

Residential Visit at Little Cumbrae Island, Scotland

- ✓ 3day & 2Night stay on the Little Cumbrae or pre arranged dates
- ✓ **Ferry Pickup & Dropoff Point 1** – Largs Yatch Haven, Irvine Rd, Largs, Ayrshire KA30 8EZ
- ✓ **Ferry Pickup & Dropoff Point 2** – Fairlie Quay Marina, Main Road, Fairlie KA29 0AS
- ✓ Ferry drop off from Little Cumbrae Island to Ferry Pickup & Dropoff Point 1, or, 2 (we will advise you in an advance which marina you will need to arrive to – both marinas are very close to each other)
- ✓ Basic rooms will be allocated on sharing basis of 2+ (no en-suites available)
- ✓ A few beds are air-beds – please bear this in mind
- ✓ Bathrooms/Toilets are on shared basis – You are expected to clean up after yourself in the toilets
- ✓ You are expected to please tidy up after yourself everywhere
- ✓ Only pure vegetarian food will be served – there shall be no non-vegetarian food under any circumstances
- ✓ Morning and evening Yog sessions focus on breathing exercises
- ✓ There will be daily get-togethers & discussions
- ✓ There will be entertainment in the form of bhakti sangeet, shabads, patriotic songs, Antakshshri, Dandaiya, Etc. You are expected to participate in these events

Items that you should bring to the Little Cumbrae Island

- ✓ A good warm wind/water/weather proof jacket
- ✓ Good hill walking shoes
- ✓ Walking stick, (or umbrella – but it does get quite windy on the walks)
- ✓ All personal items (Toothbrush, shampoo, soap, towels, etc)
- ✓ All prescribed & any other extra medicines you may need
- ✓ Indoor slippers (avoid taking shoes on/off, and also, useful when your shoes are drying off after the walks on the island)
- ✓ A cap/woolen hat/scarf & sunglasses

Items that will be provided to you on the Little Cumbrae Island

- ✓ Bed Linen, Duvet & cover, Pillow & cover, fitted sheet
- ✓ Kitchen – cooker, microwave, toaster, kettle, utensils for cooking, crockery, cutlery
- ✓ Drinking water, all meals (breakfast, lunch, dinner, snacks)

Important Notes

- There are no shopping facilities on the island – please bring all necessary items
- Only natural water is available on the island. Hence, it is very precious. Please conserve water as much as possible
- Please do not throw paper towels, sanitary towels, chewing gums, etc in toilets – this causes blockages. Till the blockages are fixed, the toilets will be unusable. This will be primarily inconvenient to yourself.
- Cost for a normal weekend is £101/person. If the stay is over 2 nights, this cost increases by £20/night.
- All payments must be made by Bank Transfer or Cash (NONE REFUNDABLE)
- Bank Account Name – PYPT (UK) Trust
Account Number – 90710423
Sort Code – 20-78-98. Bank – Barclays Bank
- Please send a scan of the Bank Transfer along with the Application Form to dlsahal@pranyog.co.uk **AND** info@pypt.org
- For further details, please contact – Mr. Darshan Lal Sohal – National Co-ordinator, PYP (UK) Trust
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