

# Paul Kirtley's Blog

Wilderness Bushcraft • Survival Skills • Outdoor Life

Paul: This is "The Paul Kirtley Podcast," episode 19.

Man: "The Paul Kirtley Podcast: Wilderness Bushcraft, Survival Skills and Outdoor Life."

Paul: Welcome, welcome to episode 19 of my podcast. Now if this sounds a little more echoey than normal, I'm according in a really very nice little wooden cabin, chalet -- some of you might call it a cottage if you're in North America, particularly in Canada -- but it's of that style, a wooden building. But I'm in Scotland, I'm not in North America, and I've just finished paddling the River Spey, and that's something I do a few times a year with paying customers, Ray Goodwin and I guide a trip down the Spey, but this trip was a little bit different.

Kevin Callan, who was on episode three of my podcast way back when, who many of you may know as "The Happy Camper," he's the author of multiple guidebooks to paddling in Canada, in particular Ontario, as well as other camping and outdoor books. He's the author of over 15 books, he's a regular on CBC Radio as well as Canadian television, he is also a regular face at all of the large outdoor shows and canoe gatherings in Canada and many of them in the Northern United States as well. He's a very well-known North American canoeing and an outdoor figure, and when he suggested he might like to come over to Scotland to do a trip, Ray Goodwin and I were excited to do that with him.

We'd been talking about doing a trip for at least three years. Kevin came over for the Welsh Canoe Symposium three years ago, and this time Kevin came over again for the Welsh Canoe Symposium late in October, and we decided that while he was over, it would be a great time to do a trip down the Spey. Because as you know, if you follow Kevin's YouTube channel already, he enjoys a wee dram of whiskey as well: he does his "Whiskey Fireside Chats" on his YouTube channel. So paddling down the River Spey seemed like an absolutely natural choice: it's a great River to paddle, it's beautiful scenery, and it's surrounded by distilleries, so we thought we would hatch a plan.

And then to cut a long story short, Justine Curgenvin, who was on podcast five with me talking about her trip paddling the Aleutian Islands with Sarah Outen, she was also available to come and paddle and was very keen to do so. Kevin and Ray also featured in Justine's "This is Canoeing" DVD, and so there's a multiple connections here between us. And Ray and I have met Kevin in Canada, Kevin's been over for paddling symposia over here, and so the four of us hatched a plan to paddle down the Spey, and the conversation that follows is our postscript to the trip. Kevin has found much of what we've

done on the trip, and that will be coming out when his YouTube channels, it will be coming out on his roadshow as he does his speaking tour as well.

It'll be elements of what we've done on this trip in terms of slideshows and videos and talks, but there will be stuff on his YouTube channel as well, and I'll put links to all of those things in the show notes so you can find and connect with Kevin and keep up with the material. But this conversation that follows is our postscript: it was at the end of the trip in this cabin yesterday evening, and I had Ray and Justine and Kevin around the table, there had been a couple of whiskies drunk, and everyone was on good form, if a little tired after what was quite a heavy day with a strong head wind on our last day of the trip.

But everyone was in good spirits, and I thought we'd just have an informal chat, mainly about what we've been up to, but also anything else where the conversation roam to. And it was good exercise for me as well because when I first started these podcasts, I really wanted to them to be a fly on the wall when I was having conversations like this. Yes, I've done a lot of interviews, and in some ways they've become a little bit more formalized and there's been a little bit more of a standard structure for these podcasts in recent months, but there's the flexibility here to have these in there as well.

And I want to do more with my podcast going forward, and I think most of these conversations where you can be a fly on the wall and listen in, even if we're goofing around a little bit -- and Kevin was certainly goofing around on this trip -- and this continued into the conversation. So without further ado, that gives you the context of this conversation -- who's involved -- and enjoy this conversation with Ray Goodwin, Justine Curgenvin and Kevin Callan.

Kevin: So, Paul.

Paul: So, Kevin.

Kevin: We survived.

Paul: We did. What did we survive? We should say, we're in a cabin, cottage, hut thing...

Kevin: At...

Paul: ...in...

Kevin: ...Insh [SP] Loch.

Paul: ...No, can't tell people where it is.

Kevin: Oh. Nevermind.

Paul: Secret. We're in a cabin in Scotland. Why are we in a cabin in Scotland, Kevin?

Kevin: Because we're worried about the haggis [SP].

Paul: Mm-mm, we are. In a secret location -- hiding from a haggis.

Kevin: We are.

Paul: Which has been a constant theme of our...

Kevin: constant theme for you. That was completely controlled, this haggis monster.

Paul: Okay, good, good. So we should say we've been paddling the Spey.

Kevin: Yay, Spey. Woo, love it.

Justine: You know, these microphones do have limits.

Paul: Yeah, I'm gonna have to do a little postproduction work.

Kevin: Right, sorry about that.

Paul: Limiters and...

Kevin: Sorry.

Paul: ...and photos and...No, it's fine.

Kevin: I'll chill.

Paul: So, in the room we have Mr. Ray Goodwin. Hello, Ray.

Ray: Hi there.

Paul: We've got Kevin Callan, as people will probably already have ascertained. Hi, Kevin.

Kevin: Whoop, whoop.

Paul: And the lovely, delectable Justine Curgenvin as well.

Justine: Hello.

Paul: Hello.

Kevin: Her birthday.

Paul: Her birthday...

Kevin: Her...

Paul: ...today...

Kevin: ...birthday...

Paul: ...on...

Kevin: ...yes.

Paul: ...Yes...

Kevin: Happy...

Paul: ...[inaudible 00:06:45]...

Kevin: ...birthday, Justine.

Paul: ...happy birthday, Justine.

Justine: Thank you.

Paul: Twenty-one again.

Justine: Exactly.

Paul: So we've just had an adventure on the Spey, and you've all been on my podcast before so I thought it was...would be really nice just to get you all together. I've never done a four-way podcast before.

Man: Oooo, yeah.

Paul: Did a three way before, but not a four-way.

Man: Ewww.

Man: You really tell us about that?

Paul: I had Tom...

Man: Really?

Paul: ...and Leon on once together in a park in London.

Man: Interesting.

Paul: Mm-mm. And that was quite hard because people were playing football stuff in the background, but it's nice and quiet here.

Kevin: It was quite what?

Paul: People were playing football in the background when we were trying to record in this park in London.

Kevin: Oh, record, okay.

Paul: Yes, yeah, yeah.

Ray: We are recording, Kevin.

Paul: We are recording. Kevin has a whisky. Which has been another theme of the week.

Kevin: Oh yeah.

Paul: Yeah, yeah.

Man: Yeah?

Paul: So we've had an adventure. So I think, do all agree it's been an adventure? Do you think it's been...

Justine: Oh, yeah.

Paul: Yeah.

Justine: It's been great.

Ray: Absolutely.

Kevin: Yep, for sure.

Justine: It's been really fun.

Paul: Because we haven't been in the wildest places in the planet, I mean, in terms of where you go paddling. You know, there's some very remote parts of Ontario, for example, where you're based, and you can go and not see people for weeks on end.

Kevin: But that's not why I did the Spey.

Paul: No, I know that, but that's what I'm saying. So we've had an adventure but it's...we don't have to go to the deepest, darkest [inaudible 00:08:14]...

Kevin: No...

Paul: ...to...

Kevin: ...you...

Paul: ...have them.

Kevin: ...do not. No, no. Yep.

Paul: No. And Justine's done some pretty incredible things and paddled the Aleutians and all sorts of stuff, where you know, you're really remote, you're really...

Justine: I think the nice thing is...

Paul: ...isolated.

Justine: ...though about the Spey, if you look at the map, even, it looks like this road's very close to it -- and there are roads pretty close to it -- but for large stretches of it, you don't see the road, you don't hear the roads, and you could be in the middle of nowhere -- and I really like that.

Paul: Yes.

Justine: I think that's the nature of rivers, they just kind of cuts to the landscape, and you know, man is very good at taming the earth, but the banks of the river in a lot of places haven't been tamed, so it's really nice. You feel like you're in a wild place, miles from anywhere, when actually there's probably a road 500 meters, a kilometer, maybe 2 kilometers away at any point.

Paul: Yeah, yeah. You know, that's true and I think we were talking...Was it was two days ago apparently? Like, two or three days ago, and we were going along and we were talking about how the features of the river, and the trees in the bank, how the banks themselves a very wild. Nobody's actually tried to turn them into anything other than, okay, there's a bit of fishing along there, but even so, there is a lot of just nice, natural forest, and...or at least trees left to do what they want.

But above that where it's flatter, there's probably fields and for street blocks, and it's that little corridor of naturalness and wildlife. And we've seen deer today just down by the river, and we saw deer the other day down by the river, so it does have that wild feeling down there.

Kevin: And sheep.

Paul: Sheep. Yes.

Kevin: But you were talking about someone from Ontario going into the Spey River in Scotland, and you guys were just laughing at me but I was enthralled with the sheep. I was way behind you filming sheep, and you were like, "Oh, Kevin, just jumping on your sheep." That was incredible.

Paul: Yeah.

Kevin: And the history. Like, those stones -- Ray, what were those stones?

Ray: Well then they're most probably Neolithic, so that's gonna put them 3 to 4,000 years that they've been stood there. And somebody's placed line of three of them, they'll be a scheduled [SP] ancient monument, and they're just on that little prominent ridge in between the hillside and the river. And yeah, that is very special to note that this landscape has been inhabited for that length of time. So as we're talking about a being a wild place, and yet man has been making the mark on that river for a very long time.

Kevin: That was one of my best [inaudible 00:10:49], I knew it was gonna be...wasn't going to be a wilderness river like in Northern Canada -- it was the Spey -- but like Justine said, there was wild areas, and the little sheep look pretty wild. And those cows, one cow wanted to kill me at one point.

Paul: It wasn't happy about you getting close.

