

# The Twilight Cabin

## Visitor Information



THE TWILIGHT CABIN IS FUNDED & MAINTAINED BY



[www.thelaurencurrietwightfoundation.org](http://www.thelaurencurrietwightfoundation.org)

# Visitor Information Pack

## About the Cabin

The Twilight Cabin is offered exclusively to patients diagnosed with vasculitis. Getting a change of scenery, relaxing and being away from daily routines can help patients. The Lauren Currie Twilight Foundation fund and manage a holiday log cabin in the Scottish Highlands for adults or children diagnosed with all variants of vasculitis. Patients can obtain a free weekend or 7-day break with their family (max 6 people).

The Twilight Cabin provides self-catering accommodation for up to six people by Loch Awe in Argyll, Scotland. The Cabin is constructed to a very high standard with a wealth of character and charm to provide a true log cabin experience. The cabin is situated in an elevated position with stunning views over open meadows, beautiful Loch Awe and the hills beyond.



The accommodation consists of an open plan lounge, dining area and kitchen. There are three bedrooms in the cabin consisting of a double bedroom, twin bedroom, bunk bedroom and family shower room. There is wheelchair access to the cabin. If you are not mobile and require further information on wheelchair access and facilities, then please contact the charity on 0141 404 1184 before booking.



The lounge / dining area has satellite TV and DVD. The cabin living area consists of a leather sofa and chair, nest of tables, dining table for 6 and a lovely wood burning stove. The loch elevation is mainly glazed, to maximise the stunning view, with French windows opening onto a raised veranda area with rattan furniture. The kitchen area is well equipped, with cooker, fridge / freezer, microwave, toaster, kettle, Nescafe Dolce Gusto machine and all necessary utensils, crockery & cutlery. Laundry facilities are available in the village. The shower room is tastefully finished and has an electric

shower, wash basin, toilet and shaver point. Bedroom 1 is a first-floor mezzanine room, accessible by stairs, which has an additional living area to enjoy views over the loch. It has a double bed, clothes storage, bed side tables and a seating area. There is also a bookcase containing a wide range of reading material. Bedroom 2 has twin beds, wardrobe / clothes storage and bedside cabinet. Bedroom 3 has bunk beds and a four-drawer chest for clothes storage.

Outside there is parking for two cars, an elevated veranda with garden furniture, a BBQ/fire-pit area and ample grounds. The cabin provides privacy and is bordered by a large open meadow where children can play safely, while watched over from the living area.



The cabin is timber lined throughout, double glazed, highly insulated, well heated and suitable for year-round use. It provides a balance of luxury and comfort while maintaining the character, charm and feel of a true log cabin in a quiet woodland location with stunning loch views. All electricity, bed linen and towels are included but you may wish to bring extra towels of your own for your convenience.

**This is a non-smoking cabin. No pets allowed. Burning of candles is not permitted and BBQs should be lit in the garden area and not on the elevated veranda.**

\* PLEASE NOTE: WIFI is not available in the cabin but can be accessed at the village hall for a cost of £1. There is a restaurant and bar in the hall.

## **Directions to The Twilight Cabin**

For satellite navigation users the site postcode is: **PA35 1HN**

The journey takes approximately 2 hours 15 mins from Glasgow airport

1. From Glasgow Take the M8 towards Erskine Bridge.
2. Turn off on to the M898 and cross bridge.
3. After the Bridge turn left on to the A82 towards Loch Lomond.
4. Stay on this road until you reach Tarbet where you turn right on to the A82 towards Crianlarich.
5. At Crianlarich turn left after going under the railway bridge.
6. Just past the Green Welly Stop at Tyndrum, turn left on to the A85 towards Oban. (A stop at the Green Welly before the final phase of the journey is to be recommended).
7. Follow this road through Dalmally and along the north shore of Loch Awe.
8. Near Taynuilt Take the B845 towards Kilchrenan (Dalavich is 15 miles from here). It is a single track, winding road with passing places. The scenery is stunning and is all part of the Loch Awe experience but if you are prone to travel sickness you may want to take your usual precautions.
9. Go through Kilchrenan and after 7.5 miles (seems further) you will arrive at Dalavich. The site is on the left-hand side just before the village centre.

**\*As stated on the Website and Facebook Page, Dalavich is a beautiful, tranquil but remote village and was selected for those very reasons. Please familiarise yourself with its location prior to signing the terms and conditions.**

## **Check In & Out Times:**

**Check In: From 3pm on day of arrival**

**Check Out: 10am on day of departure.**

The key to the cabin is held by Irene the cabin housekeeper, who lives in the bungalow, Kames Cottage, opposite the site. Stop there to collect the key for the cabin. If you think you might arrive after 6pm then please phone Irene to let her know and she will make alternative arrangements regarding the handover. Irene also takes responsibility for cleaning, supply of logs and is a general contact if you have any problems during your stay. Her number is: 07863 158324.

