

Welcome to your week at Camas, we hope you have a great time! Below is some essential information about the centre, please read it carefully. If you need any other information feel free to email the Co-ordinator on [camascoord@iona.org.uk](mailto:camascoord@iona.org.uk)

### **Accommodation:**

- Camas has 4 bunk rooms, sleeping either 4 or 8 people, as well as 2 twin rooms for group leaders or individuals who require a private room. Sleeping bags are helpful but we do have some duvets. The accommodation is simple and there is no electricity or lighting in the guest accommodation so a flashlight or head-torch is really important to bring.
- Camas is off-grid and offers the unique opportunity to be switched off from Wi-Fi, smartphones and other devices for a week. There is very little mobile reception and we encourage you to put the technology away and enjoy being in this beautiful place. We generally can't offer to charge devices due to limited electricity. Guests can ask to use our landline phone if it is important to stay in touch with people at home. You may also leave our landline number with family/friends in case they need to contact you during the week. The number is 01681 700367 or 01681 700706.

### **Food:**

- Camas provides all your meals during the week. The food is mainly vegetarian. Please let us know of any other special dietary needs in advance.

### **Reflections:**

- The days at Camas are framed by morning and evening reflections. These are times, generally led by the Camas staff, which focus on the group's experiences at Camas and allow people to share their thoughts if they wish.

### **Chores:**

- Everybody at Camas takes part in chores, which are done in small teams by rota. They include tasks such as washing up, cleaning bathrooms, cutting firewood and helping with the garden.

### **Safety:**

- Fire is an obvious risk at Camas, and all guests are expected to stick to the fire safety rules which will be explained on arrival. These include not taking candles into any of the bunk rooms.
- You are not permitted to bring alcohol or non-prescribed drugs to Camas.
- Camas staff will lead all activities in line with our Adventure Activities License. The weather conditions will be a major safety consideration.

## **Money:**

- There are not many opportunities to spend money at Camas! There might be an opportunity to visit a local shop and other local sites at some point in the week.

## **What to bring:**

We do have some spare waterproofs, boots, wellies and sleeping bags if you need to borrow them. The weather can be very changeable here, so please bring:

- waterproofs (jacket and preferably over-trousers)
- strong shoes, preferably walking boots, or wellies which may be necessary for some activities
- warm clothing (at least one complete change)
- torch (flashlight) and sufficient batteries (this is really important for dark evenings!)
- warm sleeping bag
- towel, wash things and medication
- rucksack (suitcases are not appropriate for carrying down the track!)
- swimming costume/shorts
- you may also wish to bring favourite games, fishing tackle, musical instruments etc.

## **Travel: normal arrival day Monday and normal departure day Saturday**

From Glasgow, you can take a train or bus to Oban, then a ferry to Craignure on Mull. Take the local service bus labelled Fionnphort/Iona and ask the driver to put you off at the Camas road end. Trains and buses leave Glasgow Queen Street train station and Buchanan St bus station around 12 noon (check exact times). These departures from Glasgow get you to Oban for the 3:50pm ferry, 4.50pm local bus, to arrive at Camas road end at approximately 6pm. The bus journey from Craignure is about one hour to the Camas road end.

For the return journey, please plan to catch the 11am ferry from Craignure, which gets you to Oban before noon, in time for the onward bus or train to Glasgow, reaching Glasgow between 3.30-4pm depending on season. Remember that ferries can be disrupted due to weather conditions or technical issues. Please take this into consideration when planning your onward travels. Ferry status updates can be checked at <https://www.calmac.co.uk/service-status>

## **Websites for timetables:**

<https://www.calmac.co.uk/> - look for the Oban to Craignure service (note there are summer and winter timetables, please make sure you check you have the right one)

<http://www.westcoastmotors.co.uk/> - look for the Craignure to Fionnphort/Iona timetable