Exploring Scotland's Orkney and Shetland Islands: A Hiking Adventure
August 7-17, 2013 (11 days) with Carleton Professor Clint Cowan

The "Old Man of Hoy" stands 450 ft. high on the Isle of Hoy, Orkney Islands.
Dear Carleton College Alumni and Friends,

I invite you to join Carleton College geologist Clint Cowan ’83 on this unique new hiking tour in Scotland’s little-visited Orkney and Shetland Islands!

This is the perfect opportunity to explore on foot Scotland’s Northern Isles’ amazing wealth of geological and archaeological sites. Their rocks tell the whole story, spanning almost three billion years. On Shetland you will walk on an ancient ocean floor, explore an extinct volcano, and stroll across shifting sands. In contrast, Orkney is made up largely of sedimentary rocks, one of the best collections of these sediments to be seen anywhere in the world. Both archipelagoes also have an amazing wealth of archaeological sites dating back 5,000 years. This geological and archaeological saga is worth the telling, and nowhere else can the evidence be seen in more glorious a setting.

This active land tour features daily hikes that are easy to moderate in difficulty, so to fully enjoy and visit all the sites on this itinerary one should be in good walking condition (and, obviously, enjoy hiking!).

Highlights include:

- The “Heart of Neolithic Orkney,” inscribed as a UNESCO World Heritage site in 1999, including the chambered tomb of Maeshowe, estimated to have been constructed around 2700 B.C.; the 4,000 year old Ring of Brodgar, one of Europe’s finest Neolithic monuments; Skara Brae settlement; and associated monuments and stone settings. These are unquestionably among the most important Neolithic sites in western Europe.
- Excavations at the Ness of Brodgar, a massive ceremonial complex that, in its heyday, must have completely dominated the landscape.
- The view from Ronas Hill on a bright day, showing all of Shetland.
- Some of the Northern Isles’ most spectacular coastal scenery and dramatic geological formations, such as on the Isle of Hoy and the Eshaness peninsula.

Two minibuses, each with a local driver/guide, will accompany our group, which is limited to only fourteen participants. Our guides will explain in advance the difficulty of each day’s hike(s) and, if you prefer, you can opt out of any hiking excursion and be driven to the next stop; but, bear in mind that a few sites can only be visited if you approach them by foot. The hiking duration for each day is estimated within the following itinerary.

All meals are included, and you will enjoy comfortable accommodations: three nights at the historic Orkney Hotel, a comfortable overnight ferry to Shetland, and five nights at the remote and charming Busta House Hotel.

Sincerely,

Frances L. Spangler ’91
President, Carleton College Alumni Association
**Itinerary - August 7-17, 2013 (11 days)**

**Wednesday, August 7, 2013 - DEPART HOME**

**Thursday, August 8 - Aberdeen, SCOTLAND | Kirkwall, Orkney**

Upon your arrival in Aberdeen, Scotland, at no later than 3:00pm, you will be met and transferred to the ferry terminal in Aberdeen, where our group will board the ferry to Kirkwall, Orkney. We will have dinner aboard the ferry, arrive in Kirkwall at about 11:00pm, and transfer to our hotel. Overnight at The Orkney Hotel for three nights. (D)

**Friday, August 9 - Kirkwall | Mainland Orkney | Kirkwall**

*Distance 5 mi. Height climbed: negligible*

Following breakfast, we will visit several important Neolithic sites on mainland Orkney, from the Ring of Brodgar, via the Ness of Brodgar excavations, to the Standing Stones of Stenness and Maeshowe, which is Britain's largest chambered cairn. This, the ‘Heart of Neolithic Orkney,’ which also includes Skara Brae (a site we will visit tomorrow), was inscribed as a UNESCO World Heritage site in 1999. We also visit Broch of Gurness (Aikerness Broch), a wonderfully-preserved Pictish broch and, from more recent times, the cathedral of St. Magnus in Kirkwall. Coastal sites of geological interest include dune systems and a great variety of beach forms. (B,L,D)

