

Carleton College

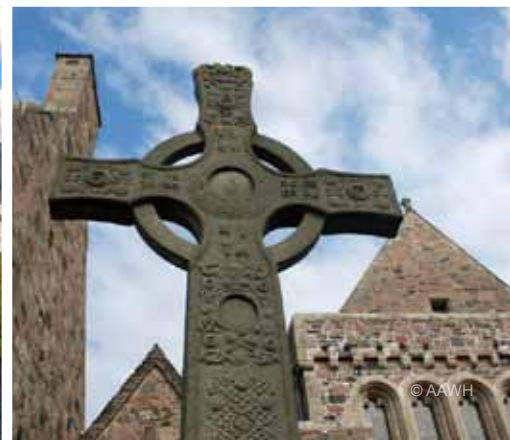
ALUMNI **ADVENTURES**

Explore the world

HIKING SCOTLAND'S WESTERN ISLES

JULY 11 - 21, 2015 (11 DAYS)

WITH CARLETON PROFESSOR CLINT COWAN '83



Dear Carleton College Alumni and Friends,

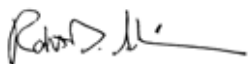
I invite you to join **Carleton College geologist Clint Cowan '83** on this wonderful hiking adventure amid the wealth of geological and archaeological sites in Scotland's western Highlands and Islands. The rocks tell the whole story, going back 2.7 million years, as you travel from the Isle of Mull in the south, along the western edge of highland Scotland, to the Isle of Lewis in the Outer Hebrides, sometimes along the mainland coast, but more often across incomparably beautiful, fascinating islands.

To fully enjoy and visit all the sites on this itinerary, you must be reasonably fit and enjoy hiking. The daily hikes will be easy to moderate in difficulty, and their duration (and elevation gained) for each day is estimated within the itinerary. You will not rush, but you will hike up to six miles per day, sometimes uphill and/or over uneven ground.

Two minibuses, each with an expert local driver/guide, will accompany the group. Your guides will explain in advance the difficulty of each day's walk(s) and, if you prefer, you can opt out of any walking excursion and be driven to the next stop (but, bear in mind that some sites can only be visited if you walk to them). All meals are included, and you will enjoy charming, comfortable accommodations throughout.

This program is limited to only fifteen travelers, plus Clint and two expert local guides, so I suggest you reserve your space ASAP by contacting the Alumni Adventures travel office at 800-811-7244 or carleton@studytours.org.

Sincerely,



Robert D. Smulian, Class of '78
President, Carleton College Alumni Association

ITINERARY

B= Breakfast L= Lunch D= Dinner

Saturday, July 11, 2015 - DEPART HOME

Sunday, July 12 - Glasgow, SCOTLAND | Tobermory, Isle of Mull

Arrive in Glasgow, Scotland, at no later than 12:00pm, and you will be met and transferred to Oban in Argyll, for the ferry to the Isle of Mull. *Overnight at The Western Isles Hotel for three nights.* (D)

Monday, July 13 - Isle of Mull | Calgary Bay | Isle of Mull

Distance: 3-5 miles Ascent: 300ft.

Many of the residents of Mull left from this beautiful sandy bay for a new and uncertain life in North America. Our walk will take us through a woodland in which the trees are sculpted by the wind and by people. We continue to a deserted village and the pier from which the people living in this village left for North America during the clearances in the early 1800s. Of geological interest are two volcanic dykes leading into the bay. Back in Tobermory, there will be time to explore the village and visit the distillery, or for another walk from our hotel to a lighthouse with excellent views across the bay and towards Ardnamurchan. (B,L,D)



Our itinerary progresses from the south (Isle of Mull) to the north (Isle of Lewis).



Above, Tobermory harbor.
Below, Calgary Bay, Isle of Mull.



Tuesday, July 14 - Isle of Mull | Isles of Staffa and Iona | Isle of Mull

Short walks on both islands.

