



Eilean Donan Castle with views of Skye

# Histories of Highlands and Islands: A journey through Northwest Scotland with the Royal Society of Medicine

23 June – 1 July 2022





Loch Lomond

**Take in the sweeping history and breathtaking landscapes of Scotland's north and west, from Edinburgh to Inverness and along parts of the spectacular North Coast 500 Route to Gairloch and Skye. This specially curated tour encompasses Scotland at its most dramatic and historic. You will also stay in some distinctive hotels with magnificent settings, which you will be able to enjoy well into the long, light-filled evenings.**

Sample local whisky, learn about Edinburgh's Enlightenment and medical history, see the mighty Forth Railway Bridge - a marvel of Victorian engineering - and travel via the

spectacular Cairngorms, Loch Ness and the haunting battleground at Culloden. Visit Loch Ewe and learn about its naval history and the Arctic convoys and see the magnificent gardens at Inverewe. Meet the Lady Laird and tour the beautiful gardens at Attadale House. Visit Eilean Donan Castle before crossing to Skye to visit Talisker Distillery and take some beautiful walks. Take one of the most spectacular rail journeys in the world, across the Glenfinnan Viaduct to Fort William, before returning to Edinburgh via the breathtaking landscapes of Glencoe, Loch Lomond and the Trossachs. There is an optional extension in Edinburgh to visit the castle and the National Museum and explore the old city.

## Tour Leader

**Lorna Johnson** worked as a professional musician for over 40 years and is a member of the Royal Society of Musicians. As a violinist with the Scottish Chamber Orchestra for most of her career, she travelled the world playing concerts in Europe, North and South America, Turkey, India, China, South Korea and Japan.

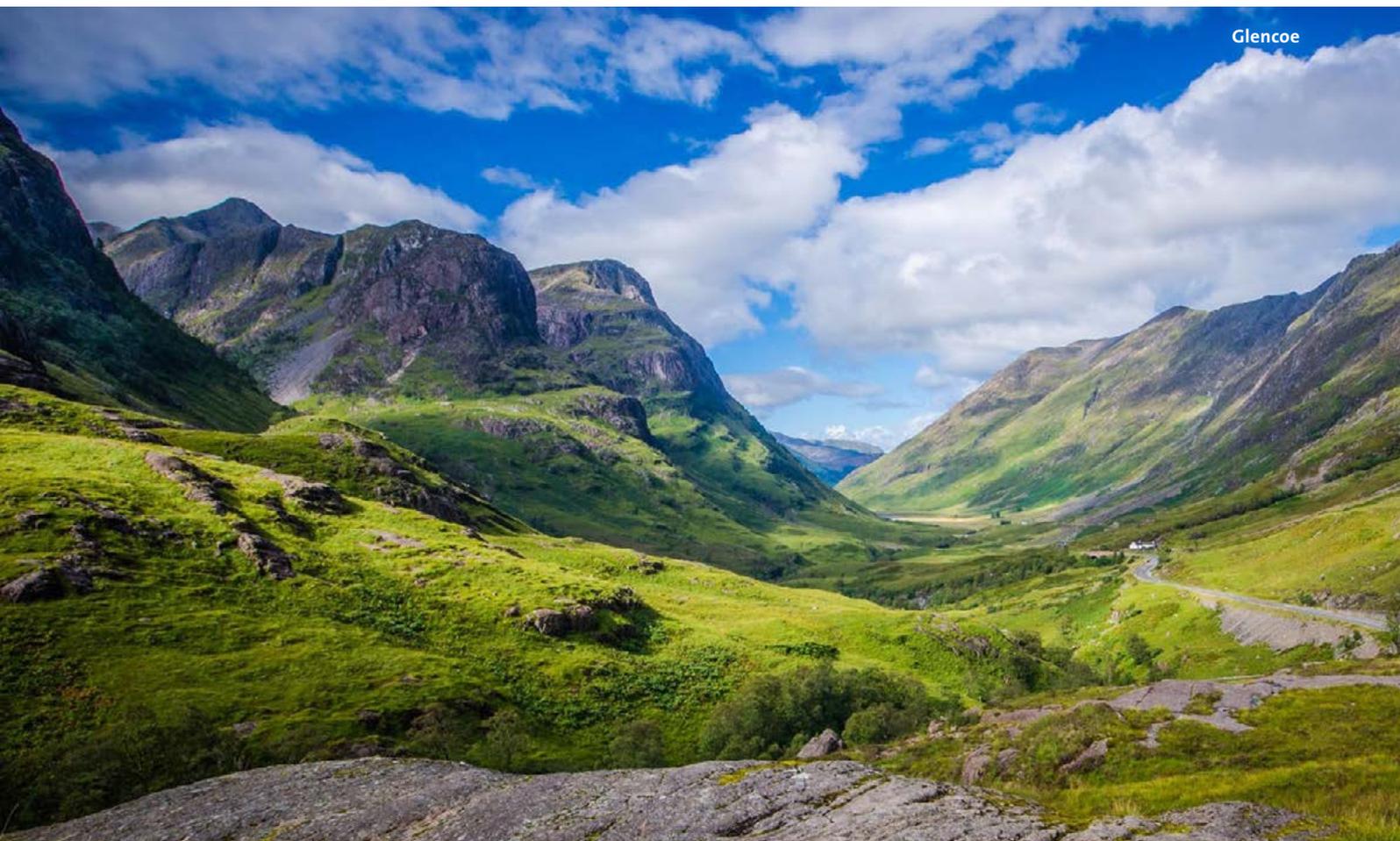
Since qualifying as a hill-walking guide in 1997 and as a Blue Badge Guide in 2000, Lorna has led numerous tours throughout Scotland and in England. She has an extensive knowledge and passion for Scotland which she loves to share.

