Thank you for your interest in our trip to the Shetland Island! We’re looking forward to a fantastic trip to the most northern point of the British Isles – just 400 miles south of the Arctic Circle and as far north as St. Petersburg, Russia. There are over 100 islands that make up the Shetland Islands of which only 15 are inhabited. We’re looking forward to seeing this beautiful island, meeting the locals and learning about their culture and wildlife.

This prospectus should answer most of your questions about our trip. Please read the information carefully and contact us with any questions or to request application materials. Our contact information is at the end of the prospectus. We look forward to you joining us on this fabulous adventure.

**Trip Description**

Our trip will be based in Lerwick, Shetland Islands, Scotland, where we will spend four days hiking around Shetland and learning all we can about them. Our day hiking will include hiking along coastlines that have been described as “some of the most impressive coastline in Shetland” and “many locals consider this walk to be the best in whole of the northern isles”. We have selected our hikes from the Cicerone guidebook “Walking on the Orkney and Shetland Isles.”

The trip includes hiking for four (4) spectacular days, two (2) guided tours, eight (8) nights lodging, all breakfasts, all lunches on hiking days, seven (7) group dinners, transportation from Aberdeen to Shetland, and all ground transportation while in Scotland.

We will take time to explore the towns, meet the locals and socialize! This trip is designed for social and fit people wanting to see some beautiful countryside, have some good meals and sleep in a warm bed at the end of the day.

We look forward to an exciting, fun trip and expect all who join us to pitch in to help each other have the best time ever.

**Typical Participants**

This is a trip for experienced hikers who enjoy an active vacation. You should be fit enough to walk 8-10 miles per day for several days in a row with a day pack in all different weather conditions (you will get wet!). You will be required to carry your personal gear (i.e., rain gear, pack lunch, extra layers, water, etc.) for each hike. Elevation gains/loss will range between 0’ and 1500’ over the course of the week.
## Proposed Detailed Itinerary

