

## Performance Arena

12.15pm	Pedal Power Vs Parkour	Performance Arena
1.15pm	Kintail Birds of Prey	Performance Arena
2.15pm	Pedal Power Vs Parkour	Performance Arena
3.15pm	Kintail Birds of Prey	Performance Arena
4.00pm	Pedal Power Vs Parkour	Performance Arena

## Live Music Tent

12.00pm	Donald Black
1.30pm	Rhuvaal
3.00pm	Beinn Lee
4.30pm	Skerryvore

## Food Demonstrations with Scottish Salmon Company

11.00am	Simple & healthy Scottish Salmon Sushi	Top Field
12.00pm	Cowal Skink Smoked Salmon Chowder	Top Field
1.00pm	How to cook the perfect pan fried Scottish Salmon	Top field
2.00pm	The Cowal Quasiquicentennial (125th) Celebration recipe	Top field
3.00pm	Scottish Salmon Sashimi	Top Field
4.00pm	Competition Winners Announced	Top Field

## Artie's Tartan Tales

12pm – 3pm	Arties Tartan Tales – Hourly Shows	Arties Tent
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## Come & Try Mountain Bike Track

12pm - 5pm	Come and try mountain bike track	Top Field
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## Live Ceilidh Tent (featuring Inverhooley Ceilidh Band)

1pm - 4pm	Traditional Ceilidh Dancing with the Inverhooley Ceilidh Band
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## Cowal Kids' Tent

12pm - 5pm	Punch and Judy, Magic Shows, Clowns etc	Top Field
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## Axe Throwing

12pm - 4pm	Axe Throwing	Top Field
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## Smoothie Bikes

12pm - 5pm	Come and blend your own Smoothies – while riding a bike!	Top Field
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