## **When You Vacate the Cabin**

- Remove any food you have brought to the cabin from cupboards, fridge and freezer.
- Wash the dishes you have used.
- Place used towels in the shower compartment.
- Empty bathroom cabinet of your own toiletries.
- Place ash from the fire into the metal bucket at the door. Ensure it is only cold ash that is being placed in the bucket. See point 6 for hot ash.
- If the log fire has burning embers, then please ensure that the glass door on the log fire is securely closed and the vent on the front of the door closed.
- Empty bins in bathroom and kitchen and place in bin shelter at entrance to site.
- Unplug all sockets.
- Place patio umbrella in the walk-in cupboard and cover outdoor sofa.
- Lock patio door and main door and leave key with Irene at Kames Cottage opposite site.
- People are very kind and leave items behind which they think may be useful. However, this can lead to unnecessary clutter. Please remove all items you have brought unless prior arrangements have been made with the charity.

## **Maintaining Our Facilities**

The Twilight Cabin has only been made possible through the generous donations from supporters of The Lauren Currie Twilight Foundation. The charity has funded the facility and maintains the cabin so patients may enjoy a free, relaxing holiday. The interior of the cabin has been lovingly furnished to be enjoyed by vasculitis patients and their families.

In order for everyone to enjoy the cabin we respectfully ask that you read the following:

- Shoes should be removed indoors
- Children should not climb on furniture or on internal fixtures.
- Internal furniture should not be used on the decking area on the elevated veranda.
- As the upstairs sofas are white, please use throws on sofas when sitting on them.
- Smoking and candles indoors or on veranda are not permitted.
- Place the waterproof cover over the patio furniture before your departure.
- Pets are not permitted due to patient allergies.
- Any accidents or breakages to be reported to the charity on 0141 404 1184
- Breakages should be paid for through the LCTF website and not left in cabin.
- Instructions for all electrical appliances are held in the kitchen cupboard.
- Spare batteries and light bulbs are in a cupboard under the sink.

## **Dalavich**

The cabin is approximately five minutes walk from the village of Dalavich which has a shop, cafe and post office where you can also enjoy a morning coffee, light lunch, afternoon tea and at the same time stock up with groceries. Take away meals are also available from the café and restaurant on a seasonal basis.

## **The Village Hall**

At the village hall there is a bar which is open Friday/Saturday evenings and Sunday afternoons throughout winter. During the summer months the bar is open each evening and on some evenings the restaurant is also open. Opening times are posted at the hall.

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

Also at the hall is a coin operated washing machine and tumble drier which is open daily.

## **Boat Hire**

Boat hire is available all year round in the village of Dalavich.

Boats with or without outboard engines are also available at the Loch Awe Marina in the village. Fishing licenses are also available to cover the whole of Loch Awe, Loch Avich and the River Avich.

## **Bike Hire**

By bike is a fun way for all the family to enjoy the stunning scenery around Loch Awe, with miles of paths, quiet roads and forestry tracks to explore.

The Bike Shed (located by Dalavich Community Centre) is unmanned, so bikes need to be booked in advance for collection or delivery. Dalavich delivery is free of charge. Prices available on request for deliveries further afield.

To reserve your bikes please call David on 01763 269558 or 07827 513671



## **Things To Do**

Oban is the gateway to the western isles and some of the most spectacular scenery in Scotland. There are many interesting places to visit, the following are just a few.

### **[www.kilmartin.org](http://www.kilmartin.org)**

Interesting museum at Kilmartin Hall, set in an area of great historical and archaeological interest. Also has great restaurant.

### **[www.sealsanctuary.co.uk](http://www.sealsanctuary.co.uk)**

Rescue & rehabilitation centre for seals and large aquarium.

### **[www.visitcruachan.co.uk](http://www.visitcruachan.co.uk)**

Cruachan hydroelectric system housed in a gigantic man made cavern. Otherwise known as Hollow Mountain.

### **[www.seafari.co.uk](http://www.seafari.co.uk)**

Enjoy an experience of a lifetime by taking a trip in one of SeaFari's nine metre all-weather Rigid Inflatable boats. View some of Scotland's magnificent sea life and beautiful scenery culminating in a run through the world's third largest whirlpool at the Gulf of Corryvreckan.

