This is the perfect opportunity to explore Scotland’s Northern Isles on foot and discover their wealth of geological, archaeological and natural sites in a glorious setting. The landscapes and seascapes of the Orkney and Shetland Islands make you feel as if you have found one of the most remote coastlines in the world with superb wildlife, a history that stretches from the last war right back to the dawn of civilization and rocks that tell the whole story, spanning almost three billion years.

Orkney is a place of open skies, rounded hills, beautiful beaches, and well-kept farms. Beneath many of today’s modern farms are the remains of Viking farms and, beneath that, layers of occupation stretching even further back in time.

The more rugged Shetland lies 100 miles north of the Scottish mainland. The complex geology and the erosive effect of the North Atlantic and the North Sea, have created a landscape of dramatic cliffs, long fjord like ‘voes’ and beautiful sandy beaches. Nature lovers are drawn because of the abundance of wild flowers, birds and marine wildlife.

Activity Level 4: ⚠️⚠️⚠️⚠️⚠️

UP FOR A CHALLENGE
You must be reasonably fit to participate in this tour. Hikes will be up to 6 miles per day, sometimes uphill (up to 800ft of ascent), and over uneven ground. Terrain will be varied: open and rough moorland, hill, and coastal cliff tops. There are no high mountains but the tops of hills will have sub-Arctic climate—and even the low level walks will be exposed to weather from the Atlantic and the North Sea.

TO BOOK A TRIP, CALL 800-422-1636 OR VISIT ALUMNI.HARVARD.EDU/TRAVEL

Ring of Brodgar standing stones, which is part of the UNESCO World Heritage site on the Orkney islands.
Schedule by Day
B=Breakfast, L=Packed lunch, D=Dinner

FRIDAY, AUGUST 23
Depart U.S.
Depart the U.S. on independent flights to Scotland.

SATURDAY, AUGUST 24
Arrive Aberdeen / Kirkwall, Orkney (1)
Arrive in Aberdeen today for a 3:00 pm transfer to the ferry terminal where the group will board a ferry to Kirkwall, Orkney. Enjoy dinner aboard the ferry. Arrive in Kirkwall around 11:00pm and transfer to your hotel.
Overnight: Lynnfield Hotel (D)

SUNDAY, AUGUST 25
Mainland Orkney (2)
Today, visit several important Neolithic sites on mainland Orkney including: The Ring of Brodgar, Ness of Brodgar, Stones of Stenness, and Maeshowe, Britain’s largest chambered cairn. These sites make up the “Heart of Neolithic Orkney,” a UNESCO World Heritage site.
Hiking distance: 5 miles. Height climbed: negligible
Overnight: Lynnfield Hotel (B, L, D)

MONDAY, AUGUST 26
Skara Brae / Kirkwall (3)
Begin the day at Skara Brae, possibly Orkney’s most exciting archaeological site, which was buried by a sandstorm in about 2450BC and revealed by another storm in 1850.
Later, walk south along the Old Red Sandstone coastal cliff scenery, which features geos, natural arches, caves, and sea stacks.
Visit the town of Kirkwall this afternoon to view its Cathedral and palaces.
Hiking distance: 3 miles. Height climbed: 300 ft.
Overnight: Lynnfield Hotel (B, L, D)

TUESDAY, AUGUST 27
Isle of Hoy (4)
This morning, take the ferry to Hoy.
Your walk today will bring you to the world famous sea stack known as The Old Man of Hoy, which has attracted generations of climbers, not to mention nesting seabirds.
Dinner tonight will be in the hotel before you board an overnight ferry to Shetland at about 11:00pm.
Hiking distance: 5 miles. Height climbed: 720 ft.
Overnight: Ferry, 2-berth outer cabin (B, L, D)

WEDNESDAY, AUGUST 28
South Mainland, Shetland / Isle Of Mousa (5)
Disembark the ferry in Lerwick this morning and head south to visit Jarlshof. The site, which was occupied for more than 4,000 years, boasts a remarkable sequence of stone structures: late Neolithic houses, a Bronze Age and an Iron Age village, a Norse longhouse, a medieval farmstead, and a 16th-century laird’s house.
This afternoon, take a boat to the uninhabited island of Mousa. The wildlife here includes harbour and grey seals. The island is also famous for its Iron Age broch, which, at 44 feet, is the world’s tallest and best preserved Pictish broch.
Back on the mainland, travel north to your hotel.
Hiking distance: 4 miles. Height climbed: negligible
Overnight: Busta House Hotel (B, L, D)

