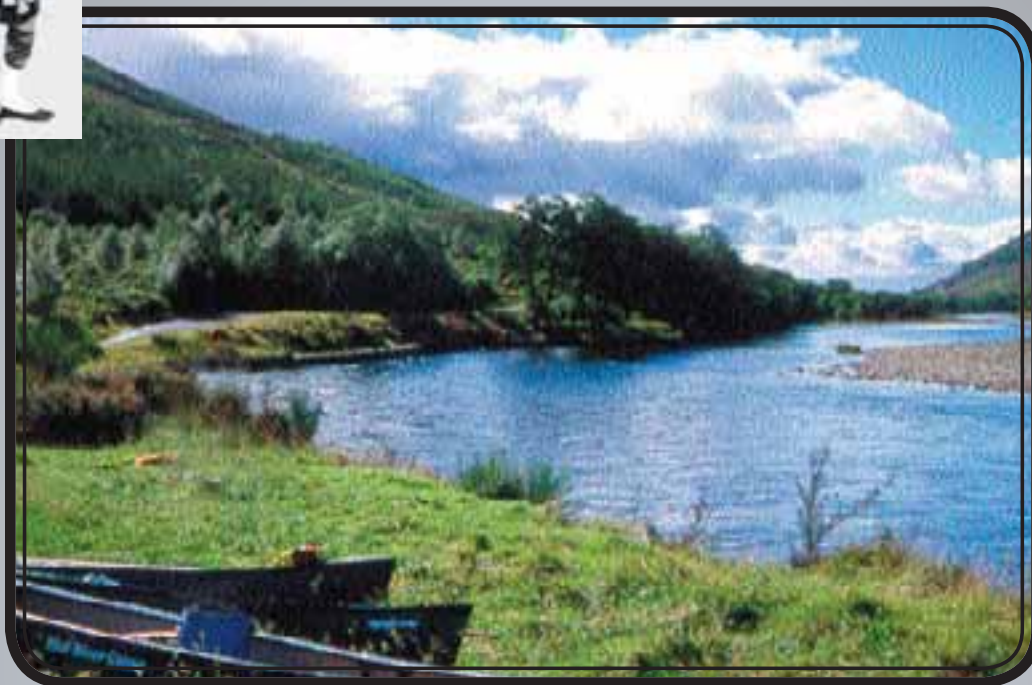




SCOTLAND

SPEY RIVER DESCENT ~ HIGHLANDS CLASSIC ~

New
for
2005



MAY 29 - JUNE 4 • JULY 31 - AUG. 5 • AUG. 14 - 20 • AUG. 28 - SEPT. 24

7 DAYS (4 NIGHTS CAMPING; 2 NIGHTS INN ACCOM.)

The River Spey is the classic Scottish river descent - offering perspectives of the rich cultural and historical heritage of the Highlands within the context of a superb canoeing experience.

The trip starts in Loch Insh, where any necessary skills coaching occur before the river journey to the sea. Flowing through semi-wild, old growth forests, with spectacular views of the Cairngorm Mountains as a backdrop, the river builds in volume in speed - though the rapids never exceed more than Class II+.

Passing many of the renowned Speyside single malt whisky distilleries, and several picturesque highland villages enroute, the trip culminates in fantastic views of the open sea - often one gets the opportunity to paddle alongside seals and dolphins in the bay. Sunrise operates in association with Scotland's leading canoe instruction and guide outfits. Trip meets in Glasgow (includes all land transfers); and also includes first and last night's bed & breakfast accommodations in Newtownmore and Aberfeldy.



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



\$1850 per person

- INCLUDES 2 INN NIGHTS; (single supplement: \$125)
- Prices may be subject to change due to currency fluctuations



SCOTLAND: COAST TO COAST RIVER SPEY DESCENT

• *LOGISTICS & BUSINESS* •

AIRLINE RESERVATIONS:

Airfare to Glasgow, Scotland is at participant's expense. The Sunrise staff can assist you with obtaining competitive airfares to Glasgow from your local departure city if needed. Please bear in mind that due to the nature of the trans-atlantic flights to Scotland, you will need to depart one day prior to the scheduled trip start date.

INCLUDED:

All land transfers in Scotland; two nights guest house or Bed and Breakfast accommodations; all meals except for the dinners at the two inns; the services of 2 or 3 guides (depending on group size); all canoes and river gear; camping gear for the camping segment.

NOT INCLUDED:

Airfare from departure city to Glasgow, Scotland; dinner on the last evening in Aberfeldy; personal expenses and purchases; gratuities; liquor, and personal insurance.

BALANCE OF PAYMENT:

Trip balances are due in our Maine office **three weeks prior to trip departure date**. We prefer checks for 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 trip forms.*) We carry both 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. Personal sleeping bags are recommended for the camping segment, although "loaners" can be provided if necessary. Tents will be provided for you although you may bring your own. Hiking boots and a back pack are necessary for mountain segments. Essentially one should be prepared for a climate comparable to northern New England in May; e.g. temperatures range from daytime temp (*Fahrenheit*) in the mid 50's to the upper-mid 70's; to 30's and 40's in the evening hours.

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.



4 UNION PLAZA • BANGOR, MAINE 04401 • USA

800-RIVER-30 • 207-942-9300 • (Fax: 207-942-9399)

www.SunriseExpeditions.com • e-mail: sunrise1@adelphia.net

SCOTLAND



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