



Iona Abbey, (Caroline Hall, Unsplash)

A Scottish Retreat –
Loch Fyne, Bute and Iona
5 – 11 September 2022





Loch Fyne views from The Creggans Inn

Our new retreat to Loch Fyne and the wild and beautiful isles of Bute and Iona will revive the most jaded of souls. Step into a world of sea, lochs and ever-changing light, far from the bustle of the world and the stresses of everyday life. Relax in historic hotels perched on the edge of islands and lands steeped in history and spirituality, with landscapes ranging from lush, rolling hills to craggy, heather-covered moorlands and sweeping sandy beaches. At the end of the day, enjoy fresh local produce and whisky in the excellent hotel restaurants.

This is a tour designed to step out of the stream of the world and into places that have been revered for their otherworldly peace for centuries. Watch for minke whales and corncrakes, spot tumbling otters and sea eagles, and look out for dolphins riding in the wake of your boat. Join our tour and let the magic of these islands do their work.

There is the option to extend in Glasgow before or after the tour. Tour leader Richard Smith will take part in the pre-tour extension.

Tour Leader

Mr. J. Richard Smith MD, FRCOG (pictured with his daughters) is a consultant gynaecological surgeon at the West London Gynaecological Cancer Centre, Hammersmith Hospital and also an adjunct associate professor at the New York University School of Medicine. Graduating from the University of Glasgow, Mr Smith worked in various Scottish hospitals until 1988. He then moved to further his training at St Mary's Hospital in London and took up a consultant post at the Chelsea & Westminster Hospital in 1993. He is also an honorary consultant at the Royal Brompton Hospital. He moved to Hammersmith/Queen Charlotte's Hospital a few years ago where his sub-specialisation of gynaecology is oncology. He is a registered colposcopist and the Chairman of Womb Transplant UK Charity, and leader of this research team. Mr Smith is an Honorary Consultant in Transplantation Surgery at



the University of Oxford hospitals. He has a long-running interest in doctor-patient communication and has published widely in both a medical and non-medical capacity. For more information on Mr Smith visit: www.jonbainestours.com/tour-leaders

Ettrick Bay, Bute (Visit Scotland, Kenny Lam)



(1 night Glasgow) – 3 nights Loch Fyne – 3 nights Iona



Pre-Tour Extension

4 – 5 September 2022

Day 1: Glasgow (Sun, 4 Sept)

Pm: Arrive and check into the Hilton Grosvenor Glasgow.

Day 2: Glasgow / Loch Fyne (Mon, 5 Sept) **B D**

Am: Visit the outstanding Kelvingrove Art Gallery and Museum, one of Europe's great art collections, and the Mackintosh House.

Pm: Continue to visit the Hunterian Museum and Bute Hall at Glasgow University. Transfer from Glasgow to Loch Fyne and check into the award-winning The Creggans Inn Hotel on the shores of the loch.

Eve: Dinner at The Creggans Inn.

Main Tour

5 – 11 September 2022

Day 1: Glasgow / Loch Fyne (Mon, 5 Sept) **D**

Pm: Transfer from Glasgow to Loch Fyne and check into the award-winning The Creggans Inn Hotel on the shores of the loch.

Eve: Dinner at The Creggans Inn.

Day 2: Loch Fyne / Bute (Tue, 6 Sept) **B D**

Am: Transfer to the Isle of Bute and visit magnificent Mount Stuart House, a country house rebuilt in the Gothic Revival style in the 1870s after a fire damaged the original building, and the ancestral home of the Marquesses of Bute. The spectacular design of the house was inspired by astrology, art and mythology, including a map of the stars on the ceiling of the Marble Hall and a spiral staircase to what is believed to be the world's first domestic heated swimming pool.

Pm: Explore the 300 acres of gardens that contain plant species introduced through the centuries and are today a horticultural collection of global significance that produces a colourful show all year round. Exotic plants flourish while winding woodlands stretch right down to the shore. Return to Loch Fyne. Option of taking part in self-hypnosis workshop.

Eve: Dinner at The Creggans Inn.

Day 3: Loch Fyne (Wed, 7 Sept) **B D**

Am: Travel to Bute and to Garrochty House, home to 'the father of neurosurgery', Sir William Macewen, who was the most eminent surgeon of his day. He not only radically changed surgical procedures and performed the first successful brain operation, but was renowned for his dedication and compassion. He also dearly loved Bute. Option of taking part in self-hypnosis workshop.

Pm: Take part in a walk along the south of the island and see tiny Holy Isle, which has a tradition of spiritualism since the 6th-century, encompassing holy springs, hermit monk caves, a 13th-century monastery, Viking runic writing and Buddhism, and the surrounding islands of the Hebrides. Tea at Garrochty House.