**Saturday, August 10 - Kirkwall | Skara Brae | Stromness | Kirkwall**

*Distance 3-6 mi. Height climbed: 300-600 ft.*

Today we witness the wreckage of the mountains as represented by the Stromness Flagstone group of rocks. These were ideally suited as building materials and were used by the builders of the Neolithic settlement of Skara Brae, possibly Orkney's most exciting archaeological site, which was buried by a sandstorm in about 2450 B.C. It was well preserved and then revealed by another storm in 1850. After visiting Skara Brae we will walk south along the spectacular coast with geos, natural arches, caves, sea stacks, and outcrops of igneous basement rocks; and visit the town of Stromness, an intimate stone-built port huddled against the sea. (B,L,D)

**Sunday, August 11 - Kirkwall | Isle of Hoy | Kirkwall**

*Distance 6.75 mi. Height climbed: 250-500 ft.*

This morning we will check out of our hotel and take the ferry to Hoy, the highest and wildest of all Orkney Islands. Our walk will take us to the world

Above: Skara Brae, where the original village dates back to 2450 B.C. Below: The Ring of Brodgar, a stone circle that is 341 ft. in diameter, is the third largest in the British Isles.
famous sea stack (at 450 ft.) known as The Old Man of Hoy. Before returning to the ferry, we will visit the 5,000-year-old Dwarfie Stane, a rock-cut tomb similar to the chamber tombs of the Mediterranean. Return by ferry to Kirkwall, mainland Orkney, in the evening. Dinner tonight will be at The Orkney Hotel, before we take the overnight ferry from Kirkwall to Shetland at about 11:00pm. (B,L,D)

Monday, August 12 - Lerwick, Shetland | North Roe | Brae
Distance 6 mi. Height climbed: 450 ft.
We arrive in Lerwick in the morning. After breakfast on the ferry we visit the oldest rocks in Shetland. In addition to the ancient basement rocks, similar to those of Greenland, we see a good exposure of a major fault (similar to the San Andreas) that crosses the highlands of Scotland as well as Shetland. Overnight at the Busta House Hotel, located near Brae, for five nights. (B,L,D)

Tuesday, August 13 - Brae | Isle of Mousa | South Mainland | St. Ninian’s Isle | Brae
Distance 4 mi. Height climbed: negligible
Travel south today for the boat to the uninhabited island of Mousa, which is famous for its Iron Age broch—the world’s best-preserved Pictish broch. It rises to 40 feet, and the skill and accuracy of its builders has resulted in a 2,000-year-old construction that appears today as though the builders have just laid the last stone and gone home for the night. Back on mainland we will visit a Viking soapstone quarry on a near industrial scale as well as Jarlshof, which was occupied for more than 4,000 years. The site boasts a remarkable sequence of stone structures: late Neolithic houses, a Bronze Age village, an Iron Age broch and wheelhouses, a Norse longhouse, a medieval farmstead, and a 16th-century laird’s house. Our last stop is the sand bar (tombolo) linking St. Ninian’s Isle to the mainland. (B,L,D)

Wednesday, August 14 - Brae | Isle of Unst | Brae
Distance 3-6 mi. Height climbed: 330-660 ft.
Unst consists of a block of oceanic crust thrust, which is very much out of place. These enormous masses of thrust rock (called ophiolites) give a rare glimpse into the Earth’s deep interior. Along our way we will encounter some very interesting botany, a Viking longship and replica longhouse, and the northernmost cliffs of the British Isles, which in the spring are home to over 100,000 breeding sea birds. (B,L,D)

Thursday, August 15 - Brae | Eshaness | Brae
Distance 4.5 mi. Height climbed: 200 ft.
The Eshaness peninsula tells a fascinating story of a long extinct volcano. The spectacular cliffs we see today cut right through the flank of what was the Eshaness volcano. It is the best section through the flank of a volcano in

the British Isles and a geological ‘must’. The sea has exploited cracks in the volcanic bedrock to carve out the dramatic array of stacks, geos, and blowholes including the Hols o’ Scraada (Old Scratch, or the Devil), which were formed when the roof caved in at the end of a deep and narrow sea cave stretching more than one hundred yards from the coast. Another highlight is an active storm beach still being shaped by hurricane force winds from the Atlantic in the winter. (B,L,D)

Friday, August 16 - Brae | Ronas Hill | Brae
Distance 5 mi. Height climbed: 800 ft.

