

# HIKING IN THE BRITISH ISLES

DETAILED ITINERARY

Nov 13/23



This incredible 14 day journey has been designed to offer the history, heritage, landscapes and cultures of the British Isles. By spending a few days in four different countries, we will understand the distinct characteristics of each nation, while enjoying the outdoor-themed highlights along the way.

In Ireland, we have the opportunity to explore Dublin by foot visiting the Book of Kells, enjoying a pint of Guinness, as well as experiencing the impressive beauty of Powerscourt House & Glendalough. A ferry takes us to Wales where we will enjoy more fantastic hikes, medieval castles and learn about Welsh history and their language.

In the English Lake District, enjoy a traditional cream tea, a local market, and a creamery where we watch their famous cheese being made. A steamship takes us to the starting point of one of our scenic hikes. The Scottish Highlands offers wildlife, tasty treats and a hike to the summit of Ben Vrackie, where the 360 degree views over Pitlochry and the countryside are simply stunning. We end our trip in Edinburgh with a walking tour and a bit of storytelling.

## FACTS & HIGHLIGHTS

- 14 days • Maximum 16 travelers • Start in Dublin, Ireland and finish in Edinburgh, Scotland
- All meals included • Enjoy and active, offbeat adventure to Ireland, Wales, England and Scotland
- Enjoy Dublin and the surrounding Irish countryside • Visit Snowdonia National Park, castles and Welsh culture
- Explore Yorkshire Dales and Lake District National Parks in England
- Hike the scenic hills and explore the sites of Edinburgh

## DEPARTURE DATES & PRICE

**Jun 02 - Jun 15, 2024 - \$7895 USD**

**Activity Level: 3-4**

### Comfort Level:

Hike are on uneven terrain and you must be prepared for rain. 1 hike is an Activity Level 4.

## ACCOMMODATIONS

Comfortable hotels with private bathrooms.

**ELDERTREKS**



SMALL GROUP  
**EXOTIC ADVENTURES**  
FOR TRAVELERS 50 PLUS

## DAY 1 • ARRIVE IN DUBLIN

On arrival in Dublin, we transfer to the city center hotel. Late afternoon, we'll provide a trip briefing and enjoy an early evening welcome dinner, allowing clients to get an early night and recover from any jet lag.

Dinner and overnight in Dublin, Ireland.

## DAY 2 • POWERSCOURT HOUSE & GLENDALOUGH

Leaving Dublin, we venture a short distance south to visit the impressive gardens of Powerscourt House, a country estate dating back to the 1300's. After lunch, we hike a section of the famous Wicklow Way hiking trail. We pass through lush pine forests before descending to beautiful Glendalough - Gaelic for "the valley of two lakes" - a monastic site established in the 6th-century by hermit St. Kevin. A short transfer takes us back to Dublin.

Overnight in Dublin, Ireland.

Hike details: 10 km/6 miles, mainly good trails (3 hours)

## DAY 3 • EXPLORE DUBLIN

It would be crazy to visit such a fascinating city and not have time to explore it! After breakfast, be enlightened by our local expert who will lead us on a walking tour of the city, amusing us with tales of its colorful history. Afterwards, we'll visit the famous Book of Kells and then sip a pint of Guinness in Dublin's most famous pub! We'll enjoy a celebratory dinner on our final night in Ireland.

Overnight in Dublin, Ireland.

## DAY 4 • ACROSS THE SEA TO WALES

After breakfast, we take the ferry across the Irish Sea to Wales. We land in the northwest corner of Wales, which is a great place to explore, with lots to see and do. Arriving late morning, we'll visit Caernarfon Castle, which was









built by Edward I to suppress Welsh rebellions against the English village. After lunch, we visit the fascinating National Slate Museum in the nearby mountain town of Llanberis.

Overnight in Caernarfon, Wales.

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## DAY 5 • THE LLYN PENINSULA

The Llyn Peninsula, located just west of Caernarfon, is a wonderful place to visit. We'll visit Nant Gwrtheyrn, the Welsh Language School, which is based in a former quarrying village, including its Heritage Center and a Quarryman's cottage, as we learn about the Welsh language. The school also happens to be located on the side of a mountain overlooking the sea.

Overnight in Caernarfon, Wales.

## DAY 6 • HIKING WALES AND NORTH TO THE YORKSHIRE DALES

After breakfast, we'll visit Snowdonia National Park for a short hike into Cwm Idwal - a fantastic glaciated hanging valley, which is a mecca for mountaineers and natural historians alike. Afterwards, we transfer east, crossing the border into England and continuing north to the Yorkshire Dales, our base for the next 3 nights.

Overnight in Yorkshire Dales, England.

