



Hiking Wild Scotland

TRIP DETAILS

9 days • Scotland • Activity Level: Moderate

HIGHLIGHTS

- *Experience the raw wildness of the Outer Hebrides and the gorgeous, windswept terrain of Cairngorms National Park*
- *A photographer's dream world—vibrantly changing colors in one of the most naturally beautiful areas in the world*
- *Settle in at charming inns and receive an insider's welcome (from distilleries to traditional weavers) thanks to our resident Scottish guides*



1266 66th Street, Suite 4, Emeryville, CA 94608
1-888-MTSOBEK • 510-594-6000
www.mtsobek.com • info@mtsobek.com

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OVERVIEW

To visit Scotland is to step back in time. Its rolling highlands, isolated beaches, dramatic crags, pristine lochs and brooding skies make it one of the most dramatic landscapes in Europe. Our exclusive itinerary covers the best of the country's wildest, most beautiful and most far-flung corners. You'll traverse the Highlands and Outer Hebrides along varied terrain, enjoying a perfect balance of heart-pumping hikes, sightseeing excursions, and time to relax. Along the way, you'll visit Cairngorms National Park, see the Callanish standing stones, pay homage to the famous Loch Ness, enjoy a tasting at a famous whisky distillery and watch a Harris Tweed weaver at work. So sip on a wee dram and watch your magical adventure unfold!



TRIP DATES

Sep 02 - 10, 2016 **Guaranteed Departure**

Jul 07 - 15, 2017

Aug 04 - 12, 2017

Sep 01 - 09, 2017

AWARDS & ACCOLADES



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Day 1: • Arrive in Scotland, Welcome Briefing & Dinner

Meet in Inverness. In the afternoon, we have a short transfer to Loch Ness. We then transfer to the hotel where, after checking into our rooms, we have a welcome orientation to discuss the trip. An opening night dinner then provides the opportunity to meet the other travelers and discuss the trip further.

Dinner / Kingsmills Hotel - Inverness



Day 1: • Arrive in Scotland, Welcome Briefing & Dinner

Day 2: • Travel to the Outer Hebrides

After an early breakfast, we leave the hotel at 8:15 a.m. and transfer to Ullapool (1 hour). We then take the ferry to Stornoway in the Outer Hebrides, arriving in time for lunch. In the afternoon, we visit the incredible historic sites of west Lewis: Callanish Standing Stones, the broch and the Blackhouse Village. A lovely coastal walk links some of these sites making this a great way to ease ourselves into the trip. Transfer to Harris, and stay overnight. (Easy Hike: 6.5 miles, minimal ascent, mainly good trails.)

Breakfast, Lunch, Dinner / Hotel Hebrides - Isle of Harris



Day 2: • Travel to the Outer Hebrides

Day 3: • North Harris Hiking – Sron Ulladale & Hushinish

We explore the stunning scenery of North Harris and visit some amazing beaches. We begin with a hike to the overhanging cliff of Sron Ulladale, a magnet for extreme rock climbers and golden eagles alike! Great mountain and sea views are all around. Returning from the hike, we relax on beautiful Hushinish beach before returning to the hotel. (Moderate Hike: 6.5 miles, 328' ascent, good trails throughout.)

Breakfast, Lunch, Dinner / Hotel Hebrides - Isle of Harris



Day 3: • North Harris Hiking – Sron Ulladale & Hushinish

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Day 4: • Toe Head & the Golden Road

We begin with a walk at beautiful Luskintyre beach, perhaps visiting the local Harris Tweed weaver, Donald John, to see him at work. We continue south to Toe Head, a wonderful wee peak with unbeatable coastal views from its summit (1,197'). We then complete a circuit of Harris by travelling back north via the 'Golden Road' on the east coast. This is a stunning road with amazing views at every turn. (Moderate Hike: 7 miles, 1,312' ascent, some rough ground.)