Kevin: No, it was not. I was not...well I don't know, but there are also the bridges. Like, you were talking about the bridges.

Ray: Oh, absolutely. And I, you know, we go back to...I've said several times, you can almost see a history of bridges when you go down British rivers. From the village where I live, the bridge that is built in about 1612 is only 7, 8 years after the first successful English colony in North America, and on this river you've got bridges...or the Telford [inaudible 00:11:39] bridges to start the 19th century. And again, this thing, how about they built that then? And then you look at the Telford bridge in Fochabers and realize that two of these arches have gone because it was a monster flood came through.

And sometimes we get a distorted view of the past: we're seeing the things that last. And I think as well, just the sheer power of the river. You know, we're very transient on this Earth, and sometimes it's hard to realize...And I think with age and being around rivers so long, when I first saw flood markers on some of these rivers up here, I thought, no, no way. The longer I've been around rivers, the more I think, yes, those are true markers.

Kevin: The Spey has some power, because I would like to use some information that I was given to you by Justine: there was a couple of rapids where I almost peed myself. I kissed three rocks, and the fourth rock, it was a French...Sorry, everybody's drinking tea, I'm drinking whisky because...

Paul: We've had whisky there. I did have a couple before dinner.

Kevin: Okay, well thanks, thanks. I put my...well.

Paul: Just saying.

Kevin: Just saying, "Oh yeah, what whisky we're having is Knockando [SP]?"

Paul: Knockando.

Kevin: I did...

Paul: Yeah...

Kevin: ...Knockando.

Paul: ...you did. You did do.

Kevin: Right. Kiss that. But it was one of rock where I first kissed: that was not pleasant. I grounded on one rock...

Justine: We should say what the rock had to say.

Ray: Yeah, I was thinking very much same lines.

Kevin: I've got his phone number. But yeah, I would say it's a class two tech [SP] river. You have to know what you're doing. I wouldn't say it's class three, four, five, whatever...

Paul: No...

Kevin: ...but...

Paul: ...it's not, yeah.

Kevin: ...Well, except the end of the day, right? Like, what was your statement at the end of the day?

Ray: Well, I mean, Paul so judges it on my expression, and...well, do you wanna explain my expression...

Paul: Well, no, I think we should leave that for Kevin's film, actually, if that's left in...

Kevin: There is gonna be some good ones in...

Paul: ...the...

Kevin: ...[inaudible 00:13:41].

Paul: ...curve -- the curve -- of raised facial expressions. But yeah, we started off on one side of the...you know, we started off on the smiley, excited side and ended up on the slightly concerned...

Ray: Oh...

Paul: ...towards...

Ray: ...more than slightly concerned...



Paul: Seriously concerned at the end of today.

Ray: Yeah, when you've got a river like the Spey running in spate, actually running in high-volume after the rain the last day or so, and then that's opposed by a northerly wind of...Well, we reckoned it was gusting 4-6 [inaudible 00:14:14]...

Paul: When we were paddling north.

Ray: ...and the winds coming out of the north.

Paul: And the winds coming out of the north. And the river went up by how much do you think overnight, with that rain and hail that we had?

Ray: Well, where we'd count...I don't think it was quite a meter, but it was getting on for a meter, and that's a lot of water on a river that wide.

Kevin: So here's the big question: who's idea was this at first to go paddling the Spey in November? Well, Justine?

Justine: No, it wasn't me.

Kevin: Or was it Paul?

Paul: Well I think we talked about, you wanted to paddle a river in Scotland.

Kevin: And in August. And I wanted to float down gently and drink Scotch.

Paul: The Scotch was definitely part of the plan and...

Kevin: And yet we go in November.

Paul: ...we suggested the Spey because the heritage of the Spey, in terms of whisky, is second to none, so it was like, well, let's do the Spey. And Ray and I know the Spey, we work on the Spey, we take people down this Spey, so that seemed to fit. And then I guess our diaries contrived it to be November rather than...so maybe a more placid time of year.

Kevin: It was fine. It was good, it was good.

Ray: And they're all to do with getting you over to these Welsh Open Canoe Symposiums...

Kevin: That's true.

Ray: ...so it all tied together. And because of river access in England and Wales, then it made sense for me to put that on at the end of October, to get the maximum usage of rivers. So that means we've rather gotta do it before then, and you know, there's always a concern that if you don't survive it, then I'm left with a very difficult problem at the symposium. And afterwards it

doesn't really matter.

Justine: Were you worried about the rapids getting him or...

Ray: No.

Justine: ...the haggis?

Kevin: [inaudible 00:16:00] the haggis.

Ray: No, the haggis did concern me. I was, Kevin fine, nearly everybody on the river was able to confirm the...you know, this view of the haggis, but whether I could actually spend...

Kevin: You pay those guys to say that [inaudible 00:16:12].

Ray: It cost me a lot of money. We sent leaflets all over Scotland for people to be aware that you were on the way.

Paul: [inaudible 00:16:20], [inaudible 00:16:21], definitely.

Ray: Well, I could take five days on the river with Kevin Callan. You know, that's one of the challenges of my career, Kevin.

Paul: Well it wasn't five days on the river, was it? It was four days on the river, and a day in the distillery, and a day in...

Ray: Yes.

Paul: ...the...

Kevin: And that was a very serious day.

Paul: It was. But that was to compensate for the days on the river.

Kevin: Oh, don't drink Wash, by the way.

Paul: No.

Kevin: Yep.

Paul: Yeah.

Kevin: Justine will tell you all about that.

Paul: What's it full of?

Kevin: I have no idea. Bacteria.

Paul: Is it?

Kevin: No, it's the...No, I don't know. You were paying attention...

Justine: It's light...

Kevin: ...whatever.

Justine: ...beer...

Paul: It's light beer.

Justine: ...but then becomes whisky.

Kevin: Oh, okay...

Justine: Yeah.

Kevin: ...yeah. And I chugged it. I was so worried that I'd have to [inaudible 00:17:04] that night, but it was good.

Paul: Yeah.

Ray: Yeah.

Kevin: Speak of that, everybody was really jealous. I was going twice a day, go and poop, and you guys didn't, and you were jealous, weren't you?

Paul: No.

Justine: Not really.

Ray: No, no.

Justine: You go twice a day within, like, an hour. Can you not control your bowels to just do one big one or something?

Kevin: No. I couldn't control them. Ooh, sandcastle. Talked with a sandcastle this morning. Always get the full story, go ahead...

Paul: You guys...

Kevin: ...Justine.

Paul: ...need to talk about the sandcastle.

Justine: It was fine, though. I [inaudible 00:17:37] a little sandcastle the day on my morning walk -- but we'll leave it at that.

Kevin: Paul wanted to give something to Justine for her birthday: he made a sandcastle with poop.

Paul: I didn't have any flags.

Kevin: Yep.

Ray: Yeah.

Paul: It's a shame. But it's important to, you know, make sure that you leave things, you know, in a way that people are not gonna come across them and put their foot in them or...

Kevin: Well...

Paul: ...[inaudible 00:18:03].

Kevin: ...in a serious note, actually -- and this sounds really bizarre but it's very serious -- so in the wintertime when I go winter camping in Ontario, well we do burn our toilet paper after we poop in the snow because nobody wants to see that in the spring, right?

Paul: Mm-hmm.

Kevin: It's just environmental. And the summer we can't because in Ontario, especially... Well, I don't know anything about across Canada, but in Ontario if you do that, you'll start a duff fire. You'll start the woods on fire and the pine needles on fire, so we don't do that, but there's, like, teepee mounds all over used areas. I really like that idea... I don't believe I'm talking about this, but it is [inaudible 00:18:41]...

Paul: No, it's important. It's country ethics pretty much, isn't it?

Kevin: Yeah, but your soil is so moist, and so yeah, and you do the hole, do the business, burn the toilet paper, and I'd cover it, and there was nothing left. And I think that was incredible, that you can do that, and I wish we could do that...

Paul: And the...

Kevin: ...[inaudible 00:18:58].

Paul: ...bacteria will take care of what you'd left...

Kevin: ...Well...

Paul: ...in the...

Kevin: ...in...

Paul: ...ground.

Kevin: ...a couple weeks that will all be gone for sure, yeah, yeah.

Ray: But the contrast to that is the mountains you were looking at or the Cairngorms, it's sort of up on the top, it's a plateau, and the subarctic tundra, and in winter it's one of the real training grounds of mountaineers who were wishing to be qualified. And one of the things you have to do, you have to go up on that plateau and spend nights in snowed caves or igloos, do navigation from them. Really grueling stuff. And because there are only certain places the snow's gonna accumulate and the snow's gonna blow across that tundra, and then where there is a steep slope, the snow's going to build up to a depth where you can build snow or dig snow caves.

And through the course of winter some of those banks, which a relatively small area, will have hundreds of people who've dug snow caves, and stayed in them. Now, if you go back 30, 40 years, then it would be normal. The last thing you did before you exited it was have a poop, because you don't wanna do it outside -- in most weather conditions you're gonna be out there -- but then as the numbers increased, in the spring or in summer when all that snow bank goes, you've got this effective tundra, and there's piles of poop and paper everywhere.

So the policy now, and it's a very exacting one, but no different to say the Grand Canyon, the Colorado and various other delicate ecosystems, people are given plastic bags and tubes to carry stuff out in, and you cannot leave it behind. So down here in the valley, because of the soil you can: up there on the plateau, no, it has to come out with you.

Kevin: Can I practice my lingo that I've learned here? That's shite! Right? Those words I've learned here...shouldn't say this...But well, actually, Justine, you should tell this story about the bollocks.

Justine: I'm not telling people about your bollocks.

Paul: That's a different story.

Kevin: I didn't know what bollocks meant, I just kept on going up and be, "Oh, bollocks! Oh, bollocks!" And then Justine said, "Kevin, you might wanna know what that means."

