



SCOTLAND

BEST OF THE HIGHLAND RIVERS



CASTLE KILCHURN

~ INN TO INN RIVER TOURING ~ SEPTEMBER 8 - 17, 2005

A Sunrise exclusive ... The Highlands of Scotland, though lightly settled, still offer many stretches of semi-wild, spectacular waterways- offering perspectives of a rich cultural heritage from a riverine viewpoint. The romantic beauty of the Scottish Highlands is experienced via mild whitewater rivers, such as the Spey, Orchy, and Tay, passing the Cairngorm Mountains, and travelling through Glencoe and majestic, historic Loch Ness and Awe. Inn to inn river touring with accommodations in some of the region's finest hotels and classic Highland inns. Trip features riverside visits to Castle Kilchurn; and some of the Highland's renowned single malt whiskey distilleries. Other highlights include paddling to the sea, paddling across the remote Rannoch Moor, and the opportunity to enjoy several of the Highland's most picturesque small towns and villages.



Trip is organized in association with one of Scotland's leading canoe instruction and guide outfits. Includes 8 hotel nights in the Highlands, plus the final evening's hotel in historic Edinburgh.



RANNOCH MOOR

1-800-RIVER-30
www.SunriseExpeditions.com

•ITINERARY 2005•

DAY 1 - (9/8):

Morning arrival in **GLASGOW**. Meeting point is Glasgow Airport - International Arrivals. Met by Sunrise's Scottish associates (look out for the orange fleeces & kilts!). Travel to **Culdearn House Hotel, Grantown on Spey** (3 hr. drive from Glasgow). Stop for lunch at **House of Bruar** en-route. Trip briefing during the evening.

DAY 2 - 9/(9):

Travel to **Knockando** (1/2 hr.). Paddle down **RIVER SPEY** to **Craigellachie**. Walk from river to **Highlander Inn** (5 min.).

DAY 3 - (9/10):

Continue paddle down **RIVER SPEY TO SEA**. Travel over land to **Fort Augustus** (2 hrs.), possible visit to **Urquart Castle**. Evening at **Lovat Arms Hotel**.

DAY 4 - (9/11):

Travel to **River Orchy** (1.5 hrs.), passing **Ben Nevis** (Britain's highest mountain) and driving through **Glen Coe**. Paddle down River Orchy to **Kilchurn Castle** on **LOCH AWE**. Travel to **Falls of Lora Hotel** (1/2 hr.).

DAY 5 - (9/12):

Travel to **RANNOCH MOOR** (1/2 hr.). Paddle, pole and portage across Rannoch Moor's loch and river system - one of the wildest and most remote areas of Scotland with spectacular Highland views. Travel to the **Kenmore Hotel** (1.5 hrs.), one of Scotland's oldest inns.

DAY 6 - (9/13):

Walk to **LOCH TAY**. Visit reconstructed **crannog** (ancient bronze age dwelling). Paddle from loch to **RIVER TAY** and on to **Aberfeldy**. Walk from river to **Balnearn House** in Aberfeldy (10min.).

DAY 7 - (9/14):

Visit to **Aberfeldy Distillery**. Paddle **River Tay** to **Grandtully**. Travel back to **Balnearn House**.

DAY 8 - (9/15):

Travel to Grandtully and paddle **RIVER TAY** to **Dunkeld**. Walk to **Birnam House Hotel**. Recommended evening entertainment - **Macleans Real Music Bar** - known for its live folk music.

DAY 9 - (9/16):

Drive to **EDINBURGH** (1.5 hrs.); day spent in city, sightseeing and shopping. Final evening meal together. Overnight in Edinburgh hotel.

DAY 10 - (9/17):

Transfer to **GLASGOW**. Depart.



RIVER ORCHY



FALLS OF LORA HOTEL



LOCH AWE

\$3450 per person

- INCLUDES 9 HOTEL NIGHTS;
(single supplement: \$490)

• Prices may be subject to change due to currency fluctuations



SCOTLAND:
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• *LOGISTICS & BUSINESS* •

AIRLINE RESERVATIONS:

Airfare to Glasgow, Scotland is at participant's expense. Sunrise staff can assist you with obtaining competitive airfares to Glasgow from your local departure city if needed.

INCLUDED:

All land transfers in Scotland; all hotel accommodations including breakfast at the hotels; all lunches on river; additional tours as indicated, the services of 2 or 3 guides (depending on group size); all canoes and river gear.

NOT INCLUDED:

Airfare from departure city to Glasgow, Scotland; dinner each evening; personal expenses and purchases; gratuities; liquor.

BALANCE OF PAYMENT:

Trip balances are due in our Maine office **three weeks prior to trip departure date**. We prefer checks or payment of balances, but will also accept credit cards (Visa/MC/AMEX)

FORMS & INSURANCE:

Unless already submitted, a trip form is enclosed. *KINDLY FILL OUT ALL THE FORMS PROVIDED AND RETURN THEM AS SOON AS POSSIBLE*. This will enable our guide to prepare for your trip properly.

Also enclosed is an **optional** travel insurance application - should you desire trip and/or personal insurance protection for this excursion.

FOOD PREFERENCES & ALLERGIES, MEDICAL CONSIDERATIONS:

Most food concerns can be accommodated given notice (*hence our request for timely return of the trip forms.*) We carry a satellite and/or local cell phone for evacuation in case of medical emergency, as well as complete major medical kits.

PACKING CONSIDERATIONS:

A **complete Scotland packing list** will be forwarded with your reservation confirmation. Individual river bags, PFD's etc. are all provided, although participants are welcome to bring their own, if suitable. Essentially one should be prepared for a climate comparable to northern New England in September; e.g. temperatures range from daytime temps (*Fahrenheit*) in the mid 50's to the upper-mid 70's; to 30's and 40's in the evening hours. Your non-river luggage travels via van each day to the meet you at the evening's accommodation.

IMMIGRATION, IDENTIFICATION, CURRENCY ISSUES:

Passports are required for all U.S. and Canadian citizens to enter the United Kingdom.

Please remember to exchange U.S. dollars into British pounds either at the airport of entry or at a bank enroute. All major credit cards are accepted throughout Scotland.

SCOTLAND



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