

USEFUL CONTACTS

ADVENTURE ACTIVITIES CONSULTANT

Adventure Scotland
Croft House
Croftside
Aviemore
Inverness-shire
PH22 1QJ
Tel: 01479 811411
Fax 01479 811414
www.adventure-scotland.com
info@adventure-scotland.com

WEATHER AND COASTAL INFORMATION

[http://news.bbc.co.uk/weath
er/](http://news.bbc.co.uk/weather/)

<http://www.metoffice.gov.uk>

For hill and mountain
specific forecasts:

<http://www.mwis.org.uk/>

For avalanche information:

<http://www.sais.gov.uk/>

Tel:01479 861 264

Shipping forecast:

[http://www.metoffice.gov.uk/
weather/marine/shipping_for
ecast.html#All~All](http://www.metoffice.gov.uk/weather/marine/shipping_forecast.html#All~All)

COASTGUARD SERVICES

Continually manned rescue
centres:

Aberdeen 01224 592334

Shetland 01595 692976

Pentland

GRAMPIAN POLICE STATIONS

Tel: 0845 6005700

ROAD TRAVEL INFORMATION

RAC: www.rac.co.uk

AA: www.theaa.com/traffic-news

0345 333222

SPORT SCOTLAND

0336 401110

Doges

Templeton on the Green

62 Templeton Street

Glasgow

G40 1DA.

Tel: 0141 534 6500

Fax: 0141 534 6501

www.sportscotland.org.uk

Email:

sportscotland.enquiries@sportscotland.org.uk

ROYAL LIFE SAVING SOCIETY

0336 401117

Royal Life Saving Society (UK)

River House

High Street

Broom

Alcester

Warwickshire B50 4HN

www.lifesavers.org.uk

CAVING

GRAMPIAN SPELEOLOGICAL GROUP

8 Scone Gardens

Edinburgh

EH8 7DQ

Tel: 0131 6611123

www.gsg.org.uk

Email:

enquiries@gsg.org.uk

BRITISH CAVING ASSOCIATION

The Old Methodist Chapel

Great Hucklow

Buxton

Derbyshire.

SK17 8RG

www.british-caving.org.uk

CLIMBING/ HILLWALKING

MCofS

The Mountaineering Council of Scotland

The Old Granary

West Mill Street

Perth, PH1 5QP

Tel: 01738-493942

Fax: 01738-442095
www.mcofs.org.uk

MLTS

Mountain Leader Training Scotland
Glenmore
Aviemore
PH22 1QU
Tel:01479 861248
Fax: 01479 861249
www.mltuk.org
Email:smltb@aol.com

CYCLING

SCOTTISH CYCLING

Caledonia House
South Gyle
Edinburgh
EH12 9DQ
Tel: 0131 317 9704
Fax: 0131 339 9201
www.scottishcycling.org.uk
Email: info@scottishcycling.org.uk

FISHING/ANGLING

SCOTTISH ANGLERS NATIONAL ASSOCIATION

The National Game Angling Centre
The Pier
Loch Leven
Kinross
Scotland
KY13 8UF
Tel:01577 861116
Fax:01577 864769
www.sana.org.uk

SCOTTISH FEDERATION OF SEA ANGLERS

Administration Officer
Caledonia House
South Gyle
Edinburgh
EH12 9DG
Tel: 0131 3177192
01592 657520

HORSE RIDING

BRITISH HORSE SOCIETY

Stoneleigh Deer Park

Kenilworth

Warwickshire

CV8 2XZ

Tel: 0844 848 1666

Fax: 01926 707800

www.bhs.org.uk

**THE TREKKING AND RIDING SOCIETY
OF SCOTLAND**

Trekking & Riding Society of Scotland

Bruaich-Na-H'Abhainne

Maragowan

Killin

Perthshire FK21 8TN

www.ridinginScotland.com

ORIENTEERING

**SCOTTISH ORIENTEERING
ASSOCIATION**

www.scottish-orienteering.org

PADDLESPORTS

SCOTTISH CANOE ASSOCIATION

Caledonia House

South Gyle

Edinburgh EH12 9DQ

Tel: 0131 3177314

www.canoescotland.com

RAFTING

SCOTTISH RAFTING ASSOCIATION

c/o The Coachyard,

Aberfeldy

PH15 2AS

Scotland

Tel: 01887 829292

www.scottish-rafting-association.org.uk

ROWING

**SCOTTISH AMATEUR ROWING
ASSOCIATION**

www.scottish-rowing.org.uk

SAILING

ROYAL YACHTING ASSOCIATION

RYA House
Ensign Way
Hamble
Hants
SO31 4YA
Tel:023 8060 4100
Fax 023 8060 4289
www.rya.org.uk

SNOWSPORTS

SNOWSPORT SCOTLAND

Caledonia House
South Gyle
Edinburgh EH12 9DQ
Tel: 0131 6254405
Fax: 0131 3177202
www.snowsportscotland.org

**BRITISH ASSOCIATION OF
SNOWSPORT INSTRUCTORS**

Morlich House
17 The Square
Grantown-on-Spey
PH26 3HG
Tel: 01479 861717
Fax: 01479 873657
www.basi.org.uk