### **[www.fishing-argyll.co.uk](http://www.fishing-argyll.co.uk)**

Information on Argyll lochs, rivers, and sea fishing. Plenty of fishing tips and up to date reports!

### **[www.sealife-adventures.com](http://www.sealife-adventures.com)**

A wildlife and whale watching (and dive charter) boat based on the Isle of Seil.

### **[www.inveraray-castle.com](http://www.inveraray-castle.com)**

Interesting Scottish castle that is home to the Duke & Duchess of Argyll.

### **[www.divescotland.com](http://www.divescotland.com)**

Porpoise Diving offer you the best way to experience some of Scotland's finest dive sites. Catering for all levels of ability, our dive sites include underwater pinnacles, drift dives, reefs and wrecks. Diving courses, expeditions and equipment. Nr Oban.

### **[www.lochaweside-marine.co.uk](http://www.lochaweside-marine.co.uk)**

Loch Aweside Marine Boat hire in Argyll on Loch Awe and Loch Avich.

### **[www.highlandactivities.co.uk](http://www.highlandactivities.co.uk)**

Outdoor activities in Scotland including, white water rafting, canyoning, gorge walking, canoeing, kayaking & more!

## **Where to Eat**

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

Lochview bar and grill.

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

Newly refurbished and highly recommended by patients.

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

Inverawe Smoke House. Traditional Scottish smokery with shop and restaurant.

[www.kilmartin.org](http://www.kilmartin.org)

Interesting museum at Kilmartin Hall, set in an area of great historical and archaeological interest. Also has great restaurant.

There are good pubs and hotel restaurants in the area, including The Taycreggan Hotel (7½miles) and the Taynuilt Hotel (15 miles), all of which come highly recommended.

Also worth a visit either on the way into or returning from Oban is the Poppies Garden Centre serving the best coffee and superb lunches. There is also a good selection of reasonably priced gifts and plants.

## **Tourist Information**

[www.loch-awe.com](http://www.loch-awe.com)

Informative website on places of interest and what is going on in the Loch Awe area.

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

Caledonian Mac Brayne's website, giving lots of useful information on ferry sailing times and tours to the local islands and the Inner Hebrides.

[www.wild-scotland.org.uk](http://www.wild-scotland.org.uk)

Scottish wildlife tourism association's website.

### **Oban**

About 50 minutes drive from Dalavich, a quaint seaside town and fishing port, from where ferries run to the islands of Mull, Iona, Colonsay, Staffa and Tiree. There is also a good selection of shops including supermarkets, chemists, cafes, restaurants and hardware. [www.oban.org.uk](http://www.oban.org.uk)

There is also a large hospital with Accident and Emergency admissions.



### **Oban Distillery**

Take a guided tour around this old distillery and sample its wares! Open to the public from Easter to October.

### **Cruachan Power Station**

Take a tour of this modern hydroelectric power station at the northern end of Loch Awe, set deep inside the mountain. Open to the public from Easter to November.

### **Inveraray Castle**

The ancestral home of The Duke & Duchess of Argyll. Open to the public from April to October.

### **Loch Fyne Whiskies**

Possibly one of the best "whiskey shops" in Scotland. Situated in the centre of Inveraray and open all year. Phone: +44 (0)1499 302219.

### **Inveraray Jail**

A 19th century jail and court room manned by guides in period costume. Listen to the trial in the court room and hear the sentence of transportation to the New World. [www.inverarayjail.co.uk](http://www.inverarayjail.co.uk)

### **Auchindrain Village**

Situated approximately six miles south of Inveraray on the A83. An original and old Highland village that has been preserved, restored and furnished, depicting life as it really was in the Highlands over past centuries.

### **Kilmartin Glen and Museum**

Picturesque village and museum. The immediate area contains a wealth of natural, historical and archaeological features unsurpassed anywhere in Britain.

### **Little Bay Luxury Boat Charter**

Situated at Lagnakeil, Lerags Glen, Oban - Cruise the Argyll coast and visit the islands of Colonsay and Iona. See dolphins and other wildlife in comfort. Drinks and snacks provided. Phone: +44 (0)1631 565740.

### **Arduaine Gardens**

Approximately 15 miles south of Oban, Arduaine Gardens are a National Trust for Scotland garden filled with beautiful plants and colours with amazing views over the Sound of Jura.

### **Kilchurn Castle**

At the north east end of Loch Awe. Built around 1550, much remains with marvellous views down the length of Loch Awe.

### **Glencoe**

Visit this spectacular glen just east of Ballachulish on the A82. Scene of the infamous massacre of the MacDonalds in 1692 by elements of Argyle's Regiment under the command of Capt. Campbell of Glenlyon.