Hike details: 3 km/2 miles, mainly good trails (1.5 hours)

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## DAY 7 • HIKING SWALEDALE

For classic Yorkshire Dales scenery, a hike through the Swaledale valley is a must. We'll follow a gently rolling trail through stone-walled, sheep-filled fields,









# Caernarfon Castle









delighting in the beautiful landscape all around. After a traditional cream tea in a local cafe, we'll visit the market town of Hawes, where we can visit the Wensleydale Creamery to see its famous cheese being made.

Overnight in Yorkshire Dales, England.

Hike details: 11 km/7 miles, mainly good trails (3-4 hours)

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## DAY 8 • THE ENGLISH LAKE DISTRICT

We transfer west a short distance to enter the Lake District National Park. We jump on a traditional

steamship for a cruise on beautiful Ullswater. We disembark the steamship at a different jetty, allowing us to enjoy a scenic hike along the lakeshore back to our start point. We enjoy a celebratory dinner to mark our final night in England, as Scotland beckons in the morning!

Overnight in Yorkshire Dales, England.

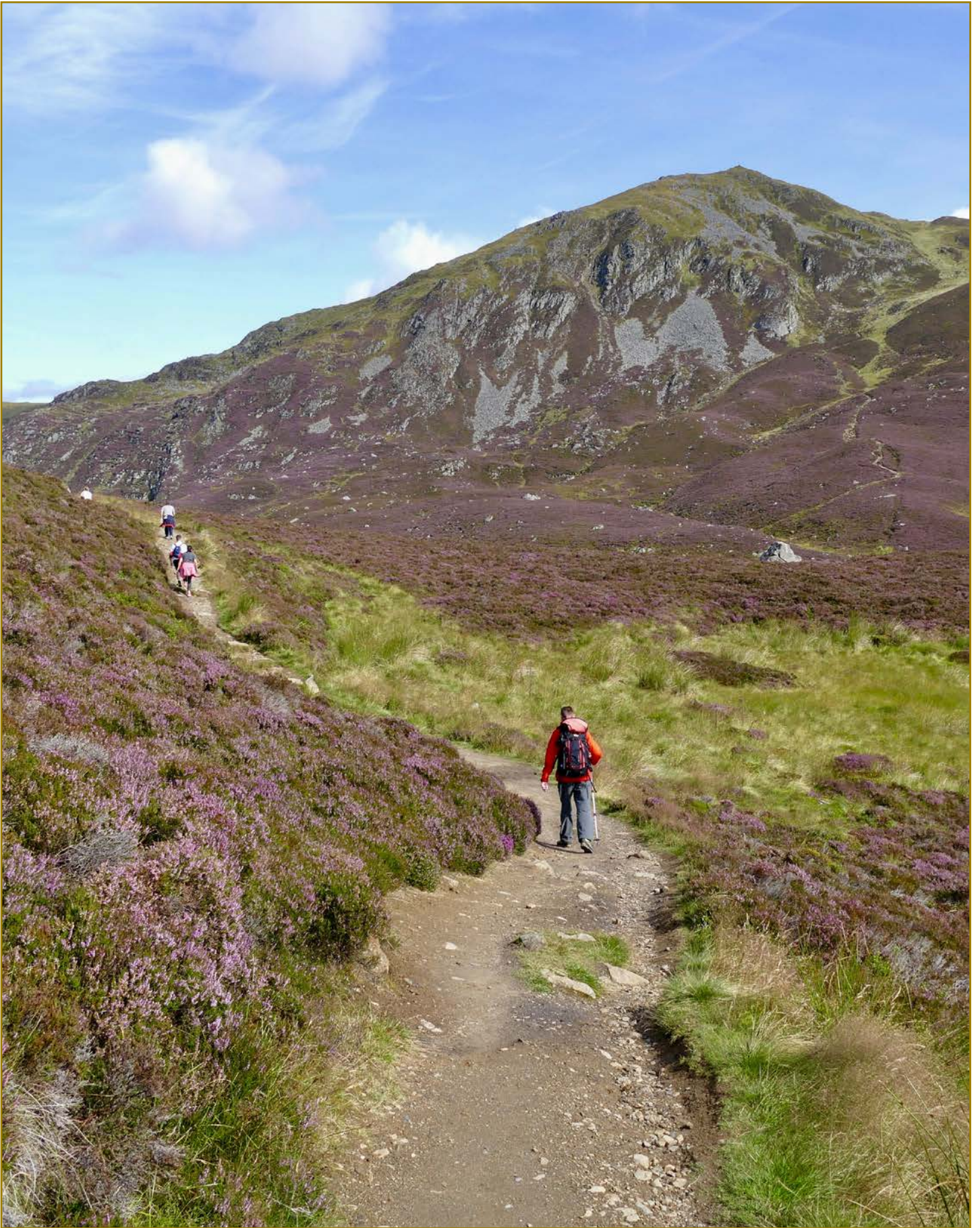
Hike details: 10 km/6 miles, mainly good trails (3-4 hours)













## DAY 9 • NORTH TO SCOTLAND

After breakfast, we journey north, crossing the border into Scotland at Gretna Green. We stop to visit the impressive Wallace Monument (built for William Wallace of the 'Braveheart' movie) and then stop for lunch. We continue north into the Scottish Highlands, stopping for a short hike in the beautiful forests near Dunkeld before arriving in the attractive town of Pitlochry, our base for the next 3 nights.

