

SCOTLAND

Hiking the Highlands and the Coast



June 17 - 24, 2018

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TRIP HIGHLIGHTS

- ▶ Stroll through Birnam Woods, made famous by Shakespeare's Macbeth
- ▶ Walk and learn to forage for food around Loch Tay
- ▶ Hike along the old military road constructed to suppress the Highlander's rebellion
- ▶ Walk on the West Highland Way, a famous Scottish long-distance hiking trail
- ▶ Explore the Isle of Eigg on foot, a model of sustainable green living

QUICK VIEW ITINERARY

- Day 1: Arrive in Edinburgh, transfer to Pitlochry, welcome dinner
- Day 2: Walk from Dunkeld through Birnam Wood, visit a distillery
- Day 3: Learn to forage on the shores of Loch Tay, visit an ancient dwelling - a "crannog"
- Day 4: Hike along the military road from Tyndrum to the Bridge of Orchy
- Day 5: Walk on the West Highland Way, explore a last remaining European wilderness
- Day 6: Stroll along the shores of Loch Morar, boat trip on Loch Nevis
- Day 7: Hike on the Isle of Eigg with a local naturalist, farewell dinner
- Day 8: Take the train to Edinburgh, depart for the US

TRIP PRICE

Main Trip: \$5,290

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is this trip
right for me?

We rate this trip as moderate to high energy. You should be able to hike eight miles on varied, steep terrain. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get
there?

pack your
bags!

the fine print

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Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before March 19, 2018.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Money:

Scottish currency is the Pound Sterling. As of May, 2017, US\$1 = £0.77. Visa and MasterCard are more widely accepted than American Express. ATMs will be accessible throughout the trip.

Suggested Gratuities:

- ▶ Main Guide: \$15 per day
- ▶ Assistant Guide: \$10 per day

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Arrive: Arrive at Edinburgh International Airport (EDI) on June 17, 2018 before 1:00pm.

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Depart: Depart Edinburgh International Airport (EDI) on June 24, 2018 after 6:00pm. You may want to spend the night of June 24th in Edinburgh and depart on the 25th.

how do I get
there?

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

pack your
bags!

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

the fine print

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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Packing Considerations: The weather in Scotland is highly variable. June, July, and August are normally the warmest months, with average maximum temperatures ranging from approximately 59°-63 °F. Scotland's high latitude means that you will enjoy lovely long summer days and often an extended twilight.

You should dress in casual, outdoor clothing that is easily layered. Waterproof rain gear is essential for this trip. It can be cool in the evenings, so be sure to bring a jacket or sweater.

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack (should be large enough to carry spare layers, a packed lunch, and water)
- Rain cover for daypack
- 1 pair telescopic hiking poles (optional)
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Comfortable walking shoes
- 3-4 pairs hiking socks
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras
- Sleepwear
- 3-4 gallon size Ziploc bags (for dirty boots/clothes)

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste

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Essentials Continued:

- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Pocket knife (for picnics!)

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a

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DAY 1

Sunday
6/17/18

Arrive in Pitlochry

Scotland's long distance walking routes are amongst the best walking routes in the world for experienced hikers. They take you through some of the country's most outstanding scenery, and are fantastic for those who want to discover the countryside on foot.

Pick-up and Transfer

You will be picked up at Edinburgh International Airport and transferred to your hotel.

Welcome Dinner

Enjoy a welcome dinner and get to know your AdventureWomen group!

Accommodations

Pine Trees Hotel

Meals Included

dinner

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DAY 2

Monday
6/18/18

Pitlochry

The Highland Perthshire is a walker's paradise. With its excellent network of well-marked routes, ranging from gentle strolls to challenging hikes, and surrounded by dramatic scenery, there is something for everyone to enjoy.

Walk from Dunkeld through Birnam Wood

Start your walk from the town of Dunkeld and walk through Birnam Wood. This area was made famous by Shakespeare, who referenced Birnam Wood in Macbeth. Highland Perthshire has some of the most remarkable trees, woodlands, and country gardens in Europe.

Lunch

Enjoy lunch on your own in Dunkeld.

Visit a Distillery

Take a distillery tour and see how uisge beatha is made from golden malted barley, water, and yeast, distilled in traditional copper pot stills, and matured in oak casks.

Dinner

Enjoy dinner as a group in Pitlochry.

Accommodations

Pine Trees Hotel

Meals Included

breakfast, dinner

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DAY 3

Tuesday
6/19/18

Pitlochry

Loch Tay is a magnificent dark stretch of water, 15 miles long and around 500 feet deep. It is the largest loch in Perthshire and one of the deepest in Scotland. During the Iron Age, people lived on defensible, man-made islands on the loch, called crannogs. More than 20 of these crannogs have been identified in the loch.

Walking and Foraging

Transfer to Loch Tay for a morning of walking and learning to forage for food. Create a picnic lunch based around the food you find! (In the event of rain, you will have lunch in a café.)

Visit a Crannog

Visit an ancient loch dwelling - a crannog - and learn how prehistoric people lived in the area.

Dinner

Enjoy dinner on your own this evening.