Ray: Particularly if several shocked old ladies went quickly down the High Street, covering their bags.

Kevin: If I had no clue. Oh and, "More tea for the Vicar?"

Paul: "More tea, Vicar?" not "More tea for the Vicar?"

Kevin: Oh really?

Paul: Yeah.

Kevin: Okay. That's tootin'.

Paul: Tootin'.

Kevin: Tootin' everywhere. And "Bloody hell," was...Oh, today was "Bloody hell."

Paul: Proper British swearwords, yeah.

Kevin: Well I was cursing that wind, but yeah.

Justine: It was really windy, wasn't it?

Paul: It was.

Justine: Really hard [inaudible 00:21:42].

Kevin: And you didn't go into the sea.

Justine: No. Because we were kind of joking earlier that the last scene of Kevin's still of us going down to they Spey would be me heading off into the sea, and everyone shouting, "Come back, come back!"

Paul: With two paddles that it would take to get it to like...

Justine: Yeah, but like a sea paddle -- but there's no way that was happening today.

Paul: Oh, it was vicious.

Justine: Oh, well the wind was so strong, I was really struggling to get my...keep my boat straight. In fact, a lot of the time I wasn't succeeding.

Ray: If we could have an overhead of all four of us at different points, we're pointing every which way but down the river, I would...

Justine: Oh...

Ray: ...suggest.

Justine: ...absolutely. I did quite a bit backwards, I did quite a bit sideways, I did a lot of spin, 360 degree spins. It got to a point where when you got turned beyond a certain point, it was easier...

Paul: Easier...

Justine: ...to do a 360...

Paul: ...to keep going, yeah.

Justine: ...than to try to fight it and go back round.

Ray: Yeah.

Justine: Yeah.

Paul: Yeah, that was tough, that was tough. That was tough.

Ray: And I must admit, I was absolutely relieved to be with a group like that...like this in those conditions, because anything less, we...Well, anything less, we would have been off the water -- I would not have continued -- and it was the fact that although none of us find it pleasant going backwards or sideways, we were all capable of making independent decisions, and it didn't matter, as long as the boat weren't go generally where we wanted. And I saw you, Justine, at one point, and you really didn't wanna go but one direction, but it's the back of your boat pointing the correct way, so you just went backwards.

And Paul using the bank to spend his boat again. But the sheer power of the water down there, and at the [inaudible 00:23:18] I was having real trouble in the big, standing waves there, you know, wind over tide. I think the seal was quite amused by the antics.

Kevin: I missed that. Yeah, you guys saw a seal.

Justine: Yeah.

Ray: Yeah, yeah. Yeah, it came out the...

Justine: You snooze...

Ray: ...[inaudible 00:23:32].

Justine: ...you...

Kevin: Well...

Justine: ...lose.

Kevin: ...it was probably right beside me, but I could care less: I was looking at the big, bloody waves coming toward me from the ocean.

Ray: Yeah, yeah. Yeah. I did have a plan if you did get washed out to sea, Kevin: stand on the bank and wave. I wasn't going in after you.

Justine: Well, I think at least if we had ended up out there, the waves would have smashed us back into the beach pretty quickly.

Ray: Yeah.

Justine: First thing you wouldn't have, like, drifted away or anything.

Paul: It would have been hard to get properly out to sea, yeah.

Kevin: It was comical at one point, where we were going down current and the wind was blowing us up, and I was going...I was being blown upriver.

Paul: Yep, despite the flow.

Kevin: ...and it was a strong current going into the sea, and yet the wind was actually winning.

Ray: A couple of times all I could do, you know, once I was sideways, and that the exactly same happening, just drop my head down into the boat and keep low because...and just let the boat twitch around a bit underneath me. Because you certainly didn't wanna be sitting upright trying to do [inaudible 00:24:32] with your paddle, because the next thing you know, you'll be over it. So I found that last section really quite stressful. You know, one, trying to look after meself, and secondly the thought, if somebody takes a swim in this, what on Earth am I gonna do?

And that's the beauty of being in a team like this, where we can all, at the end of the day, make our own decisions, but it really became absolutely too much, then you could say, "I'm out on the side. It doesn't matter about how we're gonna get the boat down to the finish or whatever, but enough is enough."

Justine: Yeah. The last, I don't know how long kilometer or something, at least there weren't any big rapids, so yeah, you could just get out, or fall in, or whatever, I suppose. Yeah, definitely we didn't fall in a bit higher up where there was that bigger rapid.

Paul: Yeah, long as you stayed out the trees, it was...wasn't too bad.

Kevin: Yeah.

Justine: Yeah.

Ray: I mean, it's funny, it's a river I've done so many times, but in terms of, if you call it an adventure, well that's one of the wildest adventures I've had in a long time. That last five kilometers was...

Paul: Yeah...

Ray: ...tough to...

Paul: ...and...

Ray: ...see.

Paul: ...[inaudible 00:25:45], so we knew it was gonna be windy because of



the winds overnight and the forecast, and you could see the clouds above, but it gets more severe as we dropped out and we became more exposed without. It was funneled towards us at some points when we were on...in the right direction. That one section I've been thinking of in particular, you know, where that big fish was: that was quite hard work, but it was really after we went past Fochabers where it flattened out and were more exposed, then it seemed to go particularly, consistently difficult.

Ray: Yeah. And the other thing about it is, this I know about rivers, that I knew before we got there: because I'd never paddled that section in that amount of water, I knew I was good enough to make decisions on what I could see, rather than what I knew. And so, you know, a couple times places where we've spent a lot of time on the bank, and then I cut across the river or you'd join me on an island, and then I'd cut across again, and only then could I see enough to go, "Let's go down the side." It turned out, if we'd stayed on the right, we would have...and I would say, we would have got away with it. That actually there wasn't anything there that would have caused us real problems.

But from above I couldn't see that, and there was no way I'm gonna commence in those conditions into something I cannot see, and several times down there there's lines Paul and I have used through this autumn. You know, I've been down there three previous trips myself now, Paul's been down there a couple of times, and we were deliberately not going the way we've been before because we knew that the problems in there aren't...didn't want the volume of water and the speed in those areas. So I think the thing, you know, I sometimes get very dubious about people say that they know a river, or I've done a section of river and people say, "Oh, you must know it, Ray."

I've done the Spey maybe 25, 30 times: how well do I know it? Well, pretty well, but I know there's going to be a new tree around the corner on occasions. I've certainly seen rapids where the trees stick out a long way and they're really dangerous, and that bottom section, because the river is unregulated, it does what it wants, as a river to do, then it's gonna constantly change. And big water going through like that, it is gonna make those changes, it's going to move the trees around: so it's what you can see, rather than what you know.

Paul: We keep going back to this word "adventure." How would you -- and we all agreed it was an adventure, and" Ray mentioned the word "adventure again -- how would you characterize adventure? Kevin, what's an adventure for you? If you say you've been on an adventure, what's...

Kevin: Well, I mean my...

Paul: ...what does that mean?

Kevin: ...favorite trip I'm doing is the next one I'm going on, I guess. I've always said that sounds sappy. I've written a whole bunch of guidebooks to tell people where to go, and they, "What's your favorite route?" and it's like, "The next one I'm going on." The Spey River, yeah, I've paddled a lot more

remote, wild rivers, but man, just seeing the sheep and cows. And I think the one thing is we should talk about is, running rapids at night, the terrible meals you served us, and Justine's foul language.

Paul: That's just an adventure in itself, isn't it?

Kevin: That is. Like, oh my Lord. I mean, I am like, "Justine, can you calm her down a little?"

Paul: We have delicate ears. We're just...

Kevin: Yeah...

Paul: ...not used to it.

Kevin: ...it's terrible, it's terrible. But though, because it's the late season, we...I think every night, except the first and the last, we made camp in the dark -- and we ran rapids in complete blackness.

Paul: Wow, wow.

Kevin: You kept on saying, "No way, this is safe," and I was like, "This is not safe. What the hell are you doing to us, Paul?"

Paul: You're not eating your carrots, clearly, because it wasn't that bad.

Justine: No, it wasn't dark. It was darkish and [inaudible 00:29:51]...

Paul: Yeah...

Justine: ...[inaudible 00:29:52]...

Paul: ...it was...

Justine: ...[inaudible 00:29:52] that...

Paul: ...dusky.

Justine: ...case. Depends what you call rapids.

Paul: Yeah, yeah.

Kevin: It was, like, class five and I thought it was midnight [inaudible 00:29:58]. No, it was fun.

Paul: Yeah.

Kevin: But yeah, the other is, I've got to say, you've made amazing meals, and you lit every fire with your bushcraft skills -- except last night, and we should talk about that.

Paul: Mm, we should.

Kevin: Yeah.

Paul: But we did light it with the bushcraft skills in the end: we just tried to shock at it, and it didn't work.

Kevin: When you through the gallon of gas, that was not...

Paul: Oh...

Kevin: ...bushcraft...

Paul: ...no.

Kevin: ...No, he didn't do that. I'm going to get another whisky, Justine. You tell them what happened last night. Oh look, it's being served over...like, oh, Knockando -- because I did Knockando. That's what we're drinking tonight, there was a rapid called Knockando, and I...I think we've already talked about that.

Paul: And your film, multiple times.

Justine: Yes.

Kevin: So what happened last night? What was the big surprise?

Justine: Oh, that was exciting, yeah. Well, we landed, and Kevin had three whiskies, at least, while the rest...

Kevin: I was a...

Justine: ...of us...

Kevin: ...little stressed out.

Justine: ...drunk a cup of tea.

Paul: There was a lot of whitewater yesterday...

Justine: Yeah...

Paul: ...I mean...

Justine: ...there was...

Paul: ...let's...

Justine: ...actually.

Paul: ...forget that. I mean, we're focusing on what...half a day today in the last little few kilometers...

Kevin: You...

Paul: ...that...

