SCOTTISH HIGHLANDS & ENGLISH LAKES
An Exclusive Educational and Travel Experience

From deep glacial lakes shrouded in mist to heather-covered Highland hills, Scotland has always been home to epic adventure. Through the ages, an intricate blend of cultures, including those of the Picts, Celts, Vikings and Normans, have intermingled like the weave of a tartan. Explore the rugged Scottish countryside before continuing to the picturesque English Lake District, where the magnificent beauty of the mountains and lakes and the pastoral vistas inspired some of England’s greatest writers.

PROGRAM HIGHLIGHTS

- **Groups are limited to 36 travelers** to maximize your travel experience.
- **Visit two UNESCO World Heritage sites**: the Old and New Towns of Edinburgh and Frontiers of the Roman Empire.
- Explore Scotland’s historic **Highlands** and the cultural heritage and natural beauty of the **English Lake District**.
- Admire two of Scotland’s most famous lakes: **Loch Lomond** and **Loch Katrine**.
- Visit **Edinburgh** and **Stirling castles** and **Scone Palace**.
- Walk along **Hadrian’s Wall**.
- In addition, enjoy flexible CASS excursions, which allow you to choose among Cultural, Active, Special Interest and Service activities (at an additional cost).

INCLUDED FEATURES

**Accommodations**
- Five nights in **Stirling** at **The Stirling Highland Hotel**, a first-class hotel.
- Five nights in **Bowness-on-Windermere, England**, at the **Macdonald Old England Hotel & Spa**, a first-class hotel.

**Transportation**
- All deluxe motor coach transfers in the Land Program itinerary and baggage handling on these transfers are included.

**Activities and Events**
- Informative educational programs presented by local experts will enhance your insight into the region.
- All excursions as outlined in your program itinerary.
- Personal VOX listening device to hear every word from your expert English-speaking guides.
- Attend a **Welcome Reception and Dinner**.
- Gather for a **Farewell Reception and Graduation Ceremony** followed by a **Farewell Dinner**.

**Extensive Meal Program**
- Enjoy 10 breakfasts, six lunches and seven dinners; tea or coffee with all meals, plus wine with dinner.
- Sample **authentic regional specialties** during select meals at featured local restaurants.
- Take advantage of leisure time to try the local cuisine independently.

MANY INCLUDED EXTRAS

- Consultation services of a dedicated **Passenger Service Representative** prior to departure.
- Services of an experienced **Campus Director** throughout your stay.
- **Tipping** of excursion guides and drivers.
- Detailed travel and destination information to assist in planning.
- Complimentary travel wallet.
DAY-BY-DAY ITINERARY

DAY 1 - IN TRANSIT
Depart for Edinburgh, Scotland.*
+ Provided for AHI FlexAir participants.

DAY 2 - EDINBURGH/STIRLING
Upon arrival, transfer† to Stirling and The Stirling Highland Hotel. Enjoy a light afternoon tea at the hotel upon arrival.
Tonight, attend a Welcome Reception and Dinner.

DAY 3 - STIRLING
Educational Focus: Medieval Scotland.
Excursion: Stirling Castle and Bannockburn. Visit Stirling Castle, a spectacular fortress that sits atop a volcanic crag. See the battlefield at Bannockburn where outnumbered Scottish warriors defeated the English army in 1314 to win independence.

DAY 4 - THE TROSSACHS
Educational Focus: The Stewart Line and the Jacobite Rebellions.
Excursion: Loch Lomond and the Trossachs. Spend the day exploring Loch Lomond and the Trossachs National Park, a scenic and historic region of the Highlands. Take a cruise on Lake Katrine.
Local Flavor: Enjoy lunch with views of Loch Lomond in the town of Luss.

DAY 5 - PERTH/CRIEFF
Educational Focus: Contemporary Scotland.
Excursion: Scone Palace and Distillery Tour. Visit Scone Palace, site of Scottish coronations. Continue to Scotland's oldest distillery for a tour and tasting.

DAY 6 - EDINBURGH
Excursion: Edinburgh. Visit Edinburgh Castle, which overlooks the city. See the Royal Mile and the medieval buildings of the Old Town.
Educational Focus: Contemporary Scotland.

DAY 7 - CARLISLE, ENGLAND/ WINDERMERE
Excursion: Hadrian's Wall. Enjoy a scenic drive through The Borders, and make your way to the English Lakes in Cumbria. Visit the Roman Army Museum near Greenhead. Along the way, stop to see Hadrian's Wall, the Roman wall built in the second century.
Check in to the Macdonald Old England Hotel & Spa upon arrival in Bowness-on-Windermere.
Local Flavor: Enjoy lunch at a restaurant in Greenhead.

DAY 8 - THE LAKE DISTRICT
Excursion: Welcome to the Lake District. Take a scenic morning cruise on Lake Windermere. Take a steam-engine train that will take you to Holker Hall, a sprawling 17,000-acre estate. Tour the stately home and gardens.
Local Flavor: Savor a delicious lunch at Holker Hall.
Independent Exploration: Enjoy some time at leisure in Cartmel, a cozy village with an 800-year-old priory.

DAY 9 - THE LAKE DISTRICT
Excursion: The Lakes' Literary Legacy. Visit the homes of William Wordsworth, Beatrix Potter and John Ruskin and the medieval village of Hawkshead. Return to Windermere by motor coach or take a ferry across the lake and walk to the hotel.
Local Flavor: Enjoy lunch in Brantwood.

DAY 10 - THE LAKE DISTRICT
Educational Focus: History of the English Lakes.
CASS Excursion or Independent Exploration: Enjoy a CASS excursion or spending some time.

DAY 11 - THE LAKE DISTRICT
Local Flavor: Enjoy lunch at a traditional country inn.
Tonight, attend a Farewell Reception, Graduation Ceremony and a Farewell Dinner.

DAY 10 - IN TRANSIT
Transfer to the airport for the return flight to your gateway city.*

NOTE: The information presented is preliminary. Itineraries, included features and schedules are subject to change. Many excursions in this program involve an element of walking.

ACCOMMODATIONS

THE STIRLING HIGHLAND HOTEL
Stirling
Located in the heart of Stirling near the castle, the hotel dates back to 1854 and originally was Stirling's high school. There is a spa, fitness center, an indoor swimming pool and a squash court.
Dine on traditional and international gourmet cuisine at Scholars Restaurant. The management and staff of Stirling Highland Hotel welcome you with excellent service and friendly Highland hospitality!

MACDONALD OLD ENGLAND HOTEL & SPA
Bowness-on-Windermere
The Macdonald Old England Hotel & Spa was a private residence until 1745. Set on the shores of Lake Windermere, the hotel is a peaceful retreat. Enjoy lakeview rooms and friendly, professional service. The hotel has a restaurant and a bar. There is a fitness center, indoor swimming pool and a spa. Wi-Fi is available.

Previous page (top to bottom):
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Edinburgh, Scotland

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