Eve: Dinner at The Creggans Inn.

Day 4: Loch Fyne / Mull / Oban / Iona (Thur, 8 Sept)

B D

Am: Early start to drive to the port of Oban. Take a ferry across to the Isle of Mull to Fionnphort.

Pm: Disembark and take the passenger ferry to Iona. Arrive and walk to the Argyll Hotel.

Eve: Dinner at the hotel.

Day 5: Iona (Fri, 9 Sept)

B D

Am: Visit Iona Abbey, one of Scotland's most sacred sites. This tiny island by Mull has been a vibrant centre of Christian worship ever since St Columba arrived in AD 563. It is believed that the world-famous Book of Kells was made here, along with other great works of art. Iona's Abbey Museum houses Scotland's finest collection of early medieval carved stones and crosses. Option to take part in repetitive chant workshop.

Pm: Option for walks, cold water swim or golf on the small island course (the hotel has golf clubs available).

Eve: Dinner at the hotel.

Day 6: Iona (Sat, 10 Sept)

B D

Am: Option to take part in repetitive chant workshop. Option of taking a boat trip to extraordinary Fingal's Cave, a vast sea cave formed from hexagonally jointed basalt – as Sir Walter Scott said, '*...one of the most extraordinary places I ever beheld.*' The dramatic cave, known for its natural acoustics, is on the Inner Hebridean island of Staffa.

Pm: At leisure. Option for walks, cold water swim or golf on the small island course.

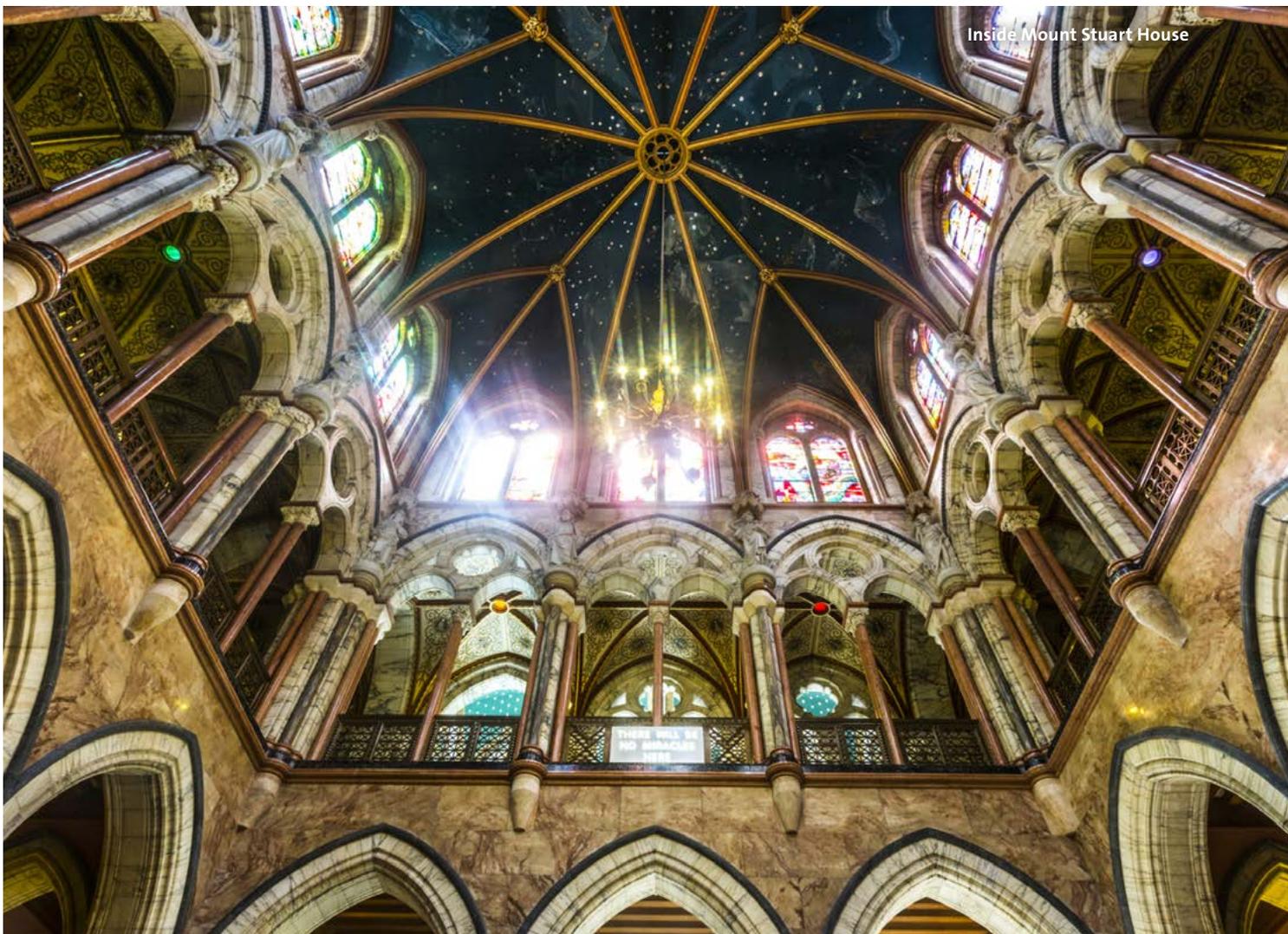
Eve: Farewell dinner at the hotel.

