

# **Scottish Mensa Annual Gathering 2017 STIRLING**



**25-28 August**

**Hotel Colessio, 33 Spittal Street, Stirling, FK8 1DU**



# Hotel Colessio

Scottish Mensa are delighted to announce the base for this year's gathering will be [Hotel Colessio](#), Scotland's newest and most luxurious boutique hotel. It is a landmark in Stirling, a unique venue that has been magnificently transformed to offer unrivalled luxury and facilities.

## Bedroom bookings are now open

Please call the hotel direct on 01786 448880 and quote MENSA

<b>Club Double Room</b>	Single Occupancy	Double Occupancy
room only	£79.00	£89.00
inc breakfast	£89.00	£99.00
<b>Premium Room</b>	Single Occupancy	Double Occupancy
room only	£109.00	£129.00
inc breakfast	£119.00	£139.00



# Programme

## Friday - 25th August

### Registration (Wallace Suite) 3pm - 6pm

If you arrive outwith this time slot your welcome pack will be available from the organiser, Janet McAuley.

### Old Town Tour 4pm (depart) - 5.30pm (approx) £10

A local guide will take you on a hilarious journey through the curious nooks and crannies of the Burgh, revealing some of Stirling's strangest stories. For those who can arrive early this is a perfect introduction to the city. **Please Note: This event needs a minimum of 10 people to run.**

### Gin tasting around Scotland 5.55pm (for 6pm start) - 7.30pm £20

A celebration of Scottish gins - of which there are many but too many to taste in one evening, or even one weekend, but this will give you a taster of what is on offer.

### Ice breaker 7.00pm - 9pm PAYG

Exercise those brain cells and meet new and old friends.

### Stirling Ghostwalk 8.10pm - 9.30/10pmish PAYG

Walk around Stirling's Old Town, further information at [www.stirlingghostwalk.com](http://www.stirlingghostwalk.com). The start point is less than 5 minutes (uphill) from the hotel. Meet at starting point by 8.15pm to pay the Happy Hangman before the walk begins at 8.30pm.

## Saturday - 26th August

### Coach tour 9.15am (depart) - return 5.00/5.30pm £44.75

Setting off north we visit the Deanston Distillery (guided tour), Doune Castle (audio guide), the Falkirk Wheel (boat trip on The Wheel) and the Kelpies (guided tour). Admission to all venues is included in the cost of the event. Lunch is PAYG at the Falkirk Wheel. This site has a café and picnic tables. FYI - The tour of Deanston Distillery is via open design metal steps and walkways, ie not solid floor.

### Wallace Monument 10am - noon £15

Situated on Abbey Craig this monument, from the Crown, affords panoramic views over the surrounding countryside including the Ochil Hills, Stirling Castle and the sites of the battles of Stirling Bridge and Bannockburn. On a very clear day both Ben Lomand and the Forth Bridges can be seen. From the ticket office there is a hill to the bottom of the monument however a courtesy minibus service operates between the Car Park and the Monument. The three exhibition galleries within the Monument, and the Crown at the top of the building are accessed via a spiral staircase with a total of 246 steps.

### Allanwater Brewery 1.40pm - 4.15pm £15.50

Tour and tastings in Scotland's smallest commercial microbrewery where 'NATURALE' cask conditioned beers are loving brewed with 100% natural ingredients.. Tour includes meeting one of the brewers; in depth talk of the brewing process; view, touch and taste raw ingredients; discussion on how their cider is made; sampling of available beers and cider; QA opportunity and a pint of your favourite beer or cider.

## Dinner

7pm at restaurant - late

£24.50

This year we will dine at Hermann's Restaurant, a short walk (5-15 minutes) from the hotel. Directions will be included in welcome packs. Arrive at the restaurant for 7pm for a welcome drink from Scottish Mensa followed by 3 course meal plus tea/coffee. Courses must be pre-selected from the following options.

