery Service** - Asda and Tesco's are the only supermarkets who will deliver here.
- **Garage Services** - West End Garage, Fort Augustus - ask for Bobby 01320 366247, very helpful

Kitchen

You should find most things you will need here.

- **Fridge** - There may be items left by the last guest for you, if you don't want those items then please just dispose of them.
- **Waste** - There is a compost bucket on the side for all food waste, when the bucket is full deposit the contents into the food composter (small green plastic bin – lift the lid) outside around the back of the cabin. Any recycling items go in the blue bin and general waste in the green bin outside. Bin collections are on a Tuesday around 10.30 am. General waste gets collected on even weeks and recycling on alternate weeks.
- **Oven** – This is the glass bowl with a white plastic lid, looking like a space ship! It has a halogen bulb in the lid, is super-efficient giving instant heat – treat it just like any other oven.
- **Sink - No Bleach to be used .**
- **Cupboard Contents** - please feel free to use any of the contents and replace them if you use up anything. You may also leave any spare items you don't want to take home.

Living Area

- **TV** There is no aerial or signal for the TV, but you can stream Netflix
- **Wi-Fi** – We now have good WIFI everywhere inside and outdoors – code : Cabinwifi
- **Fleecy blankets** on are in a drawer under the bed to snuggle up in.

Dining table Drops down

- **Due to the increased risk of fire, normal candles are sadly not permitted anywhere in the shepherds hut.**

Shower Room

- Don't forget, all the wastewater and sewage runs into a septic tank and will block quite easily. Therefore, we cannot allow any female products, wipes or nappies to be disposed of down the loos. Please use the bins or dustbins for such waste.
- The shower is electric and you will need to turn the switch on, located just outside to the left of the door.

Outside

- If you have muddy boots, you can wash them off using the hose at the end.
- The Loch and river that border the land around the cabin, like all open bodies of water can be dangerous, so guests are required to take care around the water. You can swim in the loch if you're hardy! The cabin is set in a remote and rural area of The Highlands with natural risks and hazards. You are reminded of the higher degree of slips, trips and risk in this wilderness environment and it is therefore your responsibility to take care of your own safety and the safety of the members of your party at all times
- Feel free to use the fire pit, collect fire wood from the woodland floor or take from the log piles opposite the Shepherds Hut or from or cuttings from the pile on the side of the Bunk House. Do not leave the fire pit unattended whilst it is in use
- You may use the canoes, paddle boards and rowing boat provided you wear the buoyancy aids that are provided, you will find them in the trunk by the boats. Ensure the lid is closed after use to stop the wee fury guys getting in there too!
- As the loch is also home to some rare birds, use of the loch is restricted during the nesting period of February - July inc to the area shown on the map in appendix C, however this is still quite a large area. The areas in red are not accessible during this period
- If there is snow on the roofs, take care not to stand around or under the gutters as it will avalanche down when it begins to thaw. It is very heavy especially when falling from height!

Power Cut

- In the event of a power cut, call 105 and ask how long the outage is expected to last.
- Emergency Lighting lantern can be found behind the chair by the door. The LED lantern also has a USB if required.
- Note that the water supply will also be cut as it is pumped in and not mains supply. You can always fill the bucket from the burn or loch to flush the loo.

Useful Telephone Numbers

Medical Centre

01320 366216
Main St (next to the Lovat Hotel)
Ft Augustus
PH32 4DD

Doctor Telford Centre

Abertarff Place
Fort Augustus
01320 366216

Dentist

One Dental Practice
1 Montague Row
Inverness
IV3 5DX
01463 243 767
Open til 8pm

Vet

Crown Vets
89-91 Telford Street
Inverness
IV3 5LE
01463 712202
24 hrs

Hospital

Raigmore Hospital
Old Perth Road
Inverness
IV2 3UJ
01463 704000

Hospital

Belford Rd,
Fort William
PH33 6BS Tel: 01397 702481

First Aid Kit

Located in the Kitchen

Please make an entry in the accident book if you have an accident and injure yourself in any way.