Kevin: ...guys are a lot more experienced in whitewater, and I do a lot of whitewater when I'm traveling on a trip, but that's like, you know, it's a three-week trip and I do whitewater at portage -- whitewater at portage, really think what I'm doing. But we didn't portage at all, we ran everything. And what does it drop, 200?

Ray: Well in the first day and a half -- us, day and a half -- the river loses just 20 meters in height, and then effectively paddling-wise, you've got another 2 and half days, you drop 200 meters, so it really steepens up. And it's got a lot of flow, but a lot of that stuff is class one.

Kevin: Yeah, but the French River you said, for example, in Ontario...

Paul: It's less than 20 meter drop, that whole...

Kevin: Yeah...

Paul: ...length.

Kevin: ...so I run the French River as a trip. So running 20 meters in 5 days, 6 days, or running 200 meters down the stream to the sea -- that's about to kill you when you get there -- yeah, it's different. What is it? You know, I'm not seeing the river...

Justine: And I...

Kevin: ...steepen.

Justine: ...guess we did it almost all on-site. Like, we landed a few times but a lot of it, we just kind of went and we picked our way through -- which I really enjoyed.

Ray: Yeah, yeah. I [inaudible 00:32:12].

Paul: And it's important to characterize why that is. But I mean, certainly going back to your whisky yesterday, it was...we had the Washing Machine, we had Knockando, we had multiple of their...a few rocky bits after that.

Ray: Yeah, there was one or two rockies.

Kevin: The Washing Machine, you terrify. I mean, you're right, when you go over the Washing Machine you're like, "Wooo, here we go!" But it's like

Canada's [inaudible 00:32:34] and you're going over the roller coaster, and [inaudible 00:32:36]...

Ray: And it is.

Kevin: ...brakes, you're fine.

Ray: It is, it's only a grade two.

Kevin: Yeah. It was after that that I was, like, "Mm-mm, I don't [SP] know [SP]."

Justine: Yeah, you have to kind of think quickly and look ahead, and a couple of times Kevin and I nearly got caught out because we were kind of...we clocked on the kind of...the white bits on the river where the waves were breaking over rocks. Okay, avoid that, avoid that, avoid that. And then suddenly a little part of my brain kind of focused in on another area, and there was a rock the same color of the river with no wave over it, that I only spotted, like, 10 meters away from it. So, I'm just happy to avoid the last...Yeah.

Ray: Yeah, and that does happen to all of us, and because I'm looking a long way ahead, because although you say we're running it on-site, that isn't...that sort of gives you the impression we're just going helter-skelter and kind of stop. And I hate to...you know, anybody to think that if I'm leading a river trip or if Paul's leading. So there are a few places where I could not see or could not have a sensible plan, where we...we get out on the bank, or we break it down eddy by eddy, but because the river is so wide and it...there is nothing more than grade two, then generally with...One of the characteristics of the river is these long, long grade ones: so long that you're actually looking downhill as you look down by the...

Paul: You're slightly right. It's a beginner ski slope or something, yeah.

Kevin: I like that.

Justine: Or...

Kevin: I...

Justine: ...the...

Kevin: ...like it.

Justine: ...rocks.

Kevin: The rocks.

Ray: Yeah...

Paul: And water.

Ray: ...then a sudden left at the bottom. But if you know rivers, you know that that's gonna create an eddy or a simple piece of water on the inside with no power, and on the outside, if there's gonna be a problem, it's gonna be on the outside. And I ran the river back in September with a different crowd -- not with Paul -- and there was a young instructor qualified to actually lead the trip, but he was working as an assistant with one of the other groups, and they [inaudible 00:34:30] on one of these long grade ones, sharp left at the bottom. When I got down there, his group had had a couple of swimmers and he said, "The rocks came out of nowhere." And I go, "It's a river. It's the outside of the bend. That is what you should be expecting."

And reality is, if there had been a tree hung up on it rather than just the rocks, you could actually have a serious accident, you could lose somebody there. And one of my rivers near home, the Banwy -- again, grade two, really nice -- it's a really good introduction to a river trip for people after some training. Fireworks going off in the background.

Kevin: That's not fireworks, they're...

Paul: Well, we should say we're recording this on the 5th of November, so...

Ray: Yeah.

Kevin: Well I thought it was the locals just shooting up...

Paul: Well, haggis...

Justine: Haggis.

Paul: ...haggis.

Ray: Haggis, yes.

Kevin: The haggis are attackin'.

Ray: And there's a bend on that. So right on bend I'm...it's really strange, and because of the rock strata, which slopes across the river, the power of the water goes to the inside of the bend. Which is really unusual, it would normally go to the outside, but round the corner I know is the best way of training the river, and if it's inexperienced people, you put'em in the wave train -- they love it. It's not difficult and it's bouncing the boat, so I like to put them down to wave train.

I have never swung round that corner with a group behind me without swinging wide in all the years I've done it, and one day I swung wide to have a look, my group were well back so I got plenty of time, and a huge tree is coming down the river, and the trunk is run up the bank in amongst other trees, leaving five meters of trunk and the root ball smack bang in the middle of the wave train. Now, if I'd just swung round that corner with the group

behind me, I would have had people...I'd have probably had a fatality in reality, there was a lot of power on it, but because I know rivers, I know rivers change, therefore I don't run round something like that. So those rocks where they slide didn't come out of nowhere: that's the sort of thing I think you should expect.

Justine: You know, I wasn't suggesting that...

Ray: No, no.

Justine: ...we...

Ray: No.

Justine: ...that was, the bits we've just the kind of ran without stopping and checking. We're all fine and we're, like, kind of fun. Like you just concentrate a bit...

Paul: And you can see what's going on.

Justine: ...but you can see what's going on, and I never felt that I was gonna...You know, I feel pretty in control, I was quite surprised.

Ray: Oh yeah. Well the thing is, with you, Justine, you know water, you understand water, you have enough...your experience with water is phenomenal. And in this context, we add a few rocks to it and we narrow it down...

Justine: And you put in a bloody great canoe.

Paul: In any one [inaudible 00:37:15].

Justine: Yeah.

Ray: But again, you understand where that canoe has to be on that line and on that bend, and therefore if you have to swap [inaudible 00:37:23] and if your strokes aren't as perfect as you would like -- so I know you were working really hard on your strokework -- but you know the imperative is to have the boat in the right place, not the strokework to be neat. And that's why I could relax with somebody like yourself in that environment, in a canoe.

Paul: It was very different to running it with a group of inexperienced customers, for example. It really was. But we had a similar conversation in terms of making sure, with the customers, I think it was on the second trip we did recently, making sure they understood the distinction between running that type of River, where you can see what's going on, and other rivers, where you really do need to stop and have a look round. And then, you know, it's the style of running the river which suits that particular river: it's not a style of running a river which suits every river in that scene.

Ray: But we go back to this people in Ontario, whether you tie your gear into a boat or don't, and if you only run one style of river, the answer you come up with works with that style of river -- but it doesn't work with for every river.

Kevin: No, I mean, in Ontario, if I'm doing a canoe trip, I'm not gonna tie my stuff and if I'm portaging back-and-forth all the time. On this one, yeah, it makes sense to tie your stuff because we never portage, and actually just so everybody knows out there, it wasn't a dangerous river. I mean, I'm a moderate to novice whitewater paddler -- I'm a good tripper -- and Ray pointed out a few things... That's the fire detector. Just when everybody wants to know what the beep beep is, is because we got the fire going -- because it's bloody cold in this country! Anyway, there was hail hitting our face today, and I was like, "Do I hate the hail? Do I hate the wind? Do I hate the..."

Ray: You know, I didn't notice the hail: I was so concentrated, I never noticed it.

Kevin: It hurt today.

Paul: Rosy your cheeks.

Kevin: Oh, really? Actually, all of us have rosy cheeks and... Well I'm drinking Scotch, but... Oh, going back to his terrible meals.

Paul: Well, no, you got three whiskies last night, so we ran...

Kevin: Oh yeah...

Paul: ...a bunch...

Kevin: ...oh...

Paul: ...of...

Kevin: ...yeah.

Paul: ...whitewater.

Justine: We're talking about white, we're making excuses for why...

Kevin: That's right.

Justine: ...we [inaudible 00:39:38].

Kevin: With three whiskies, I got out of control.

Justine: Three whiskies before...

Paul: Your nerves were shot...



Justine: ...dinner.

Paul: ...after a day of whitewater.

Kevin: Well they were, yes.

Paul: Three whiskies...

Justine: And then...

Paul: ...before dinner.

Justine: ...we were on an island, a small island, and suddenly Ray had gone off to the water's edge and Kevin's like, "Wait a minute, there's two torches over there!" Headlights, sorry. "No, no, that's three headlights! What the hell is going on?!" And Ray comes back with it two other people with massive hampers, and Mary [SP] and Alan [SP] appeared with a delicious beef and barley stew...

Ray: Oh, very lovely.

Justine: ...and...

Ray: ...also very attractive...

Justine: ...eight...

Ray: ...people, yeah.

Justine: ...different bottles of single malt whisky. And Kevin's like, "Oh my God, what's going on?! I already have three whiskies!"

Kevin: I know. And then we did the whole whisky chat and review with...Well, were the whisky...You know your whisky, so...

Paul: So Mary works for Glennfiddich and Balvenie: it's the same company, William Grant, and so she works with them. She works in their labs, in their quality control and that side of things, and we saw her on the tour actually the other day when we were in Balvenie.

Kevin: Justine was drying her knickers in the...

Paul: In the kiln.

Kevin: ...the kiln.

Paul: Watch Kevin's film for more details.

Ray: I'm not buying that whisky.

Kevin: Who could've [SP] peed [SP] in it?

Justine: Who peed in it -- I buried that.

Paul: So Mary came to do a whisky tasting, and you do your "Whiskey Fireside Chats," which we've had a lot of whisky fireside chat this week. Nothing formalized, but...