Lorna has met the Visit Britain “Good to Go” industry standard and will have a risk assessment in place.



*“Lorna was absolutely outstanding. She was knowledgeable, patient, accomplished, charming, enthusiastic, always approachable and so friendly, and she had boundless energy too. She was a gem!”*

Participant on previous Northwest Scotland with the RSM tour in 2021



Glencoe

2 nights Edinburgh – 1 night Inverness – 2 nights Wester Ross – 2 nights Skye – 1 night Edinburgh



## Day 1: Edinburgh (Thur, 23 Jun) **D**

**Pm:** Arrive Edinburgh and transfer to the Ten Hill Place Hotel, owned by the Royal College of Surgeons of Edinburgh and in the Surgeons Quarter.

**Eve:** Take a tour of the superb Scotch Whisky Experience, which immerses you in the whisky making process, including sampling a dram, before dinner with whisky pairings for starter and dessert.

## Day 2: Edinburgh (Fri, 24 Jun) **B D**

**Am:** By special arrangement we will have a guided walking tour of Old Town Edinburgh and the historic buildings of the University of Edinburgh with historian Sheila Szatkowski, author of *Enlightenment Edinburgh*. The tour will explore sites associated with philosophers David Hume and Adam Smith, along with medics and scientists such as Joseph Black, Joseph Lister and Sophia Jex Blake. Hear tales of

the physicians and surgeons who lived in the city and led pioneering research, as well as darker stories such as Burke and Hare, who murdered people to sell their bodies for research to Dr Robert Knox.

**Pm:** Scotland has been at the forefront of modern medicine since the 18th century and is still a leader in research and development. Join us on this fascinating tour of Edinburgh, looking at its long medical history alongside its stunning natural beauty and architecture. Take an escorted tour of Surgeons Hall, Royal College of Surgeons of Edinburgh, the Wohl Pathology Museum, the History of Surgery Museum and the Dental Collection. The Surgeon's Hall Museums were opened to the public in 1832, making them one of the oldest museums in Scotland.

## Day 3: Edinburgh / Inverness

(Sat, 25 Jun) **B D**

**Am:** Drive to Inverness via the Forth Railway Bridge and learn of the building of this great bridge and the Tay Bridge disaster.

**Pm:** Continue to Inverness on a glorious journey via the Cairngorms - home to lush forests, charming Highland villages, wild open spaces and an Arctic mountain plateau. Visit haunting Culloden Moor, site of the Battle of Culloden of 1746, with expert battlefield guide, Ian Deveney.

**Eve:** Overnight and dinner at the Glen Mhor Hotel. Following dinner walk along both sides of the River Ness and enjoy the evening light.

## Day 4: Inverness / Gairloch

(Sun, 26 Jun) **B D**

**Am:** Drive to see Loch Ness. Take a scenic drive via the Victorian spa town of Strathpeffer and the Corrieshalloch Gorge for a short walk.