The buoyancy aid jackets are in the trunk by the canoe shack, please wear them at all times when using the canoes, paddle boards or rowing boat.

Boat Rules

- Life jackets must be worn when on the water.
- You must be a competent swimmer to use the watercraft.
- Maximum of 3 people in the rowing boat.
- Ensure the drain plug is in the drain hole on the rowing boat before use.
- Children must be suitably supervised.
- No solo paddling or rowing.
- Advise a responsible person on shore of your intended activity and duration.
- Use the lifejacket's whistle if you become stranded.
- Check the weather forecast before and during use.
- Do not go out in bad or windy weather.
- Wear adequate suitable clothing for the conditions.
- Do not go out under the influence of alcohol or drugs.
- Handle the boats in pairs to avoid injury.
- Be aware the current drifts slowly to the east (left towards the dam)
- Check the map below for restricted areas during February - July
- Avoid overhanging or floating branches.
- Shower off afterwards if you fall in.
- All boats and oars to be stowed securely again after use.
- A continuous dynamic risk assessment shall be maintained by the users.
- Read the Watercraft Risk Assessment before using any of the watercraft.

We also recommend you take a fully charged mobile phone and the first aid kit in case of an emergency.

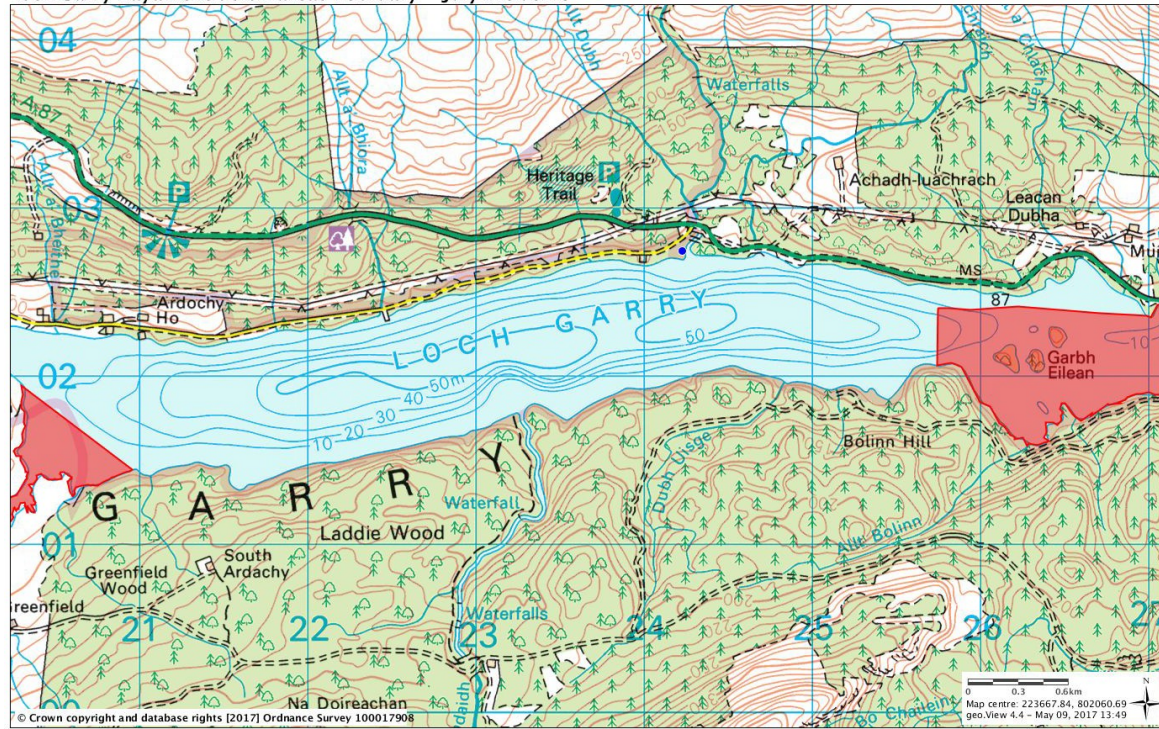
Call 999 and ask for the Coast Guard if you get into difficulty.