### Starter

1. Melon & Speck Duet
2. Smoked Duck & Speck Duet served with red onion marmalade (contains unpasteurised cheese)
3. Cullen Skink - traditional Scottish soup with smoked haddock, potatoes, and cream
4. Toasted Goats Cheese with Balsamic onions and mixed leaves

### Main

1. Fillet of Scottish Salmon with a pink peppercorn sauce, fresh vegetables & potatoes
2. Asparagus and Mixed Mushroom Risotto served with side salad
3. Wiener Schnitzel (pork) - escalope of pork bread crumbed and shallow fried, served with cranberry sauce, fresh vegetables and potatoes
4. Breast of Chicken topped with Haggis, Drambuie cream sauce, fresh vegetables and potatoes

### Pudding

1. Chocolate & Grand Marnier pot
2. Cheese board - a selection of Scottish cheeses with biscuits and fruit (contains unpasteurised cheese)
3. Hermann's Mini desserts - a selection of Hermann's favourite 3 desserts served with ice cream
4. Apfelstrudel - traditional Austrian dessert, served warm with ice cream

Coffee or Tea

## Sunday - 27th August

### Find Stillness in Movement

8.30am - 9.45am

£4

An introduction to the Chinese arts of Tai Chi (Taiji) and Chi Kung (Qigong)

Don Wells (Mensa member), who has over 25 years' teaching experience, will be our instructor. The cost for this event will be donated Parkinson UK.

### Members meeting

10.00am - 10.30am

Free

Scottish Mensa AGM and Open Forum (open to all members)

### Old Town Tour

10.30am (depart) - noon (approx)

£10

A local guide will take you on a hilarious journey through the curious nooks and crannies of the Burgh, revealing some of Stirling's strangest stories. A further opportunity to learn a bit about Stirling's Old Town. **Please Note: This event needs a minimum of 10 people to run.**

### Stirling Castle including talk/refreshments

10.40am - 12.45pm

£19.50

Guided tour of the castle including, at 11.30am, a talk with tea/cake in The Argyll and Sutherland Highlanders Museum. Castle ticket also includes admission to Argyll's Lodging which is a short walk from the castle. More time can be spent at the castle unless also attending the Bannockburn Heritage Centre. Argyll's Lodging can be visited at any time on the same day as it is a separate building.

**Please Note: This event need a minimum 11 people to run. If minimum number is not reached this event will consist of the guided tour and any necessary refund will be made after the weekend.**

**Bannockburn Heritage Centre**      **1pm - 3pm**      **£15.00**

Visit the interactive character stations, witness life-size 3D scenes of medieval warriors preparing for battle then, using cutting-edge 3D technology, participate in our timed entry to the Battle of Bannockburn Experience at 1.45pm. If you do not wish to participate in the experience please indicate this on your booking form. As places are allocated for each timed event it is not possible to decide to join in on the day however you can choose to watch without booking. There will be time to explore the battlefield site and visit the Robert the Bruce monument.

**The Art of Wine Making**      **2pm - 3.30pm (approx)**      **£3**

For anyone who has ever considered making their own wine, or would just like to know a bit more about how wine is made, this is the event for you. We are fortunate to have a long standing winemaker join us and share his knowledge. The cost for this event will be donated to charity.

**The Life of a Tree**      **3.30pm - 4.30pm (approx)**      **£3**

We see tree plantations wherever we go but why are they where they are, how are they managed and what happens once they are harvested. A local forestry company, at no charge, have agreed to tell us this and more so this is your opportunity to get answers to all of those questions. The cost for this event will be donated to Treeaid, a charity which works to create thriving, sustainable communities throughout the isolated and remote regions of Africa - see [www.treeaid.org.uk](http://www.treeaid.org.uk) for further information.

**Meal**      **7pm - late**      **£25**

Having ventured out on Saturday, this evening we will dine at the hotel (Cellesio). Menu choices must be pre-selected from the following options.

