

*Karma*  
LAKE OF  
MENTEITH  
STIRLING, SCOTLAND



## THINGS TO DO STIRLING

WE CREATE... EXPERIENCES





## HOW TO GET THERE

### By Car:

From Glasgow, follow the A81 in the north of the city through Blanefield and just before Aberfoyle (Rob Roy Inn to your left), turn right, signposted for Port of Menteith, whereupon you will see a sign for Karma Lake of Menteith which is adjacent to the church. From north Scotland, Edinburgh or England leave the M9 at junction 10, head for Stirling and follow the signs for Erskine Bridge (A811). Once on the A811, drive for approximately 15 minutes, until reaching Arnprior, and then turn right onto the B8034, signposted for Port of Menteith.

### By public transport:

From Glasgow, it takes approx. 1hr40min to get here, by first taking a train/coach to Stirling, where you will have to take the C11 bus going in the direction of Aberfoyle. From Edinburgh it takes approximately 2 hours to get here, by first taking a train/coach to Stirling, where you will have to take the C11 bus going in the direction of Aberfoyle. Access the [travelinescotland.com](http://travelinescotland.com) for more details.

## ON-SITE F&B OUTLETS



Karma Lake of Menteith



Karma Lake of Menteith Wine & Bar



Karma Lake of Menteith Restaurant

## KARMA LAKE OF MENTEITH RESTAURANT

Our conservatory restaurant seats 40 people comfortably, overlooking the Lake of Menteith with all its stunning vistas and change of scenery according to the weather conditions and seasons. Alternatively guests may choose to eat in our bar and cozy up around the open fire place during the winter months. We serve a combination of traditional Scottish along with a selection of ever changing Asian dishes to suit our cosmopolitan clientele. We serve fresh trout caught daily from the lake in a variety of different guises as well as locally shot game from our neighbours at Rednock Farm Estate.

### OPEN DAILY

**08.00 - 10.00** for Breakfast  
**12.00 midday - 15.00** for Lunch  
**17.30 - 20.30** for Dinner

Karma Lake of Menteith Hotel, Port of Menteith, Stirling, FK8 3RA

**01877 385258 | [www.karmalakeofmenteith.com](http://www.karmalakeofmenteith.com)**

## STIRLING ON THE PLATE

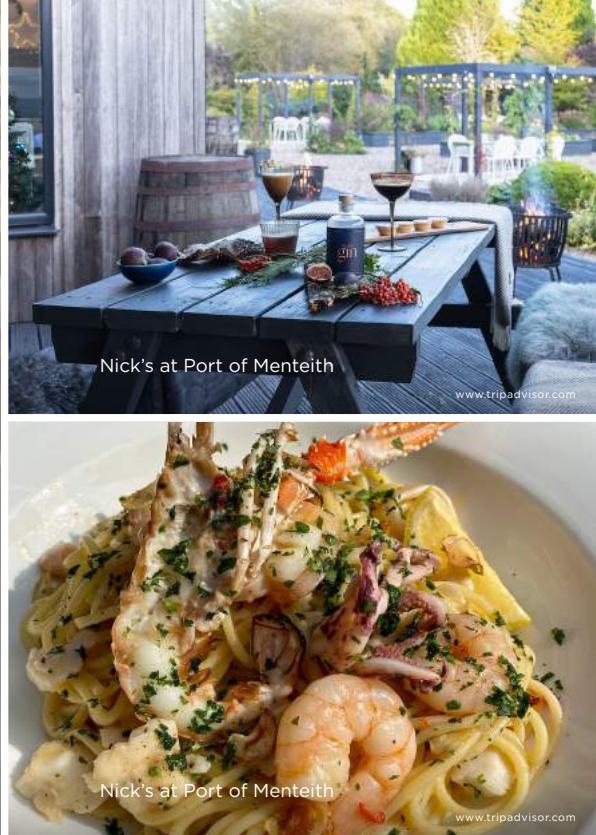
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OUR PICK OF THE TOP RESTAURANTS  
IN THE REGION



Nick's at Port of Menteith

www.tripadvisor.com



Nick's at Port of Menteith

www.tripadvisor.com

## Nick's at Port of Menteith

(Nick Nairn - celebrity chef)

Nick's at Port of Menteith offers a foodie experience like no other. We've got Nick's at Port of Menteith, where we offer a simply exquisite dining experience with simple foods done exceptionally well, including the infamous Paul's pizza. We also host Home by Julia Nairn, the home and lifestyle shop tailored by Julia Nairn to showcase her favourite brands and local businesses.