Today we will visit two islands off the coast of Mull: Staffa and Iona. The beautiful, uninhabited island of Staffa is our first stop, and best known for its magnificent basalt columns. Their effect is most overwhelming at An Uamh Binn (musical cave) or, as it is more commonly known, Fingal's Cave, which is scientifically among the lowest strata of Mull's stepped landscape of lava flows and was artistically the inspiration for Mendelssohn's 'Hebrides Overture.' From Staffa we cruise to Iona, an enduring symbol of Christianity in Scotland. St. Columba and his followers came here from Ireland in A.D. 563 and founded a monastery that became the heart of the early Scottish Church. St. Columba's fame attracted pilgrims to Iona from the 7th century onwards. The island also served as a burial ground for important and holy people, including kings of Scotland (among them Macbeth, who died in A.D. 1057). Iona's rocks are mainly ancient Lewisian gneisses of igneous origin, but there is also an important band of marble from which the Abbey's communion table was carved. The Sound of Iona hides the southern extension of the Moine thrust fault, itself explaining Iona's difference from Mull. (B,L,D)



Above, Fingal's Cave, Isle of Staffa. Below (1), Talisker Distillery, Isle of Skye. Below (2), Cuillin mountain ridge view from Elgol. Bottom, Loch Coruisk.

Wednesday, July 15 - Isle of Mull | Isle of Skye

Distance: 2.5 miles Ascent: 150ft.

Take the ferry to Kilchoan, Ardnamurchan, where we will walk to Glendrian, an abandoned crofting township in the center of the Ardnamurchan caldera. Travel north through Lochaber (along the 'Road to the Isles') to Mallaig, where we catch the ferry to Skye. This is a peaceful and remote part of the west Highlands, with high mountains and narrow lochs. *Overnight at Kinloch Lodge for three nights.* (B,L,D)



Thursday, July 16 - Isle of Skye: Sleat | Talisker Distillery

Distance: 6 miles Ascent: 800ft.

On Skye's southern Sleat peninsula the Moine thrust belt is exposed for all to see. (When 'proto-Europe' was drifting into proto-North America, creating the Caledonian mountain chain, the rocks and sediments between the two continents folded chaotically.) This afternoon we visit the famous Talisker Distillery and Visitor Centre and enjoy a dram of Skye's only single malt whisky. (B,L,D)



Friday, July 17 - Isle of Skye: Loch Coruisk and the Cuillin

Distance: 3 miles Ascent: 300ft.

Take a boat from Elgol across the sea-loch Scavaig to Loch Coruisk. Along the way we should see many seabirds, seals and, if we are lucky, dolphins. Disembark and walk to Loch Coruisk, Britain's finest glacially-scoured basin, in the heart of the beautiful, jagged peaked Cuillin mountains. The Cuillin are carved from a gabbro intrusion, the eroded core of yet another of western Scotland's Tertiary volcanoes. After our walk, return to Elgol by boat. (B,L,D)



Saturday, July 18 - Isle of Skye | Isle of Harris

Distance: 3 miles Ascent: 500ft.

Before catching the ferry to the Isle of Harris we visit the Trotternish peninsula, which has a long ridge that runs almost its full length, some 19 miles—one of the most magnificent landscapes in Britain. The Trotternish Ridge was formed by a great series of large scale,

post-glacial landslides, and parts of it are still moving. Walk through the 'undercliff' at the Quiraing, where the landforms are especially labyrinthine, yet accessible. Afterward, take the ferry from Uig to Tarbert, on the Isle of Harris. *Overnight at the Harris Hotel for three nights.* (B,L,D)

Sunday, July 19 - Isle of Harris

Distance: 6 miles Ascent: negligible.

The rocks of South Harris, as with most of the Outer Hebrides, largely consist of Lewisian gneisses dating from as many as three billion years ago, and we can see a variety of them as we walk along the attractive west coast. Continue across the sands and machair of Losgaintir (Luskentyre) and across calcareous grassland to acid moorland. (Machair is fertile, well-drained grassland formed by sand being blown over the peat.) Return along the winding 'Golden Road' that follows the east coast northwards and provides superb views across the 'knock and lochan' terrain. (B,L,D)



Above, Dun Carloway Broch, Isle of Lewis. Below, Standing Stones of Callanish, Isle of Lewis. Bottom, the blackhouse village of Gearrannan, also on the Isle of Lewis.

