



Health & Fitness Retreat

BOOT CAMP WITH JAFFA



Make time for something different.

Step away from the everyday and into a retreat built around movement, fresh food and the outdoors. Train with Jaffa, explore the landscapes around Loch Lomond, then settle into the comfort of Bonnie Banks.



Train with purpose

Military-inspired fitness, circuits and strength work.



Head outdoors

Munro walking and mountain biking in a memorable setting.



Eat well

Freshly prepared meals and practical nutrition guidance.



Find your balance

Yoga and space to slow down between active sessions.



Stay in comfort

Individually styled bedrooms and welcoming shared spaces.



Keep it going

Training and nutrition resources to take home.



YOUR LOCH LOMOND BASE

A house with real character.

Stay together in Balloch, close to the loch, with room for shared meals, conversation and a proper rest after an active day.

Meet Jaffa.

Rich 'Jaffa' Worrall



Jaffa, pictured after an endurance event.



Former British Paratrooper

A military background that helped shape his approach to fitness.



Level 3 personal trainer

A focus on strength, conditioning and purposeful training.



Bachelor's degree in nutrition, fitness and health

Practical food guidance alongside the physical programme.

Experience behind the encouragement.

Jaffa has supported clients through mountain challenges, ultra-marathons and endurance events. His interests in bodybuilding, strength and conditioning bring a clear training focus to the retreat.

Share what you want from the experience: a fresh challenge, more confidence with training, or an active break with like-minded people.

Boot Camp with Jaffa.

Bring your energy and a willingness to try. The programme combines military-inspired fitness with circuits, strength and conditioning, giving the retreat its active, purposeful heart.



Strength & conditioning

Focused exercise with a clear sense of purpose.



Circuit training

A varied mix of exercises to keep sessions engaging.



Military-inspired fitness

Challenge, effort and encouragement in the outdoors.

Tell us about your fitness, goals and any injuries before booking, so the team can advise on the right level of challenge for you.

Learn. Practise. Progress.

A chance to build confidence with exercise, ask questions and focus on how you move. Jaffa brings instruction and encouragement to the training sessions.



Understand the exercise

Take time to learn the movement and practise your technique.



Find your challenge

Discuss your starting point and the level of effort that suits you.



Build confidence

Bring your questions and make the most of Jaffa's guidance.

A fresh setting for fitness.

The garden provides a setting for small-group circuits, combining bodyweight movements and resistance exercises with encouragement from Jaffa.



A flavour of outdoor group training, pictured at other locations.



Variety in every session.

Different stations bring a mix of movements to the session. The group, available space and conditions help shape the exercises used.

Take the challenge outside.

Fresh air, changing views and the satisfaction of moving through the landscape. Loch Lomond provides a memorable setting for the retreat's outdoor activities.



Munro walking

Take on the hills and enjoy the sense of achievement that comes with the climb. Routes and conditions need to suit the group and the weather.



Mountain biking

Swap the gym floor for a trail, with a different way to explore and share an active day outdoors.

Room to breathe.

There is space in the retreat for a gentler pace, too. Yoga, downtime and the comfort of the house round out the more energetic parts of the experience.



Stretch. Pause. Reset.

Gentle yoga and stretching offer a change of pace between activities, with courtyard sessions when the weather allows.



Back at Bonnie Banks

The outdoor hot tub offers another way to unwind at the house. Guest hot-tub guidance applies.

Eat well. Enjoy every bite.

Freshly prepared meals are part of the retreat, with an emphasis on local produce, balanced portions and practical nutrition. These examples give a flavour of the menu.



BREAKFAST

A satisfying start.

Wholegrain cereal with berries; eggs and avocado on toast; or yoghurt with fresh fruit.

Simple, fresh and ready for the day.



LUNCH

Fresh and full of colour.

Roasted turkey sandwiches, grilled vegetable pita, or garden salads with a choice of toppings.

A chance to refuel between activities.



DINNER

Good food, shared.

Baked chicken or fish, vegetable pasta, and sides such as sweet potato, rice, greens or beans.

Gather around the table after an active day.

Understand your food.

Alongside shared meals, make time to explore practical food choices with Jaffa. A relaxed group discussion brings nutrition into the everyday.



Simple ideas to take home.

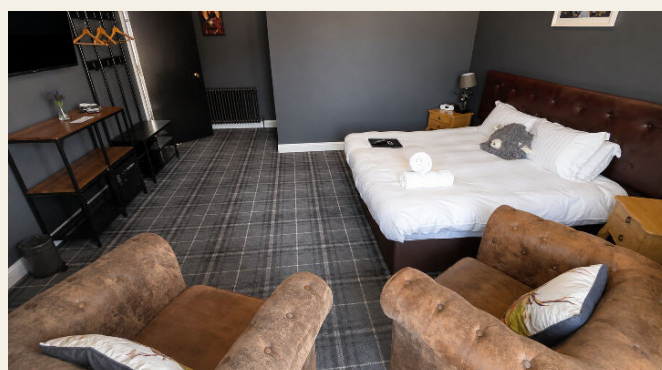
Use the session to ask questions about balanced meals, variety and the habits you would like to build. The aim is to make the conversation relevant to life beyond the retreat.



Food, conversation and shared learning around the Bonnie Banks dining table.

Active days. Comfortable nights.

Seven individually styled bedrooms give the house its Scottish character, with comfortable spaces to settle in after time in the hills or a session with Jaffa.



7 individually styled bedrooms

Room allocation and sharing arrangements are confirmed with your booking.

Come back to comfort.

A relaxed lounge, a generous dining table and outdoor space make it easy to enjoy the social side of a residential retreat.



The lounge at Bonnie Banks.



Gather around the table.

Shared meals and conversation.



Enjoy a quieter moment.

A little breathing space outdoors.

A day with a different rhythm.

An example of how training, food, adventure and downtime can come together. Your confirmed programme will reflect the retreat and the conditions.



Start well

Breakfast, a chance to get ready and a look at the day ahead.



Move with purpose

A fitness session with Jaffa, such as circuits or strength work.



Refuel together

A freshly prepared lunch and time to pause.



Make the most of the setting

An outdoor activity, such as a hill walk or mountain biking.



Ease into the evening

Yoga or downtime, followed by dinner and a relaxed evening at the house.



Keep the momentum going.

The retreat's follow-up support includes access to training plans, nutrition information and a sample week of meals to help you continue at home.

Your retreat, thoughtfully planned.

A few details help the team guide your enquiry and confirm what is right for you.

01 Who is it for?

People looking for an active break, a new challenge or renewed motivation with fitness. Tell us your current activity level and what you would like to achieve.

02 What will my booking include?

Ask for the retreat length, price, meal provision, activity plan and room arrangements. The team will confirm your package and booking terms before you commit.

03 Can I discuss dietary or access needs?

Yes. Include dietary requirements, allergies, injuries, health considerations or access needs in your enquiry so suitability and arrangements can be discussed.

04 What should I bring?

Expect to need training clothes, supportive trainers, walking footwear, waterproof layers, a small day bag and a refillable water bottle. Request the confirmed kit list, including cycling equipment arrangements.



Start with an email.

Tell us how many people are interested, your goals and any key requirements. We can then discuss availability and the options for your stay.



YOUR NEXT CHALLENGE STARTS HERE

Make space for you.

Fitness, fresh air, good food and a memorable Loch Lomond stay. Ask us about joining Jaffa at Bonnie Banks.



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YOUR RETREAT PROGRAMME

Activities and menus shown are examples. The programme may vary with weather, season, group needs and the arrangements agreed for your stay.