### Opening Times

Thursday to Saturdays **12.00 - 10.00pm**

Sunday from **12.00 - 1.00am**

Nick Nairn Cook School, Lochend Estate, Port of Menteith, Stirling FK8 3JJ

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**01877 389900 | [www.nairns.co.uk](http://www.nairns.co.uk)**

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The Inn at Kippen

[www.theinnatkippen.co.uk](http://www.theinnatkippen.co.uk)



Roman Camp Hotel - Callander

[www.romancamphotel.co.uk](http://www.romancamphotel.co.uk)

## Roman Camp Hotel - Callander

Here in Scotland we have some of the best produce anywhere in the world. Be it lamb, beef, venison, fish, shellfish, potatoes, soft fruits – the list goes on and on. At the Roman Camp Hotel our chefs use the best of Scottish produce to provide our guests with delicious meals served in our award winning restaurant.

Off Main Street, Callander Stirlingshire, FK17 8BG

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01877 330003 | [www.romancamphotel.co.uk](http://www.romancamphotel.co.uk)

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## The Inn at Kippen

Welcome to The Inn at Kippen, our award winning executive chef and proprietor Paul Smith, previously of Mar Hall Hotel and Spa, Bishopton and BT Murrayfield Stadium has developed his menu using locally sourced fresh produce, cooked to perfection. The Inn at Kippen is a family friendly, dog friendly bar, restaurant and rooms located in Kippen, Stirlingshire in the heart of the Scottish Countryside, within close reach of Stirling, Glasgow and Edinburgh.

### Opening Times

Daily 12.00 - 10.30pm

Food 12.00 - 8.00pm • Drinks 12.00 - 10.30pm

Fore Road, Kippen Stirlingshire, FK8 3DT

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01786 870 500 | [www.theinnatkippen.co.uk](http://www.theinnatkippen.co.uk)

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## The Lion & Unicorn - Thornhill

Enjoy the cosy atmosphere complete with an open fire and table service, as well as options for vegetarians and children. Warm yourself beside the large open fire and enjoy the friendly atmosphere – dogs are welcome and an outside smoking area and beer garden are available to use.

### Opening Times

Sunday to Thursday **12.00 - 11.00pm**

Friday to Saturdays from **12.00 - 1.00am**

Lion & Unicorn, Main St, Thornhill, Stirling FK8 3PJ

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(01786) 850204 | [www.lion-unicorn.co.uk](http://www.lion-unicorn.co.uk)

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## The Cross Keys - Kippen

The Cross Keys is a traditional and comfortable inn situated in the small village of Kippen, Stirlingshire, amongst some of Scotland's most picturesque scenery and between the Loch Lomond and Trossachs National Park, with the ancient city of Stirling only minutes away.

### Opening Times

Monday to Friday **12.00 - 3.00pm / 3.00pm - 11.00pm** (food **12.00 - 2.30pm / 5.00pm - 8.00pm**)

Saturday **12.00 - 11.00pm** (food all day til **8.30pm**)

Sunday **12.00 - 10.00pm** (food all day til **8.00pm**)

Main St, Kippen, Stirling FK8 3DN, United Kingdom

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01786 870 293 | [www.kippencrosskeys.com](http://www.kippencrosskeys.com)

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PLACE TO VISIT WHILE STAYING  
AT KARMA LAKE OF MENTEITH

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OFF-SITE GUEST EXPERIENCES



Loch Lomond & The Trossachs National Park

[www.nationalparks.uk](http://www.nationalparks.uk)



Loch Lomond & The Trossachs National Park

[www.nationalparks.uk](http://www.nationalparks.uk)



Loch Lomond & The Trossachs National Park

[www.nationalparks.uk](http://www.nationalparks.uk)

## Loch Lomond & The Trossachs National Park

There are numerous walking and cycling trails - you may hire bikes from the hotel as well as paddle boarding on the lake - also available to hire. We have two paddle boards and four adult bicycles.

The nearest town is Aberfoyle with a good selection of cafes, pubs and shops. Aberfoyle Golf Club is 10 minutes from the resort - you will be entitled to 15% discount off green fees if you are staying at Karma Lake of Menteith.