Day 7: Iona / Glasgow (Sun, 11 Sept)

B

Am: Travel by ferry and bus to Glasgow.

Pm: Arrive Glasgow mid-afternoon.





The Creggans Inn, Loch Fyne

Hotels

Glasgow Pre and Post Tour

Hilton Grosvenor Glasgow has an excellent location in the heart of Glasgow's vibrant and bustling West End. It provides the expected Hilton comfort and warm and friendly customer service.

Loch Fyne

The Creggans Inn is one of Scotland's most famous country house hotels, once the family home of Sir Fitzroy Maclean, said to be the inspiration for James Bond. The former coaching inn on the banks of Loch Fyne in Argyll has welcomed illustrious guests for hundreds of years and retains its historic charm while offering contemporary comfort and fine food and drink. It provides a peaceful and charming respite from the bustling modern world.

Iona

The charming and cosy family run **Argyll Hotel** dates back to the 1870s. Overlooking the Sound of Iona, the hotel offers stunning views, a lovely ambience with individually styled rooms and a warm welcome. The excellent restaurant has a seasonally changing menu using fresh local produce.



Argyll Hotel, Iona (top); Hilton Grosvenor Glasgow (above)



Loch Fad (Visit Scotland, Kenny Lam) (top); Bute landscapes (Fool on the Hill, Unsplash); Post office on Iona (Mick Haupt, Unsplash); Fingal's Cave, Staffa (Desire Kranenburg, Unsplash) (above)

The cost of the tour is USD \$2,407 per person sharing

The cost includes:

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

The single room supplement is USD \$566

Upgrade to Superior Loch View rooms at Creggans Inn: USD \$174 per room for the three nights.

Upgrade to Sea View twins and doubles at Argyll Hotel Iona: USD \$325 per room for the two nights.

- Tour leader (Richard Smith)
- Breakfast daily
- Dinner daily
- All transport within Scotland (bus, ferry)
- A full programme of cultural visits
- Activities and workshops as per the itinerary
- Admission fees throughout
- Tips

The cost excludes:

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

Additional night in the Hilton Grosvenor Glasgow before or after the tour the tour is USD \$105 per person sharing

The single supplement is USD \$73

The cost includes:

- Breakfast
- Tour leader (Richard Smith) for pre-tour only

The cost excludes:

- Travel to / from Scotland and arrival and departure transfers
- All personal extras such as portage, laundry and drinks and meals not mentioned
- All optional excursions, tours and visits
- Admission fees, where relevant

About Us

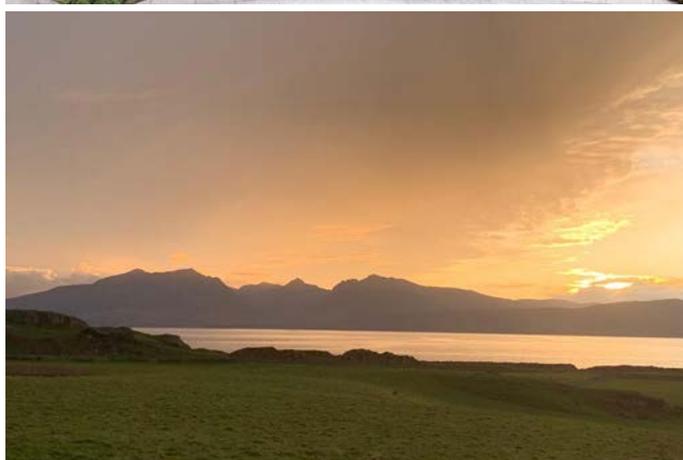
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we 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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Kelvingrove (Glasgow extension) (top); Iona (Caroline Hall, Unsplash);
The gardens of Mt Stuart; Sunset on Bute (above)



Jon Baines
tours