Monday, July 20 - Isle of Harris | Isle of Lewis: Callanish, Dun Carloway, Gearrannan | Isle of Harris

Distance: 2.5 miles Ascent: negligible.

Begin the day with a visit to the magnificent, 5,000 year old Standing Stones of Callanish (Calanais in Gaelic). The main stone complex contains around 50 stones. A ring of large stones about 12 meters in diameter surround a huge monolith at its center and the remains of a chambered cairn. There are lines of stones running north, south, east, and west from the stone circle, and two other stone circles are nearby. In the absence of any sure knowledge, theories as to the meaning and purpose of these stones abound. Continue on to Dun Carloway, one of the best-preserved Iron Age brochs in western Scotland. The broch was probably built in the 1st century B.C., and radiocarbon dating shows that it was last occupied around A.D. 1300. End the day with a visit to the blackhouse village of Gearrannan, which dates back to the 1600s. The houses were still inhabited until the second half of the 20th century. The double drystone walls, low profile, and insulating thatch made blackhouses well suited to the Hebridean climate. We visit the museum, which provides insights into life in the village in the mid-1900s, including demonstrations of Harris Tweed weaving. (B,L,D)



Tuesday, July 21 - Isle of Harris | Glasgow | FLY HOME

In the morning we travel to Stornoway for a one-hour flight back to Glasgow to connect with independent flights homeward (which should depart Glasgow no earlier than 3:15pm). (B)

Carleton Faculty Leader



Clint Cowan '83 has taught Geology at Carleton since 1997, and has led student geology field trips to New Zealand, Belize, and Australia. He has also led several Carleton Alumni Adventures programs, hiking throughout Argyll and the Isle of Arran on the west coast of Scotland, hiking Scotland's northern Orkney and Shetland Islands, and sailing in a tall ship off the coast of Newfoundland, Canada. Before coming to Carleton, Clint worked for Shell Research in The Hague and traveled extensively throughout the world. He did his graduate work in the terrains of Newfoundland and Labrador, which are geologically related to the Scottish Isles.

What to Expect

This is a good introduction to hiking in Scotland for people with basic fitness, combining hiking and visits to archaeological sites. Daily walking distances will not exceed six miles, with varying amounts of ascent, and we do not expect to hike for longer than four hours at a time. Most hiking will be on paths, tracks, or quiet roads, although the surfaces can be wet and rough. There will be some steep sections along the way, but no climbs greater than 500 feet, even in total. The actual itinerary is subject to variables such as the abilities and interests of the group and the weather conditions. The local guides know the area very well, and an easier alternative hike is possible on most days. Lunches will be packed and eaten (mostly outside) at appropriate points during excursions/hikes. There will be two local guides with the group, and a minibus for those who choose to skip a walk/hike.

The weather in July can vary from proper summer conditions to something much cooler, windier, and wetter, then back again within a week (or within a day). A daytime maximum of approximately 60-70°F will be as good as we can expect. Nighttime temperatures will usually drop to around 50°F. It's usually mild, but you need to be prepared with clothes to cover cool and warm weather, not to mention rain. Even in July we could have chilly weather on exposed and breezy coasts. The high latitude of Scotland means that the days will be long with an extended twilight.



View from the Isle of Skye

Passenger Cancellation Penalties: All requests by passengers for cancellations must be received in writing. Cancellations received at least ninety (90) days prior to departure are fully refunded less an administrative fee of three hundred dollars (\$300) per person. Cancellations received between sixty (60) and ninety (90) days prior to departure are fully refunded less an administrative fee of one thousand dollars (\$1,000) per person. Cancellations received within sixty (60) days of departure are subject to 100% of the tour cost. For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. An application will be sent with confirmation of receipt of your deposit.

