



Dreamcatcher

CABINS

Welcome

Welcome to Dreamcatcher Cabins. We're so grateful you chose to stay with us. We will do everything we can to make your stay as comfortable and relaxing as possible.

Please read the information on this page carefully.

If you need to get in touch at any point during your stay, you can contact us on:

Fiona - 07860361320 - Brian - 07816943710 - Ross - 07860361320 - Landline - 01877382220

The reception around the cabins is very poor. We're in a dip surrounded by trees, so if you don't get through to someone, please leave a message/text us and we will respond as soon as we see it.

In the case of an emergency, we're right next door in the pink house. Don't hesitate to knock on the door.

Fire:

The cabins are made of wood, so it's important you're very careful with fire safety.

Never have a candle out of a holder and never put anything on, or near, the wood burning stove or chimney. Always close the door to the fire as wood can spark and come out of the stove if the door is open.

Disposable barbecues should be used well away from the cabin on a stone surface.

There is a fire extinguisher in the bedroom and a fire blanket under the hob. Use the extinguisher to aid your own escape. If there is a fire, leave the cabins immediately, call the fire brigade and sound the fire bell on the side of the wood store alerting people in other cabins to also leave the forest. There are large fire extinguishers in the wood store.

We know you will be careful.





Where everything is:

All your dishes and cutlery are under the bed in a plastic box. Pots and pans are beneath the hob or hanging on the wall.

There are some board games and colouring books under the bed too.

The small white remote is to turn on/off the fairy lights.

Firewood is in the wood store in the car park. The bins are behind the firewood. Please recycle.

Noise levels:

We ask there is no noise after 10pm. The cabins are designed as a tranquil, relaxing space to unwind and disconnect. We appreciate your consideration.

When you leave:

Please leave the cabin as you found it.

If you break anything, you won't be charged, just drop us a text so that we can replace it for the next guests.

And we always appreciate you taking the time to write us a review.

Thanks

Thank you again for choosing to stay with us.

Have a wonderful time. If you need anything at all, please don't hesitate to get in touch. We're here to help.

Kind regards,
The Dream Team



How to use your Cabin

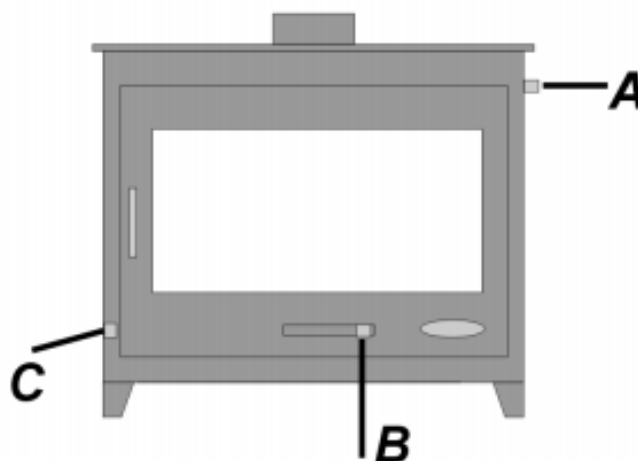
The cabins have lots of parts, so this is a guide on how to make the most of yours.

The Log Burning Stove

Your cabin is equipped with a log burning stove to keep you cosy during your stay. Not everyone knows how to use one of these, so here's a step-by-step guide to have your stove going like a furnace (or idling, whichever you prefer).

- 1) Gather kindling and logs using the baskets provided.
- 2) Place one or two squares of wax fire lighter in the stove, and pile two or three handfuls of kindling on top.
- 3) Light the firelighter.
- 4) Place a log on top of the stack of burning kindling.
- 5) Shut the door over, but leave the handle in the closed position. By doing this, you stop the door from fully closing. This gap creates a flow of air through your stack of wood, allowing it to catch alight more easily.
- 6) Leave your door slightly open until both the kindling and logs are burning.
- 7) Once the fire is burning well, shut the door.
- 8) If at any point the fire looks like it might go out, open the door again slightly.

Basic Operation



Your Woolly Mammoth stove comes equipped with 3 Main controls:

Secondary Air Control (A) – This works on a push-pull slider system and controls the flow of secondary air into the stove. This air allows the stove burn to be controlled at a lower burn rate, as well as the air wash that keeps the glass clean.

