

*An adventure that gives you a taste of the ocean  
rowing life mixed with incredible nature...*

# **ROXY EXPEDITIONS**

## **GREAT SCOTTISH ODYSSEY**

*'Amazing and helpful crew, great itinerary, beautiful scenery, delightful rowers.  
Altogether a superb experience!'*

*'Hats off to Charlie and the entire Rannoch team! Years of experience and expertise in rowing oceans, utter professionalism, warmth of welcome, sheer friendliness and bags of infectious enthusiasm - and the technically innovative design of Roxy combine to produce a superlative rowing adventure that is simply in a class of its own. Ocean rowing is made accessible!'*

*This was organised in the smoothest conditions, where we had the luxury to only focus on getting physically ready for the expedition, while all the boat, logistics and navigation had been taken care of. The organisation was smooth, clear while remaining flexible with the weather and personal preferences, in a perfect balance. The short duration still allowed to have a team bonding experience, with lovely motivated crew. I could feel the level of safety and preparedness of the crew while still giving a very relaxed atmosphere. The physical difficulty was very different from person to person (very easy on my side), but everyone gave what they could and no judgement was ever put on the crew. Stunning landscapes and views, and I'm glad we took some time to explore the shore (and still had the opportunity to row at night!).  
Thank you to all the crew for their kindness!*

© The Wave Rowing

*Above is just some of the feedback received about Rannoch Adventures 'ROXY Expeditions' inaugural Great Scottish Odyssey row – Craig Chaulk editor of The Wave Rowing was onboard and brings you an insight as to what to expect and shares his experience with you...*

**THE WAVE**  
The Coastal & Offshore Rowing Magazine



ROXY anchored at Duisdealnor. © The Wave Rowing

## A GREAT SCOTTISH ODYSSEY

by Craig Chaulk, The Wave Rowing

**O**cean Rowing can be a dream that for many can feel out-of-reach, either due to the expense, finding a crew, fundraising, sourcing of equipment... until now. Rannoch Adventure has now made the dream become a reality by removing the majority of the hurdles with the introduction of ROXY Expeditions.

Aside from rowing the Atlantic Ocean, rowing around Great Britain (or one of the 6 legs) plus many more options on offer; there is an expedition ideal for those who want a taste of ocean rowing called 'A Great Scottish Odyssey' – a five day island hopping adventure off the Western Isles mixed with some strong rowing. In July 2021, the inaugural Great Scottish Odyssey expedition launched and on board was The Wave Rowing's - Craig Chaulk who shares his experience with you.

### Signing up and pre-trip

To find information and to know what to expect was very straight forward, brochures for each expedition are available at:

[www.rannochadventure.com/roxy/expeditions](http://www.rannochadventure.com/roxy/expeditions)

These include a very good description as to what to expect, what is and is not included, plus dietary and medical requirements, what you'll need to bring and wear, as well as the training requirements. I found the information provided to be very accurate to the requirements of the trip.

ROXY is a twelve person ocean rowing boat; you will be living in close quarters with other recently befriended rowers in a small vessel. Prior to the row, Rannoch Adventure did set-up two Zoom meetings so the rowers can introduce themselves, ask any questions they may have as well as any tips, suggestions and/or recommendations. A WhatsApp group was also created for the crew to help facilitate team building and sharing of information.

### The day before...

The designated start and finish location was finalised in advance so the rowers could book their own accommodation. The port of Mallaig was chosen, located on the west coast of the Highlands – the journey to Mallaig resulted in some incredible scenery including Loch Lomond, Glencoe and if arriving by train, the scenic route through the mountains includes the famous Glenfinnan Viaduct (featured in several Harry Potter movies). Once in Mallaig, the first glimpse of ROXY moored in this picturesque fishing village really got the excitement going for what was about to come. Parking was easy as beyond the marina entrance surrounding the waterfront there is free parking for up to seven days.

Later that evening, we had a crew meeting in the Chlachin Inn where everyone got to meet each other for the first time in a comfortable social setting for the pre-departure briefing conducted by Rannoch Adventure's Charlie Pitcher, this was also an opportunity to ask any last minute questions to put one's mind at ease.