Kevin: Oh, it was all indirect, but I don't do "Whiskey Fireside Chat" for a year now.

Paul: No, no, it's just there, it's a whole series.

Kevin: Yeah.

Paul: But Mary came to a whisky fireside tasting and...

Kevin: It was amazing.

Paul: Yeah. You were almost in tears.

Kevin: Seriously, I was pretty close, it was a magical moment for me. I mean, for you to know these people and for them to come over and do that for us, yeah, it was really special.

Paul: Yeah, that...

Kevin: That...

Paul: ...was.

Kevin: ...was really special.

Paul: I think for all of us, it was good, yeah.

Kevin: Yeah, it was good. Well, one whisky was 43 years old?

Paul: Well, so we had arranged some from the Spey, so we had some Cragganmore 12 Year Old, which was just up from one place we'd stayed, we had some Aberlour, but it was a cask strength Aberlour that had been finished in Oloroso Sherry cask, which was... That was the one we had with minced pies. That was very good. We had...

Justine: Glenfiddich 21 Years.

Paul: Twenty-one-year-old Glenfiddich...

Ray: Oh, that was...

Paul: ...that...

Ray: ...good.

Paul: ...had been finished in rum casks. That was...

Ray: That...

Paul: ...very...

Ray: ...was really...

Paul: ...good.

Ray: ...good.

Paul: And we've got a little bit of that left.

Ray: Yeah, we knocked her in the head and we left...

Paul: Yeah...

Ray: ...with that...

Paul: ...kept that...

Ray: ...with that little...

Paul: ...we kept that.

Ray: ...bit of whisky.

Paul: And we had one from a distillery that Mary used to work at, used to be the site manager, and that's Glenglassaugh, and we had a little sample from that. But that was from a barrel that was...it put in the barrel in 1964 and it came out in '08.

Kevin: I was born in '63. John F. Kennedy was shot and my mom...mom said I replaced him.

Justine: Mothers, ay.

Ray: So 44 years old, that whisky.

Paul: That was quite special. And we also had some Glenrothes -- which was very good as well.

Justine: Some Laphroaig.

Paul: And then we also, just for complete contrast, finished with some Laphroaig, and that was the quarter cask, so it's younger and very peaty, with

more sort of oak than...

Kevin: And then they left...

Paul: ...[inaudible 00:43:32].

Kevin: ...and then I had to go to bed, and then wake up. And Justine got the camera out, and I got out of the tent, and they said, "The good Lord did two things in this world: he made whisky, and then he made it bit of poison -- so you wouldn't have too much." And I looked at the camera and I said, "It's a wee bit of poison." I still was okay this morning, it was good. Sorry.

Ray: I think I remember ferrying them back across the river at night...

Kevin: Oooh...

Ray: ...though.

Kevin: ...that was spooky, yeah, yeah.

Paul: Yeah.

Justine: Yeah, because it had been raining so the river was a lot...

Paul: The river...

Justine: ...faster...

Paul: ...was.

Justine: ...wasn't it?

Paul: Well even then we noticed the river was coming up.

Kevin: All the water was coming up, yeah...

Justine: And Ray...

Kevin: ...yeah.

Justine: ...had to take, of course in the dark, and then we blinded him with lights because we were filming.

Ray: Yeah, and I'm like, crossing this river, go, "Gotta get this right, gotta get this right. Everything's going well, they're doing exactly what I want them to do," and then this searchlight comes on and I was totally bewildered as to where I was. I'd lost all track, I couldn't see where I was going...

Kevin: [inaudible 00:44:26]

Ray: ...and I didn't think you were filming at all, I think I was making it look too good and you just decide, let's make this interesting for Ray.

Paul: No, no, no.

Ray: And it was.

Kevin: And the meals were terrible.

Justine: The meals were amazing, yeah. We had the Thai curry the first night, which was with loads of fresh ingredients, and Kevin is fantastic at chopping up garlic and ginger.

Paul: He's learned a lot.

Justine: Now he knows you take the skin off.

Kevin: Well maybe you guys bossing me, it maybe, you know, you're doing it all wrong.

Justine: It may be.

Kevin: Well no, I have no clue.

Justine: Kevin that we had a tunary, tomatoey, saucy, pastary, yummy thing. I didn't really make that sound as good as it was, but it was really good.

Ray: Yeah, it was.

Justine: And corn beef hash, and lovely breakfasts like eggs and chorizo and baked...well posh baked beans.

Paul: Posh baked beans...

Justine: Like...

Paul: ...yeah.

Justine: ...kidney...

Paul: Chili...

Justine: ...beans...

Paul: ...beans.

Justine: ...in chili sauce. That was good.

Kevin: Another tea for the Vicar? Oooh.

Paul: Yeah. It was that day. But you had your dry pants on, so...

Kevin: Oh yeah, that's all the way for me too, right? So I'm using...we're in bush clothes, and then I've got this whole rubber outfit on...

Paul: Really?

Kevin: ...[inaudible 00:45:38] put up, and if you didn't follow the [inaudible 00:45:40]...

Justine: Why you didn't go [inaudible 00:45:41] by yourself? It's up to you.

Kevin: Oh, it was terrible. And it was, like, pull it off. I look like the Herman monster with the bolts coming out of his neck. Something like that. But anyway, yeah, but it kept me warm. Sorry, I'm going off in tangent.

Paul: No, that's fine, tangents are good.

Kevin: Okay, so what were we talking about? Oh yeah, terrible meals. Yes.

Paul: We don't have to talk about my terrible meals.

Kevin: Smoke detector again. You bought some whisky with you as well.

Paul: Oh, that was a long time ago.

Kevin: Monkey's Shoulder, which we found out at the distillery [inaudible 00:46:15]...

Paul: We didn't take that with us though, did we?

Justine: No, we just had that here...

Paul: We just...

Justine: ...before we...

Paul: ...had that...

Justine: ...left.

Paul: ...here before we left.

Kevin: Oh, really?

Justine: That was the only night we didn't drink an entire bottle between us -- at least.

Man: Goddamn.

Kevin: I have no recollection of that event.

Ray: Exactly.

Paul: But you'd had some Irish whiskey before I'd...

Justine: And that's...

Paul: ...even...

Justine: ...two.

Paul: ...arrived [inaudible 00:46:34]. I arrived and I had about two millimeters of Irish whiskey, and I bought them over a tiny little...

Kevin: Hey, well, at least...

Paul: ...tumbler.

Kevin: ...we thought about ya'. We'd [inaudible 00:46:44].

Paul: Of course [SP], come [SP] in [SP], yeah, yeah, yeah.

Kevin: So Justine, what was the biggest thing...I kept throwing all these things through a whole trip, but what was the biggest thing you get out of the trip? One memory.

Justine: I guess, yeah, going back to adventure, it's just a really cool adventure for me. I've done a lot of sea kayaking trips around...I like going around islands, and I guess while ago I did some canoeing when I made a "This is Canoeing" DVD, and I paddled down the Mountain River in the Northwest Territories and a few others, and I really, really enjoyed it. Instead of going around the outside or something, I felt like cutting through the middle of something, and you got a really different view of the planet, and I really enjoyed it. And for me, I love sea kayaking but I also love just different ways of going on adventures, different ways of exploring the world.

I really enjoyed all of your company, we had a really fun trip, we all left a lot, we all brought something a bit different to it, so yeah, I had a great time. I think just overall I was just...I felt happy and lucky to be included, really. Yeah, I really enjoyed it. I was pleased that I remembered how to canoe a little bit, and I enjoyed that. I enjoyed the challenge and I enjoyed learning a bit more, I enjoyed the camping. Even things like, I'm used to lighting fires on a beach with driftwood, where it's quite easy relatively. We spent a lot of time finding lichen and...

Paul: Yes...

Justine: ...small twigs.

Paul: ...and some spots didn't have a lot of decent firewood, so we had to really scrabble around to find...

Justine: Birch bark...

Paul: ...something.

Justine: ...and then medium-size to twigs, and then bigger logs, and storing up things, and yeah, it's quite a procedure. So it's kind of interesting to see how that worked and the different ways you had of lighting fires, even with wet wood, so that was quite interesting, and I'm looking forward to trying that out a bit. And I like the fact that when you got the twigs, you grab them long so that you could hold the ends when you light the lichen or whatever it is underneath, so you can kind of hold it where you want it and lift it up slightly to let a bit more oxygen in. That worked really, really well.

Paul: And that was actually quite instrumental in a couple of times it was kind of struggling, and as soon as we lifted it up a little bit, got the oxygen in.

Justine: And that was cool, though I didn't like it when the first night Paul got this lichen and he lit the fire using the lichen, and I thought, well that's clever. I thought, okay, I'll be teacher's pet the next morning and I will go along and I'll find all this lichen, and I'll hand it to Paul, and he'll look at me and say, "Well done. Good girl." And here I am holding this lichen...

Paul: You don't strike me as somebody who needs that kind of...that confirmation, but...

Justine: ...and Paul picks up these two bits of wood that had been in the fire that had a bit of charcoal on, he gets his little sparky stick, he goes boom, boom, let's a little spark of red on the both of them, he puts them together and he blows, and he's got a fire. And I'm like, "What?"

Kevin: I [inaudible 00:49:47]...

Justine: "You don't"...

Kevin: ...[inaudible 00:49:48]...

Justine: ..."need"...

Kevin: ...right...

Justine: ..."my"...

Kevin: ...there.

Justine: ..."lichen?"

Paul: I've had to fend off marriage proposals quite a few times for me this



week, Kevin.

Kevin: Oh yeah, for sure, yeah, for sure. Like, you're one sexy, bushcraft man. When you get a fire going, I got some excitement in my loins.

Justine: Have another whisky, Kevin.

Paul: This is what happens when Kevin drinks whisky.

Ray: I'm really glad I can't [inaudible 00:50:21].

Paul: Ray's gonna tramping around bringing in sticks, so anyway...