Air Arrangements & Transfers: Round-trip airfare between home and Glasgow, Scotland, is not included. A group arrival transfer on July 12th from Glasgow to Oban for the ferry to the Isle of Mull is provided plus a group flight on July 21st from Stornoway to Glasgow to connect with flights home. Your flights must arrive in Glasgow no later than 12:00pm on July 12th and depart Glasgow no earlier than 3:15pm on July 21st. Once you have received your final payment invoice, you should book your flights. If you are considering booking your flights before this time, please contact our office first. We do not accept any liability for cancellation penalties related to domestic or international airline tickets.



For questions and to make a reservation please contact Carleton College at:

800-811-7244

Fax: 603-756-2922 Toll: 603-756-4844

Email: carleton@studytours.org • Website: go.carleton.edu/adventures

P.O. Box 938, 47 Main Street, Suite One, Walpole, NH 03608



Tour Prices (Per Person)

Double Occupancy\$6,995
Single Supplement\$925

Single room supplement will be charged when requested or required (limited availability). Prices based on a minimum of 10 and a maximum of 15 participants.

Your Trip Includes:

- Leadership of Carleton faculty leader Clint Cowan;
- Arrival transfer on July 12th from Glasgow to Oban and group flight on July 21st from Stornoway to Glasgow;
- Nine nights' accommodations in finest available hotels, as per the itinerary;
- All meals (including water and welcome & farewell dinners with drinks);
- Surface transportation by air conditioned minibuses, with filtered water provided;
- All boat and ferry transportation as indicated throughout the itinerary;
- All excursions and entrance fees as per the itinerary;
- Services of two professional, English-speaking guides/Tour Manager;
- Gratuities to hotel and restaurant staff and porters;
- Gratuities to the Tour Manager/Guides and drivers;
- Baggage handling at hotels (one bag per person);
- Comprehensive pre-departure information, including a suggested reading guide, travel guide, and packing list.

Rates Do Not Include: Airfare from/to home; passport and visa fees; inoculation fees; all airport fees and departure taxes; cost of personal, trip cancellation, and baggage insurance; transportation of excess baggage; personal tips; items of a personal nature, such as laundry; alcoholic or other beverages (except as noted above); taxi, telephone, and fax charges; optional excursions or deviations from scheduled tour.

Payments: A deposit of \$1,000 per person is required to reserve your space on the tour and is payable by Visa, MasterCard, American Express, or check made payable to EOS-Passenger Account-CAA WestScotland7/15. Final payment is due 90 days prior to departure and must be by personal check only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure. **Prices, itinerary and lecturer are subject to change.** Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason.

Hiking Scotland's Western Isles
July 11-21, 2015 (11 days) with Carleton Professor Clint Cowan

To hold your reservation for seven days while this form and your deposit are in the mail, please contact us at 800-811-7244 or carleton@studytours.org

Name 1: _____
(as it appears on passport) Carleton Class of: _____

Name 2: _____
(as it appears on passport) Carleton Class of: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone (h) _____

Phone (w) _____

Phone (cell) _____

Email _____

I/We have read the 'What to Expect' section and am/are physically able to participate fully on the program.

ACCOMMODATIONS:

Double (one bed) Twin (two beds) Single

I will be sharing with: _____

Share-please assign a roommate (not guaranteed)

I am a Non-smoker Smoker

RESERVATIONS & PAYMENT:

A deposit of \$1,000 per person is required to confirm a reservation. Final payment is due 90 days prior to departure. You will receive an invoice for final payment. **Please note that credit cards are not accepted for final payment.**
All prices and payments are in US dollars.

DEPOSIT TYPE (PLEASE CHECK ONE):

Check payable to: EOS Passenger Account-CAA WScotland7/15

Visa Master Card American Express

CC# _____

Exp. Date _____ 3 or 4 Digit Code _____

Name on Card _____

Please complete this reservation form, sign the release statement below, enclose your deposit, and mail or fax to:

Carleton College Alumni Adventures
P.O. Box 938, Walpole, NH 03608-0938
Fax: 603-756-2922

By signing this form, you are acknowledging that you have read and agree to the Terms & Conditions on the reverse.