Breakfast, Lunch, Dinner / Hotel Hebrides - Isle of Harris



Day 4: • Toe Head & the Golden Road

Day 5: • Travel to Loch Ness via the Isle of Skye

We take the late morning ferry from Harris to the Isle of Skye. On Skye, we explore the Trotternish Peninsula with hikes at the Quiraing rock pinnacles and possibly to see the Old Man of Storr as well. We then transfer south, passing the spectacular Black Cuillin mountains before crossing the bridge onto the mainland and continuing, past Eilean Donan Castle, to our accommodation in Fort Augustus, located at the southern end of Loch Ness. (Moderate Hike: 5 miles, 490' ascent, reasonable trails, some rough ground.)

Breakfast, Lunch, Dinner / Lovat Arms Hotel - Fort Augustus



Day 5: • Travel to Loch Ness via the Isle of Skye

Day 6: • Cairngorms: Loch Garten and Loch Mallachie Hike

We'll transfer south just over an hour to the Tomatin whisky distillery for a tour and tasting of the Highland malt. This is, after all, Scotland's prime whisky making center. We'll then continue on to the Cairngorms National Park and take a hike to beautiful Loch Garten. Here we'll visit a nature reserve where it is common to see red squirrels and ospreys nesting. We'll then continue our hike through the pine forests around Loch Garten and Loch Mallachie (Easy Hike: 5 miles, minimal ascent, good trails throughout.)

Breakfast, Lunch, Dinner / The Cairngorm Hotel - Aviemore



Day 6: • Cairngorms: Loch Garten and Loch Mallachie Hike

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Day 7: • Aviemore to Uath Lochans Hike

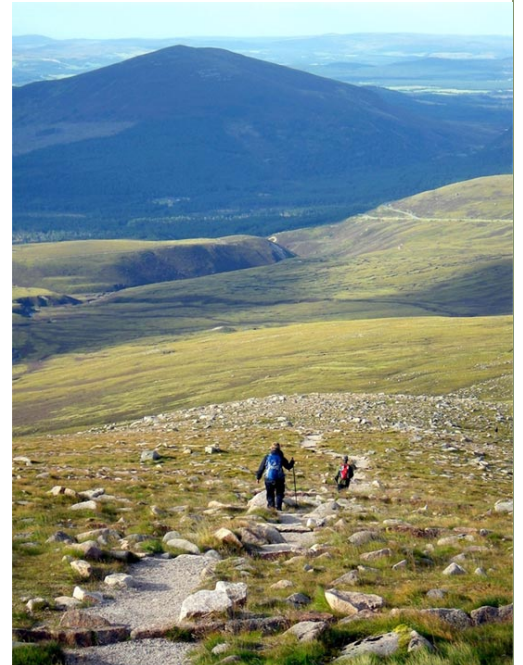
We'll enjoy a relaxing morning in the village – choose to stroll through town or simply relax back at the hotel. Late morning, we'll hike through Scots Pine forests to reach peaceful Loch an Eilean, which is named after the island on the loch. We pass the loch and continue on quiet forest trails with regular mountain views to the Uath Lochans. These beautiful lochans form part of the Inshriach Nature Reserve and are a wonderful place to end the hike with a celebratory local dram by the shoreline. We return to our hotel in Aviemore and enjoy dinner in a local restaurant. (Easy Hike: 6.5 miles, minimal ascent, good trails throughout.)

Breakfast, Lunch, Dinner / The Cairngorm Hotel - Aviemore

Day 8: • Hiking to the Cairngorm High Plateau

We like to end our hiking trips on a high so today we'll venture onto the high plateau of the Cairngorms. Home to 4 of the 5 highest mountains in Scotland, the rolling plateau is split by several deep valleys with the results of the last ice age clear to see. Starting from a high elevation road, we still have a further 1,950 feet of elevation gain before we reach the high plateau. Once gained however, we hike through a sea of mountain tops with outstanding views in all directions. We return to our hotel then venture out for a memorable final night dinner in a local restaurant. (Moderate Hike: 7 miles, 1,950' ascent, good trails throughout.)

Breakfast, Lunch, Dinner / The Cairngorm Hotel - Aviemore



Day 8: • Hiking to the Cairngorm High Plateau

Day 9: • Transfer to Inverness, Depart

After breakfast, we transfer back to Inverness for onward air or rail transfers. Those who are travelling to Edinburgh or Glasgow by rail will be transferred to the Aviemore Railway station.