What 3 words location : deeply.quite.shatters

The water rises quite high in the loch and it will wash the boats and oars away if not tied back up.

Canoeing and Rowing restricted area

Loch Garry kayak exclusion areas February - July inclusive



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 Scottish Natural Heritage
 Dualchas Nàdar na h-Alba

Doggy House Rules:

- Dogs must be over the age of 1 year at the time of your stay.
- You may not leave the dog unattended in or outside of the building.
- Your pet must not cause any kind of nuisance to the neighbouring properties.
- Pets are not permitted on any of the furniture in the bunkhouse.
- Pets must be clean before entering the bunkhouse, a hose is located round the side.
- You must clear up any fouling by your dog immediately, even in the surrounding woodlands and dispose the bag/s in the general waste bin and not leave it outside the accommodation for other guests to see.

We reserve the right to fine up to £150.00 for any non-compliance of the rules above.

Strict adherence to these rules will allow me to continue to welcome your pets to the shepherds hut.

Hot Tub Rules:

- Water must not exceed 38 degrees C before use.
- Shower before using the hot tub.
- Remove fake tan or makeup before using the hot tub.
- No running in the vicinity of the hot tub.
- Enter and exit slowly - max 2 persons.
- No jumping or diving.
- Children must be supervised at all times.
- Children under 4 years of age are not permitted to use the hot tub.
- No glassware, food or cigarettes allowed near to or in the hot tub.
- No soaps or oils to be put in the water.
- Pregnant, elderly or guests with heart conditions, diabetes or other conditions shall seek advice from their doctor before using a hot tub.
- Do not use alcohol, narcotics or other drugs while using the hot tub.
- Limit soaking time to 15 mins, cool of for 15 mins before re-entering.
- Replace the cover after each use.
- Use fire gloves when loading the log burner.
- Do not leave the log burner door open or unattended.
- A First Aid kit is located in the kitchen of the hut.

Fire Pit Rules:

- Fill the fire bucket with water and leave close by in case of emergency.
- Never light a fire during high winds or very dry periods.
- Never leave the fire unattended.
- Do not leave under 18 yr olds alone with the fire.
- Use fire gloves when loading the fire.
- Do not overfill the fire pit.
- No running in the vicinity of the fire pit.
- Always wear covered toe footwear around the fire.
- Sit or stand up wind and not too close to the fire.
- Do not touch any steel part of the fire pit.
- Use fire bucket water to treat a burn.
- Keep fire lighters in a safe place.
- Do not light a fire prior to or when using drugs and drinking alcohol.
- Do not burn wet wood.
- Ensure the fire is totally out before leaving it overnight, use the water.
- Never light a fire anywhere else in these woodlands.
- Do not heat pots of oil.
- A First Aid kit is located in your accommodation.

Hot Tub Disclaimer

To ensure the safe and enjoyable use of the hot tub that is provided at the cabin we ask that you read through and adhere to the rules of this safety document.

- During pregnancy soaking in the hot tub may cause damage to the foetus, so contact your Doctor for advice before starting your holiday with us, to ensure it is safe for you to use the hot tub.
- People with skin, ear, genital or other body infections, open sores, or wounds should not use the hot tub because of the possibility of spreading infection or irritating your condition.
- Never use the hot tub while using narcotics or other drugs that may cause sleepiness, drowsiness or raise / lower your blood pressure.
- Do not immerse your head in the hot tub water. This increases the risk of infection
- Never use the hot tub alone. Take care when entering and leaving the hot tub. When leaving the hot tub leg muscles may be relaxed enough to make you unsteady.
- Never use glass near or in the hot tub, as broken glass can cause a risk to people in bare feet and is very difficult to see within the hot tub water. If glass is broken in the water you must immediately get out and not use the tub until it has been drained, cleaned and refilled. Call Alison as soon as possible to arrange this.
- Do not use any electrical appliances near or in the hot tub.
- If any fault or damage occurs with the hot tub please contact Alison ASAP
- Persons with heart disease, diabetes, low or high blood pressure, or any serious illness should not enter the hot tub without prior consultation with their Doctor.
- Parents are advised that the hot tubs are not suitable for children under the age of four and to warn their children not to allow water in to their mouths as this can cause infection and illness.
- The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness.
- Shower with soap and water before and after using the hot tub. Showering before use washes away many of the common skin bacteria and removes lotions, deodorants, creams, etc., which reduce the effectiveness of the spa sanitiser which disinfects the water.
- Make sure fake tan is removed before using the hot tub as this reacts to the chemicals and reduces the effectiveness of the spa sanitiser which disinfects the water. It also colours the water and marks the waterline of the hot tub.
- Never allow children to use the hot tub unsupervised and when not in use make sure the cover is on and secured.
- Avoid using the hot tub immediately after a heavy meal.
- Avoid entering the hot tub water immediately after exercising as the water temperature can affect the heart rate.
- Take care on the decking / hot tub steps as water from the tub can cause it to be slippery.