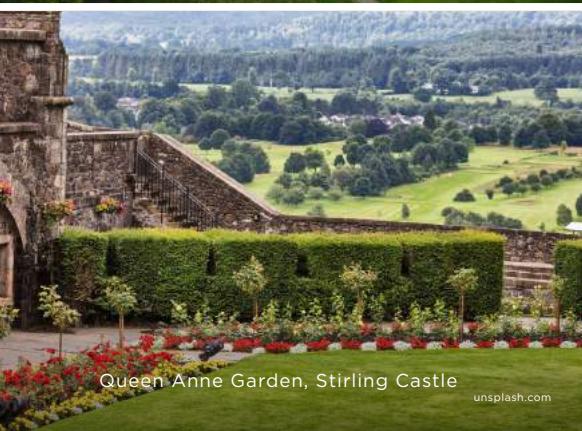
Stirling is about 30 minutes away where you can visit the famous castle amongst many other things. Along with a multitude of local lochs, the famously huge Loch Lomond is about 40 minutes from the hotel where you will find many pubs and restaurants and water sport activities.

**Open from - Sunday to Thursday 12.00 to 11.00pm and  
Friday to Saturdays from 12.00 to 1.00am**  
Lion & Unicorn, Main St, Thornhill, Stirling FK8 3PJ

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(01389) 722600 | [www.lochlomond-trossachs.org](http://www.lochlomond-trossachs.org)

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## Sightseeing

### Stirling Castle

On wet day there are plenty of interesting different buildings to hide in, the Great Hall, the old kitchens and the military museum. But on a fine day the gardens and the views are really spectacular.

Film Location connections: *Kidnapped*, *Gregory's Two Girls*, *To End all Wars*, *Tunes of Glory* and *The 1970's TV production of Colditz*.

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01786 450000

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### Doune Castle

14th Century castle, you can walk around the grounds for free but inside is interesting, great audio commentary, half in ruin and exposed to the elements the other half is beautifully preserved. This is a great castle with smaller children - not so much trailing but still giving you a massive sense of history.

Film Location connections: *Monty Python's Holy Grail*, *Ivanhoe*, *The Bruce* and *Outlander*.



Bike Hire

unsplash.com



Bike Hire

facebook.com/wheelscyclingcentre



Bike Trails

unsplash.com

## Bike Hire

### Wheels Cycling Centre

For hiring bikes we recommend 'Wheels Cycling Centre' just outside Callander. The location means where you hire your bike you are immediately on good biking tracks/roads. There really are so many trials, like walks, we could carry on for pages!

#### Opening times

March - October, Mon - Sun : **10am - 6pm** (*Bike Hire, Sales and Repairs*)

November - February, Mon, Fri, Sat, Sun : **10am-5pm** (*Sales and Repairs*)

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**01877 331100**

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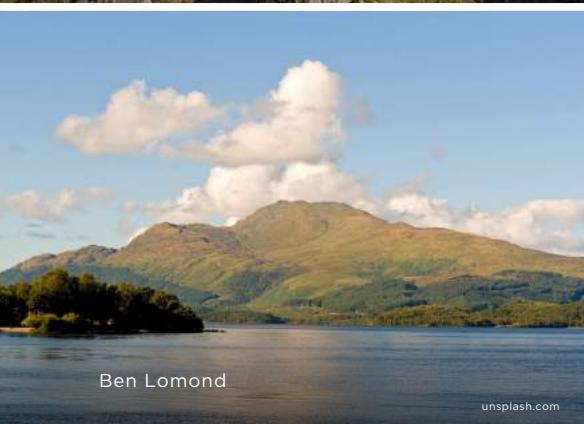
## Bike Trails

### Mains Farm Bike Trail

*Thornhill, Stirling FK8 3QR*

Open to the public and for free. Follow the A811 to the village of Thornhill and just as you come into the village, on the corner take a sharp turn right onto the Kippen road... It's a bit of a tricky junction!

Past the playpark, turn left as if going into the caravan area and towards the sea king helicopter



## Walking

There is, unfortunately, no access path around the Lake. There are, however, endless trails for walking and many of the bike trails mentioned above are also good walking routes. Alternatively, here are 3 mountains should you wish to get a 'Ben' (Scots word for mountain) under your belt:

### **Ben A'an - Height 1520ft**

*Callander FK17 8HY*

Walk time: ~ 3-4 hours

Difficulty: Easy

Fabulous views of Loch Katrine

Nearest toilet: Loch Katrine Pier

### **Ben Ledi - Height 2883ft**

*Callander FK17 8HF*

Walk time: ~ 3.5-4 hours

Difficulty: Relatively easy with some steep stretches

Nearest toilet: Callendar public toilets

### **Ben Lomond - Height 3194ft**

*Stirling FK8 3TS*

Walk Time: ~ 4hrs

Difficulty: Relatively easy

Nearest toilet: Callendar public toilets

Over 3000ft in height and therefore classed as a 'Munroe'!