Starters

1. Chicken Liver Pate - Red Onion & Tomato Jam, Micro Leaf Salad, Sour Dough Toasts
2. Cullen Skink Tartlet - Parmesan & Herb Crumb
3. Haggis Neeps & Tatties - Auld Reekie Cream Sauce

Mains

1. Lemon Roast Hand Cut Chicken Supreme - Thyme & Shallot Jus
2. Roast Vegetable, Goats Cheese Filo Strudel (v) - Pesto & Sun Touch Tomato Dressing
3. Oven Roast Scottish Salmon Fillet - Cherry Tomato & Herb Salsa Verde

Pudding

1. Zesty Lemon Tartlet - Raspberry Coulis, Crisp Meringue Peaks, Fresh Vanilla Cream
2. Salted Chocolate & Toffee Profiteroles - Fresh Cream Chantilly
3. Sticky gingerbread pudding with candied orange ice cream

**Howff sprauchle**      **post meal (approx 9.30pm) - late**      **PAYG**

Your guide for the evening will be Peter McGregor (Mensa member) who volunteered to take on the arduous task of visiting various hostelries in Stirling on your behalf. Meet in the City Walls at 9.30pm, a short walk from the hotel, with a view to moving on at?

## **Monday - 28th August**

**Stirling Castle**      **10am - time of your choosing**      **£13.50**

Guided tour of the castle. Ticket also includes admission to Argyll's Lodging which is a short walk from the castle. **Please Note: This event needs a minimum of 11 to run. If the minimum number is not achieved it is still possible to visit at this time as a group on a PAYG basis.**

**Cycle Around Stirling****09.30am -11.45am****PAYG**

What have you missed? Fancy a little exercise? Nextbike (like Boris Bikes) can be used to enjoy a circular tour of Stirling, further details <http://ridewithgps.com/routes/8702818> This is a self-guided circuit which can be enjoyed as a group or an individual. Registration and a £10 deposit, which is used for fare types, is required at [www.nextbike.co.uk](http://www.nextbike.co.uk). Bikes are paid for by time used. If booked for this event a map showing pick up and drop off points will be included in your welcome pack.

**Lunch****noon - time of your choosing****£5 deposit**

Short walk to Hendersons Bistro at the Albert Halls. We will meet at the restaurant at noon or depart the hotel at 11.

**As and When Events****Wood Carvings Heritage Trail****Free**

Stirling's Back Walk is the "oldest publicly maintained road in Scotland". It is now a pathway which runs behind the Cellesio (not accessible directly from the hotel grounds) alongside the medieval Town Walls to Stirling Castle. In 2009, wood carver Tommy Craggs created the first piece of art on the Back Walk from a felled Beech tree; more carvings were added in 2015. This walk can be done at your own pace during the weekend. Please indicate your interest on your booking form and a copy of the 'Xplore Stirling Heritage Trails' leaflet will be put into your welcome pack. Details of this and other trails in and around Stirling can be seen at [www.stirlingheritagetrails.org.uk](http://www.stirlingheritagetrails.org.uk).

**Stirling Smith Art Gallery and Museum****Free**

The Stirling Smith was opened in 1874, at the bequest of artist Thomas Stuart Smith. Gallery Three houses the permanent exhibition, The Stirling Story. Temporary exhibitions are displayed in galleries One and Two however at the time of writing the exhibitions for August are not known. Details [www.smithartgalleryandmuseum.co.uk](http://www.smithartgalleryandmuseum.co.uk) There is also a cafe and an outside exhibition area.

**Cycle around Stirling****PAYG**

Time to spare? Fancy seeing more of Stirling? Nextbike (like Boris Bikes) can be used to enjoy a wider exploration of Stirling. Registration and a £10 deposit, which is used for fare types, is required at [www.nextbike.co.uk](http://www.nextbike.co.uk). Bikes are paid for by time used. If this event selected a map showing pick up and drop off points will be included in your welcome pack.

**Cycle in and around Stirling****PAYG**

For the more energetic the Stirling Cycle Hub offers bike for hire for daily and half day rates. The Hub have a limited number of bikes for hire. Details of bike hire, id requirements, cost and routes can be found here <http://www.stirlingcyclehub.org/>

**Bastion and Thieves Pot****Free**

Remains of a defensive tower, once part of the 18th century city wall, the entrance is now within the Thistle Shopping Centre (next to the post office).