Primary Air control (B) – The main air control, used predominantly during start-up/lighting of your stove. This works on a push-pull slider system

Riddler Control (C) – This is the control for the riddling grate. This works on a push-pull slider system

Now that your fire is lit, you can control how much air is allowed into the fire, therefore how hot it burns. If you want a roaring blaze, open the air intakes fully. If you want an idling glow, slide them closed. You have total control over the intensity of your fire.

Kindling is only to get the fire going, from then only use logs.

Sit back and admire your work. You've earned it.

Things to note:

- If you're going out for a few hours, close both the air intakes. This will restrict the oxygen reaching the fire, meaning it will burn very slowly. This is safer and it will likely still be burning when you get back.
- Burning wood is Carbon neutral - much better for the environment than coal or gas heating systems.
- The fire will produce more heat with the door closed rather than open.

Additional Fire Safety

Drying - please take great care with robes etc around the stove and candles. We often see burn marks on the dressing gowns and towels so please, please be careful - these scorch marks could have been a fire and we need you to be safe.

Candles - please leave the candles in their containers. You are surrounded by woodland so take great care with any naked flames.

Enjoy - humans have been using fire for light, heat and entertainment for hundreds of thousands of years. By lighting, maintaining and watching your fire burn, you're engaging in a practice that connects you to the natural world. Enjoy it.

The Toilet

Using the toilet - we are so sorry to be involved in your toilet activities, but we know composting toilets are unusual. Here are the golden rules:

- Liquids go down the white opening at the front - for girls that happens naturally but for boys you have to sit. If you let urine go down the back part where the solids go the toilet will smell. It is to do with the bacteria etc which you probably don't want to hear about!
- Solids go down the hole at the back where the compostable liner is.
- Only toilet paper in the toilet please - no sanitary items (there is a bin provided)

Lights

The fairy lights are operated with the small white remote. The buttons on the left turn the lights on, the right, off.

Cooking

We have a 2-ring gas hob where you make all sorts of delicious meals. All the utensils you will need are in the box under the bed. The pots are hanging up or on the shelves under the hob. We've included a couple of recipes in the "Food" section of the folder.

The Bath

You have constant hot water, so you can use the bath as often and for as you like.

Drop the complimentary bath bomb in as it's filling, light the candles, make sure the fire is burning nice and hot, and pour a glass of prosecco.

A bath in the woods is fantastically relaxing, enjoy.



Things to Do

We're extremely lucky to have a wealth of things to do just a stone throw from the cabins. There's an activity for everyone, so let's jump right in!

Walks

Great for the mind, body and soul, a walk is the perfect way to unwind and get out into the beautiful surroundings we have at Dreamcatcher Cabins. I've listed the local walks in order of intensity - from easiest to most challenging. All of these paths are available on google/apple maps.

1. Walk to Lemhamish - 10 minutes, 1km

Just up the river from us is a quiet grassy patch called Lemhamish. With two picnic benches, it's a lovely spot for lunch.

To get there, turn left out of the car park, head along the road and into Cobleland Campsite. Walk through the campsite, and take a right turn onto the path along the river. Soon you'll be at Lemhamish!

(We don't recommend swimming here. Cows sometimes stand in the river and If you're looking for a spot to swim, I've included a few in the "wild swimming" section.)

2. **The Bridge Loop - 20 minutes, 3km**

The Bridge Loop circles around over the river and back along the Aberfoyle cycle track.

Take the same route to Lemhamish (see 1.) and carry on the path which hugs the river. It winds through a beautiful pine forest and meets an old road. Keep right until you get to a crossroad with a sign for Aberfoyle. Take a right here and cross the bridge. Once over the bridge, you'll meet the Aberfoyle cycle track. Take a right, and the cycle track leads back almost to your front door.

3. **The Aberfoyle Loop - 1 hour, 7km**

Aberfoyle is a bustling little town, with lots of small businesses, a COOP, and plenty of things to do.

To get to the cycle track from the cabins, take a left out of the car park, and a right over the bridge. Soon you'll see the Aberfoyle cycle track on your left (impossible to miss). Then it's just a straight walk to Aberfoyle.