### **Inverawe Smokehouse**

View the smokery at work, browse round the smokery shop & tearoom and enjoy the flora and fauna of this beautiful corner of Argyll just outside Taynuilt. Open from March 25th - December 24th.

### **The Falls of Lora**

The Falls of Lora are located underneath the Connel Bridge, between Taynuilt and Oban. They are not actually 'falls' but as a result of the vast amount of water surging in both directions through a relatively narrow channel on each tide creating amazing whirlpools and eddys.

## Useful Telephone Numbers

<b>Irene (Cabin Housekeeper)</b>	07863 158324
<b>Doctor - GP</b>	Taynuilt Medical Practice 01866 822684
<b>Out of Hours – NHS 24</b>	08454 24 24 24 Or visit <a href="http://www.nhs24.com">www.nhs24.com</a>
<b>Hospital</b>	Lorn and Islands Hospital Glengallan Road Oban PA34 4HH 01631 567500
<b>Pharmacy – Boots</b>	5 Soroba Road Oban Argyll PA34 4JA 01631 564560
<b>The Lauren Currie Twilight Foundation</b>	0141 404 1184

## Instructions for use of Wood Burning Fire

The cabin is heated by a log burning fire and supplementary portable oil-filled radiators if required. If you would like to make use of the wood burning fire, please familiarise yourself with the procedure below.

- Place a firelighter or paper together with dry kindling wood on the grate and light the firelighter or paper.
- Leave the door slightly open as the fire establishes and the glass warms, avoiding the possible build-up of condensation.
- Add larger pieces of wood to build the fire. Too many logs may smother the fire.
- Close the door fully, turning the handle to secure and adjust the air inlet control to allow air to reach the fire.
- The black casing of the wood burning fire and the silver flu can get very hot. Please use the gloves supplied in the log basket to open and close the door to the fire or the air inlet control.

- Please keep children away from the wood burning fire and use the fire guard provided. The fire guard is stored in the cupboard off the kitchen area.
- Do not use wet or freshly cut wood in the log fire, as it can coat the inside of the flue and lead to a flue fires.

## **Refuelling**

1. Rake the embers over the grate to establish a glowing fire bed (if the fire bed is low add a small amount of kindling wood to help re-establish the fire.
2. Place new logs in an open arrangement to allow oxygen to easily reach every part of the fire. Compact loading will make the wood burn slower; cause the fire to smoulder and produce more smoke.
3. Refuel little and often for clean, efficient burning. When emptying the ash tray in the fire: place cold ash in the metal bucket (marked Collect) and place outside the door of your cabin. **Do not use paraffin, ethanol, petrol or similar to help you light a stove.**

**You will need newspaper, firelighters, kindling and logs. Irene the Housekeeper sells logs at £4/bag and has a small stock of all other items in case you forget them**

## **Emergency Procedures**

In case of discovering a fire:

- Do not attempt to tackle a fire yourself
- Ensure other residents are alerted
- Exit the property by the closest and safest available exit.
- Dial 999 if you have a mobile phone. Ask for the fire brigade. The operator will ask you for your name and address. Your address is: -14e Dalavich Chalet Park, Dalavich PA35 1HN, Argyll & Bute.
- If it is not possible to use your mobile, call at Irene's bungalow opposite the site.
- Gather all guests fire muster point for the site. See fire notice in kitchen next to fire blanket on muster location and procedures for cabin and forest fires.
- Foam and Powder fire extinguishers and a fire blanket are supplied may be used to aid escape or for small fires which are easy to control.
- Do not use foam fire extinguisher on any fire involving burning liquids or electrical equipment.
- The cabin is fitted with mains fitted smoke alarms which are tested on maintenance visits. If the low battery detector alarm sounds, then spare batteries are held in the kitchen drawer.
- The cabin has a carbon monoxide detector that is tested on maintenance visits. If the low battery detector alarm sounds, then spare batteries are held in the kitchen drawer. If the carbon monoxide detector alarms go off then please evacuate the cabin immediately and raise the alarm with Irene the Housekeeper.
- Should any fire extinguisher be discharged by accident please notify the charity on 0845 600 5855 so a replacement fire extinguisher is provided.
- A First Aid kit is held in the kitchen under the sink. Please notify the charity on 0845 600 5855 if you have used any of the contents so they can be replenished.

## **Booking Requirements**

Thank you for your booking online for the Twilight Cabin. You will have received a confirmation email from the charity with your confirmed dates. To complete your booking, we require a letter from your consultant or GP prior to your stay, verifying your diagnosis of Vasculitis. This can be posted or emailed to the charity and will be securely removed from our files once verified.

