



ADVENTURE TRAVEL

VOLUNTEER-LED EXCURSIONS WORLDWIDE



Hiking in Scotland: Cairngorm National Park May 31- June 15, 2019 AT# 1906

Come discover the magic of Scotland as we explore Inverness, Loch Ness, the Isle of Skye, Balmoral Castle and the Cairngorm National Park!!

Inverness will be our arrival and departure airport for this adventure. It is located on the river Ness at the base of an old castle that is currently in use as a courthouse. The city has a lovely walk along the river as well as an appealing pedestrian shopping zone,



and it will serve as our base for our expedition to Loch Ness and Urquhart Castle and Corrimony Chambered Cairn, an unusually well preserved passage grave.

The Isle of Skye will be our next destination and is referred to as “the Misty Isle”. It offers some of Scotland’s best scenery, and it rarely fails to charm its many visitors. Narrow twisty roads wind around Skye in the shadows of craggy, black, bald mountains. The Isle is over 50 square miles but we’ll never be more than 5 miles (as the crow flies!) from the sea. Skye is covered with hills, but the most striking are the mountains like Cuillin Hills in the south-central part of the island where we will have a guided hike.

Trotternish peninsula north of Portree has one of the most spectacular landscapes in Britain. The great ridge which forms its backbone is the longest on Skye, and its unique eastern escarpment has been broken by

Europe's largest landslides into a remarkable landscape. We'll have a full day to explore the peninsula on a guided excursion. The Trotternish coastline is equally spectacular. Whilst the Kilt Rock and its waterfall are well known, much of the rest of the peninsula is bristling with sea stacks and pinnacles, its hidden features revealed only by walking. From the Isle of Skye we'll venture inland to Aviemore and the Balmoral area in order to explore Cairngorms National Park. We'll visit the Queen of England's gardens at Balmoral Castle, hike in the hills and mountains in her "backyard" and explore the



highlands!

The modern resort of Aviemore, is one of the most popular areas of Scotland for outdoor activities and will serve as our base as we explore the surrounding area before moving on to the Balmoral area. Cairn Gorm itself is only the northernmost high summit on a vast, arctic plateau. This is the snowiest part of Britain; a fragile environment but providing a magnificent wild challenge for the fittest. The lower slopes are clothed with the magnificent Caledonian pinewoods of Rothiemurchus, dotted with jewel-like lochs such as Loch Morlich - with its sandy beach - and Loch an Eilein with its ruined island castle. Undoubtedly this is one of the finest areas of Scotland for easier, lower level forest walks. The wildlife-watching opportunities too are simply superlative; most of the Cairngorm Mountains have just been declared as an area that is of European importance for the golden eagle. We'll hopefully spot some as well as

lots of other wildlife as we explore this incredibly beautiful part of the world.

Separated by the great bulk of the mountains, different areas of the park have their own distinct identity and cultural traditions, but they share deep connections to the same environments and goals of preserving the natural setting. We'll be able to explore the past at castles, ruins, and historical sites, but the culture of the area lives on today in the music, ceilidhs and the Gaelic place names of the area.

Detailed Itinerary:

Most of the walks can be found on the following website:

<https://www.walkhighlands.co.uk>

Although we may have a hike planned, anyone can take a day off at any time during the trip as long as it is not a "transfer day".

Day 1- May 31, 2019

Depart USA on overnight flight to Inverness

Day 2 – June 1, 2019 (D)

Arrival day Inverness

Once participants arrive at our hotel, we'll have a leisurely walk around town in the afternoon to explore our new surroundings and make use of the lovely "river walk" area. Tonight we'll have a group meeting and a "Welcome" dinner in a nearby restaurant.

Overnight: Hotel in Inverness

Meals: - Welcome Dinner at local restaurant

Hike: - none scheduled other than walk around the river and downtown Inverness

Day 3 – June 2, 2019 (B, D)

Loch Ness, Urquhart castle and Corrimony Cairn

Today we'll board a boat to explore Loch Ness as we travel the length of the lake making stops to visit Urquhart castle, the Loch Ness visitors' center and an ancient chambered burial cairn before making our way back to Inverness.

Overnight: Hotel in Inverness

Meals: breakfast, dinner

Hike/walk: Guided tour of Urquhart Castle and Corrimony Cairn; walk from hotel to boat landing

Day 4 – June 3, 2019 (B, D)

Transfer to Isle of Skye with stop at Eileen Donan Castle

The plan for today is to board a chartered coach and travel to the Isle of Skye. We'll stop enroute to stretch our legs and explore the Eileen Donan castle which stands on the coastal mainland in view of Skye. Then it's on to Portree, Skye's largest and leveliest town. It has a pretty harbor lined with brightly painted houses and great views of the surrounding hills. After arrival we'll either take a short walk in the area or a short bus ride to explore Dunvegan Castle the ancestral home of the MacLeod clan who still live there!