Justine: You lit the fire this morning, apparently. I had a lie in this morning so it was my birthday, so I decided that I deserved the lie in, and I listened to you guys running around doing jobs while I laid there, snuggled up and cozy.

Ray: And the difference from other morning plus?

Kevin: I don't like it this morning because [inaudible 00:50:48].

Ray: Yeah.

Kevin: Paul, what was yours?

Paul: My favorite moment, favorite memory, there's been a...it's a difficult one because there's been so many good moments on the trip. Having arranged a few surprises for you for this trip, just seeing your actual surprise. You know, we actually succeeded with them being a pleasant surprise for you, particularly yesterday evening, but...

Kevin: Yeah, you got me on that one, I didn't have a clue. And even the tour, the two distilleries, I got...I was great we did the one, and the second was complete surprise, and I liked that one.

Paul: Yeah, so just that -- seeing other people enjoying it -- I think is probably...If I can characterize it as a whole, but just seeing Justine enjoy the whole experience, and you enjoy the whole experience, for me, that's the best kind of memory, you know, that that you didn't just come on the Spey or anything, and that was boring [inaudible 00:51:55], yeah. You thoroughly enjoyed the river, you enjoyed the scenery, you enjoyed the experiences in camp, you enjoyed the extra experiences with the whisky because it was supposed to be a whisky tour as well, at least sampling some of that.

The fact that you enjoyed the whole lot, that to me is the memory that I'll take away. Because as Ray said, we do this river a few times a year anyway, so the fact that that stands above just us enjoying the river, is nice to have other people along enjoying it with us in a ways...in a way that we don't normally do it as well, with the extra bits that was done. And that's been fantastic.

Kevin: [inaudible 00:52:35], it's an amazing trip, and thank you guys for taking us along, and yeah, I was like a kid in the candy shop the whole week. [inaudible 00:52:46] was.

Ray: That was very special with both of you, but just in yourself, but for me particularly yourself, having done so much in your own home areas in Canada, to show you how special some of the British rivers are and how special...you know, it's almost a sense of pride for meself to see people enjoying it. And it's just been so much fun, the banter, the...but not only that because it's very easy just to think of that fun, but you do think very deeply about things, Kevin. You know, that became very apparent.

Paul: There's the superficial façade with idiocy.

Ray: Which is a lot of fun, which is...

Paul: A lot...

Ray: ...a lot...

Paul: ...a lot...

Ray: ...of fun.

Paul: ...of fun.

Ray: But yes, so that's the first time I've walked up to the standing stones. I have gone past them so many times, but there's normally when I was clients, I'm looking at the Washing thinking, I've got to get them to a campsite in reasonable time, and we made a point of going up to stand next to those. That will also remain as very special for me. And then finally for me, yeah, so the real pleasure of doing that, but that, but that battle of the last five kilometers and the decision-making, that's something...that will rank as one of those days that I would really remember. And again, really debt of gratitude that both of you were able to move around in that environment and not make me feel threatened -- and that was an epic five kilometers. Yeah, that's epic on my scale.

Paul: Yeah, I know, it was, it was. I mean, it's interesting, we've sort of talked about enjoyment and we all enjoyed having this journey together, having this adventure together, and one of the things that we talked about around the campfire little bit was, how it...I mean, you've had a background where you were expected to kind of go and achieve a good education, go and achieve, go and do the normal thing. And I was the same: I did master's [SP] Edinburgh University. I did go into finance for a while, but then came out of it because I didn't want to be doing that, you know, the outdoors was my passion.

And I think it's important to have that message, here we are, we've had this fun trip, but at the heart of what we like doing isn't just about that being our

career, it's about having that balance and also encouraging other people to have those...to value experience over things, to value not just money, but also...and what you can buy with money, but actually those experiences that you can have are much richer than that. You can have as much money as you want in the world, but that experience that we've had is...to me, is more important. That we've just had that shared experience out in nature. And I mean, you're very keen, Kevin, on encouraging. That's kind of one of your key things, isn't it? Encouraging people to get out there and do their own adventures and do their own...

Kevin: Yes...

Paul: ...[inaudible 00:55:57].

Kevin: ...that's what I mean. I started off doing that when...What was that? Young kid or whatever, but it was Kurt [SP] Roper [SP] from [inaudible 00:56:05] before he passed away, he pulled me aside, he's, "You're one hyper little rabbit." And he goes, "You gotta choose one thing in your life, and what's your main thing?" I said, "To get people out there so we can save the wilderness before it's gone." And he goes, "Well then do that." So yeah, there's Spey River, whatever river I do and so...but that all happened. I'm not sure. Seriously, guys, I paddled. Really, this is a dream. You think about it.

Okay, if you're listening right now, think of it: I paddled from Scottish mountains, down to the sea. I went from little rapids here and there, or whatever, we went through, little villages. There were nothing big, there was maybe a road here and there but it was sheep everywhere, there was the old fishing guy walking the bank with his boots and his hat on, whatever, and his dog, it was his Border Collie. Yeah, it was the wilderness, but oh my God, I loved it, I loved it. Then we went through that valley, which you know, some people may find mundane. I think that was my favorite part of the trip, to be quite honest, when we saw the old ancient stones and we went off in...

Justine: The flats.

Kevin: Yeah, the flats, and you [inaudible 00:57:21]...Well I don't know if you guys, but some people would say that would be boring. I've been to Scotland before but never on the Spey River, so I'm taking this journey, a river takes you on a journey somewhere, and then you're going on this journey through this ancient times through the Spey River, going over bridges that were made before Canada was even developed, for God's sakes. And then you go into these rapids that drop into the sea that continual, continual, and yeah, we were...Well, you guys weren't but I was scared at least three times during it, but not terrified.

I mean, I might had to pee before the rapid but I didn't have to poop, and I always figured that if you have to poop that that means maybe shouldn't be on that river. So I was fine, and we got to the end of it, I was exhausted because the wind, whatever, but...and then I found out that Ray [inaudible 00:58:09] with that, but that was a wild time for him. I felt so much better with him, God.

But the biggest thing for me was to be with three people that...I know this sounds sappy at all, whatever, but all of us go on trips with people that we don't know. I mean, before this journey I had a contract job where I spent two months taking the students at risk out, and yeah, it was a great job, whatever, but I don't know them.

And I'm the leader, right? And where there is a job. But we all went down as fellow participants in the world of wilderness travel, and it was a great way to just laugh the whole time. Laugh the whole time. And the whole, oh, too many chiefs in the kitchen, we didn't do that on the trip: it was basically a free flow down the river, we enjoyed our company, we enjoyed our own abilities, and I needed that, I needed that. In my life right now, I needed that whole thing, to actually be with people that are friends, and be connected, and have a good time. I think that's what a canoe trip is all about.

We love the wilderness travel, and we all connect with the wilderness all of us do -- every single culture in this planet are born from wilderness, we enjoy it -- but to be with fellow people, or even by yourself as long as you like yourself, yeah, I mean it was really good. I had a really good trip, actually. Except, oh, really, the sexual innuendos Justine said -- oh Lord, out of control.

Justine: I think that might have been you.

Paul: I mean for you Justine, I mean you've done a lot of out there adventures. The Aleutians we talked about last time when you were on the podcast, but you've done quite a few other trips since then, and some of them solo. You've been down in Indonesia, you've been around Vancouver Island. When you are contacted -- even though we can't remember how this happened, it just happened -- somebody had the idea and somebody invite somebody else, when you were invited when this idea happened, what attracted you? Obviously you know what the river is like now, you've done it, but what attracted you to come in and paddling a river in Scotland that isn't that far away from anywhere, that it's not a first anything...

Justine: Well...

Paul: ...it's just that it's...

Justine: ...doesn't...

Paul: ...come...

Justine: ...have to be a first to be fun. It's a first for me. It happened because I was meant to be organizing a film show about water sports Kendal Mountain Film Festival, which didn't happen in the end, but then I got talking to Kevin about maybe coming to that, and then he mentioned something about maybe combining it with coming to the Welsh Canoe Symposium. So then I got in touch with Ray, and Ray had said, "Well maybe we could get Kevin over for that, and then Paul and I could take him down the Spey afterwards." And I just said, "Oh, that sounds fun. But you wouldn't wanna not to see [inaudible]

01:01:08] like me along."

And Ray says something like, "Oh, that might be all right, you've got a few good stories." And I was like, "Right, I mean, quick, you can't change your mind now." And so that's how that kind of happened. I just thought, great, I get to go down the river with Ray, who is Mr. Canoeing in the U.K., and with you, Mr. Bushcraft, and with Kevin, who I've met, who is a very likable nutter, and...

Kevin: Stole [SP]! You guys stole?!

Justine: And so I just thought, wow, how lucky am I to be able to go and do that? And it's something new with people that are really good in their field and really good fun. I just thought, wow, that'll be a fantastic adventure: I'll learn a lot, I'll experience new things -- I'm in. Absolutely.

Paul: And one of the things that we talked about around the fire was our...you were saying you enjoy trips, I was saying I want to do more trips for myself. I do a lot of trips with customers but I wanna do more trips for myself as well, and you were saying that it's kind of almost an addiction doing trips as well.

Justine: Oh, absolutely, yeah. I mean, I feel most alive when I'm out on a trip. I really do, I just love it. I like the physical physicality of it, I like the mental challenge of it, I like being in wild places, I like seeing what's round the next corner for the journey aspect, I love the people that you meet. I just think it's amazing, that kind of living off your wits, where only the essentials -- being warm, being fed, having a place to sleep. All those things are important and you're not worried about Facebook, or emails, or stresses, or bills, or you know, all that stuff.

Yeah, I love all that. But I think the recent years I've developed more of a kind of peace in terms of rather than coming back off a trip and feeling a bit like lost in the world, I just feel that if I get regular, small fixes of wilderness time, or like what we've just done -- don't need to be on a big, long expedition away for months all the time. I mean I love that, but equally I can do something like this for five days and that'll keep me sorted, keep me happy, keep me feeling vibrant and alive till the next little fix.