THURSDAY, AUGUST 29
Fethaland / Viking Quarry (6)
Begin today in Fethaland, the northernmost part of Shetland’s mainland. Walk to a ruined Haaf (meaning “open sea”) fishing station. From the 15th century until the beginning of the 20th century extremely brave fishermen ventured out 50 miles into the Atlantic Ocean in open boats to catch ling and cod.
Another place of interest that you will encounter during your walk is a Viking soapstone quarry.
Hiking distance: 6 miles. Height climbed: 450 ft.
Overnight: Busta House Hotel (B, L, D)
FRIDAY, AUGUST 30
Isle of Unst (7)
Today, we travel via Yell to Unst, using two ferries. Unst is one of the North Isles of the Shetland Islands. It consists of a block of oceanic crust thrust that 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 the way, encounter some very interesting botany, a Viking long ship and replica longhouse, and the northernmost cliffs of the British Isles, which are home to some large gannet colonies.

Hiking distance: 3-6 miles. Height climbed: 330-660 ft.
Overnight: Busta House Hotel (B, L, D)

SATURDAY, AUGUST 31
Eshaness (8)
Today visit the Eshaness peninsula, which tells a fascinating story of a long extinct volcano. The spectacular cliffs you see today are the best section through the flank of a volcano in the British Isles and it is a geological ‘must’. The sea has carved out a dramatic array of stacks, geos, and blowholes.

Another highlight is an active storm beach.

Hiking distance: 4.5 miles. Height climbed: 200 ft.
Overnight: Busta House Hotel (B, L, D)

SUNDAY, SEPTEMBER 1
Ronas Hill / Lerwick (9)
Today, visit Ronas Hill, Shetland’s highest hill (1475 feet) 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.

Your walk to the top of Ronas Hill starts at 700 feet and offers you the chance to examine its granites and the freeze-thaw features. On a bright day, the views from the top are spectacular.

After the walk you will drive to Lerwick. There you will have free time to explore the town, its shops, and the excellent Shetland Museum & Archives before boarding the overnight ferry to Aberdeen.

Hiking distance: 5 miles. Height climbed: 800 ft.
Overnight: Ferry, 2-berth outer cabin (B, L, D)

MONDAY, SEPTEMBER 2
Aberdeen
Arrive in Aberdeen this morning and depart for home. Flights should depart Aberdeen no earlier than 11:00am.

(M)
Trip Highlights

• Visit UNESCO World Heritage sites on Orkney, including Skara Brae, Maeshowe, and the Ring of Brodgar
• Hike to the Old Man of Hoy sea stack, Orkney
• Boat trip to Mousa and hiking to Mousa broch, Shetland
• Marvel at the spectacular cliffs of Eshaness, Shetland that show the best section through the flank of an extinct volcano in the British Isles
• Explore Hermaness National Nature Reserve, the most northerly point of Britain

Accommodations

LYNNFIELD HOTEL, ORKNEY The hotel is family owned and has panoramic views of Kirkwall Bay and Islands. It has large, comfortable, well-appointed bedrooms. The menus change daily according to what produce is available and in season, and whenever possible, locally sourced ingredients are used.

BUSTA HOUSE HOTEL, SHETLAND The oldest part of Busta House was built in 1588. The house has been extended in the 17th and 18th century. The bedrooms are individually decorated to give each a unique character. The cuisine includes lots of local produce.

NORTHLINK FERRIES The ships are purpose built for the route and offer the highest standards of safety and comfort. Whether you are in a public area or a cabin, as you set to sea you’ll feel like you’re on a cruise.

Pricing

• $4,995 per person, double occupancy
• $5,750 per person, single occupancy.

AIR ARRANGEMENTS The tour starts and finishes in Aberdeen. Aberdeen has an international airport and a number of airlines fly to Aberdeen Airport.

TO BOOK A TRIP, CALL 800-422-1636 OR VISIT ALUMNI.HARVARD.EDU/TRAVEL
Registration Form

**To register**, fill out this form and return to Harvard Alumni Travels with your deposit of $1,000 per person.

**Please return this form by mail to:**
Harvard Alumni Travels
124 Mount Auburn Street, 6th Floor, Cambridge, MA 02138
Or by FAX: 617-496-4011

**Please call with any questions:**
800-422-1636 or 617-496-0806

**How did you hear about this trip?**

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**CANCELLATIONS & REFUNDS**
Notification of cancellation must be received in writing by HAA from the participant. Refunds for cancellations are subject to the following per person charges: Cancel 90 days or more before departure: full refund of paid deposit; Cancel 60-90 days before departure: 50% of tour price per person; Cancel 60 days or less prior to departure: 100% of tour price per person.