Overnight: Hotel in Portree
Meals: breakfast
Hike/walk: 2-3 miles with elevation gain of about 560'



Day 5 – June 4, 2019 (B, D)
Tour of Trotternish Peninsula with walk to “Old Man of Storr” and The Storr; possible trip out to an offshore isle

Today we'll leave Portree for the day and travel north past Loch Fada and Loch Leathan. For most visitors these lochs only serve as the foreground to the main subject of interest. As we drive north our attention will increasingly be captivated by The Storr. This 719m summit rises above the east-facing cliffs that run down the center of the peninsula for most of its length. Sitting at the foot of its cliffs is a 50m high tooth of rock, the Old Man of Storr, so daunting it remained unclimbed until 1955. The Old Man is part of a weird wonderland of rock scenery and outcrops that lie below the cliffs. These, and The Storr itself, can be reached by popular paths from the main road at the north end of Loch Leathan.

The road up the east coast takes us along a coast marked by spectacular rock scenery. Best of all is Kilt Rock, 200ft high cliffs marked in an almost tartan-like pattern by the rock strata, and with a waterfall tumbling sheer to the pebbled shore below. We'll travel back to Portree for the night.

Overnight: Hotel in Portree
Meals: breakfast, dinner
Hike/walk: up to 7 miles and elevation gain of 2120'

Day 6 – June 5, 2019 (B, D)
Transfer by local bus to Sligachan at the base of the Cuillin Hills in south-central Skye; hike around Loch Sligachan
Today's hike starts from our hotel in Sligachan. The footpath along the north shore of Loch Sligachan and was once the main route north to Portree; today it gives a pleasant, peaceful walk with good views.

Overnight: Hotel in Sligachan
Meals: breakfast, dinner
Hike/walk: 7 miles with elevation gain of about 400'

Day 7 – June 6, 2019 (B, D)
Guided hike in the Cuillin Hills
Today we'll have a local guide who will take us into the surrounding hills where we will hopefully be able to ascend one of the peaks provided that the weather cooperates!

Overnight: Hotel in Sligachan
Meals: breakfast, dinner
Hike/walk: 5-8 miles with elevation gain of about 2800 to 3000'

Day 8 – June 7, 2019 (B, D)
Transfer to Aviemore in Cairngorms National Park
Today we'll take our leave of the Isle of Skye and travel back to the mainland to the mountains of Cairngorm where we'll stay for the remainder of our adventure. Once we arrive in Aviemore, we'll have time to explore the village and take a short afternoon walk to Craigellachie. Accessed right from the heart of Aviemore, Craigellachie is a nature reserve with several lochans, beautiful birchwoods, steep crags and excellent views of the Cairngorms. The uppermost section can be omitted to time to an hour; the walk gives a chance to get away from the hustle and bustle of the town and to experience a glimpse of the wild Cairngorms. The crags are home to peregrine falcons.

Overnight: Hotel in Aviemore
Meals: breakfast, dinner
Hike/walk: 2.25 to 3.25 miles and elevation gain of 1000'



Day 9 – June 8, 2019 (B, D)

Cairn Gorm and the northern corries

Today we'll take the local bus to a ski area and the trail head.

Cairn Gorm itself is the best known and most visited mountain of the range. With a high level car park and extensive ski developments as well as the controversial funicular railway, this longer approach via Lochan has terrific rock architecture and superb views, leaving the scarred sections for the return.

Overnight: Aviemore hotel

Meals: breakfast, dinner

Hike/walk: 7 miles and elevation gain of about 2500'

Day 10 – June 9, 2019 (B, D)

Geal-charn Mor, from Lynwilg

Today's walk will involve taking taxis to the trailhead. Geal Charn Mor is the southeastern most summit of the vast Monadh Liath plateaux. It gives a fairly straightforward hill walk and offers superb views of the Cairngorms across Strathspey.

Overnight: Aviemore hotel

Meals: breakfast, dinner

Hike/walk: 7.75 miles with elevation gain of about 2000'



Day 11 – June 10, 2019 (B, D)

Meall a' Bhuachaille circuit

We'll take the local bus to Glenmore. Here is a chance to experience the beauty and wildness of the Cairngorms without the length and remoteness of some of the Munro walks. The walk offers great variety, with ancient Caledonian pines, lochs, forests and a windswept ridge.