Paul: Yes, yes.

Justine: And I know myself now: I know what I need to do to keep myself happy, and regular little fixes of a bit of wilderness...and it can be an afternoon in a Tide Race in North Wales, just yee-haw'ing away, that can be enough sometimes. But yeah, I just need...I need that in my life to be sane and happy and pleasant company.

Ray: Yeah, I'm being brought to Earth by my six-year-old daughter, God bless her.

Paul: Oh, you have to tell that story, Ray.

Kevin: We all know the answer.

Ray: Yeah, my daughter's six years old -- Maya Rose -- and I just thought, Justine is turning up at my house. What an inspirational person for my daughter to meet. So Justine arrives, Maya's there -- I tell her just a little, a little thing about how much I admire Justine -- my daughter looked at her with big, open eyes and said, "Blah, blah, blah, blah, blah."

Justine: It was classic.

Ray: Oh dear, oh dear.

Kevin: That helped a lot on the trip, though, because if anybody...because we all have stories, and maybe some were repeat stories, we do this, "Blah, blah, blah, blah, blah, blah."

Paul: Or even when you were wafting [SP] [inaudible 01:04:55] on camera, Justine would just cut in, "Blah, blah, blah."

Justine: My arm was getting tired holding the camera and you were like...

Kevin: [inaudible 01:05:06]. Remember the floppy fish hands, though? [inaudible 01:05:11] Justine when her hands were cold...

Paul: Floppy fish hands...

Kevin: ...and the dance...

Paul: ...yeah.

Kevin: ...disco dance we did on the shore the other day...

Paul: Yeah, that was...

Kevin: ...that...

Paul: ...impressive.

Kevin: ...was a great adventures.

Paul: That was a very coordinated masterpiece, that dance...

Justine: But say if...

Paul: ...routine.

Justine: ...no one ever sees that video and they can imagine that maybe we were doing a great dance and we were really coordinated, because maybe the reality isn't quite gonna live up to that. Although Kevin won some medals for disco dancing.

Kevin: Yeah, it was when I was on trips...

Paul: On trip.

Kevin: ...on the river. Ugh...

Paul: All the truth.

Kevin: ...it's when in doubt, say nothing [inaudible 01:05:45]. That's true, when we saw that whisky that was made in 1970, whatever, I was like, "Hey, I was winning the disco dancing awards back then."

Paul: Yeah.

Ray: That really stopped us in our tracks, didn't it? You know, the whole three of us just sat there and...

Justine: [inaudible 01:06:00]

Kevin: Well it was you that I was in disco dancing, award-winning person?

Ray: Yes.

Justine: I think he means, though, that the whisky is so old that it was like...

Kevin: Oh, whoa, oh, oooh.

Paul: Old made us...

Justine: [inaudible 01:06:14]...

Paul: ...think about...

Justine: ...[inaudible 01:06:14]...

Paul: ...what was...

Justine: ...[inaudible 01:06:15].

Paul: ...going on back then.

Kevin: And we had the hair awards. Because we were...

Paul: Hair awards?

Kevin: ...wearing [inaudible 01:06:19] the whole time, we would take our [inaudible 01:06:20] off and say, "Whose hair is worse?"

Paul: I have mine cut before I came, so...

Kevin: Yeah, you never did really win that award, yeah.

Paul: Yeah. No, it was intentional. Or do you reckon that your head hair doesn't get tangled, Justine, you think?

Justine: No, you know, my hair typically, I mean, it just gets really tangled on a trip but it didn't seem to get as tangled in freshwater as it does in saltwater.

Ray: Now we're coming down to the important things on the trip.

Justine: Absolutely. And I managed to brush it with just my fingers tonight because I couldn't be bothered to get my brush out [inaudible 01:06:49].

Kevin: [inaudible 01:06:50], one, two, [inaudible 01:06:51].

Justine: It's a raised [SP] car [SP] so...but I think it's okay really, considering. Normally I would be pulling out massive clumps of tangles when I did that.

Kevin: And the salmon almost jumping the boat more than once -- that was great.

Paul: But one nearly took Ray today.

Kevin: That was a big salmon.

Ray: Yeah. I'm sure it was something bigger.

Paul: Orca...

Ray: Orca.

Paul: ...found its way up, blown in half the sea.

Kevin: And Teresa [SP] didn't know anything about it? What's that stinging nettle on your buttocks?

Paul: What's it...why were you...

Kevin: The first night I got in my hand and I knew...we have the same nettle where I live, but not everywhere where you guys are, and it's like, aww, I forgot about that crap. Well it was dark, we didn't blah, blah, blah, blah, blah. And then they were on my leg one day, I was getting firewood, and then was it two mornings ago? I went to take my morning three poops, whatever -- and it was probably poop two -- and I was like, "Oh, I got it in my butt! Aww!"

Justine: Do you not kind of lurk before you...

Kevin: I don't know what it looks like!



Justine: But why would you sit on a plant, even if it's not a nettle?

Kevin: [inaudible 01:08:06] for our country.

Paul: At least it wasn't poison ivy.

Justine: It is possible to, you know, take a poo without sitting on a plant.

Paul: Without vegetation, right.

Ray: Yeah.

Kevin: Yeah, that's true. You're right. I'm learning so much [inaudible 01:08:22].

Ray: And you know, up until now I hadn't realized you'd been stung on the buttocks.

Kevin: Oh, I didn't tell anybody till now because it was pretty embarrassing.

Paul: Mm, and you wouldn't want anybody else to know about that, would you?

Ray: No.

Justine: No, he actually has [inaudible 01:08:35] trousers [inaudible 01:08:36].

Kevin: No. That's another reason, but...

Paul: Nobody listens to this podcast, Kevin. Nobody listens to it [inaudible 01:08:43], nobody will know.

Kevin: And oh, bollocks -- that's shite!

Paul: It's like an episode of "Father"...

Ray: "Father"...

Paul: ..."[inaudible 01:08:51]."

Ray: ..."[inaudible 01:08:51]."

Ray: Father [inaudible 01:08:58].

Kevin: "I wanna go to the...back to Canada," and the border crossing go,"No, you will go back to Scotland [inaudible 01:09:03]."

Paul: You're not Canadian, yeah. For you, memories this week, Ray?

Ray: The company, and the stories, and the antics. You know, it's that doing

in the company of quite special people -- so that's a real privilege. And then for me, that last five kilometers, because I doubt that I will ever do it in those conditions again.

Paul: Yeah, I hope not.

Ray: I'd hope not. And the contrast between the normal water levels that I do that in, and again, it comes back to that I've not seen the area and that water level before, so that was exciting for me. You know, I was having to do a job, I was having to make decisions, rather than going round a bend that I've gone round...

Paul: And doing it by numbers, so [inaudible 01:09:59].

Ray: But it's much, much easier. You can't run that section by numbers because the river does change its course, it does drop new trees in there, it creates new problems. And I think that's probably why that last little bit is one of my favorite bits of the river, because it renews itself, it's not constrained by anything, it's not constrained by the valley or by banks -- it does what it wants.

Justine: Spools out.

Paul: Spools out, yeah. And is unusual for the U.K.

Ray: Oh, very much so. I know incredible sandy estuaries, muddy estuaries, but there's very little else, and it does abruptly end up in tidal waters. And one of the things with adventures is having a suitable finish, and finishing in Spey Bay in the best of days is really quite special, but on a day like today when I was just relieved to be off the water, and again, that's not often that I get off the water and I'm just relieved.

Justine: When you did, because you've done that 100 of kilometer section in 11 hours, right?

Ray: Yeah.

Justine: A quite high flow. Was that similar level to today?

Ray: I would guess it must've been close to that but the difference was the wind. I mean, with a wind like that, we couldn't have done it in 11 hours.

Justine: No. They would go away.

Kevin: Yeah. Their [inaudible 01:11:29].

Ray: But doing it in 11 hours, the interesting section was the very first section from this loch to Aviemore, which we did in the dark because that I knew I couldn't afford darkness at the seaward end. To be so close to pulling it off in a single day, and it getting dark, and knowing how dangerous that section can be with trees down there, you've got to be able to see. So we did this first

section, which for us in daylight, was very straightforward. That was quite nerve-racking in darkness.

Justine: Well yeah, especially at the higher levels, I'm sure, and you don't know if anything's...

Ray: No...

Justine: ...changed...

Ray: ...no...

Justine: ...since you...

Ray: ...and I hadn't...

Justine: ...last...

Ray: ...run the...

Justine: ...went.

Ray: ...river that year before, so I didn't know anything. Everything has to be with fresh eyes that can't see very well in the dark. But you know, one of you asked the question, "Why'd you do it and say it like that?" and it's a such a contrast, and you see things differently. I would not have run that section in the dark, other than the fact that I was trying to do the river in a day, and that, again, is quite a unique experience, bits of that will remain with me very clearly to end of days. And then the way you look at rapid is very different, because you're looking for the dry line, you're looking for the fast line.

[inaudible 01:12:45] think you're looking for the fast line, so it's whereas and there's so many sections today we were moving in 20s, we couldn't afford to do that. If you wanna miss the biggest waves but you gotta cut the edge of them to keep your speed up. So it's a really...it's a technical challenge, it's fascinating, and you do see things you wouldn't otherwise to see.

Paul: Hmm, hmm, interesting. So Kevin, lots of filming this week: some of it with foggy cameras, mostly without foggy...

Kevin: Oh...

Paul: ...cameras.

Kevin: ...yeah, yeah, well actually the nice thing about it is, well Justine, she's a filmmaker, really well-known filmmaker -- really admire what she does, love her stuff -- and my daughter likes her stuff, which means it's good.

Paul: Good, yeah.