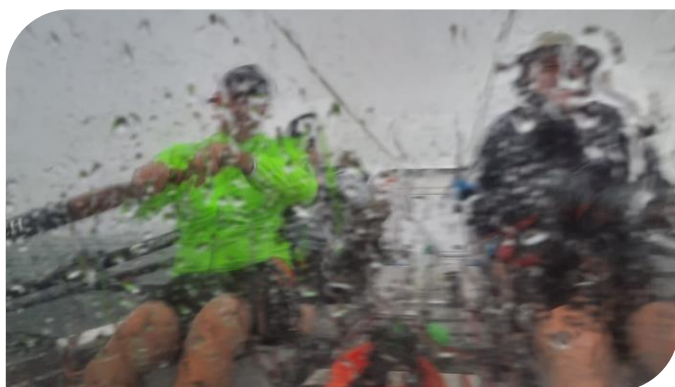
## DAY ONE

The day started with Charlie briefing the crew for life on board Rannoch's 12 person ocean rowing boat, ROXY – pictured below. The crew of 12 were then informed of their groups of three for the shift system – more on this later. With our bags stowed and a quick familiarisation of the cabin, it was time for the first shift rowers to take to their position to get the adventure underway.



© The Wave Rowing

For safety, ROXY has a battery-powered motor that was used to take us out of Mallaig, where once in safe water the rowing was introduced - once satisfied with the rowers capabilities, the motor was phased out till the boat was now moving under oars at just over 3 knots in a nice rhythm. To gently break-in the rowers on the first day, a shift system was established by swapping after every hour which worked well for some crews in dodging the rain showers, with the last crew of the day getting absolutely drenched – still with smiles on their faces!



© Safeeba Allison

*A heavy downpour of rain didn't dampen the rower's spirits.*

After we anchored up in Duisdealmore Harbour, the Rannoch Adventure shore support had erected a yurt for a bit of wild camping, and to help dry out the rowers had arranged a well-deserved drink at the Duisdale Hotel who were more than happy to accept a bunch of the happy but drenched rowers. That night, 4 of the crew slept on the boat with the remaining 8 sleeping in the yurt on the water's edge.



@TheWaveRowing

## DAY TWO

The crew who decided to sleep in the yurt woke-up to an incredibly beautiful scene of ROXY on the glassy water and backdrop of the Scottish mountains, to accompany the sight was the sound of the wilderness – silence with hints of nature and it wouldn't be Scotland without midges of whom came to welcome us a good morning as you emerged from the yurt.



*About to row underneath the Skye Bridge.* © The Wave Rowing

After breakfast, we set off on an 8 hour row heading northwards up the Kyle Rhea towards the Kyle of Lochalsh, passing underneath the Skye Bridge with our ultimate destination being the Isle of Raasay. The scenic row of varying scenery was accompanied by blue skies and wildlife including seals and porpoises.



© The Wave Rowing & Charlie Pitcher

Once at the Isle of Raasay, we enjoyed a tour of the Raasay Distillery to sample the local whisky and gin. Afterwards, we then enjoyed food courtesy the Raasay House Hotel with a stunning vista of the Isle of Skye.



© Charlie Pitcher

*Raasay is a location used on the TV show SAS: Who Dares Wins, our recreation of the shot on the hotel steps.*



## DAYS THREE & FOUR – THE BIG ROW

The morning began with a beautiful view looking across to the Isle of Skye, and a welcomed visit by the Rannoch Team who came bearing gifts in the form of bacon butties! We needed this fuel ready for the big row.

The previous two days eased us into the routine, rotating in shifts and getting used to the life onboard. Now it was time to put it to the ultimate test with the big 36 hour day and night row from the Isle of Raasay to the east of Skye, passing the Old Man of Storr, rounding the top of Skye to then row through the night finishing in the small but picturesque village of Elgol on the South West coast of Skye.



Left: Early morning on the sea. Top right: Neist Point Lighthouse shining through the mist. Bottom right: Red light was needed to retain your night vision and comfort of the rowers at night. © The Wave Rowing.

Rowing in shifts of 3 hours on, 3 hours off for 36 hours, we experienced night rowing for the first time – this is a really awesome experience to row in the pitch black of the night, where the only lights you see are from the instrument panel, a fishing boat, and the eerie but beautiful sight of the Neist Point Lighthouse shining through the mist on Skye.