**INSURANCE**
We highly recommend the purchase of trip cancellation insurance to cover unexpected trip interruptions, cancellations, and lost baggage. An application for trip cancellation insurance through our recommended provider, Ripcord Rescue Insurance, will be provided by Harvard Alumni Travels upon confirmation.

**AIR ARRANGEMENTS**
International airfare is not included in the cost of the program. Neither Harvard Alumni Travels nor the tour operator accepts the liability for any airline cancellation penalty incurred by the purchase of a non-refundable airline ticket. The air ticket when issued shall constitute the sole contract between the passenger and the airline concerned.

**RESPONSIBILITY**
Certain other provisions apply regarding limitations of liability and rights of Harvard Alumni Travels and the tour operator. The statement of responsibility is available at https://alumni.harvard.edu/travel/trips/scotland-hiking-2019. If you are not able to access the Internet, please call Harvard Alumni Travels at 800-422-1636 or 617-496-0806.

**DISCLAIMER**
Every reasonable effort has been made to ensure the accuracy of information presented in this publication. Harvard Alumni Travels is not responsible for errors in or damages resulting from use of the information contained herein. Information contained in this document is subject to change.

**QUESTIONS**
Please call Harvard Alumni Travels at 800-422-1636 or 617-496-0806, or email us at haatravels@harvard.edu

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PROGRAM NAME START DATE
FIRST PERSON NAME ON PASSPORT DATE OF BIRTH
SECOND PERSON NAME ON PASSPORT DATE OF BIRTH
METHOD OF DEPOSIT
CHECK (please enclose check) MASTERCARD VISA
CARD NUMBER
EXPIRATION DATE 3-DIGIT SECURITY CODE
NAME AS IT APPEARS ON CARD
I/WE CONFIRM THAT I/WE HAVE READ AND ACCEPT THE GENERAL INFORMATION FOR THIS TOUR, INCLUDING REFUNDS AND CANCELLATIONS AND THE RESPONSIBILITY CLAUSE AT ALUMNI.HARVARD.EDU/TRAVEL.

SIGNATURE
SIGNATURE

ACCOMMODATIONS

<table>
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<th>CATEGORY PREFERENCE</th>
<th>DOUBLE ROOM</th>
<th>SINGLE ROOM</th>
<th>SHARE A ROOM WITH</th>
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ROOMMATE
Trip Sampling

LAND & RAIL

Colombia: from Bogotá to Cartagena
MAR 6–18, 2019
Alexandra Vacroux

Journey through the South Caucasus
MAY 8–22, 2019
Zarin Machanda

Hmsc Wild Africa
MAY 20–JUN 3, 2019
Alexandra Vacroux

Gateway to Authentic Ireland
JUN 7–17, 2019
Catherine Mckenna

Trans-Siberian by Private Train with the Nadaam Festival
JUN 29–JUL 13, 2019
Peter Galbraith

Azores Getaway
OCT 11–14, 2019

RIVERS & LAKES

The Pride of South Africa, Namibia, Botswana & Zimbabwe
MAR 14–30, 2019
Suzanne Blier

CRUISES

A Cruise of the Panama Canal & Costa Rica on Le Champlain
FEB 2–10, 2019
Don Pfister

Westerly Winds: Canary Islands, Morocco & Iberia on Sea Spirit
APR 5–18, 2019
Michael Mcelroy

Arctic Expedition: Spitsbergen and Svalbard on L’Austral
JUN 14–24, 2019
Lisa Randall

Circumnavigation of Iceland on Le Champlain
JUL 31–AUG 8, 2019
Fran Uimer

Cruising the Adriatic: The Best of Slovenia & Croatia on Queen Eleganza
SEP 8–19, 2019

Sicily by Sail: Valletta to Catania on Sea Cloud II
OCT 3–11, 2019
Leo Damrosch & Joyce Van Dyke

New Year’s Galápagos on Origin
DEC 28 2019–JAN 6, 2020
Janet Browne

FAMILY ADVENTURES

Greece: A Family Odyssey on Running on Waves
JUN 20–29, 2019
Jonathan Walton

China Family Tour: Imperial Grandeur, Terracotta Warriors, Giant Pandas
JUN 21–JUL 3, 2019
R Nicholas Burns

Hmsc Galápagos Family Adventure on La Pinta
JUN 23–JUL 2, 2019
Brian Farrell

Westerly Winds: Canary Islands, Morocco & Iberia on Sea Spirit
APR 5–18, 2019
Michael Mcelroy

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View from Ronas Hill, with 1476 ft the highest hill on the Shetland Islands