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Details</th>
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<tbody>
<tr>
<td>Friday, August 2</td>
<td>Depart your gateway city to travel by air to Aberdeen, Scotland.</td>
<td>Meals included: None</td>
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<tr>
<td>Saturday, August 3</td>
<td><strong>Afternoon guided van-tour of Dunnotter Castle in the Aberdeenshire area to unwind from our long flight.</strong> Arrive in Aberdeen before noon and make your way to our first hotel, Jury’s Inn Aberdeen Airport (subject to change based on availability). We are planning an afternoon guided van-tour of Dunnotter Castle in the Aberdeenshire area to unwind from our long flight. Tonight we will gather for our first meal together.</td>
<td>Meals included: Group Dinner Today’s Mileage: Approximately 0.5 to 2.0 miles</td>
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<td>Sunday, August 4</td>
<td>After breakfast, we will board the plane for a short flight over to the Shetland Islands. We will be met by our transportation company for the quick trip to our weeks lodging in the town of Lerwick. You can grab some lunch before we spend some time at the Shetland Museum. After, you are free until we gather for our group dinner. For the whole week, we are anticipating staying at the Lerwick Hotel (subject to change based on availability).</td>
<td>Meals included: Breakfast, group dinner Today’s Mileage: Approximately 0 miles</td>
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<tr>
<td>Monday, August 5</td>
<td>Today we’ll be heading to our first hike: Muckle Roe. This hike is considered to be the best hike on the main island. We’ll be passing the spectacular Hole of Hellier, a lighthouse, and be able to see the sea stacks across the way in St Magnus Bay.</td>
<td>Meals included: Breakfast, pack lunch, group dinner Mileage: Approximately 6.5 miles, approximately 5 hours</td>
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<tr>
<td>Tuesday, August 6</td>
<td>Today we’ll be doing two hikes. The first is to the highest point on the Shetland Islands: Ronas Hill which stands at 450 meters/1500 feet and has great views from the top. The second hike is to Esha Ness which is described as “a superb walk around the wild and high cliffs.” If we have time, we’ll visit the museum at Tangwick which has a “fascinating display of local artifacts and photographs.”</td>
<td>Meals included: Breakfast, pack lunch, group dinner Mileage: Ronas Hill: Approximately 4 miles, approximately 3.5 hours Esha Ness: Approximately 3.5 miles, approximately 3 hours</td>
</tr>
<tr>
<td>Date</td>
<td>Activity</td>
<td>Meals included</td>
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| **Wednesday, August 7** | Today we have a zero hiking day. To learn about the multiple types of seabirds and marine life living in the Shetlands, we’re arranging a boat tour that heads out to Noss and Bressay Islands. Noss is a National Nature Reserve and the boat will circle the island where we’ll see thousands of nesting birds and enjoy underwater marine viewing through their glass bottom boat. You’ll have some free time either before or after the boat tour to walk around the town of Lerwick on your own. Lunch and dinner are on your own today. | **Meals included:** Breakfast  
**Mileage:** 0 miles, boat tour | **Mileage:**  |
| **Thursday, August 8**  | Today we’ll be hiking in the area of Westerwick and Culswick. This is considered one of the finest longer hiking days on the islands. It’s described as “superb coastal scenery…giving you the opportunity to explore impressive archeological remains and to see some exciting wildlife.” | **Meals included:** Breakfast, pack lunch, group dinner  
**Mileage:** Approximately 8.5 miles, approximately 8-10 hours | **Mileage:**  |
| **Friday, August 9**   | Today is a bit different as we are going to an area where there are some choices of activities:  
- Hike #1 – morning leader-led hike to Sumburgh Head  
- Hike #2 – afternoon leader-led hike to the Ness of Burgi Iron Age Fort  
- Jarlshof – optional tour to the single most important archeological site in Shetland (fee not included in the trip fee, can do this in place of a hike)  
- In place of either hike or Jarlshof, you have the option of relaxing and enjoying a cup of tea and the views at the Sumburgh Hotel  
Once back in town, you’re free to relax till our group dinner. You’ll also want to get packed up to go for the next day’s early flight to Aberdeen. | **Meals included:** Breakfast, pack lunch, group dinner  
**Mileage:**  
Hike #1 - morning  
Approximately 2.5 miles, approximately 2-3 hours  
1.5 mile walk between trailheads  
Hike #2 - afternoon  
Approximately 2 miles, approximately 1-2 hours | **Mileage:**  |
| **Saturday, August 10** | This morning, we fly back to Aberdeen. Once settled in Aberdeen, we’re planning on visiting the Cruickshank Botanic Garden at the University of Aberdeen. If there’s time, we’ll take a walking tour of Old Aberdeen. Tonight, we’ll gather for our last group dinner before heading home the next day. | **Meals included:** Breakfast, group dinner  
**Mileage:** Travel day | **Mileage:**  |
| **Sunday, August 11**  | We say goodbye to each other today. Fly home or extend your stay in this beautiful country. | **Meals included:** Breakfast  | **Mileage:**  |
What to Expect
Our pace will be moderate so that we may enjoy the scenery and gain an appreciation for this beautiful island. If you enjoy a fast pace, you may be disappointed as we intend to stop and take time to take pictures, meet the local residents, and socialize with each other. The town we are visiting is small but very popular; as such, there may not be much variety in the food choices.

Our accommodations will be at a comfortable 3-star inn; please do not expect all the amenities you would get in the U.S – everyone must be able to carry/drag their own luggage possibly upstairs. All single travelers will be paired with a same gender roommate.

Cost of the Trip
The trip will cost $2,775 which includes: eight (8) nights of lodging, eight (8) breakfasts, four (4) pack lunches, seven (7) group dinners, four (4) hiking days, one (1) boat tour, one (1) castle tour, one (1) garden tour, all in-country ground transportation, airfare from Aberdeen, Scotland, to the Shetland Islands, trail guides as needed and emergency medical and evacuation insurance.

Your round-trip airfare to Aberdeen, Scotland, which we currently estimate at $1,000 is not included (leaders will be glad to provide information on suggested airlines and schedules and/or assist you in booking your flights).

Important Note – mileages shown in the itinerary are estimates only. Leaders reserve the right to change our daily itinerary due to weather and/or other hazardous circumstances. We appreciate everyone’s cooperation in this matter.

Because of the number of miles we’ll cover each day and the uncertain weather conditions, the hiking is rated moderate to strenuous.

You should be comfortable with heights, cliff trails overlooking the ocean, and potentially narrow paths.

The trip fee includes an AMC overhead charge to cover the administrative expenses of offering AMC Adventure Travel excursions and, in accordance with AMC policies, you are subsidizing some of the leaders’ cost. The trip fee also includes emergency medical and evacuation insurance coverage which is required by AMC (you will be sent a brochure describing this insurance).