Accommodations

Pine Trees Hotel

Meals Included

breakfast, lunch

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DAY 4

Wednesday
6/20/18

Pitlochry to Argyll

Combining stunning scenery and island paradises, Argyll is the ideal area to escape amid awe-inspiring landscapes. The rugged vistas on the mainland are guaranteed to take your breath away. Argyll is of ancient origin, and corresponds to most of the ancient kingdom of Dál Riata. Argyll was also a medieval bishopric with its cathedral at Lismore, as well as an early modern earldom and dukedom, the Dukedom of Argyll.

Today's Walk Walk today from Tyndrum to the Bridge of Orchy. Walk along the old military road constructed by General Wade in order to suppress the rebellious Highlanders.

Picnic Lunch Enjoy a picnic lunch along the way.

Relax at Your Hotel Arrive at your hotel this afternoon and relax after a day of walking. Enjoy dinner on your own.

Accommodations

Bridge of Orchy Hotel

Meals Included

breakfast, lunch

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DAY 5

Thursday
6/21/18

Argyll to Arisaig

The West Highland Way is a 96-mile long distance footpath running from Milngavie to Fort William in the Scottish Highlands. The trail was opened in 1980, and uses many ancient roads passing through spectacular Scottish landscapes.

Walk on the West Highland Way

Walk directly from the hotel on the West Highland Way to Inverarnan. Head for the edge of the Great Moore of Rannoch, one of the last remaining wildernesses in Europe.

Explore Fort William

Explore Fort William on your own. It is in the center of the Highlands, and has magnificent views of Ben Nevis and the surrounding mountains. Enjoy lunch on your own.

Afternoon Walk at Arisaig

Walk to the pretty village of Arisaig. Centered on the sheltered shore of Loch nan Ceall on the west coast, Arisaig is a picturesque village boasting superb scenery.

Dinner

Enjoy dinner as a group.

Accommodations

Arisaig House Hotel

Meals Included

breakfast, dinner

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DAY 6

Friday
6/22/18

Arisaig

Arisaig is a lovely collection of largely white-painted buildings scattered between the harbour and the line of the road to Morar. The town is situated on an inlet in the Morar peninsula at the western end of the legendary Road to Isles. The landscape is characterised by a rocky coast, blue seas, and particularly white sand which all make the village a good base for exploring the incredibly scenic surrounding countryside. The views out to the islands of Rum and Eigg can be breathtaking, especially at sunset.

Loch Morar Walk along the silvery shores of Loch Morar. The loch is the deepest freshwater body in the British Isles. The loch is surrounded by a mix of natural woodland, open hillside, sheep and cattle pasture, and planted woodlands.

Picnic Lunch Enjoy a picnic lunch today.

Boat Trip on Loch Nevis Sail along Loch Nevis this afternoon. You may catch sight of the area's sea life, including an array of seabirds, otters, grey seals basking on rocks, dolphins, porpoises, and even minke whales.

Accommodations

Arisaig House Hotel

Meals Included

breakfast, lunch, dinner

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DAY 7

Saturday
6/23/18

Arisaig

Until recently the Isle of Eigg was privately owned. The inhabitants were able to buy the island, which is an inspirational example of sustainable green living, owned and managed by its residents. It is shaped like an upturned boat or lion, surrounded by sparkling water.

Boat Transfer Take a boat ride to the Isle of Eigg this morning after breakfast.

Walk on the Isle of Eigg Enjoy a walk on the Isle of Eigg with a resident naturalists. 196 species of birds have been recorded on Eigg, with about 130 species being seen in a typical year. The variety in habitat also means plant life is abundant and diverse. Twelve species of orchid grow on the island and the island cliffs are home to a good cross section of Alpine and Arctic species such as Mountain Avens and saxifrages. Enjoy a picnic lunch along the way.

Farewell Dinner Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an incredible trip!

Accommodations

Arisaig House Hotel

Meals Included

breakfast, lunch, dinner

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DAY 8

Sunday
6/24/18

Arisaig and Depart

Enjoy one last breakfast before heading home.

Transfer to the Train Station

Say goodbye to your new AdventureWomen friends as you transfer to the Fort William train station. Take the train back to Edinburgh and catch your flight home today or tomorrow.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Pine Trees Hotel

Nestled within ten acres of gardens and woodland, this classic Scottish Country House Hotel offers unique four star accommodation in historic Pitlochry. Situated in central Scotland at the gateway to the Scottish Highlands and The Cairngorm National Park, the hotel provides an ideal base from which to explore much of the country's world renowned lochs, hills, and wildlife.

Bridge of Orchy Hotel

The Bridge of Orchy Hotel is surrounded by some of Scotland's finest scenery, including several munros, lochs and river fishing, distilleries and breweries, and of course the famous bridge itself. The hotel offers rooms with lovely views.

Arisaig House

Allow yourself a moment of peace and true contentment in this blissful West Highland Country House Hotel, a remote retreat for eating, drinking, and relaxing. Surrounded by ancient woodland and coastline walks, and terraced gardens, Arisaig House presents an ultimate spot for time spent in pure tranquillity. Feel at home in this family run Country House that offers freshly prepared seasonal meals, picnic lunches, home made treats, and the chance to really put your feet up!

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Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ All gratuities for meals covered in the itinerary
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Fully guided walks each day with Gillian Arthur, our Italian-based guide

Not Included:

- ▶ International airfare to and from Scotland
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages not included above
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature