Carleton College
ALUMNIADVENTURES
Explore the world

Hiking Scotland’s Western Isles
August 18 - September 1, 2014
with Carleton Professor Clint Cowan
Dear Carleton College Alumni and Friends,

I invite you to join Carleton College geologist Clint Cowan ('83) on this wonderful, two-week hiking adventure to discover (on foot) for yourself the wealth of geological and archaeological sites in Scotland's western Highlands and Islands.

This will be Scotland seen slowly, with time for in-depth exploration at each stop. The rocks tell the whole story, going back 2.7 million years, as you travel from the Isle of Arran 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—and fascinating—islands.

Highlights include:

• Hiking at the westernmost edge of Europe, with its high cliffs, spectacular sea lochs and fjords, sandy and rocky bays, caves, and arches;
• Seeing the "unconformity" on the Isle of Arran, recognized in 1787 by early Scottish naturalist James Hutton (often called the "founder of geology"), one of the most important exposures in the history of geology;
• Discovering the early Scots' capital hill fort at Dunadd and the renowned Abbey of St. Columba on Iona (burial place of over forty Scottish kings, including Macbeth);
• Marveling at the Isle of Staffa's magnificent basalt columns and Fingal's Cave, which inspired Mendelssohn's 'Hebrides Overture';
• Enjoying a dram at the famous Talisker single malt distillery on Skye;
• Cruising Loch Coruisk, one of Scotland's most isolated and beautiful lochs, surrounded by magnificent mountain scenery;
• Admiring the Isle of Lewis's traditional blackhouse village, Iron Age broch (circular fort), and the enigmatic 5,000-year-old Standing Stones of Callanish, which rival Stonehenge.

To fully enjoy and visit all the sites on this itinerary, participants 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 seven 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,

Frances L. Spangler '91
President, Carleton College Alumni Association
**Itinerary**

B= Breakfast  L= Lunch  D= Dinner

**Monday, August 18, 2014 - DEPART HOME**

**Tuesday, August 19 - Glasgow, SCOTLAND | Brodick, Isle of Arran**

Arrive in Glasgow, Scotland, at no later than 1:00pm, and you will be met and transferred to Ardrossan, in Ayrshire, for the ferry to Brodick, on the enchanting Isle of Arran. *Overnight at Glenisla Hotel for three nights.* (D)

**Wednesday, August 20 - Isle of Arran: Glen Rosa**

Arran is one of the most varied geological areas in the British Isles, and is often referred to as ‘Scotland in miniature.’ This morning we drive to Brodick for a walk up into Glen Rosa, where we will find an excellent introduction to the rocks of Arran—from the oldest metamorphics to the youngest granites—as well as what may be a section of one of Scotland's major structural features: the Highland Boundary Fault. The Glen also offers excellent views of the craggy peaks of the Goatfell range. (B,L,D)

**Thursday, August 21 - Isle of Arran: Machrie Moor | King's Cave | Drumadoon**

Begin the day with a visit to the Neolithic and early Bronze Age monuments on Machrie Moor, where the moorland is littered with the remains of hut circles, chambered cairns, and solitary standing stones. It is one of the most important sites of its kind in Britain. Our exploration of the west coast of Arran continues with a walk to the King's Cave, where King Robert the Bruce is reputed to have hidden after a defeat in A.D. 1306. The caves may have been used from the Iron Age onwards, and there are ancient carvings on the walls of animals, Pictish symbols, and crosses. Continuing along the raised beach to the south brings us to the impressive columnar basalt cliffs of Drumadoon, on whose summit can be seen traces of an Iron Age (Celtic) fort. (B,L,D)

**Friday, August 22 - Isle of Arran: Hutton's Unconformity | Kintyre: Skipness Castle, Crinan Canal**

Today we take the ferry from Lochranza, in the north of Arran, across the Kilbrannan Sound to Claonaig, Kintyre. Before boarding the ferry, we will walk around the Cock of Arran where we will see one of the most important exposures in the history of geology: James Hutton's unconformity, which he recognized in 1787. It was crucial in providing evidence for the almost unimaginable time required by geological processes and, therefore, the age of the Earth (which was not, in his day, widely accepted) that would later aid Darwin in constructing his theory of evolution. After disembarking the ferry at Kintyre we visit Skipness Castle, originally constructed in the early 1200s, with many later additions and fortifications in the 13th, 14th, and 16th centuries, before it was abandoned in the 17th century. In the late 1200s or early 1300s, Kilbrannan Chapel (St. Brendan's Chapel) was constructed on the nearby shoreline, and there are a number of ancient burial slabs in the surrounding graveyard. Continue north and west along the Crinan Canal, which was built around 1800 and connects Loch Fyne with the Atlantic. *Overnight at Crinan Hotel for two nights.* (B,L,D)
Saturday, August 23 - Crinan Canal and Kilmartin Glen
Up to 5 miles and 315 ft. of ascent
We start the day with a walk from our hotel through ancient oak woods, rich in ferns, mosses, and lichens, typical of Scotland’s western seaboard. Our walk takes us along a cross-section of Kilmartin Glen’s prehistoric and early historic monuments: a stone circle, linear cemetery with five burial cairns, Iron Age forts, and sculpted stones. Dunadd was the capital hill fort of the Scots – Iron Age Celtic colonists from the Irish kingdom of Dalriada - from at least the 6th to the 8th centuries. A short walk and a little climb to the top of the hill gives us the opportunity to place a foot in the carved footprint where the kings of Scots may well have placed theirs upon being crowned. (B,L,D)

Sunday, August 24 - Isle of Mull: Duart Castle and Tobermory
Distance and ascent negligible
Continue our journey north to Oban to catch a ferry to the Isle of Mull, whose mountains (magnificent as they are) are mere ruins of three large volcanoes that were active between 60 and 55 million years ago. On disembarking at Craignure, we examine local cone sheets and folding that give us clues to the location of the original volcanic vents. Continue on to Duart Castle, the ancestral home of the Clan Maclean (and for 400 years it was the base of their sea-born power). The castle was abandoned from 1751 until 1910, when what was left of it was purchased by Sir Fitzroy Maclean, 26th Chief, who set about the enormous task of restoring the building to the impressive state it is in today. Spend the afternoon in Tobermory, the picturesque island ‘capital’ with its colorful harbor. Overnight at The Western Isles Hotel for two nights. (B,L,D)

Monday, August 25 - Isle of Mull | Isles of Staffa and Iona | Isle of Mull
Short walks to the sites 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)

**Tuesday, August 26 - Isle of Mull | Isle of Skye**

2.5 miles and 150 ft. of ascent

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. Stop at Glenfinnan, at the head of Loch Shiel, where Prince Charles Edward Stuart (Bonnie Prince Charlie) raised his standard on 19 August 1745, marking the start of his campaign to restore the exiled Stuarts to the Scottish throne. *Overnight at Kinloch Lodge for three nights.* (B,L,D)

**Wednesday, August 27 - Isle of Skye: Sleat | Talisker Distillery**

Up to 6 miles and 800 ft. of ascent

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)

**Thursday, August 28 - Isle of Skye: Loch Coruisk and the Cuillin**

3 miles and 300 ft. of ascent

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 peaks of the 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)

**Friday, August 29 - Isle of Skye | Isle of Harris**

3 miles and 500 ft. of ascent

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)

**Saturday, August 30 - Isle of Harris**

Up to 6 miles, minor ascents

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)
Sunday, August 31 - Isle of Harris | Isle of Lewis: Callanish, Dun Carloway, Gearrannan | Isle of Harris

2.5 miles and negligible ascent

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)

Monday, September 1 - Isle of Harris | Glasgow | FLY HOME

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

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 Carleton Alumni Adventures programs, including hiking programs in western Scotland’s Argyll and the Isle of Arran (2008) and in northern Scotland’s Orkneys and Shetlands (2013), and sailing on 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 Orkney and Shetland Islands.
What to Expect
This is a good introduction to hiking in Scotland for people with basic fitness, combining hiking and visits to geological and archaeological sites. Daily walking distances will not exceed seven 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 as great as 1,200 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 August 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 60-65°F will be as good as we can expect and we may not get it - we are on the same latitude as Sweden after all. Night time temperatures will usually drop to around 50°F. In general it's a little less rainy now than it is in succeeding months and usually mild, but you do need to be prepared with clothes to cover cool and warm weather, not to mention rain. The high latitude of Scotland means that the days will be very long with an extended twilight.

Tour Prices (Per Person)
Double Occupancy .............................................. $7,745
Single Supplement .............................................. $1,195

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 College Professor Clint Cowan;
- Arrival transfer on August 19th from Glasgow to Ardrossan and group flight on September 1st from Stornoway to Glasgow;
- Thirteen 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 & 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 WestScotland8/14. 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.

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. An arrival transfer on August 19th from Glasgow to Ardrossan and a group flight on September 1st from Stornoway to Glasgow are provided, but your flights must arrive in Glasgow no later than 1:00pm on August 19th and depart Glasgow no earlier than 3:15pm on September 1st. 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 hold your space, please contact Carleton College Alumni Adventures 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

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Hiking Scotland's Western Isles
August 18 - September 1, 2014 (15 days)

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: ____________________________ Carleton Class of: ____________
(as it appears on passport)

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

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 WestScotland8/14
☐ 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 ______

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 not meeting the requirements or for entry into any country on the itinerary is delayed or denied. RESPONSIBILITY: Carleton College and its agent, Eos (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, weather, strike, fire, 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 hereby waives any claim against Operator and its 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 participants. Participants are encouraged to purchase airline tickets no sooner than 60 days before the tour begins to avoid airfare 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, air or sea traffic conditions, availability of anchorages, political conditions and other factors beyond our control without consulting the participating passengers. 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; set forth above or outstanding anything 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.