Ronas Hill is Shetland’s highest hill (1475 ft.) and topped by a prehistoric chambered burial cairn. The granite summit has a subarctic climate, with patterns created by freezing and thawing in the stony soils and some rare Arctic/Alpine plants. Our walk to the top of Ronas Hill starts at 700 ft. and it offers the chance to examine its granites and the freeze-thaw features. On a bright day the views from the top are spectacular. We will also have time to visit the result of a major tsunami that occurred 8,000 years ago. (B,L,D)

Saturday, August 17 - Brae | Aberdeen | FLY HOME

Transfer to Sumburgh Airport, Shetland, for our flight to Aberdeen, arriving at 11:45am. Independently connect to your flights home (departing no earlier than 1:30pm). (B)
Carleton College Study 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, walking throughout Argyll and the Isle of Arran on the west coast of Scotland, 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 Orkney and Shetland Islands.

Accommodations

We will stay in small, charming, good-quality hotels, and have one overnight ferry trip.

Hotels

August 8th–10th (3 nights): Orkney Hotel, Kirkwall, Orkney (www.orkneyhotel.co.uk)

The hotel dates back to 1670, when local merchant John Richan built it as a family home, and it is situated in the heart of the ancient royal burgh of Kirkwall. The hotel offers every modern convenience, while retaining most of its original features, and its award-winning local cuisine combines with traditional Orcadian hospitality.

August 12th–16th (5 nights): Busta House Hotel, Busta, Shetland (www.bustahouse.com)

The oldest part of the house was built in 1588, and it was extended in the 17th and 18th centuries. All the bedrooms are named after islands around the coast of mainland Shetland and are individually decorated to give each a unique character. The cuisine features lots of local produce.

Ferry

August 11th: Cabin on overnight ferry

The ferry company we use for transits Aberdeen / Kirkwall and Kirkwall / Lerwick is Northlink Ferries (www.northlinkferries.co.uk). On August 11th, travelers will stay in two-berth, outside cabins, and single travelers will have a two-berth cabin for single occupancy. Dinner will be served, while breakfast is self-service.

NOTE: All the other ferry crossings will be short (between 10 and 30 minutes each). On those ferries there are passenger lounges and rest rooms.
**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 6.75 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 thousand 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 hike. Average temperatures in August range from 55 F to 65 F with a fair chance of some precipitation.

**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.

**Air Arrangements & Transfers:** Round-trip airfare between home and Aberdeen, Scotland (ABZ), is not included. Complimentary transfers between Aberdeen (airport, hotel, or train station) and the ferry terminal on group arrival date is included. You must arrive in Aberdeen no later than 3:00pm on August 8th and depart Aberdeen no earlier than 1:30pm on August 17th. Please check with our office before booking non-refundable airline tickets.

**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.

Prices, itinerary and leader 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.

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**Tour Prices (Per Person)**

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<th>Double Occupancy</th>
<th>$4,995</th>
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Single room supplement will be charged when requested or required (limited availability). Prices based on a minimum of 10 and a maximum of 14 participants.

**Your Trip Includes:**

- Leadership of Carleton College Professor Clint Cowan;
- Transfer between Aberdeen (airport, hotel, or train station) and the ferry terminal on group arrival date;
- Eight nights’ accommodations in finest available hotels, as per the itinerary;
- One night aboard an overnight ferry;
- Flight from Shetland to Aberdeen on August 17th;
- All meals (including water and welcome & farewell dinners with drinks);
- All excursions and entrance fees as per the itinerary;
- Surface transportation by air conditioned minibuses, with filtered water provided;
- 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.

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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
RESERVATION FORM

Carleton College

Exploring Scotland’s Orkney and Shetland Islands:
A Hiking Adventure
August 7-17, 2013 (11 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: (as it appears on passport) Carleton Class of:
Name 2: (as it appears on passport) Carleton Class of:
City: 
State: Zip: 
Phone (h): 
Phone (w): 
Phone (cell): Email: 

☐ I 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-assigned 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 Escrow—CCA Scotland 8/13
☐ 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 or to passengers whose required documentation 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, 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 the Operator, the participant agrees that the Operator has no responsibility or liability 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, car 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 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 correct or re-
tain 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, itineraries 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 accommodations, 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:

BY SIGNING THIS FORM, YOU ARE ACKNOWLEDGING THAT YOU HAVE READ AND AGREE TO ALL THE TERMS AND CONDITIONS OF THIS AND OTHER SECTIONS AS STATED HEREFOR AND 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.