

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## SCOTLAND

# Scotland: Hiking the Highlands and the Coast



September 23 - October 1, 2022



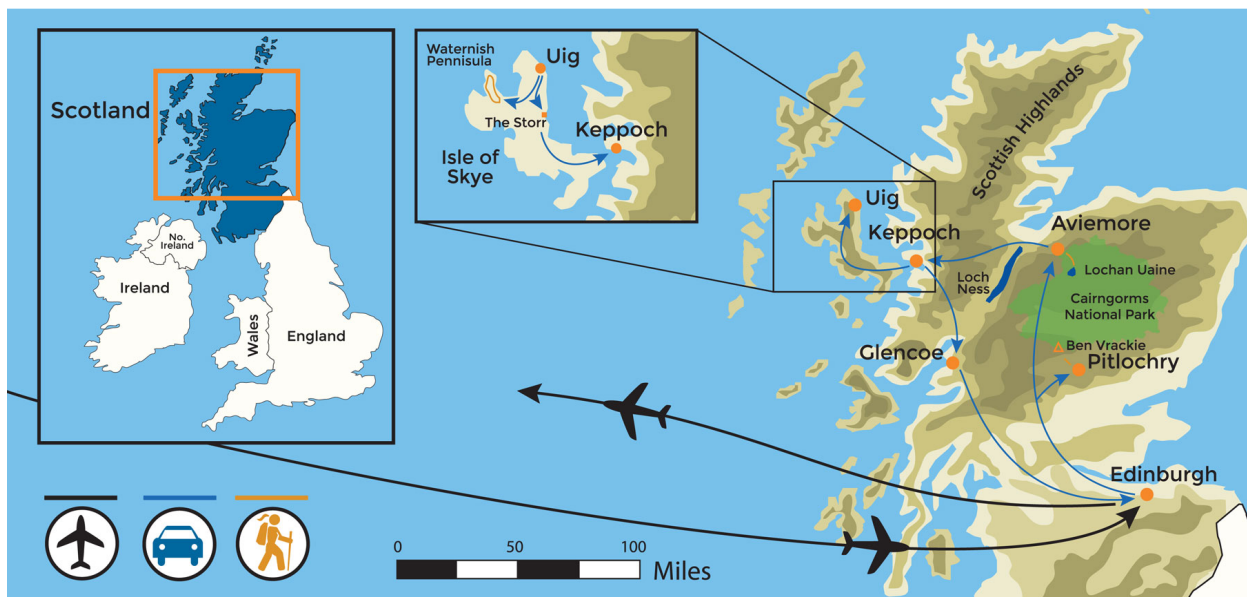
## SCOTLAND

# Scotland: Hiking the Highlands and the Coast

### TRIP HIGHLIGHTS

- ▶ Hike in some of the most stunning scenery in Scotland
- ▶ Explore the hidden gems of Scotland's ancient capital
- ▶ Taste delicious spirits and spices with a local chef
- ▶ Visit Cairngorms National Park

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1 Arrive Edinburgh and Welcome Dinner
- Day 2 Hike in Pitlochry on your way to Cairngorms National Park
- Day 3 Cook with a Local Chef in her Highlands Home
- Day 4 Learn about Crofting in the Highlands
- Day 5 Explore Loch Ness on Your Way to the Isle of Skye
- Day 6 Visit the Waternish Peninsula
- Day 7 Hike to the Old Man of Storr and Drive to Glencoe
- Day 8 Hike in Glencoe and Farewell Dinner
- Day 9 Depart Edinburgh

### ACTIVITY LEVEL

Active

### TRIP PRICE

Main Trip: \$5,295

Optional Single Accommodations: \$950

# SCOTLAND

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your adventure  
in depth

DAY 1  
Friday  
9/23/22

### Arrive Edinburgh

Fàilte! Welcome to Scotland and the fabled landscapes of the Highlands. Discover enchanted glens, remote bays, windswept battlefields, ancient forests, and heather-clad hills during this unparalleled adventure. 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 the Edinburgh Airport by your guide and transferred to your hotel.

#### Walking Tour of Edinburgh

Enjoy a walk through the historical city of Edinburgh this afternoon, First head up Carlton Hill, home to Edinburgh's acropolis, to see this iconic city laid out before you, before meandering through the winding streets of the Old Town to the famous Royal Mile, with its imposing Cathedral and cobblestone alleyways. After exploring, you'll make your way back to the hotel for dinner.