To come home, you can either walk back along the cycle track, or take a more scenic walk through the woods, and visit the Faerie Tree on the way.

To do this, you want to head to the COOP then walk over the bridge. Once over the bridge, walk straight on along the road. There will be a graveyard on your left. The road will start to loop back around and into the woods. You'll come up to a gate, and just past that on the left is the path to the Faerie Tree. The Faerie Tree is where the local Faeries live.

Be careful, the minister of Aberfoyle, Robert Kirk, went missing here in the 17th century, thought to have been kidnapped. The Tree is said to be a gateway to the afterlife, so some people bring ribbons to write messages to loved ones who have passed on.

Head back the way you came, and left on the track you were already on. From there it's a straight walk back to the cabins. There is a crossroads at one point, but just keep left/straight (don't go up the hill) and eventually you'll come out at Lemhamish (grassy spot next to the river). Head past Lemhamish, through the campsite, and you're back at Dreamcatcher cabins.

4. **A walk to Gartmore - 30 minutes, 3km up hill**

Gartmore is a quaint, peaceful village, with 400 residents, a pub and a shop. The benches at the football pitch are a great place to watch the sunset.

Again, take a left out of the car park, then a left at the end of the road up the hill. The pink house you'll pass is where we live. Feel free to say hello. If there's a man gardening, that's Brian (Dad), and he's always delighted to chat. He sometimes has a green parrot on his shoulder - Darby - who lives around the garden.

Once past the house, take a left turn at the top of the garden onto Butler's Walk. This winds through the woods and out into Gartmore estate. Take a right at the end of Butler's Walk up the hill. Once you reach Gartmore House, take a right turn, and continue up the hill. You'll soon reach the village.

The Black Bull is owned by the community (so is the shop) and is a great spot for a drink and a chat with the always welcoming locals. It also does great food.

As I said, the benches at the football pitch is a good spot to watch the sun dip behind Ben Lomond. You can either take the same route home or walk back along the road.

5. **The Lodge - 30 minutes, 3km**

The Lodge Forest Visitor Centre is a forestry commission building which is a starting point for many walks through the woods. They're all sign-posted and colour coded when you get there. The waterfall walk is beautiful, and so is the walk up Lime Craig. It is also where Go Ape - a high ropes adventure course - begins.

To walk, head along the Aberfoyle cycle track (see 3.), cross the road at the COOP and head on up the hill. You'll see a path on the right which heads up into the woods to The Lodge. I recommend having a look around first then deciding which walk to do.

You can also drive there. They have a big car park. The cafe has a stunning view over the Forth Valley.



6. **Craigmore - Hike - 12km, 2.5+ hours (387m)**

Craigmore is the best hill (in my opinion) you can do from the cabins. It has a good path and the view over Ben Lomond and Loch Ard from the top is breath-taking.

To get there, walk first to The Lodge (see 5.). There are light blue signposts you can follow from the lodge which will take you to the top.

For any of you runners, my best time is 1:26 (Ross). If you beat it let me know!

7. **Lime Craig - Hike - 13km, 2.5+hours (314m)**

This hill is just opposite Craigmore. The walk through native oak and pine woodland is beautiful, but the view from the top isn't quite as good (still incredible though).

Again, head to The Lodge (see 5.). Conveniently, Lime Craig has red signposts all the way to the top. It's very steep at some points. From the top there's a spectacular view across the Forth Valley. You can see the fault line where the highlands meet the lowlands of Scotland. Amazing.

8. **Ben A'nn - Hike - 3.7km, under 2 hours - 20 minute drive from cabins**

Ben A'nn is one of the most popular small hills in Scotland. It's a 20 minutes drive from the cabins. At the top, you're treated with views over three lochs - Venachar, Achray and Katrine.

You start the walk from the car park (on google maps) and there's a clear path to the top. It's a stunning walk and suitable for all capabilities.

9. **Ben Lomond - Hike - 12km, 5 hours - 45 minute drive from the cabins**

I'll take the high road and you'll take the low road...

Ben Lomond is one of the most famous and popular hills in Scotland. The views over Loch Lomond are phenomenal, and the path is well-maintained.