- If any allergic reaction occurs leave the hot tub and rinse off in the shower. If the reaction persists, contact a local doctor or A&E. There is a list in the information pack in your accommodation.

Notes to Hot tub users and Parents

The life and health of you, your family and friends is important. Please practice safety and supervise your hot tub in line with these safety guidelines.

When you booked your accommodation, you agreed to our terms and conditions and these hot tub safety requirements stating that you agree to abide by the rules and take care in the use of the hot tub for yourself and your family.

A copy of this document can also be found as part of our terms and conditions on our website.

Waterfall Walk:

There is a lovely walk to a waterfall just down the road. Some folk reckon the river Garry is one of Scotland's most beautiful rivers. It's a magnificent sight as it runs powerfully through lovely woodland with tall conifers. Kayaks love the challenge of the rapids, while fishermen hunt for salmon in the quieter stretches.

Much of the woodland here is native Scots pine, with a characteristic range of wildlife from wood ants to Scottish crossbills and red squirrels. It feels very different from other woodlands on the west coast, almost as if the forests of the east are reaching through the Great Glen to meet their neighbours.

From the cabin, turn right, turn right again at the top of the road onto the A87 towards Invergarry. Drive for about 5-10 mins and you will see a green forestry sign on the left "Glengarry"

Slow down to run sharp right down a track to the car park. In the car park you will find a notice board with the trail marked on it. Its a gentle walk and takes about 1.5 hours.

Well worth venturing out!

Eating out

I can recommend any of these places:

- The Rokeby Inn – Traditional and amazing Indian food (nothing like your local curry house)
- The Loch Inn, traditional pub food and hearty portions.
- The Lovat for fine dining
- The Boathouse for a lunch overlooking Loch Ness
- Inverloch Castle for afternoon tea or fine dining just outside Fort William
- Invergarry Castle Hotel for an afternoon tea.



Important Information

A Private Water Supply serves this property

What is a private water supply? A private water supply is any water which is supplied to a property that is not provided by mains water supply, often situated in a remote rural area, and can be sourced from a spring, stream, well, loch or borehole. The quality of private water supplies can be variable and to ensure that the water is safe to drink the owner must provide an adequate and maintained water treatment system.

Important Information about this water supply

Source of water is from: *Rainwater Harvest (+ Borehole)*

Treatment on this supply: *UV, Particulate Filtration*

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Water Quality: *see most recent water test results displayed next to this poster*

Why do I need to know this information? Although the quality of this water is usually acceptable for drinking, under certain circumstances the quality may be lower than you would expect from a public supply. Germs such as E.coli can contaminate water and if swallowed can be harmful to health. The young, very old and persons with poor health are more likely to become unwell from drinking contaminated water. Whilst most owners will ensure that a treatment system is maintained, if you have any concerns about the quality of this water supply you should pre boil the water or drink only bottled water.

Concerned about the water quality? You should contact the owner of the property on tel: *07967 028938*. If you think that the water has made you ill you are advised to first seek medical advice. You can also contact the Highland Council Environmental Health Team who are responsible for the enforcement of the Regulations concerning private water supplies on telephone 01349 886606 or email env.health@highland.gov.uk.