Overnight in Pitlochry, Scotland.

## DAY 10 • UP THE MOUNTAIN

Today is going to be the high point of the trip, in more ways than one! Now that we're in the Highlands, we are surrounded by mountains and we'll challenge ourselves to hike to the summit of a local peak, Ben Vrackie. This 841m is thought of as being Pitlochry's mountain, so it would be rude not to give it a try! We benefit by starting the hike from more than 200m elevation, but that still leaves a long way to the top. However, the trail is good and the scenery fantastic, so the effort is well worth it. We climb above the tree line and eventually reach a pretty loch (not 'lake' as you're in Scotland now!). This

may be far enough for some people. The final climb begins here - it's steep but the trail is good and you quickly gain elevation before, quite suddenly, arriving on the summit! The 360 degree views are simply stunning and you'll be pleased that you put in the effort to get here! We descend by the same route. Afterwards, you're rewarded with a visit to a local whisky distillery for a tour and tasting - whisky will never have tasted so good!

Overnight in Pitlochry, Scotland.

Walk details: 10 km/6 miles, 720m of ascent, mainly good trails (4-5 hours)

## DAY 11 • DUKES, JACOBITES AND A WHITE CASTLE

The Dukes of Atholl have certainly made their mark on the region of Perthshire; today we make our way to Blair Atholl where we can see evidence all around of the influence they have had.

We start with a hike into Glen Tilt. The glen spans a great distance from Blair Atholl all the way to Braemar at the other side of the Cairngorms Mountains. We hike to a viewpoint where we can see the mountains that dominate the southern part of the glen.







On the return we visit Old Blair, which was the original settlement here. In the churchyard we look for the resting place of 'Bonnie Dundee' who led the Jacobite forces in their victory at the Battle of Killiecrankie.

After lunch we see the true military might that the Dukes of Atholl once held as we visit their clan seat, a prominent white castle that stands out against the heather clad hills.

Overnight in Pitlochry, Scotland

Walk details: 6km/4 miles, 170m of ascent, mainly good trails (2.5 hours)

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## **DAY 12 • THE HIGHLANDS TO EDINBURGH**

We travel east to the nearby city of Dundee where we visit the new V&A Museum with its dramatic contemporary architecture and impressive Scottish Design exhibition.

Afterwards, we visit St Andrews where you can enjoy a couple hours of free time to roam the cobbled streets

and visit the ruined cathedral, the university and the world-famous 'Old Course'. We then transfer south to our hotel, which is located in the capital city of Edinburgh.

Overnight in Edinburgh.

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## **DAY 13 • EXPLORING EDINBURGH**

After breakfast, we enjoy a walking tour of the 'Old Town' district. Afterwards, we have lunch and then there is some free time where we can choose to visit Edinburgh Castle, go shopping or explore Edinburgh independently. Late afternoon, transfer back to our hotel. Tonight we enjoy our farewell dinner.

Overnight in Edinburgh.

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## **DAY 14 • DEPART EDINBURGH**

After breakfast, transfer to Edinburgh Airport for your flight home. There are regular flights to Dublin if you wish to fly back there instead.



## QUESTIONS & ANSWERS

### 1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

### 2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (portage), driver/guide, restaurants and spot-guides; services of a trip leader.

### 3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

### 4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. On our tours we visit museums, National Parks and Reserves, have lectures, and immerse in local culture and history. But this is only a portion of the educational experience. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most “educational” moments are spent sipping a cold drink in a street market.

### 5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We travel by bus, ferry and by foot.

### 6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We stay in comfortable, well-located accommodations that have private bath. Accommodations range from small family-run country hotels (guesthouses) and manor houses to larger city-based hotels.

### 7. WHAT ABOUT THE WEATHER?

Our adventures in Ireland, Wales, England and Scotland are taken during summer, with a temperate climate due to mild southwesterly winds and the Gulf Stream. Summers are

warm, while temperatures during winter are much cooler. Spring and autumn are very mild. Rain falls throughout the year. Average temperatures are in the high 60s and low 70s from late spring to early fall.

### 8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the “Terms and Conditions” section of our brochure.

### 9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

*\*Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

### 10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit, which we will send to you after you have booked the trip.

### 11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary are included, starting with dinner on day 1, and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings. We will have ample opportunity to sample local dishes throughout the adventure.

### 12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over enroute, come in a few days early, or extend your stay. Call us for a customized itinerary.

### 13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the adventure, please call our office for more details. A Trip Specialist will be happy to answer your questions. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.