The charity does not charge for accommodation at the cabin. We do ask for a donation of £60 towards your cleaning costs which can be made on the charity website prior to arrival.

Please inform us of any disabled access requirements prior to your stay on **0141 404 1184** to ensure the cabin is compatible with your needs.

**Please ensure you are fit to travel, if in doubt speak with your doctor or consultant.**

**Remember to bring your medication.**

## **Breakages**

The charity does not charge patients a breakage deposit prior to their stay. We would ask that any breakages or damage to kitchenware, electrical goods, furniture and fittings during your stay are paid for so we can continue to offer these services to other patients.

If you have enjoyed your stay, please comment on The Twilight Cabin facebook page as a recommendation for others and write us a wee note in the visitor book. Thank you.

If you need to contact the charity regarding the cabin, then please contact us below:

### **The Lauren Currie Twilight Foundation**

**Westwood House**

**5 Redwood Place**

**Peelpark**

**East Kilbride**

**G75 5PB**

Tel: 0141 404 1184

Email: [info@thelaurencurrietwilightfoundation.org](mailto:info@thelaurencurrietwilightfoundation.org)

Web: <http://www.thelaurencurrietwilightfoundation.org>

*The Twilight Cabin was created in the memory of Lauren Currie and lovingly furnished to provide a relaxing holiday break for vasculitis patients. Lauren lost her battle to vasculitis at the age of 15. Her legacy, The Lauren Currie Twilight Foundation, ensures anyone suffering from the disease has adequate support and guidance.*



## Patient Declaration

I have read and understood the content from The Twilight Cabin visitor information supplied by The Lauren Currie Twilight Foundation for my stay at The Twilight Cabin. I agree to the safety information provided and adhere to these terms and conditions. I agree to pay for any breakages or damage to kitchenware, electrical goods, furniture or fittings during my stay.

Name	
Address	
Postcode	
Telephone	

Respite breaks to the cabin are free to vasculitis patients, all we ask is a donation of £60 to help towards cleaning costs

Signature: .....

Date: .....

Please return the signed patient declaration form and your verification letter from the GP or Consultant to:

**The Lauren Currie Twilight Foundation**  
**Westwood House**  
**5 Redwood Place**  
**Peelpark**  
**East Kilbride**  
**G75 5PB**

Or email to [adrienne@thelaurencurrietwilightfoundation.org](mailto:adrienne@thelaurencurrietwilightfoundation.org)



## **How You Can Help**

The Lauren Currie Twilight Foundation willingly covers the cost of the Twilight Cabin lease, all maintenance, furnishings, weekly cleaning, linen and towels. It is a service which is a lifeline to many patients and, having read the touching comments in the visitor book, it's a facility which should be preserved. If you are able to help us cover any of these costs, please use the following link:

<https://www.thelaurencurrietwilightfoundation.org/ways-to-give/donations/>

At the Lauren Currie Twilight Foundation there is no membership or annual subscription required. All our factsheet information, support groups, respite cabin and support services, such as counselling and legal services, are free to patients and their families. The number of people now referred to vasculitis clinics is increasing. The charity itself has also seen an increase in the volume of people contacting us for support and information. We want to reach and improve the lives of every one of those people. But we need help to do it.

Visit us at <https://www.thelaurencurrietwilightfoundation.org/>

## **Donations**

Please help us maintain these essential services by supporting us in one of the following ways. You can donate a one-off payment or set up a regular donation:

Direct debit: CAF Bank - Sort 40 52 40 - Account 00020440

Make a donation:

<https://www.thelaurencurrietwilightfoundation.org/ways-to-give/donations/>

## **Charity of the Year**

Please make us your charity of the year or encourage family and friends to nominate The Lauren Currie Twilight Foundation as their chosen charity. This is a great way of raising funds for the Charity across the year.

## **Shopping Cashback**

This is an easy way to support us as you shop and it is so simple to sign up. Cashback to LCTF is available at thousands of stores.

<https://www.thelaurencurrietwilightfoundation.org/ways-to-give/shopping-cash-back/>

## **Fundraising**

Our previous fabulous fundraisers have walked through fire, abseiled down the Titan Crane, held a Comedy Night, made beautiful jewellery, organised a 'fly cup', completed marathons and 5Ks, attended car boot sales, climbed Kilimanjaro, crossed the Sahara Desert, bag packed, challenged themselves in sponsored cycles, completed the Kiltwalk, organised Cake and Candy sales....anything goes! Whatever your fundraising idea please get in touch and we can help where we can to organise and promote your event or give you ideas.

<https://www.thelaurencurrietwilightfoundation.org/ways-to-give/fundraising/>