



Eilean Donan Castle with views of Skye

Histories of Highlands and Islands

A journey through North West Scotland with the Royal Society of Medicine

22 – 30 September 2020





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 road 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 for you to enjoy.

Sample local whisky, learn about Edinburgh's Enlightenment and medical history, visit 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, with a visit to Talisker Distillery and some beautiful walks, including to the Fairy Glen. Return to Edinburgh via one of the most spectacular rail journeys in the world, across the Glenfinnan Viaduct to Fort William, before travelling back to Edinburgh via the breathtakingly beautiful landscapes of Glencoe, Loch Lomond and the Trossachs.

Tour Leader

Until recently tour leader **Janice Liverseidg**e was a Director at The Royal Society of Medicine. She is now a full time guide and in her spare time a trustee of both the Royal Medical Benevolent Fund and the London Handel Festival. Earlier in her career she worked for the British Medical Association. She is also a registered Blue Badge tourist guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations and has provided music and art tours for the Foundling Museum and the London Handel Festival. Janice has travelled extensively and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba and China.

Janice has the Visit Britain "Good to Go" Industry standard demonstrating that she



has shown her compliance with government and industry COVID-19 guidelines, has a Risk Assessment in place and ensures social distancing including using a phone app when providing tour commentaries.

"Janice is an outstanding tour leader – a brilliant combination of fun, efficiency and diplomacy. Many thanks for a memorable trip."

Michael Neal, Medicine in Vietnam and Cambodia with the RSM, 2017

Enchanting Skye



Itinerary 22 – 30 September 2020

B = Breakfast L = Lunch D = Dinner

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



Day 1: Edinburgh (Tues, 22 Sept)

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 (Wed, 23 Sept)

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 with Michael Crumplin, Fellow of the Royal College of Surgeons of Edinburgh, and a college guide to Surgeons Hall, home to the 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

(Thurs, 24 Sept)

B D

- Am: Drive to Inverness. See 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, wildlife, wild open spaces and an Arctic mountain plateau. Continue to famous Loch Ness and visit haunting Culloden Moor, site of the tragic Battle of Culloden of 1746, with expert battlefield guide, Ian Deveney.
- Eve: Overnight and dinner at the Glen Mhor Hotel.

Day 4: Inverness / Gairloch (Fri, 25 Sept)

B D

- Am: Drive to the lovely fishing town of Ullapool, nestled on the shores of Lochbroom. Take a scenic drive along the coast 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.

- Pm: 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 first-hand of its history. Continue to Gairloch through magnificent scenery and check into the beautiful Myrtle Bank Hotel. Enjoy dinner at its acclaimed restaurant.

Day 5: Gairloch (Sat, 26 Sept)

B L

- Am: Meet with the Lady Laird of Attadale House, Joanna McPherson, one of a new breed of lady landowners challenging tradition in Scotland, and take a specialist guided tour of the gardens.
Pm: Lunch at Attadale House before the scenic drive back to the Myrtle Bank Hotel. At leisure

Day 6: Gairloch / Skye (Sun, 27 Sept)

B D

- Am: 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 the hotel. Optional coastal walk.

Day 7: Skye (Mon, 28 Sept)

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, and visit Uig and the Fairy Glen.

- 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 (Tues, 29 Sept)

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 (Wed, 30 Sept)

B

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

Edinburgh Extension

Day 9: Edinburgh (Wed, 30 Sept)

B D

- 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. Continuing 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.
Eve: Dinner at local restaurant.

Day 10: Edinburgh (Thurs, 1 Oct)

B

- Am: Depart Edinburgh.

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



The view from Cuillin Hills Hotel restaurant

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.