**Rover Bus****PAYG**

It is anticipated that the Stirling Rover Bus will be running again this year however at the time of publication a final decision had not been taken, expected end May. The ticket can generally be bought from the tourist office, a few minutes from the hotel, or on the bus. This entry will be updated once more details are known.

**Notes:**

**Meeting Point:** Unless otherwise stated all events depart from the hotel.

**Stirling Castle:** Minimum number to run is required to get a discounted rate and meet the requirement for the talk/refreshments add-on.

**Farewell lunch:** Speak to Janet, during the weekend, for details of short cut to the restaurant if going directly from the castle or old town to this event.

		<b>Friday 25<sup>th</sup> August 2017</b>	<b>Cost</b>	<b>Tick</b>
15:00	18:00	Registration (Wallace Suite)		
16:00	17:30	Old Town Tour	£10.00	
17:55	19:30	Gin tasting around Scotland	£20.00	
19:00	21:00	Icebreaker	PAYG	
20:10	22:00	Stirling Ghostwalk	PAYG	
		<b>Saturday 26<sup>th</sup> August 2017</b>		
09:15	17:30	Coach Tour	£44.75	
10:00	Noon	Wallace Monument	£15.00	
13:40	16:15	Allanwater Brewery	£15.50	
19:00	Late	Dinner. Choose your menu option by inserting a number in the right hand column. For example if your choice is Melon – insert 1 in the last column. Repeat for each course.	£24.50 Insert no ↓	
		<u>Starter</u> 1.Melon            2.Smoked Duck    3.Cullen Skink            4.Goats Cheese		
		<u>Main</u> 1.Scottish Salmon 2. Risotto            3.Wiener Schnitzel        4.Breast of Chicken		
		<u>Pudding</u> 1.Chocolate        2.Cheese board    3.Hermann's Mini desserts 4.Apfelstrudel		
		<b>Sunday 27<sup>th</sup> August</b>		
08:30	09:45	Find Stillness in Movement	£4.00	
10:00	10:30	AGM	Free	
10:30	Noon	Old Town Tour	£10.00	
10:40	12:45	Stirling Castle	£19.50	
13:00	15:00	Bannockburn Heritage Centre	£15.00	
14:00	15:30	The Art of Wine Making	£3.00	
15:30	16:30	The Life of a Tree	£3.00	
19:00	21:30	Hotel Meal. Choose your menu option by inserting a number in the right hand column. For example if your choice is Chicken Liver Pate – insert 1 in the last column. Repeat for each course.	£25.00 Insert no ↓	
		<u>Starter</u> 1.Chicken Liver Pate    2.Cullen Skink Tartlet            3.Haggis Neeps & Tatties		
		<u>Main</u> 1. Chicken Supreme    2. Filo Strudel (v)            3.Salmon Fillet		
		<u>Pudding</u> 1.Lemon Tartlet        2.Chocolate & Toffee Profiteroles    3.Gingerbread pudding		
21:30	Late	Howff sprachle	PAYG	
		<b>Monday 28<sup>th</sup> August 2017</b>		
09:30	11:45	Cycle around Stirling	PAYG	
10:00	open	Stirling Castle tour + Argyll's Lodging	£13.50	
Lunch	open	Hendersons Bistro. <b>Deposit required then PAYG on the night.</b>	£5 dep	+payg
		<b>As and when events. Please indicate with a tick if you are interested in any of following events.</b>		
		Wood Carvings Heritage Trail	Free	
		Stirling Smith Art Gallery	Free	
		Cycle around Stirling	PAYG	
		Cycle in around Stirling	PAYG	
		Bastion and Thieves Pot	Free	
		Rover Bus	PAYG	
		<b>Insert Total Cost here</b>	<b>£</b>	

Please go to the next page and complete your payment details

# Your payment details

OR Book online at [www.mensa.org.uk](http://www.mensa.org.uk)

(Sign into Members' Area; then click Events and National Events.)