PLEASE NOTE - The itinerary may be subject to change at the discretion of the guides having regard to weather conditions and other factors. This itinerary is graded "Moderate." It has been designed to be enjoyed by people with reasonable hiking fitness although no previous experience of hiking is required. The hikes are mostly towards the more gentle end of the moderate grade, although there are some hikes in the Outer Hebrides where we will be hiking 'off-trail' for a while - this is all part of the Scottish hiking experience. However, all hikes are conducted at a

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leisurely pace. The underfoot terrain will vary from good trails to open moorland and mountain tops. Consequently, it can be muddy or rocky underfoot at times but no scrambling is involved.

Breakfast

LAND COSTS

2016 Prices

\$4,695 (5-16 members)

\$700 single supplement

2017 Prices

\$4,995 (3-16 members)

\$500 single supplement

Payment & Cancellation Policy

Payment

At time of reservation \$400

65 days prior to departure Balance

Cancellation

If written cancellation is received: Cancellation fee will be:

90 days prior to departure \$150



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89 to 61 days prior to departure	\$400
60 to 46 days prior to departure	50% of Land Cost
45 days or fewer prior to departure	100% of Land Cost

Tier Pricing

Adventure travel works best with a small group of people. In order to operate these small groups, our trips are priced according to the number of full-price passengers on the trip. (Mountain Travel Sobek staff, trip doctors, and other discounted travelers are excluded from the count for this purpose.) We initially invoice you at the highest tier level price (the smallest group size we can operate). If the price drops due to an increase in group size, you will be refunded the difference.

What's Included

- expert leadership
- accommodations as noted in itinerary (or similar)
- meals as noted in the itinerary
- airport transfer on day 9 (and/or transfer to the railway station on day 9)
- sightseeing as noted in the itinerary
- ground transportation
- additional guides and porters where necessary
- tips for hotel staff
- entrance fees and permits, unless noted separately in costs (note some permits and fees are non-refundable and due at time of booking)
- basic medical and evacuation insurance

What's Not

International airfare; airport transfer on day 1, and extra airport transfers; meals not noted on itinerary; insurance other than basic medical and evacuation insurance noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes (international—varies by location); cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.



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When the sun shines in Scotland, it is the best place in the world to be! And although the Scottish climate is renowned for its variability, it is not nearly as rainy as you may think. Even if you get caught in the rain, you will see waterfalls and rivers come to life, and the mountains take on an atmospheric appearance which can be very dramatic.

During spring and early summer, meadows of wild flowers bring an abundance of colors to the landscape and it is a great time to experience Scotland's rich wildlife and birdlife.

May and June are the driest and sunniest months and a recommended time to visit Scotland, with normal daytime temperatures of 60 – 65°F. The northerly latitude also means that Scotland enjoys 4 hours more daylight than London, with the most northerly regions barely getting dark during the weeks around midsummer.

July and August are the warmest months with normal daytime temperatures of 65 – 70°F. This is a popular time to visit Scotland but our trips are based in genuine wilderness areas far from the crowds. Scotland's purple heather is at its best in late August and into September, especially in the Cairngorms.

September and October sees us move into the autumn, with normal daytime temperatures varying from 55-60°F but sometimes warmer, especially in September. Colors begin to turn golden as autumn approaches and in October the red deer begin their mating season, filling the mountains with their haunting roar as they seek a mate

THE NEXT STEP

Ready to go? Signing up is easy!

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website (www.mtsobek.com). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

Then Leave the Rest to Us

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details.

Why Mountain Travel Sobek is Your First Choice for Adventure

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.



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References

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

Questions?

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our website at www.mtsobek.com.

Note on Itinerary

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at www.mtsobek.com/faq and the form itself at www.mtsobek.com/pdf/participant_info.pdf.

Terms & Conditions

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at www.mtsobek.com/faq/#liability or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form (www.mtsobek.com/pdf/participant_info.pdf). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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