Note – The trip cost does not include insurance for travel delay, interruption or cancellation of the trip, or baggage loss. Purchasing such insurance is strongly suggested. The leaders can send you information to help you purchase this insurance through a preferred AMC vendor or you can purchase through your own preferred vendor.

Please note that most of these types of travel insurance require you to purchase the insurance within a certain number of days after booking your trip – once you are accepted onto the trip, please do not delay in purchasing your insurance.

Note – flights to Scotland are overnight flights from the U.S. We need you to leave on Friday, August 2, 2019, to arrive in Aberdeen, Scotland, on Saturday, August 3, 2019, before 11:00 a.m.
**How to Proceed**

To apply to the trip, email the leaders letting them know that you are interested in applying. We will send you the application, risk release, and medical forms which you will need to print, complete, sign and return along with the required deposit check of $1,000 made payable to the Appalachian Mountain Club.

Your official acceptance onto the trip will not happen until the leaders have determined by a telephone conversation with you that you and the trip are a good match.

Once you have been officially accepted plus the trip has the required number of qualified participants to make the trip ‘a go’, your check will be deposited and the trip’s cancellation policy will take effect. The rest of the trip fee ($1,775) will be due according to this schedule:

- By December 1, 2018  $1,000
- By March 31, 2019  $775

**Please note:** Airfare, if booked by leaders for you, is due at time of booking.

**IMPORTANT NOTE:**

The price of the trip is subject to an increase should the value of the US Dollar versus the British Pound decline significantly from the estimated exchange rate. Conversely, any unspent funds resulting from exchange rates being more favorable than our estimate will be refunded to the participants.
Cancellation Policy
The AMC Adventure Travel cancellation policy is based on several considerations.

- First, a cancellation shall not raise the cost to the other participants or to the leaders
- Second, we will charge a canceling participant for the expenses already incurred on his/her behalf and any unavoidable future expenses that will be incurred as a result of his/her registration and cancellation, unless they can be applied toward another acceptable participant
- Should the leaders be able to replace you, you may be charged a reduced or zero penalty (based on the penalty listed below) as long as all expenses for your reservation can be changed over to the replacement participant

Cancellation Penalty
- $0 penalty if canceled before January 1, 2019, less any funds that fall into the category of the second bullet above
- $250 penalty if cancelled from January 1, 2019, to May 31, 2019, plus any funds that fall into the category of the second bullet above
- No refund if cancelled after May 31, 2019
YOUR LEADERS

Cindy Martell
Cindy has been a member of AMC since 1998 and she currently works for Harvard University’s Center on the Developing Child in Cambridge. Cindy is a three-season hiking/backpacking leader for AMC’s Worcester Chapter, Leadership Chair for AMC’s Adventure Travel program, an AMC Information Volunteer, and a volunteer fill-in crew member at AMC’s high huts. She has received AMC’s Volunteer Leadership Award and numerous Stewardship Society Awards. Cindy has completed her NH4000s and has hiked in all northern New England states. Cindy’s love for the outdoors started with family trips to the Berkshires and Maine and continued with Girl Scout outings as a teen. For many years, Cindy was a volunteer trainer with Girl Scouts of Massachusetts leading trainings in leadership and outdoor skills to Girl Scout leaders. She used to live in Sydney, Australia, and has led AMC-AT trips to Olympic National Park (‘12), Ireland (‘12 and ’13), Scotland (‘14), Iceland (‘15), Wales (‘16) Luxembourg (‘17), and France/Switzerland (‘18). She is current in Wilderness First Aid and CPR. Cindy is looking forward to hiking on this remote island in Scotland!

David Beck
Dave is a Boston Chapter Hike Leader. He first became an AMC member in the 1980’s. In addition to leading and Co-leading many AMC Family outings in the White Mountains he has participated in several AMC Adventure Travel Trips to Ireland, Scotland, Iceland, Wales, Yellowstone, Luxembourg, and France/Switzerland. He has climbed all of the 4000 footers in the Whites, as well as some the 14,000 footers of Colorado. He has backpacked in the US and Canadian Rockies, Utah, Yellowstone and Mexico. Dave is a pharmacist and has owned and operated a community pharmacy for 30 years. Currently he is an adjunct faculty member at Mass College of Pharmacy and works as a consultant in the compounding pharmacy industry. He has completed training in Wilderness First Aid, CPR and AED.

For more information and/or application forms, contact us at:

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Shetland Islands – Martell/Beck