#### Welcome Dinner

Enjoy a lively welcome dinner at your hotel as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore the Scottish countryside!

Accommodations  
Bruntsfield Hotel

Meals Included  
dinner

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DAY 2  
Saturday  
9/24/22

### Edinburgh to The Highlands

Prepare to discover the iconic landscapes of the Scottish Highlands, as today you'll head north for some hiking in the beautiful countryside en route to Cairngorms National Park.

**Hike in Pitlochry** After breakfast, you'll start your journey north toward Cairngorms, Scotland's largest National Park. On the way, you'll stop off at the riverside town of Pitlochry to enjoy an uphill hike of just over 6 miles that offers views that stretch the whole way across the rolling hills to the west coast beyond.

**Lunch** Enjoy a cafe lunch after your hike, and continue your journey north.

**Check-in and Relax before Dinner** This afternoon, you'll arrive in the town of Aviemore, which is nestled in the shadow of the Cairngorm Mountain range. Check into your hotel and relax before heading to dinner.

Accommodations  
Ravensraig Guest  
House  
Meals Included  
breakfast, lunch,  
dinner

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DAY 3  
Sunday  
9/25/22

### The Highlands

Journey into Scotland's wild and stunning wilderness where you will spend the day sampling spirits and spices with a local chef.

#### Cooking with a Local Chef

Following breakfast at your hotel this morning, journey deep into the wilderness to the home of an acclaimed chef who will share the secrets of combining local spices and spirits while preparing your lunch. Spend the afternoon chatting about life in the countryside and hearing what it's like to raise two children in such a remote location.

#### Return to Your Hotel and Relax

Reflect on your memorable day of local cuisine and shared storytelling as you make your way back to the hotel where you'll have some time to relax before dinner.

#### Dinner at a Local Restaurant

Share your experiences from the day with your traveling companions as you take in dinner at a local restaurant tonight.

Accommodations  
Ravenscraig Guest  
House  
Meals Included  
breakfast, lunch,  
dinner



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DAY 4  
Monday  
9/26/22

### The Highlands

Crofting, a form of subsistence farming, was once spread far and wide across the Scottish Highlands but has now become more rare. This morning, you will visit a local croft that is being lovingly restored by two inspirational women. You'll walk around their land to see how they are using traditional methods to graze, fertilize and rotate their pastures.

#### Learn about Crofting

Today you'll hike a little over 6 miles in total as you explore the land of a local croft. This morning you will explore the land with two local women who will show you the traditional crofting methods they use to tend their pastures. You'll even have a chance to see their innovative hen mobile.

#### Lunch

You'll have a unique dining experience, as you enjoy lunch in a converted train carriage.

#### Walk through Lochan Uaine

Stretch your legs after lunch as you walk through the ancient pine forest to the Lochan Uaine, where legend has it, the fairies come down from the mountainside to wash their clothes.

#### Time at Leisure

Return to the hotel and enjoy the rest of the day on your own to explore.

Accommodations  
Ravensraig Guest  
House  
Meals Included  
breakfast, lunch

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DAY 5  
Tuesday  
9/27/22

### Isle of Skye

You might call it a lake, but the Scots call it a loch – a free standing body of fresh water. You'll find over 31,000 of them, including their smaller cousin lochans, in Scotland.

#### Explore Loch Ness and Urquhart Castle

Say goodbye to Cairngorms National Park this morning, as you head out along the coast of Loch Ness. The first stop will be Urquhart Castle where you'll explore the most besieged castle in Scotland and enjoy the uninterrupted views of the loch.

#### Isle of Skye

After lunch at a local restaurant, you will cross the bridge to Skye and enjoy a leg stretch for about 4 miles to the ruins of the village of Keppoch, where 44 tenants were evicted during the Highland Clearances in 1852.

#### Check-in and Dinner

Later today, you'll arrive at the Uig hotel which will be your home for the next two nights. Check in and enjoy some down time before having dinner at the hotel.

Accommodations  
Uig Hotel

Meals Included  
breakfast, lunch,  
dinner



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DAY 6  
Wednesday  
9/28/22

### Isle of Skye

Waternish is the middle peninsula to the north of Skye, and it is named after the Old Norse word for water. This is a wonderful place to try to catch a glimpse of whales, dolphins, and sea birds off the dramatic sea cliffs at the shore.