It's an easy one to under-estimate, so make sure you leave plenty of time. In the summer, the car park fills up quickly, so get there as early as possible to snag a spot. We were there at 8:30am last time and it was almost full.

*We hope this is helpful. Being in a National Park,
there's just so much walking to be done. Enjoy!*

Cycling

We have 100's of kilometers of cycle tracks around us. Here's how to enjoy them.

Rental

If you're looking to hire a bike, our lovely neighbours, Nick and Linda own the Aberfoyle Bike shop and Cafe. They have everything from mountain to ebikes to route maps. Pop in there to grab a set of wheels and head off!

Aberfoyle Loop - 7km, 20 minutes

For directions, see walks no. 3 - it's the same loop.

It's a nice easy cycle, perfect to stretch the legs out.

Loch Ard Loop - 27km, 3+ hours

There are so many great routes around us to explore, but the best I have found is the loop around Loch Ard.

Head over the bridge in Aberfoyle, and take the third right up Duchray road. This is easy to miss so it can be worth double-checking on google maps. If you're at the Church you've gone too far.

Follow Duchray road up to Lochan Spling - a great spot for a swim if you feel like it - and head on up. Keep right at the junction, and you should cross a small bridge. Soon you'll be in the Milton car park, which is where the route starts. **If you get lost, just put the Milton car park into google maps.**

From the Milton car park, you can either follow the signposts to Inversnaid or follow the markers. It doesn't really matter. As long as you keep the Loch on your right you'll be fine.

The path eventually loops around the top of Loch Ard and you can cycle back along the road to Aberfoyle. I recommend using maps around here as I've gotten lost a few times.

If you do get lost, don't worry. Just find a signpost to Aberfoyle and follow that back. There are also plenty of locals around who will be happy to help you.

Loch Ard + Loch Chon - 33km - 4+ hours

If you're feeling extra adventurous, you can add Loch Chon to your adventure. It's smaller than Loch Ard, and always much quieter. You can usually get one of the little beaches to yourself!

It's on the same path as Loch Ard. You just follow the signposts for Inversnaid and you'll end up there.

Wild Swimming

The Loch Lomond and Trossachs National Park has the highest density of lochs anywhere in Scotland, so it's ideal for wild swimming.

We like to swim year-round and are big believers in the benefits of cold water exposure.

If you're looking to get involved, here's a few options.

Clashmore Loch - 4km, 2 hours there and back (walking)

We call this our private pool because there's never anyone there. It doesn't have a great entry point, but that's the fun of wild swimming right?

To get there, take a left out of our car park, then head up the road and take the turnoff to Lemahamish. Go straight through the first junction, and take a left at the second. Then stay on that road until you see the loch on the left. It's quite far (about 3km).

You can also find it by putting 'Clashmore Loch' into maps.

There is a path flattened out by footfall down to the water. It's a beautiful, secluded spot.

Lochan Spling - 5.1km, 2 hours walking.

Lochan Spling is a stunning body of water just outside Aberfoyle. If you're lucky, the picnic bench will be free, and you can use it as a base to swim. If it's not, just find an entry spot somewhere along the edge.

Head along the aberfoyle cycle track, over the bridge, and take the Duchray road turnoff. It's very easy to miss. If you reach the church you've gone too far.

Follow Duchray road, take a right towards Inversnaid, and you arrive at Lochan Spling. It's a small body of water so isn't usually as cold as bigger lochs or the sea.

Loch Ard

Loch Ard is the massive loch just past Aberfoyle. It has everything from kayaking to stand-up paddleboarding. There are hundreds of places to swim all along the lochside.

Just drive straight through Aberfoyle to get there. There are many places to park along the water's edge.

Where to watch the sunset

The best place is on one of the benches at the football pitch in Gartmore. Follow the directions from walk 4. to get to the village.