Scottish Mensa Annual Gathering 2017.

25-28 August Hotel Colessio, 33 Spittal Street, Stirling, FK8 1DU

Member name: ..... Membership no: .....

Email address: ..... Daytime telephone: .....

Please add your dietary comments/restrictions here: .....

Please find attached a cheque for my payment for the amount of £ ..... Or debit

£ ..... from my Visa/MasterCard/Maestro/Visa Electron (please circle)

Long card no: ..... Start Date: ..... Expiry Date: .....

Issue No (debit card only) ..... Issue No (debit card only) .....

Card verification number (the 3 digits on the back of the card) .....

Name as printed on card: .....

**Important:** Address where your payment card is registered **if different** to your Mensa Magazine mailing address

..... Post Code .....

ACCOMMODATION: While British Mensa Ltd. has negotiated the rates advertised to the members for the Rugby Hotel; it is not involved in or responsible for booking any accommodation for this event. All accommodation is subject to the providers' terms and conditions and any queries or problems regarding accommodation should be raised directly with them. The accommodation rates quoted are only available for the Rugby Hotel, when booked via the phone numbers and email addresses advertised in this programme and on the British Mensa website. EVENT BOOKINGS: All event bookings to be made via Mensa HQ in Wolverhampton and paid in full before close of business on **Friday 11<sup>th</sup> August 2017**. Any booking received after that date may not be accepted. Any booking may be amended or cancelled at any time, subject to availability and practicality, provided the office is advised and any additional payment due is made in full before the closing date. Events may be added to any booking after the closing date, subject to availability, at the weekend registration desk only, with full payment at the time. REFUNDS: Refunds will only be paid after the weekend has finished and only for events that are cancelled by the organisers or cancelled by the booker prior to the closing date, provided we have reached and can maintain minimum numbers or we have been able to re-sell (not guaranteed). EXCLUSIONS: The organisers reserve the right to exclude any individual, for unruly, disruptive or inappropriate behavior, from the immediate event, any part or all of the remainder of the programme and may, in extreme cases, request the individual's exclusion from the venue. Any excluded individual will forfeit the unused part of their booking, including, where relevant, accommodation, and no refund will be made. ACCESSIBILITY: Venue accessibility is the responsibility of the operators. While we have tried to indicate any accessibility problems wherever possible, any queries or problems should be raised with the venue operators. EVENTS: Numbers are limited for some events and all are offered on a first come, first served basis. Please do not book PAYG / FREE events unless you are sure you will attend. The programme is subject to alteration without notice. The organisers will try to run all advertised events as scheduled unless otherwise indicated but reserve the right to alter any event from the details advertised. Start times stated are from the hotel unless otherwise stated and it is the individual's responsibility to be there on time. SOME EVENTS DO OVERLAP. Please check times carefully. It is your responsibility to ensure that you are where you should be, when you should be. Refunds will not be made if you are late or absent. Indicated finish times are estimates only and are not guaranteed. Prices have been negotiated for group rates and no other discounts apply unless stated. LIABILITY: While all reasonable steps will be taken to ensure the safety of those attending this weekend and associated events, British Mensa Ltd. accepts no liability for any loss or damage except that imposed by law. Parents/Guardians remain responsible for anyone under the age of 18 attending any part of this weekend and parental consent and adult supervision must be provided at all times. British Mensa Ltd. accepts no additional liability for anyone under the age of 18 attending any part of this weekend's activities. SMOKING: ALL INDOOR VENUES ARE NON-SMOKING BY LAW. All venue managers are expected to police and exclude visitors who do not comply with the law. British Mensa Ltd will not make any refunds where the person they relate to has been excluded from an event or has chosen not to attend because of this law.

**I have read Mensa's terms and conditions of booking and adhere to them.**

**Signature:**

**Date:**

## Booking Form

Please return this page together with your payment by no later than **Friday, 11<sup>th</sup> August 2017** to:

Diane Salter, Events Administrator, British Mensa Ltd, St John's House,