Parking: at Rowardennan Hotel



Aberfoyle, Stirling



Aerial view of Callander Scotland



Thornhill Scotland

visitscotland.com

## Play Parks

### Aberfoyle

*Off Main Street, Aberfoyle FK8 3UQ*

Just as you arrive in the village, on the left. Park in the main car park towards the back of the Scottish Wool Centre and there is a leafy path round the back of some houses that brings you to the park.

### Callander

Here, there is one in The Meadows, which is through the big car park at the river. Take the left turning at the Dreadnaught hotel for that car park, and follow to its furthest point.

### Thornhill

Just as you come into Thornhill from the lake there is a tight corner turning the left and a road going down to the right, take the road to the right and you will see on the left. Parking is just at the hall behind the park. Stirling has a super big play park (and skate park) in Kings Park; which is as you arrive in Stirling on the A811, turn right at the mini roundabout and then next right again, the road goes alongside the golf course and then the park and at the end you turn right across 2 mini roundabouts! And you will see cars parked along the right hand side of the park railings.



## Indoor Play

### Wonder World Soft Play

A great new soft play in Falkirk with a bit of something for all ages! The staff are very friendly and have lots going on from dressing up and making masks, to making a yummy lunch.

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01324 617111

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### Sky High Trampolining

Lots of bouncy fun for all ages. Go freestyle or join the different groups they have going on. On your first visit you will have to purchase a pair of £2 grip socks and then you just have to remember to bring them the next time you go.

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01324 460668

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### Go Karting

Great indoor karting arena, get your race head on and see who gets the podium! There are other places to go but this has been tried and tested!

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01324 460668

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Kayak

unsplash.com



Canoe

unsplash.com



McLaren Leisure Centre

heart200.scot

## Watersports

### Go Country @ Forrest Hills

10 miles from Lake of Menteith. Here you can canoe, sail and kayak. They also offer a lot more activities close to the centre: clay shooting, archery, quad biking, hill walking, gorge walking, mountain biking, Orienteering and horse riding! They can also arrange paintballing, white water rafting, go-carting 4x4 off road driving and cliff jumping! A one-stop-adrenaline-shop!

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01877387750

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## Swimming

### McLaren Leisure Centre

*Callander*

The pool is shared with the high school so during term time it is advisable to check 'public' hours. They have a steam and sauna room, an indoor climbing wall, badminton, indoor and outdoor football, a Fitness suite and a newly started kids soft play area.

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01877387750

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Aberfoyle Golf

unsplash.com



Callander Golf

callandergolfclub.co.uk



Aberfoyle Golf

aberfoylegolf.co.uk

## Golf

Our Local courses in Aberfoyle and Callander are very highly regarded, although they do say it is better to have one leg shorter than another to play Aberfoyle!

### Aberfoyle

We are a key sponsor of the Aberfoyle course! Please let them know you are staying with us.

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**01877 382493**

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### Callander

For a round of golf its £24 on weekdays. Open to non-members. Has a bar and food . For the bigger courses, most information on these can be found in the Visit Scotland information packs provided, but as with any of the information, if you are having difficulty please let us know and we'll try to help.

#### Opening times

Mon-Fri: 9am - 5pm

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**01877 330090**

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## 'Alternative' Adrenaline Sports!

### Bridge Bungee

*Killiecrankie near Pitlochry*

132ft jump over the River Garry in beautiful landscape. Adrenalin pumping, available to ages 14 and over. £79 and the experience last about an hour.

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0845 862 9900

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### Go Ape

*David Marshall Lodge, Aberfoyle.*

Check and book on their website.

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01603 895500 | [www.goape.co.uk](http://www.goape.co.uk)

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### Go Country

*At Forrest Hills*

The folk here can organise Land Rover safaris, quad biking, climbing, abseiling, archery lessons, shooting clays and paintballing.

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01877 389576

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## KARMA LAKE OF MENTEITH

Port of Menteith, Stirling FK8 3RA, United Kingdom

📞 +44 (0) 1877 385258 • 📩 [reception@karmalakeofmenteith.com](mailto:reception@karmalakeofmenteith.com)

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[KARMAGROUP.COM](#)