Go Ape

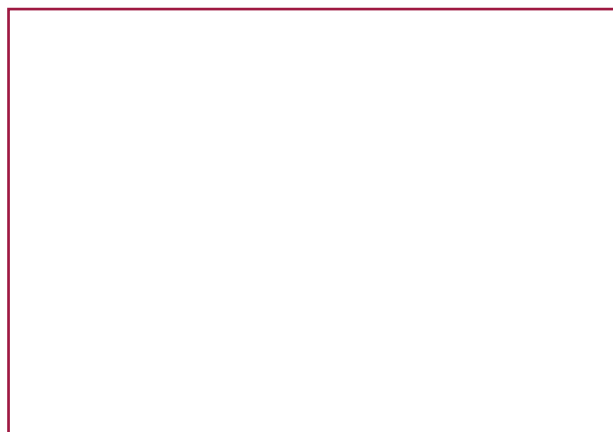
Go Ape is a high-ropes adventure course in Aberfoyle. It takes about 2 hours, and has a 400m zipline and obstacles through the trees.

It's a fantastic day out. Make sure you book ahead.

Local Shopping

Gym

The Aizle Active is our local gym. It's a 15 minute drive. Kerr is friendly and will be delighted to see you. It's £10 for a session.



Food

Eating Out

Dinner and drinks

The Black Bull

The Black Bull Pub is our community owned pub. There will always be a warm welcome and in the winter a warm fire too! It is about a 20 minute walk. The locals are always delighted to have Dreamcatcher guests.

It is in on the square in the village of Gartmore.

If you don't want to walk on the road, you can walk through Gartmore House estate. Head out the DC carpark, take a left, then a left up the road, head up past the pink house and take a left at the forest track at the top of the garden. At the other end of the forest track (Butler's walk), take a right and just keep heading uphill until you get to Gartmore.

The Forth Inn

The Forth is in Aberfoyle, at the other end of the cycle track. It also does great food, Scottish drougths, and has a welcoming atmosphere.

To get there, head left out the carpark, take a right over the bridge and you'll soon come to the start of the Aberfoyle cycle track. It's approximately a 20 minute walk, and you end up in Aberfoyle.

The Lake Hotel <https://www.lake-hotel.com>

If it's a special occasion, we recommend The Lake Hotel. It is situated on the banks of the Lake of Menteith, with breathtaking views and excellent food. It's more expensive than the Forth or Black Bull, but well worth it.

It's a 10 minute drive, in the town of Port of Menteith.

Lunch/Coffee

Liz MacGregors

Liz has been in business for 30 years, and knows exactly what she's doing. Her lovely little coffee shop on the main street of Aberfoyle does great coffee, reasonably priced, high quality food, and delicious cakes. It's a great spot to watch the world go by.

The Aberfoyle Deli

If you're looking for something to-go, stop in at the Deli. Trevor does tasty pies, coffee and rolls. It's a local favourite.

Aberfoyle Bike Hire

The bike shop is run by our neighbours, Nick and Linda. They rent bikes to explore the national park with, and do coffee and rolls once you need a refuel. They have a beautiful sheltered little terrace around the back.

Tir Na Nog

If you're looking for something a little bit different, head over to Tir Na Nog. It's a holistic centre and cafe. Stop in at their shop to buy an incense or a dreamcatcher, then head over to The Soup Dragon Cafe for one of their legendary brownies. It's a 15 minute drive, and directions can be found on google maps.

Takeaway

The Saffron <http://newsaffronbalfon.co.uk/menu>

We only recommend one takeaway, and that's The Saffron.

It's an Indian, and we love it. Most weekends we'll treat ourselves.

They deliver to the cabins. Just make sure you listen out for their horn when they arrive. A menu can be found in the box under the bed.

Eating In

Of course, you have everything you need in the cabin to cook up a meal yourself! We've included a couple of recipes below to jog your imagination.

There's a COOP in Aberfoyle to get supplies. The Deli also does very high quality meat if you're looking to treat yourself.



Dreamcatcher

CABINS

While cooking, please don't throw food scraps into the forest. It's not good for the wildlife.

Lemon and Honey Chicken

- Cook 2 chopped chicken breasts and 2 chopped carrots in the frying pan with a little olive oil for around 5 mins.
- Add a chopped courgette and some broccoli and cook for 3 or 4 minutes.
- Add a packet of lemon rice (ready cooked) and heat through for about a minute.
- Lastly add a red pepper, red onion and sugar snap peas and heat for about a minute.
- Use salt and pepper to season
- Add the juice of a lemon and a squeeze of honey and mix it all together.