Myrtle Bank Hotel (Gairloch)

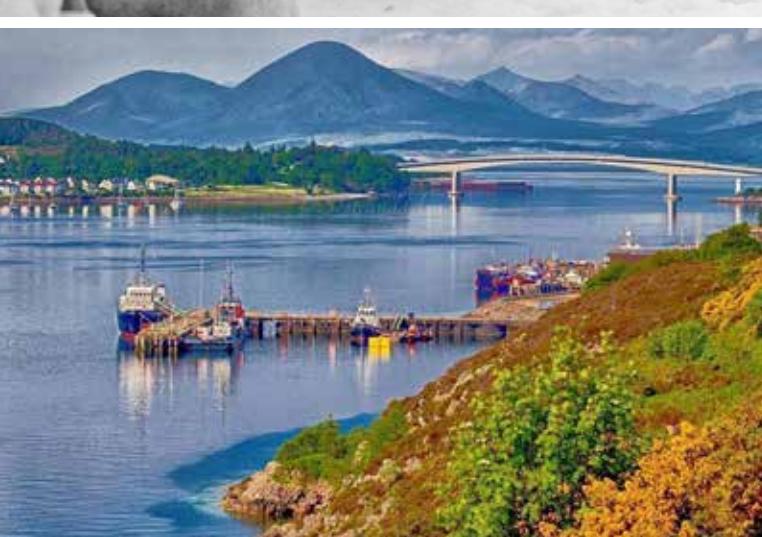
A wonderful hotel on the shores of Gairloch, an ideal base from which to explore the unspoilt beauty of Wester Ross, famous for its spectacular sunsets. The bedrooms are well appointed, the service warm and welcoming and the restaurant food is excellent and generous.

Cuillin Hills Hotel (Skye)

An outstanding hotel in an idyllic location with panoramic views across the water, this is the best hotel on the island. Supremely comfortable with excellent service and food, the Cuillin Hills Hotel has a lounge bar, a Malt Embassy offering more than 130 malt whiskies and The View Restaurant with fantastic views from every table.

Myrtle Bank Hotel





Take the spectacular Glenfinnan Viaduct (top); Forth Railway Bridge; Able Seaman Thomas B. Day standing on the ice-encrusted deck of the "HMS Belfast" in November 1943; Kyle of Lochalsh (above)

The cost of the tour is £1,980 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 £488

- Tour leader (Janice Liverseidge)
- 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 portage, 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.

**** We can assist booking train tickets from London.**

BOOK YOUR PLACE HERE

Or contact Jon Baines Tours:
Tel: 020 7223 9485
Email: info@jonbainestours.co.uk

COVID-19 Safety

Jon Baines Tours have been issued the Visit Britain "Good to Go" Industry standard, demonstrating that we have shown compliance with government and industry COVID-19 guidelines, have a Risk Assessment in place and ensure social distancing on tour, including using a phone app when providing tour commentaries.

We will continue to adapt our itineraries and travel protocols to comply with all current health advice relating to COVID-19.

About Us

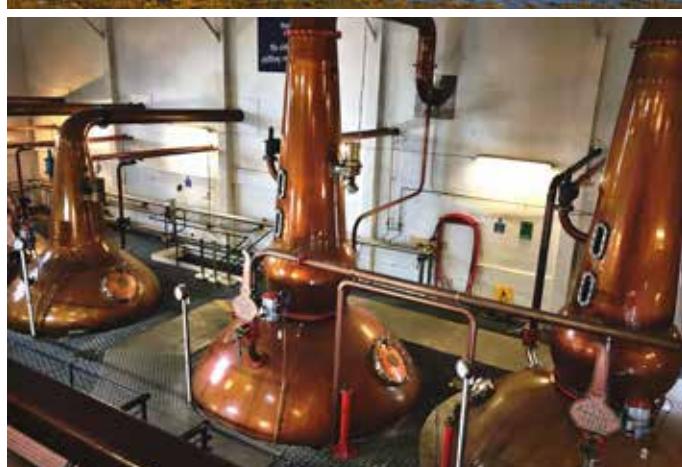
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we 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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Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com

USA and Canada:
(Toll Free) 1-8777-398-764



The battlefield of Culloden (top); Inverewe Gardens; Loch Ewe; Take a dram at Talisker Distillery (above)



Jon Baines
tours