This long row certainly was a row I'll never forget. Rowing with the incredible scenery and sights opened to some unique experiences such as smelling land and hearing birds of which were miles away. The wildlife on this 36 hour row was something I really didn't expect – we saw a sea eagle, Seals popping up as if they were following us the whole way round, Porpoises, Dolphins, three Minke Whales, and more Puffins that one could imagine - watching them trying to fly after eating too much was always fun to watch.

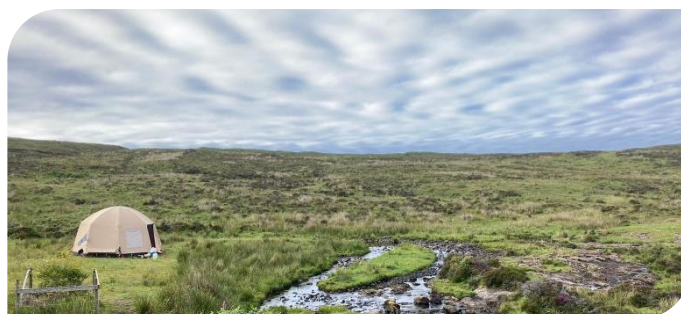


© The Wave Rowing

The big row was a really great taste of ocean rowing, some of the crew had sore hands, bums and limbs, but spirits were high and a sense of achievement having completed this long row in which you get to experience watching the sun setting onto the sea, and then rowing along as it comes up on a new day. I loved it!

Upon arrival at Elgol, we were welcomed at the small fishing village by inquisitive locals. The rowers descended on the little food van on the waterfront to enjoy ice cream and fresh seafood. The lady who ran this van also ran the local shop and she kindly opened it up especially for us. After burning many calories rowing, we were a hungry bunch and in need of some fresh non-dehydrated food!

Some of the rowers and Rannoch team took the opportunity to take an optional local Bella Jane boat trip to a quant spot called Loch na Cuilce that is only accessible by sea and by foot. Meanwhile, the rest of the crew tucked in for an early night in yurt.



© The Wave Rowing

## DAY FIVE

After a well-earned rest in Elgol, the crew arose on the last day to the news that bacon butties were on their way. The journey from Elgol to Mallaig was planned as a leisurely five hour row... however, I and Honorine set the pace to see what the crew and ROXY were made of. The crew managed to overtake a yacht, pushing ROXY to 6.1 knots and beating the Rannoch shore support team to their destination by completing the journey in just three hours.



© Sateeba Allison

As we rowed closer to Mallaig, the crew donned their branded ROXY Expeditions t-shirt and/or fleece as we rowed into port. Once docked, the boat underwent a thorough clean by the crew – again, part of the ocean rowing routine. Later that evening, those that stayed the night in Mallaig all met-up for a final night to say goodbye with some even partying to close the end of a fantastic week.



## SUMMARY

This trip truly is a fantastic introduction in giving you a taste of ocean rowing mixed with wild camping and exploration in the incredible surroundings of Scotland's western Isles. The trip is very well organised and you feel safe under the guidance of the Rannoch Adventure team. Rannoch Adventure did go out of their way to accommodate dietary requirements and any members who had reduced mobility issues.

Rannoch Adventure have made ocean rowing more accessible in a fun and unique way with the introduce of ROXY Expeditions in enabling people to do something they thought they may never do – row an ocean or just have a taster of what it may be like.

The crew were of mixed ages and abilities, all ready to embrace the experience and continued to do so throughout the five days. Everyone had their reasons for undertaking this expedition whether it was for a birthday celebration, a bucket list item, just for the fun and adventure aspect, or to do something different. We all got along with each other and helped where needed. 12 strangers became a team very quickly and you were made to feel welcome.



*The Great Scottish Odyssey – July 2021 Isle of Skye crew after completion in Mallaig. © The Wave Rowing.*

I highly recommend the Great Scottish Odyssey, whether you are thinking in rowing an ocean in the future or just to experience what it may be like, or maybe you want to do something different with a taste of adventure, then this is for you! You'll certainly come away with memories to last a lifetime. Who knows, this might then take you on the next step and row across an ocean with ROXY, or one day in your own boat...