Overnight: Aviemore hotel

Meals: breakfast

Hike/walk: 5-6 miles with elevation gain of about 1000'

Day 12 – June 11, 2019 (B, D)

Transfer to Ballatar with visit to Balmoral Castle

We'll transfer today to Ballatar, our base for the next few adventures. After arrival we'll take a local

bus to Balmoral for our visit of the Queen's summer home.

Overnight: Ballatar hotel

Meals: breakfast, dinner

Hike/walk: 1-2 miles with about 50' elevation gain

Day 13 – June 12, 2019 (B, D)

Conachcraig and Gelder Shiel, from Balmoral

We'll take a local bus to Balmoral for the start of this hike. Conachcraig can be easily climbed as a detour from the normal route up Lochnagar. This longer approach from the north, however, enables a better appreciation of this Corbett in its own right; the bothy at Gelder Shiel can be visited en route and there are superb views of Lochnagar throughout.

Overnight: Ballatar hotel

Meals: breakfast

Hike/walk: 14 miles and elevation gain of about 2250'

Day 14 – June 13, 2019 (B, D)

1) Craigendarroch oakwoods and 2) Craig Coilich and Pannanich Woods

Today we'll stay locally and do two walks.

Overnight: Ballatar hotel

Meals: breakfast

Hike/walk: 2.5 miles and 1000' feet elevation gain for oakwoods and 2.5 miles with 690' elevation gain for second walk

Day 15 – June 14, 2019 (B, D)**Sgor Buidhe circuit, Ballater**

This walk follows a waymarked forestry track up onto Sgor Buidhe but then continues along a high moorland ridge with fine views before descending through the woods.

Transfer back to Inverness after morning hike

Overnight: Inverness hotel

Meals: breakfast, dinner

Hike/walk: 5-6 miles with 750' elevation gain

Day 16 – June 15, 2019 (B)**Fly back to USA from Inverness**

Meals: breakfast

Leaders' right to change itinerary:

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

Price includes:

- Overnight accommodations in 3* hotels based on double occupancy
- All breakfasts and dinners as noted in detailed itinerary
- Welcome and Farewell dinners plus other dinners as listed in detailed itinerary
- All group land transportation
- Guided tours of
- Medical Evacuation Insurance
- AMC Adventure Travel Program fee
- Luggage Tag
- Costs for 2 AMC tour leaders (accommodation, entrance tickets, transfers)

**Price does not include:**

- Lunches
- Travel Insurance
- Flights to/from Inverness
- Items of a personal nature
- Beverages other than tap water at included dinners
- Tips for local guides and drivers

Required Gear:

- Gortex (or equivalent) rain jacket & pants
- Wide brimmed hat for sun protection
- Sunglasses
- Sunscreen
- Camelbak or bottles sufficient to hold at least 2 liters of water
- Personal first aid kit
- Fleece or down jacket
- Polypro, polyester, nylon or coolmax tops and pants for hiking; NO COTTON!
- Trail shoes or boots; NO SNEAKERS or CROSS TRAINERS
- Hiking socks
- Warm hat and gloves
- Electrolyte powder, tablets, gel or "gummy blocks"
- Pack with waist strap/belt sufficiently large to carry all of the above items plus your lunch, camera and personal items

AMC Adventure Travel trips are led by volunteers on a non-profit basis. Any monies left over after trip expenses are covered will be refunded to the participants. As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group's experience. We expect you to participate as part of a group and abide by the leaders' decisions, and work towards the group having a good time. Be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum. **Leaders have provided a list in this prospectus of the required gear. In the interests of group safety, trip leaders retain the right to deny participation in any hike if participants are not properly equipped.**

SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, by boat, or on a bike. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites and possible exposure to tick borne disease, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves. The mountains are similar to the White Mountains of NH in that it can snow at the higher elevations during any month of the year. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

RESERVING A PLACE AND PAYMENT SCHEDULE:



The land cost of the trip is \$4275, plus estimated airfare of \$800-1000. To reserve your place, please contact the trip leader or co leader for an application, the Confidential Medical Form and the Acknowledgment & Assumption of Risks & Release and Indemnity Agreement, then send to the leader these forms along with deposit of **\$1000.00** made out to: **Appalachian Mountain Club (AMC)**. \$200.00 of this initial \$1000.00 deposit is a non-refundable administration fee. Once we receive your application and other forms and have approved you for the trip, we'll send you additional information on the trip, including planned hikes, equipment lists, and travel tips. The maximum number of participants is 14, so apply early to reserve your place.