**Pm:** Continue to the great house and wonderful botanic gardens at Inverewe. At the same

latitude as Moscow and Hudson Bay, Inverewe benefits from the effects of the Gulf Stream, which enabled a lush paradise of unusual plants from across the globe to be established by a father and daughter amidst a barren wilderness on the Atlantic coast, more than 150 years ago. Continue to Gairloch through magnificent scenery and check into the beautiful Myrtle Bank Hotel. Enjoy dinner at its acclaimed restaurant overlooking the sea in the summer evening light.

#### Day 5: Gairloch (Mon, 27 Jun) B D

**Am:** Travel to Loch Ewe and learn of its important naval history and the Arctic convoys. It was of great strategic importance in World War II because it is north-facing (and therefore protected from westerly winds), plus being less exposed to air attack than the base at Scapa Flow. Meet with a member of the Russian Arctic Convoy Project and learn of its history.

**Pm:** Afternoon at leisure with options including a visit to the recent award winning Gairloch Museum, coastal walks or a boat trip.

#### Day 6: Gairloch / Skye (Tue, 28 Jun) B D

**Am:** Meet with the Lady Laird of Attadale House, Joanna MacPherson, one of a new breed of lady landowners challenging tradition in Scotland, and take a specialist guided tour of the gardens. Visit Eilean Donan Castle, perched most attractively on the small tidal island of Eilean Donan where three sea lochs meet - Loch Duich, Loch Long and Loch Alsh.

**Pm:** Cross the bridge from the Kyle of Lochalsh to Skye and transfer to Eilean Larmain Hotel, overlooking the Sound of Sleat and the distant hills of Knoydart.

#### Day 7: Skye (Wed, 29 Jun) B L

**Am:** The Isle of Skye is breathtakingly beautiful. The largest of the Inner Hebrides islands, it is known for its dramatic landscapes, picturesque fishing villages and wealth of history, from prehistoric sites to brooding

castles. Explore the enchanting isle with its velvet moors, jagged mountains, sparkling lochs and towering sea cliffs.

**Pm:** Visit Talisker Distillery, the oldest working distillery on Skye, set on the shores of Loch Harport, for a tour with a dram.

#### Day 8: Edinburgh (Thur, 30 Jun) B D

**Am:** Drive to Armadale and take the ferry to Mallaig.\* Take one of the most scenic rail journeys in the world across the Glenfinnan Viaduct to Fort William (luggage goes by bus).

**Pm:** Return to Edinburgh on a spectacular drive via Glencoe, Loch Lomond and across the Trossachs National Park.

**Eve:** Farewell dinner.

#### Day 9: Edinburgh (Fri, 1 Jul) B

**Am:** Depart or take the optional Edinburgh extension (see below).

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## Edinburgh Extension

#### Day 9: Edinburgh (Fri, 1 Jul) B

**Am:** Panoramic coach tour of the city, passing by the Palace of Holyroodhouse, the official residence of the monarch in Scotland, Holyrood Park, the Scottish Parliament and the medieval Royal Mile. Continue through the 18th century Georgian streets of the New Town, ending at Edinburgh Castle. Dating back to the 11th century, the castle is home to Scotland's crown jewels and the famous Stone of Destiny. After an orientation tour there will be time to explore the castle and its museums before departing for the National Museum of Scotland for lunch.

**Pm:** Visit the National Museum of Scotland with its diverse collections.

#### Day 10: Edinburgh (Sat, 2 Jul) B

**Am:** Depart Edinburgh.

\* Pending confirmation of ferry timetable. All itineraries subject to change accordingly to local conditions.



Eilean Iarmain, Skye

## Hotels

### **Ten Hill Place Hotel (Edinburgh)**

This excellent hotel is part of the Royal College of Surgeons of Edinburgh and is one of Edinburgh's most desirable city-centre hotels. A stylish hotel with exceptional customer service, it also offers a wine-bar and restaurant that provide the best quality Scottish produce with a vast plethora of Corney and Barrow wine.

### **Glen Mhor Hotel (Inverness)**

The Glen Mhor Hotel consists of Victorian townhouses and apartments located on the banks of the River Ness, a three-minute walk from Inverness city centre. Rooms are spacious and comfortable and service is excellent. The rooms are all larger than standard and have a view of the river.