Kevin: And you know, I brought my camera along. I mean, I'm used to the stupid idiot on the other side, right? But I love filming and I had this idea to film this whole trip. And then you, Paul, you were doing a film, and Justine was doing film, I'm doing film -- and what we got is either, like, what the heck is that? Or it's going to be a classic.

Justine: Little of both.

Kevin: The blooper reel is so...will have people in stitches. Go, "Oh my"...

Justine: It is going to be...

Kevin: ..."Lord."

Justine: ...longer than the film.

Kevin: But no, the blooper reel will be better than the film, for sure. My whole idea doing the film was to get people on the Spey, and I thought, "Well, should I do this professionally? Should I have the drone? Should I do this?" whatever. And then I realized, because I had this job before that doing a professional film for a job and I was like, "Eh, I think the Spey is not gonna be that. I think this Spey is gonna be about four people that have different characteristics but the same passion on down a river," and that would really connect to people, because that's what life is, it's real. And we got that.

I mean, gosh, I filmed you doing your bushcraft and just doing terrible job, Paul, just terrible. No, I'm just joking. Just this sort of, like Ray was saying, the camaraderie and the joking around and stuff like that, and then the river, and me having a little bit of fear on some rapids. And I don't know, it was real life -- and it's going to be fun, I think. I got a giggle all the time.

Paul: You might even wipe yourself a little bit.

Kevin: Yeah. Just a wee bit.

Paul: A wee bit, yeah.

Kevin: Especially if you have a dream when you're in the tent and you're peeing, you gotta wake up real quick, because if you don't, it's gonna be a bit of a mess.

Paul: See here.

Kevin: But that's just that when we be beached today, I pulled up and you guys were filming me kissing the ground -- and that was not fake.

Paul: We felt it, we felt it.

Kevin: Oh my Lord.

Paul: So that's gonna be on your YouTube channel, some of that [inaudible 01:15:49]?

Kevin: Yeah, so I'll go home and...

Paul: I know you haven't decided how you're gonna mangle it so...

Kevin: But we talked about...

Paul: ...slice...

Kevin: ...it.

Paul: ...and dice it, but...

Kevin: And that's really interesting for everybody to listen to. [inaudible 01:15:58], it's all professionals in visual arts. Where do we do? Do you create a film? Do you create a DVD? Do you do iTunes? And I think I've come to the conclusion where, yeah, I'll do it on YouTube in a series like I do -- I just want everybody to see it -- and then my speaking tour for February up until June, I usually do for...and next year will be the Spey River, and show real good behind the scenes. It would be fun and I think people will enjoy it. They'll enjoy it because they see us enjoying it, and yeah, I'm looking forward to it. I'm going to write a couple articles, hopefully...Well one for "Explorer," one for "Canoeroots," but hopefully for the "Whisky Magazine."

Paul: Oh, really?

Kevin: Wow, I hope.

Paul: And why not "Whisky Connosr" or something?

Kevin: Yeah, [inaudible 01:16:48], because we're professionals now in whisky drinking.

Paul: Yeah, you've certainly done plenty this week. Where can they find your YouTube channel?

Kevin: Oh, KCHappyCamper.

Paul: KCKilo [SP], [inaudible 01:16:59].

Kevin: Yeah, you should probably go KCHappyCamper, because if you go HappyCamper, you might get some porn.

Paul: Right.

Kevin: Okay? Just go "Happy Camper Spey River"...

Justine: You just lost your audience now.

Kevin: I may be gaining an audience. It all depends. And yeah, you'll see Ray, the... You know what Ray? When I first arrived here in the country I thought, well how do I describe Ray? And I was going to describe you as "The Build Mason of the U.K." At the end of our trip I said, "No, Ray is "Ray of the U.K." and then Paul, "Bushcraft Man," however, he's a really funny guy that knows Monty Python beyond belief. And Justine, really good friend I've known for a long time, it shows, and I really, really jump at the chance to actually go on a trip with her. Because her and I go to the shows a lot, we see each other, hugs and kisses, this is great, we're having a good time, but to gosh, to go on a trip together is far different, far different, and I really was looking forward to that.

Paul: For sure, so I look forward to seeing that.

Kevin: Yeah.

Paul: I'll put a link to your YouTube channel in there, in the show...

Kevin: And it'll...

Paul: ...notes...

Kevin: ...be a very...

Paul: ...[inaudible 01:18:09].

Kevin: ...professional film, yeah.

Justine: It'll be great.

Paul: Yeah. Yeah, it will, it will.

Ray: I'll expect never to work again.

Paul: You've got your speaking tour coming up. You've got some winter camping adventures coming up?

Kevin: Yeah, I'm going to actually Devil's Crater in January on winter trip up by Lake Nipigon with some friends: Annie [SP], Red [SP] Skelton [SP] and Bill [inaudible 01:18:37]. Yeah, a bunch of things. You know what?

Paul: Watch this boat [SP].

Kevin: It's the next adventure.

Paul: The next adventure?

Kevin: Yeah, and I think we feed all set, don't we? Do we have a problem? Should we seek help with this?

Paul: Maybe, maybe.

Kevin: Because you're going...you're in Alaska.

Justine: I'm going to Antarctica in February on a sea kayaking and sailing trip, and hopefully go to Labrador next summer for a month-long sea kayaking trip. Yeah, and other than that, lots of little adventures, I think. Yeah, good.

Paul: Cool, good. And you've got a family adventure next year...

Ray: Yeah...

Paul: ...right?

Ray: ...absolutely. I'm really, really excited because finally I'm off to Canada with my daughter. And she'll be seven, we've got another family we're going to, and we're gonna do a 10-day wilderness trip in Algonquin -- and I haven't been this excited about a trip in ages.

Justine: Oh, nice.

Ray: And it'd just like to get this right, to do it...to introduce my daughter to the world that I love, and that she's done it with her old man. You know, that's gonna be really important, [inaudible 01:19:47] very special for me.

Justine: Well I hope I can see her afterwards and ask her how the trip was, and then she starts to tell me, I'll go, "Blah, blah, blah, blah, blah."

Ray: Yes, this is gonna haunt her for years.

Paul: Oh, fantastic, fantastic. Yeah, so good. Well thank you very much there for that, sharing our joint, mutual adventure this week, but also what all to look forward to from all of you in the future. So we look forward to hearing about that and seeing that on YouTube channels, and videos, and blogs, and wherever else they're going to turn up, and it's been a pleasure. Our first, four-way podcast.

Justine: A little happy camper.

Paul: With the HappyCamper.

Justine: Yeah.

Kevin: Open me a new bottle!

Paul: I'll get one. Do it again, Kevin.

Kevin: All the Monkey...Oh, I have Monkey Shoulder right now from [inaudible 01:20:46], that's what I got.

Paul: Or we could have some Balvenie. Double wood.

Kevin: Oooh.

Paul: Which could be an innuendo itself, couldn't it?

Kevin: Yes.

Paul: What would you prefer?

Kevin: I'm just speechless right now. That I've never really said any...

Justine: Yeah, right.

Kevin: ...sexual innuendos with her in my life -- but double wood it is, in this four-way chat.

Paul: Chat. Chat...

Kevin: Wait...

Paul: ...cast.

Kevin: ...a minute, let me do this to the mic. Wait, listen to it. Oh, that's Scotland -- in a bottle, in a poo.

Paul: And on that note, we'll say goodbye.

Ray: And it's good night from here.

Paul: Thanks again to Kevin, and Ray, and Justine: all inimitable characters in their own right, and a fantastic group of people to travel with. I hope you enjoyed that conversation, and it'll give you a taste of what there is to come in terms of blogs and videos and other elements that are generated as a result of all the film and photographs that were taken on that trip. It was very, very enjoyable, and I hope we can further share some more of that enjoyment with you over the coming weeks. I should also take this opportunity to give a shout out and thanks to some people who were involved in helping organize certain elements or making certain things happen.

A great big thank you to Alan Lenny [SP] for all of his help with looking after our boats and helping organize the distillery tours, and to Mary McDonald [SP] for coming to our campsite and doing a whisky tasting around the campfire, thanks to Tess as well for cooking up a wonderful beef and barley stew, which we all very much enjoyed. Thanks to Charlie at the Balvenie Distillery for making it a very enjoyable tour, and putting up with Kevin's antics, and getting fully involved with that -- it was a lot of fun. And also to Brian at the Ballindalloch Estate and Distillery there: that was a very interesting tour and we very, very much enjoyed that, and we look forward to seeing what you



guys produce ultimately. I think it bodes very, very well.

And yeah, it was a fantastic day visiting. Thanks to Alan for looking after our boats while we were off the river, and we had a fantastic time, it really added a different dimension to a river trip and made Kevin's experience all the more richer, showing him what Speyside and Scotland had to offer, so thanks for that. I'll put links to Kevin's YouTube channel, as well as Justine's homepage and Ray's homepage in the show notes, and you'll find those under episode 19 of this podcast @paulkirtley.co.uk, that's paulkirtley.co.uk. K-I-R-T-L-E-Y is how you spell my surname, so that's paulkirtley.co.uk for the show notes.

Also, while you're there, if you could subscribe to my email updates, then I will let you know when other blogs and pieces of content come out with respect to this trip, and in particular, I plan on embedding Kevin's videos when they are available, to show what we got up to. So make sure you subscribe to Kevin's YouTube channel, make sure you get a hold of a copy of Justine's "This is Canoeing" DVD, if you haven't, of course get a hold of a copy of Ray's "Canoeing" book. Some great stuff put out by these people, and I will keep you up-to-date via my email newsletter as well. So go across to paulkirtley.co.uk, sign-up, and you'll hear from us soon. Thanks again for listening, thanks for your support, hope you enjoyed that, and I look forward to speaking to you on episode...

[music]

Paul: ...20 of "The Paul Kirtley Podcast." Take care, and enjoy the outdoors.

[music stops]