



## Cairn Stone Adventure Tours

### The Best of Scotland 2010

#### **FAQ**

- (Q)** Do I have to be an awesome hiker to go on the trip?
- (A)** No, you don't have to hike at all. Just like my trips to the Grand Canyon, there will be a wide range of hikes for people of all abilities.
- (Q)** Will there be a training program?
- (A)** Yes, it will be in conjunction with the first phase of the Grand Canyon VII program and the cost is part of the tour package. Several of the hikes for our advanced hikes will be challenging and will require extra preparation.
- (Q)** How structured is the trip?
- (A)** There is lots of flexibility on the trip and you can pretty much do your own thing most of the time. There will be one or two optional organized hikes each day plus a group dinner in Callender and a distillery tour in Oban. This trip is not set up to be a "If it is Tuesday, it must be Belgium" type tour.
- (Q)** Will we be spending a lot of time on the bus?
- (A)** No, I have organized the trip so that we will stay in only six hotels in order to maximize our free time and to enjoy all the beautiful things about this country, including the pubs. The longest drive between hotels usually won't exceed 2-3 hours. And the scenery is magnificent!
- (Q)** What will the weather be like?
- (A)** The weather in Scotland is much like the weather in Seattle. In early May it can be fickle. You will have some sunny days and you will have some windy, raining days. When I was there this past spring in early May the weather was great for hiking. We had some sun and we had some rain as you will see by my photos. But Scotland is always beautiful despite the weather. I won't lie to you, occasionally it will take some grit to hike in Scotland but we have the kind of people who can handle it.
- (Q)** Are the Highlands really high?
- (A)** No, not really. We will actually drive in the glens and alongside the lochs (lakes) through the Highlands. We will however climb some hills to magnificent vistas. The Highlands are a uniquely beautiful spot in the world, combining beautiful glens laced with heather, sparkling lakes, Scotch pine forests, dynamic coastlines, and magnificent munros (small mountains). It is truly non stop beauty!

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(Q) Is Scotland expensive?

(A) It is not cheap. Presently the pound costs \$1.64. But it is going down and hopefully will be better next May. There are lots of ways to save including using “take aways”, bakeries and lovely markets. And Scotland is not a “tipping culture.” The pubs are set up for no tipping on food or drinks. The most you would ever tip is 10% if you decide to go to an elegant restaurant.

(Q) What are the hotels like?

(A) They are all 3 or 4 star charming Scottish type hotels with *en suite* (private bathrooms). However, some do not have *lifts* (elevators). I will do my best to accommodate those who can't use the stairs.

(Q) What are the Scottish people like?

(A) Incredibly friendly with beautiful Scottish accents!

(Q) What will our group nickname be?

(A) The *Highlanders*