Pesto Pasta

- Put on some penne pasta to boil on one flame, on the other fry some garlic, broccoli and courgette.
- Once the pasta and veggies are ready, drain the pasta and mix them together with a jar of pesto.
- I like to add some fresh piccolo/on-the-vine tomatoes and crumble some feta cheese over the top.
- Season to taste with salt and pepper and voila! Dinner's ready!
- This system works with any pasta dish. From bolognese to carbonara. Simple, easy and delicious.

Meditation and Breathwork Techniques

There's a lot of baggage attached to meditation and breathwork. Many imagine someone sitting in the lotus position, chanting and thumbing prayer beads.

That form is great, but it can seem so culturally different that it may be slightly off-putting. But the western world is starting to adopt these Eastern practices, recognising the value in connecting to the breath.

In many ways it is antithetical to our society. We all value productivity so highly, it can feel strange to just sit and breathe.

But many studies have shown that a meditation practice makes us **more** productive as we can be more selective in the tasks we undertake. Instead of having our priorities set by our email inbox, we choose how we can most effectively spend our time. We become the chess player, instead of the chess piece.

So here are a few very simple meditation techniques for you to try. You're not trying to achieve anything, and there's no way to do it "right".



Anchoring

Set a timer on your phone for either 10 or 20 minutes. Twenty gives you more time to practise and will let your mind settle into a more meditative state, but 10 is sufficient. If 10 feels too much, there's nothing stopping you from doing 5, or even 2. The hardest part is getting started.

Once the timer is set, close your eyes, and observe your breath. Think about where you feel it - this may be in your nostrils, chest or abdomen. And focus your mind on the sensation of breathing.

Now if you're anything like me, within a few breaths your mind will have wandered. You might be remembering something, or thinking about work. When you realise this, gently say the word "thinking" to yourself, and bring your attention back to your breath.

That's it. You simply watch yourself breathe. It's incredibly simple, but can have profound effects on both your mental wellbeing and attention span.

Sense Meditation

The idea of this meditation is to put you in touch with your surroundings. It's easy not to notice the world around you, which means you miss so much of its beauty.

So,

Step 1 - Think about 5 things you can see. Take a note of their shape, colour, movement and anything else you can see. This can be anything from a tree, to the wood burning stove, or even the back of your hand. Take a proper look at the world around you.

Step 2 - Close your eyes, and note 4 things you can hear. This might be leaves rustling, your partner breathing, birds chirping or grass blowing in the wind. Listen to the world around you.

Step 3 - List 3 things you can smell. What does the pine forest smell like? Is there food cooking? Is there a smell from your clothes?

Step 4 - Think about 2 things you can feel. How does your surroundings feel on your skin? Do you have a soft blanket over your knees? Is there a breeze?

Step 5 - Name something you can taste. Do you have a lingering flavour from your last meal? Did you just brush your teeth? What can you taste just now?

Our brains filter the vast majority of the sensory data we receive at any given moment. So unless we make a conscious effort to connect with our environment, we will miss so much of life.

Breath-work

Science is showing that the breath is intrinsically linked to both physical health and mental well-being. Breathwork has been proven to reduce stress, anxiety and depression, as well as strengthen the immune system and increase energy levels.

In yoga, breathwork is called "pranayama". "Prana" means life energy, and "yama" means control. So to work with the breath is to control your life energy.

As a general rule, increasing the volume/frequency of breathing **inward** will increase your heart-rate and mental sharpness (ideal for charging up in the morning), whereas **outward** breath will slow the heart rate and induce relaxation and calm (ideal for winding down at night).

I've shared two simple techniques here, one of which will energise you - **Breath of Fire** - and one of which will calm you down - **The 4-7-8 Technique**.

Breath of Fire

Breath of fire can be used to energise the body and mind. It is often practiced in the morning as a way to charge up for the day ahead.

Here's how:

- 1) Get comfy. You can do this sitting or lying down.
- 2) Close your eyes and bring your attention to your breath.
- 3) Take a few breaths to settle in.
- 4) Start to forcefully exhale through your nose, contracting your diaphragm and abdomen. You should feel your abdominal muscles working. Air should rush out through your nose, making a sound as if you're blowing up a camp bed.