The cost of the trip is based on price quotes given in the summer of 2017. Our cost estimates are conservative, and so a trip refund is more likely than a price increase. Note that we will use your deposits to lock in the price quotes as early as possible.

Airfare is not included in the cost of the trip. It is impossible to predict prices a year in advance. For this trip we estimate a range of \$800-1000. Sometimes there are bargains, depending on the airline and when you book, or you may want to use frequent flier miles. You should note that the trip begins on a Friday. You may wish to arrive early and/or stay later to have more time in the area. We will give participants a time and place to meet the group. Please do not book a flight before conferring with the leaders, who need to coordinate arrivals.

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip fee includes emergency medical and evacuation insurance coverage, as required by the AMC. This insurance does not cover travel delay, interruption, cancellation, or baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested; the AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Any unspent funds resulting from negotiating better rates than planned for lodging, local transportation, etc. will be refunded to the participants. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included.

Application and Payments

To apply, you must request, complete, and submit the Application, Confidential Medical form, and Acknowledgement and Assumption of Risk and Release form, enclosing a deposit (check made out to AMC) of \$1000. All materials should be sent to the trip leader at:

Ginette Beaudoin
66 Graham Street
Biddeford, ME 04005

The application materials are available by e-mail request to the leaders at annatp12@gmail.com and ginette4000@yahoo.com or they can be downloaded from our website: <http://ginetteandannaamctrips.weebly.com>

You will not actually be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you and the trip seem to be a good match.

The final balance of \$3275 is due by Jan 15th, 2019.



Deposit checks from wait-listed applicants will not be cashed until we accept them AND they confirm continued interest. Please make payments by check payable to the Appalachian Mountain Club (AMC).

Cancellation Policy

Cancellation must be in writing and post marked prior to dates listed below:

Prior to Oct 15th, 2018 - All money returned except \$200 Nonrefundable portion

After Oct 15th, 2018----Cancellation fee is \$200 plus any additional money necessary to keep the trip cost from increasing and creating a greater expense to other trip participants. The cancellation fee will be limited to \$200, IF a qualified replacement can be found by the trip leaders. We will establish a waiting list. If you cancel and are not replaced, you will forfeit the \$200 plus the per capita expenses already incurred and any other unpaid expenses for which the trip cannot obtain a refund. Your cancellation shall not raise the cost of the trip to any of the participants or the leaders. You may forfeit the entire trip fee. Flight tickets once purchased become your property and are generally non-refundable. We strongly recommend that you purchase travel insurance. Information on a company recommended by the AMC will be sent to you. Trip insurance is recommended, since an illness, accident or death in the family can interfere with your plans. Trip insurance can be obtained through your travel agent or the leaders will provide you with a brochure/information of a company recommended by AMC.

Experience and Risks

To fully enjoy this trip, you should be in good physical condition and able to hike/ski a minimum of 4-5 hours per day. You should have recent hiking experience. Trails in Scotland can be exposed and steep; footing may be irregular. You also need to be able to carry your luggage to and from the vans/hotels and possibly up the stairs of our hotels. Other than raingear, hiking boots, daypack and water bottles, no special equipment is needed.

Group Size and Communication

We expect a maximum group size of 16 persons, including the 2 leaders, due to size limitations for some of the tour vehicles. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names,



addresses, and phone numbers of all those going on the trip. We are good communicators and will try very hard to keep everyone well informed. We will be using email as our primary source of communication.

YOUR LEADERS:

LEADER: GINETTE BEAUDOIN



Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She led an Austrian Alps adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co lead the same trip with Terry Peters in July 2009 with 19 participants. She has also led Adventure travel trips to Yosemite national Park, Peru, Minnesota, Tuscany, Dolomites, Patagonia, Bolivia, Spain, Australia and New Zealand for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Austria, involving hiking and cross country skiing. She has hiked in the Stubai valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Austria, Germany and Switzerland. She has hiked the NH 4000 footers. Her interests include hiking, photography, cross country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities.

ADDRESS: 66 Graham Street, Biddeford, Maine 04005
PHONE: (207) 590-4431
EMAIL ADDRESS: ginette4000@yahoo.com

CO-LEADER: ANNA PANSZCZYK



Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to Austria, Azores, Yosemite National Park, Minnesota, Peru, Patagonia, Bolivia, Easter Island, Australia, New Zealand and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland. This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

ADDRESS: 22 Alfred Rd, Arlington, MA 02474
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We look forward to hearing from you.
Ginette Beaudoin and Anna Panszczyk