#### Waternish Peninsula

After breakfast at the hotel, you'll start out on a full-day, eight-mile round trip journey to the Waternish peninsula. Starting at the ruins of an old church, you'll head towards a remote headland with spectacular views across the Minch to the Outer Hebrides beyond. Enjoy lunch while keeping your eyes out for sea birds, whales, and dolphins which may be visible just over the sea cliffs.

#### Return to the Hotel for Dinner

Return to the hotel along the same route while you hear the legends of the famous MacLeod clan, whose ancestral seat is at the nearby Dunvegan Castle. After returning to the hotel, take some time on your own before enjoying dinner in the hotel restaurant.

Accommodations  
Uig Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 7  
Thursday  
9/29/22

### Isle of Skye to Glencoe

The Old Man of Storr is a huge rocky pinnacle that rises out of the hillside, looking out towards the islands of Raasay and Rona. Legend has it that a giant lived on Trotternish Ridge, and his thumb - the Old Man - stayed above ground after he died and was laid to rest 2,300' above the Sound of Rasaay.

#### Hike to the Old Man of Storr

Set out this morning on a 3-mile hike to view one of the most iconic landmarks on the Isle of Skye: the Old Man of Storr. Depending on the route, you may be able to see other rock formations along the way. Enjoy a box lunch before returning to the van for this afternoon's drive.

#### Drive to Glencoe

You'll leave the island and cross the sea to the mainland as you experience a drive along one of the most scenic roads in Scotland en route to the mountainous town of Glencoe.

#### Check-in and Dinner

You'll arrive at the hotel late this afternoon, where you'll check in and have some time before enjoying dinner with your traveling companions in the hotel restaurant.

Accommodations  
Clachaig Inn

Meals Included  
breakfast, lunch,  
dinner

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DAY 8  
Friday  
9/30/22

### Glencoe

Glencoe is known for its soaring mountains, it's incredible scenery and it's brutal history. During the Jacobite uprisings in the 17th and 18th centuries, many battles were fought here but one of the most famous stories is that of the Glencoe Massacre, where 30 of the MacDonald clansman lost their lives in 1692. Today you'll hike to the viewpoint where legend has it, the signal was given to start the ambush.

**Hike in Glencoe** Enjoy your final hike of the trip, taking in the beautiful views while covering 1.5 miles.

**Lunch** After your hike, settle down in a local walkers inn where you will enjoy lunch with your fellow travelers before making your way back to the hotel in Edinburgh.

**Farewell Dinner** Celebrate your great Scotland hiking adventure with your fellow travelers during a farewell dinner at your hotel.

Accommodations  
Bruntsfield Hotel

Meals Included  
breakfast, lunch,  
dinner

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DAY 9  
Saturday  
10/1/22

### Depart Edinburgh

All great adventures must one day come to an end. Bid your new friends "Bidh mi 'gad fhaicinn" when you arrive at the airport.

#### Depart

After breakfast at the hotel, you'll transfer with the group back to the Edinburgh airport for your return flight home.

*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.*

Meals Included  
breakfast

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### Accommodation Details

#### Bruntsfield Hotel

The Bruntsfield Hotel is a boutique hotel made up of townhouses that is just a short walk from Edinburgh city center and that has beautiful park views from many rooms.

Amenities: free Wi-Fi in all public areas and guest bedrooms.

#### Ravensraig Guest House

Enjoy your stay at a victorian villa located in the town of Aviemore which sits within Cairngorms National Park.

Amenities: WiFi, en suite bathrooms with a shower

#### Uig Hotel

The Uig Hotel is a charming old coaching Inn that was built on stable grounds and is run by a husband and wife duo. Enjoy homecooked meals of mostly locally-sourced ingredients while you dine in the restaurant that overlooks the bay.

#### Clachaig Inn

The Clachaig Inns its in the heart of Glencoe and features 23 rooms and three bars that provide a wide array of Scottish craft beverages like ales, lagers, stouts, and ciders. The property has a long history as a coaching inn that has been family-run for over thirty years.

Amenities: en suite shower, tea and coffee making facilities, flat screen TV

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ An alcoholic drink at the Welcome and Farewell dinner
- ▶ All ground transportation
- ▶ Entrance fees

### Not Included:

- ▶ International flights
- ▶ Meals not specified in the itinerary
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Gratuities for main driver guide



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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

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### 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