The Wave Rowing rates this expedition:

### 5 BLADES OUT OF 5!



**A highly recommended expedition giving you a taste of adventure, the ocean rowing life, infused with nature, and the incredible beauty of Scotland.**



*The Rannoch Adventure shore support team has a tender to enable transfers to/from the boat. © The Wave Rowing.*

## ROXY EXPEDITIONS

### A Great Scottish Odyssey

2021 Options (Click here to read ROXY Blogs)  
Isle of Skye (July), Isle of Mull (August)

2021 Price  
**£1500 per person**

If you would like more information, please visit:

[www.rannochadventure.com/roxy/expeditions](http://www.rannochadventure.com/roxy/expeditions)

To express your interest for ROXY Expeditions  
2022 - A Great Scottish Odyssey, please contact  
Rannoch Adventure on:

Tel: +44 1621 782127

Email: [info@rannochadventure.com](mailto:info@rannochadventure.com)

**The following pages include a look into the life onboard, and the boat itself.**



© The Wave Rowing





© The Wave Rowing

## LIFE ONBOARD

**Shifts:** At the day one pre-departure briefing, the crews are informed of their shift pattern and assigned to the carefully chosen crew. With six rowing positions, the twelve rowers are split into teams of three and given their set three hour shift times of three hours on, three hours off. These teams also make up as to the cabin you are assigned, Stern/Aft 1 & 2 or Bow/Forward 1 & 2. It is good to write these down on the scribble pad within the cabin to save asking someone all the time.

Changeovers happen every 90 minutes, therefore only one crew change over happens at one time.

For example: The 36 hour row departs at 7am  
Aft 1 row for three hours from 7am, with Aft 2 changing over from them at 10am, Aft 1 would then change with Aft 2 at 1pm...

Fwd 1 would start at 7am and row till 08:30, Fwd 2 would then row from 08:30, Fwd 1 would then take over from them again at 11:30, Fwd 2 would then come back on shift again at 14:30...



© The Wave Rowing

During your three hours off shift, you can chill (sleep) in or out of the cabin, do some preparation or chores, go to the toilet, make a drink or meal for yourself or your fellow crew... You must be back ready for your shift change as it helps keep up the moral. On the 36 hour row, to boost spirits in the morning, I made 9 tea and coffees - 3 for my crew about to go on shift, 3 for the rowers who were just about to come off shift, and 3 for those that were halfway through their shift. You're all in this together and you're all in the same boat.

*Pictured left: The stern (aft) cabin, space is limited so packing the essentials and sticking to the Rannoch equipment list is very important. Each rower also has a small side cabin pouch for essentials and to-grab items that you may need.*

*Pictures bottom left: three of the crew relaxing between shifts on the deck of the forward cabin where this is more room to stretch the legs out.*

*Below: Mark demonstrating the toilet equipment at the forward cabin at the pre-departure brief. A pee bucket is located at the stern end, at the forward cabin is the poo and another pee bucket and a curtain for dignity.*



© The Wave Rowing

**Toilet:** On the Day one pre-departure brief, we were shown the toilet situation (pictured above). Remember - you are living in close quarters. You may feel embarrassed or get stage fright in trying to pee or poo but there's nothing worse than trying to hold it in. Embrace the opportunity to live feral – it can actually feel liberating...when you've got to go you got to go! One bucket is assigned the pee bucket, the other poo (a lovely drawing identified this bucket) – do not use in the cabin! Biodegradable bags and wipes are on board to use as well as hand sanitiser to clean hands afterwards, you can also erect a curtain for some dignity by the forward cabin.

Everyone is different. For the guys, some found it easier to pee standing holding the bucket, some bought along a pee bottle, but I found when rowing or after rowing, or when trying to balance yourself muscles were tense, I found it easier to sit on the bucket; for the girls, one bought along a she-wee.

On the Isle of Skye expedition, the big row Day 3-4 was the longest on the boat, otherwise, it was daytime rowing so there was on land opportunities to go to the toilet at the start (the go one-more-time) or end of the day (the mad rush).





Above: Spicy Pasta Arrabiata by Summit to Eat was popular amongst the rowers. The meals are easily made by just adding hot (or sometimes cold) water. © The Wave Rowing

**Food & Drink:** We had plenty of food on board the boat including some snacks. De-hydrated meals were the main staple and the majority of these were actually very good. It's fun to experiment with all the flavours, trying it hot or cold, or by adding a condiment.

There is a JetBoil Flash in each cabin to enable water to be boiled. Hydration is very important, on-board there is a watermaker that converts seawater into drinking water, and I have to say it taste good. Rannoch Adventure have really thought this boat through with hand pumps for the water to be dispensed outside of the forward and aft cabins. There were also supplement tablets to add to the water if desired to help build your electrolytes for hydration purposes. No alcohol is to be consumed on ROXY.



© The Wave Rowing



- Left: The 'kitchen' set-up in the aft cabin for making tea, coffee and hot water.
- Right: The crew in the yurt making breakfast by heating up the JetBoil, with coffee, tea and meals taken from the boat.
- Below left: the crew in the Duisdale Hotel enjoying a drying out and drink.
- Below right: The crew having bacon butties at the yurt.



© Charlie Pitcher / Rannoch Adventure



© The Wave Rowing



Above left: The essential kit depicted is the minimum clothing that you need to take and is to fit in a 20-25 litre dry bag. Above right: Mark wearing the issued ROXY fleece, crew are also given a white ROXY t-shirt.



© Charlie Pitcher / Rannoch Adventure

Rannoch Adventure issued a ROXY Expedition – Great Scottish Odyssey t-shirt and blue fleece. A waterproof 20-25 litre duffle dry-bag works well for stowage as the cabin is very limited with space and is handy to grab when going ashore if wishing to sleep in the yurt.



© Adam Ravenscroft





© The Wave Rowing

## THE BOAT

### The RX80 – Rannoch Adventures flagship

ROXY is an incredible boat and purposefully designed for conducting these expeditions. She has been rowed across the Atlantic, rowed around Great Britain and more! She has been very well thought through in her layout and design incorporating years of Rannoch Adventures experience in comfort, practicality and simplicity – but most importantly safety when it comes to ocean rowing.

This is confirmed through the built in engine that can be used in an emergency or when safely guiding out of port with a new team who's capabilities are yet to be demonstrated. You are given an overview, orientation and brief at the pre-departure briefing including the safety features such as the use of the harnesses for traversing when on deck.



© The Wave Rowing

ROXY is a joy to row and for a big boat, she is very responsive. I found her to be comfortable in the cabin once you adapt to the life on board. She is a strong and stable boat with an exceptional build quality. She is unusual in being a sliding seat sweep style technique rather than the traditional sliding seat sculling form of Rannoch's boats.

The sweep conversion has been well executed and in my opinion it will be easier for fixed-seat sweep rowers (Gig, St Ayles Skiff, Celtic Longboat...) to quickly adapt to ROXY than the traditional sliding seat sculling boats that Rannoch normally produce as it feels more like being on a rowing machine.



© The Wave Rowing

We managed to row ROXY at around 3.4 to 4.1 knots on average, and 6.1 knots at her fastest. I found she ran best with a stroke per minute rate around 26-28spm to keep her lifted and flowing along nicely. On this row, we had rowers who had the fitness for this expedition but may not have had the experience or technique or muscles from crew rowing in clubs; therefore, long and strong would not have been effective. The technique that would work best is cardio over muscle power in keeping the boat moving.



ROXY features windows in the bow and stern cabin, so you can watch the world go by from the comfort of the cabin. When suitable conditions allow the window can even be opened for ventilation. © The Wave Rowing.

I felt sad that I had to leave ROXY as I didn't want to stop rowing, she's a great – well designed, comfortable, and thought through boat. Wishing for the rowing not to stop and missing the enjoyment is a testament as to how good, and a pleasure she is to row and the life on board in her company.

Thank you to Rannoch Adventure for making ocean rowing more accessible, and a reality for those who thought this dream was beyond their reach. Rowing, scenery, nature, camping... this has been an experience I'll never forget and highly recommend! ▲



# Are you looking for an epic experience?



*What can I say? It was all you promised. A huge adventure, a challenge and something intangible which is a special experience, that I don't know how to articulate, but you know what it is if you were there. You got us across safely, the boat was a success and always felt up to the challenge. Leadership of such a diverse group is always a challenge, but when combined with extreme physical discomfort and the exhaustion of all involved, it is a real credit to both you and Dawn as to how well the trip went and the positive experience we had. So, a big thank you, to you and all at Rannoch who made it happen.*

Ian 'Boris' Kentfield  
Roxy Crew, Atlantic Ocean 2021



## ROXY EXPEDITIONS

If you're looking for the ultimate rowing adventure, look no further.

Whether you want to cross an ocean or go island hopping in Scotland, we have an adventure for everyone.



Check out all the adventures on our website

[www.rannochadventure.com](http://www.rannochadventure.com)