Signature _____ Date _____

Signature _____ Date _____

Terms & Conditions

Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason nor to passengers whose required documentation for entry into any country on the itinerary is delayed or denied. **RESPONSIBILITY:** Carleton College and its agent, Eos Study Tours (hereinafter "Sponsors"), and the tour operator, and/or its agents (hereinafter "Operator") assume no liability for failure to provide the services, transportation, lecturers and accommodations referred to in this brochure to the extent that such services and accommodations cannot be supplied due to delays or other causes beyond the control of Operator, which include but are not limited to sickness, epidemics, pandemics, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, and acts of God. In the absence of negligence on the part of Operator, the participant agrees that Operator has no responsibility or liability of any nature whatsoever for damage to or loss of property, or injury to, or death of persons due to any act, omission or negligence of any carrier, hotel, restaurant, bus carrier, tender service, sightseeing company, or any other persons rendering any of the services or ground portions of the itinerary. The participant further waives any claim against Operator and Sponsors for any such damage, loss, injury or death. Operator and Sponsors shall not be responsible for any additional expenses, delays, substitution of equipment, and/or any act or omission whatsoever by the suppliers of such services, their agents, servants and employees, and the participant hereby waives any claim arising there from. Operator and Sponsors reserve the right to decline, accept or retain any participant at any time. Sponsors and Operator reserve the right to cancel this tour prior to departure, in which case payment will be refunded without further obligation on our part, except when trip cancellation, itinerary changes and/or delays are mandated by any of the aforesaid causes beyond our control, the passenger shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as Operator and Sponsors are able to recover on the passenger's behalf from carriers, third-party tour vendors, etc., but, Operator and Sponsors shall not have any obligation or liability to the passenger beyond the foregoing. All refunds of passenger payments are the responsibility of Eos and/or the Operator, and the participant agrees that Carleton College bears no financial responsibility for refunding of participant's payments. The passenger contract in use by the carriers concerned (when issued) shall constitute the sole contract between the transportation companies (such as ship operators and airlines) and the purchaser of this tour and/or passage. Participants are encouraged to purchase airline tickets no sooner than 60 days before the tour begins to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Sponsors and Operator accept no liability for the purchase of non-refundable airline tickets to the tour departure city and return. Baggage and personal effects are at all times the sole responsibility of the participant. By forwarding of deposit, the passenger certifies that he/she agrees with these terms and conditions, and that he/she does not have any mental, physical or other condition or disability that would create a hazard for him/herself or other passengers. **Itinerary:** Sponsors and Operator reserve the right to change the itinerary due to weather conditions, availability of anchorages, political conditions and other factors beyond our control without consulting the participants. Participants have no right to any refund or other considerations in the event of these itinerary changes. Rates are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices. **AS A CONDITION OF ACCEPTANCE, EACH PARTICIPANT MUST AGREE TO AND SIGN THE FOLLOWING RELEASE OF LIABILITY:** RELEASE: Notwithstanding anything set forth above or otherwise contained herein, the signatory clearly understands that the Sponsors are in no way responsible and can assume no liability of any nature whatsoever for the tour and any acts, omissions or negligence by the Operator or by companies and persons with whom the Operator may contract. The signatory has carefully read the list of activities, requirements and conditions as listed in the brochure and application for the tour and is/are aware that the tour and its activities involve the risk of personal injury or death and damage or loss of property. In consideration of the benefits to be derived from participation in the tour, the signatory voluntarily accepts all risk of personal injury or death and property damage or other loss arising from participation on the tour and hereby agrees that he/she and his/her dependents, heirs, executors and assigns, do release and hold harmless Sponsors and the employees, officers, directors, trustees or representatives of Sponsors, from any and all claims, including claims of negligence, illness, personal injury, death or property damage or loss, however caused, arising from or related to this tour. The signatory has read carefully this agreement, and will abide by the conditions set by Sponsors and the Operator as described in the brochure and in the Terms and Conditions of this and other sections as stated herein or elsewhere published. The signatory affirms that he/she has not received or relied on any oral or written representation of Sponsors as a basis for executing this Release.