- 5) Passively inhale. This means you just let your lungs fill back up with air as your abdomen expands. Don't actively breathe in, just let air fall into your lungs.
- 6) Repeat for approximately 30 breaths.
- 7) Then exhale fully, and hold your breath for as long as you can. Once you need to breathe, inhale and hold. You might feel a little light-headed here - enjoy the sensation, yogi's might suggest you are feeling prana, or life energy.
- 8) Repeat for 30 more breaths.
- 9) You can cycle through this as many times as you'd like. It can take a while to get into the rhythm. Make sure you take your time and don't get frustrated if you're finding it difficult. Everything is hard the first time. If you google "Breath of Fire, Yoga with Adriene", you can get a visual representation of how it's done.
- 10) Enjoy the feeling. It's called breath-WORK, so enjoy your hard graft. The feeling afterward is similar to that of a workout - focused, energised and clear. Make sure you take a minute to embrace your state of mind.

The 4-7-8 Technique

This is a calming technique, ideal for winding down in the evening.

It is very simple. You breathe in for 4, hold your breath for 7, and exhale for 8. Count approximately in seconds, but you'll find a rhythm which works for you.

Set a timer for as long as you feel comfortable, then just breathe in and out, counting as you do.

This will slow your heart-rate, induce better quality sleep, and produce a feeling of well-being.



Our Story



You will see the development of Dreamcatcher Cabins in our **"Little Book of Dreams"** but the story of our family is ever changing.

I (**Fiona**) was Depute Head Teacher in a very busy inner city secondary school and I loved my job. Unfortunately my body did not love my job and my asthma became so bad that I had to retire. Brian had always been keen to build cabins in the woods and I always resisted as I did not want to give up teaching. I could not envisage a life outside the school building.

During a spell where I was off school and totally unable to function due to my asthma he persuaded me that I should retire and we should build the cabins. The seed was planted. My subject had been business so my skills were transferable.

Brian was a Landscape Gardener and his skills also fitted well with the idea of cabins in the forest. Brian also enjoyed his work and he decided to take a spell off while we built the cabins but to continue working thereafter, although he is now almost fully retired from Landscaping. With a passion for conservation and nature he ensured that we left as small a footprint as possible. In fact, with our encouragement the Red Squirrel population is multiplying as are the birds and other animals we have in the forest so I think we have actually improved our environment.

Jamie had gone to university to do law and very quickly decided that it was not for him and left. After a period of wandering around the world he began to study in areas of interest to him and one of these was marketing. With a huge love of travel Jamie wanted to be able to work from anywhere in the world on his laptop. I think the term is digital nomad and of course we are not a bit jealous!



Ross also went to university and hated it (quite a theme in our family). Being a bright young man he was put in charge of the daily running of the business which he does with ease. He is lovely with guests and efficient with our systems. He has also developed practical skills around the cabins. He works Monday to Friday and I cover the weekends. However Ross is a talented writer (you may have read his blogs) and is heading back to university to do journalism.

Christine cleans the cabins and helps with the laundry. She lives at the top of the hill, so walks to work. She's been with us since day 1 and we just love having her around.

Mel joined us recently and has been an amazing member of the Dream Team. We're so lucky to have such a great group of people to work with.

Dreamcatcher Cabins is a family business in every sense of the word. At times it can be challenging, but we love the shared mission we're working on together.

Ryan helps out sometimes in the cabins and he takes guests fishing if they wish to go. He is an excellent teacher and the guests love him.

Useful Contact Information

The Saffron (Indian Carry out and sit in too) 01360 440505

Buchanan Cabs - 01877 382666 (not like the city - it is wise to book in advance)

Stirling Hospital - The Minor Injuries Unit at Stirling Health and Care Village provides treatment for a wide range of minor cuts, burns and suspected broken bones and is open **9am – 9pm**, 7 days a week (including public holidays). You should call 111 before attending.

Health emergencies - 999 (Forth Valley is our local hospital but is over an hour away)

Simply Styles Hairdresser - 01877 389190