### **Myrtle Bank Hotel (Gairloch)**

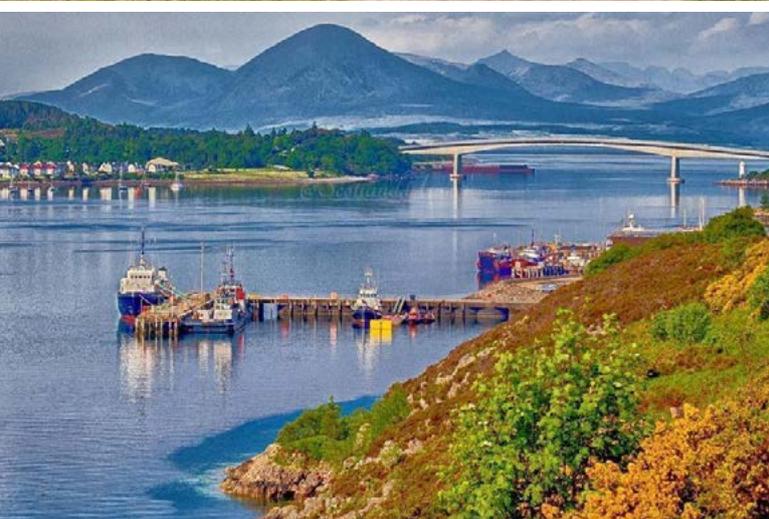
On the shores of Gairloch, this hotel is an ideal base from which to explore the unspoilt beauty of Wester Ross, famous for its spectacular sunsets. The bedrooms are well appointed, the service warm and welcoming and the restaurant food is excellent and generous.

### **Eilean Iarmain (Skye)**

A charming and comfortable hotel, Eilean Iarmain is an historic whitewashed building on the edge of the Sound of Sleat with stunning views over the bay to the mountains of Knoydart. Having welcomed guests for over a hundred years, it retains a classic style with uniquely decorated rooms. The atmospheric restaurant offers excellent local food and its cosy bar an array of Gaelic whiskies around open fires.



Myrtle Bank Hotel



Take the spectacular Glenfinnan Viaduct (top); Forth Railway Bridge; The battlefield of Culloden; Kyle of Lochalsh (above)

## The cost of the tour is USD \$3,434 per person sharing

### The cost includes:

- Eight nights' accommodation in twin-bedded rooms in first class and medium grade hotels

**The single room supplement is USD \$806**

**Suite upgrade in Eilean Iarmain USD \$273 per room for the two**

- Tour leader (Lorna Johnson)
- Breakfast daily
- Lunch or dinner daily (as mentioned)
- All transport within Scotland (bus, train, ferry)
- A full programme of cultural visits and talks
- Specially arranged visits and specialist guides
- Admission fees throughout
- Tips

### The cost excludes:

- Travel to / from Scotland and transfers
- All personal extras such as portorage, laundry and drinks and meals not mentioned
- All optional excursions, tours and visits
- Travel insurance

**Please contact us if you require additional nights before or after the tour in Edinburgh.**

### The extension costs USD \$276 pp and includes:

- One additional night's accommodation at Ten Hill Place Hotel with breakfast on a sharing basis.

**Single supplement is USD \$86**

- A full day tour on foot and by bus with a guide
- All admission fees

# About Us

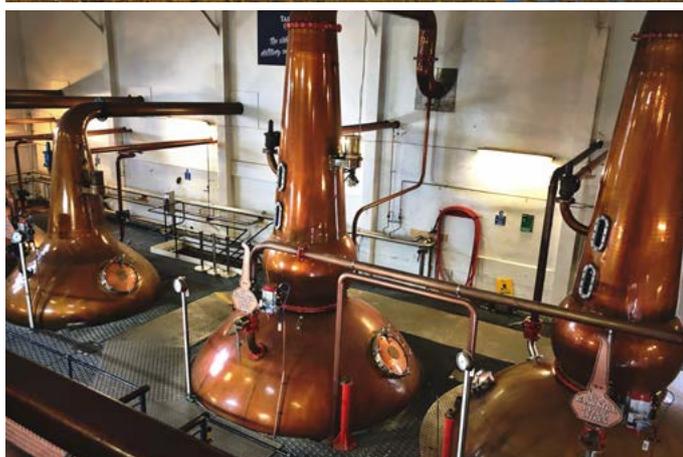
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Loch Ness (credit Piotr Musiol Unsplash) (top); Inverewe Gardens; Loch Ewe; Take a dram at Talisker Distillery (above)



Jon Baines  
tours

