



ARCHAEOLOGICAL INSTITUTE  
OF AMERICA TOURS

Limited to  
15 participants

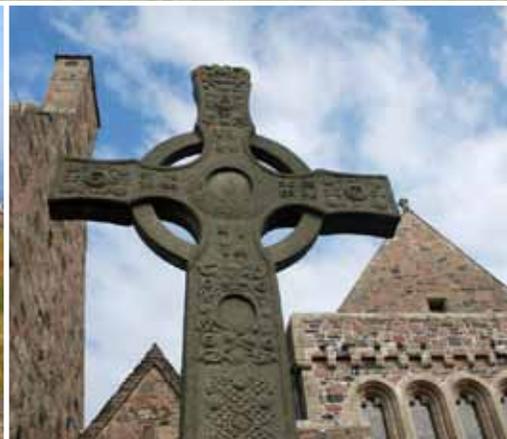
# HIKING SCOTLAND'S INNER & OUTER HEBRIDES

AUGUST 1-11, 2018 (11 DAYS) WITH ARCHAEOLOGIST ROD MCCULLAGH



*"Fresh air, sea breezes, beautiful countryside, new cuisine, great geology to go along with cultural/archaeological offerings! Truly an amazing trip." - Scott, Oregon*

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**This unique tour is more active than our usual land tours and features daily hikes that are easy to moderate in difficulty.** We travel from the Isle of Mull in the south, along the western edge of highland Scotland to the Isle of Lewis in the Outer Hebrides (Western Isles), sometimes along the mainland coast, but more often across incomparably beautiful – and fascinating – islands. To fully enjoy and visit all the sites on this itinerary one should be in good physical condition (and, obviously, enjoy hiking!).

This is the perfect opportunity to **explore all that the western Highlands and Islands of Scotland have to offer:** prehistoric stone circles, burial cairns, and settlements; quaint villages; Gaelic culture; and remarkable wildlife—all amidst dramatic land- and seascapes. **This will be Scotland seen slowly, with time for in-depth exploration at each site and a maximum of 15 travelers.**

The Scots of the western Highlands and Islands were Iron Age immigrants from Ireland and their initial foothold, in Argyll, was crucially accessible by sea. The Vikings famously travelled by sea, and many Hebridean place names testify to their influence. Christianity, weak across most of Britain, can be said to have re-established itself from the 6<sup>th</sup> century in Iona – a place of refuge because it was very much on the edge of the world. A tribal/clan society survived here much later than elsewhere in western Europe, in part because of the isolation.

All in all, the result is a unique history and culture, with an amazing wealth of archaeological and historical sites dating back 5,000 years. **This archaeological saga is worth the telling, and nowhere else can the evidence be seen in more glorious a setting.**



Our itinerary progresses from the south (Isle of Mull) to the north (Isle of Lewis).

## ITINERARY

(B)= Breakfast, (L)= Lunch, (D)= Dinner

### Wednesday, August 1, 2018 - Depart Home

### Thursday, August 2 - Glasgow, Scotland | Oban | Isle of Mull

Arrive in Glasgow, Scotland, at no later than 11:30am, and you will be met and transferred to the *Holiday Inn Glasgow Airport*. From this gathering point we will travel to Oban in Argyll, for the ferry to the Isle of Mull. *Overnight at The Western Isles Hotel for three nights.* (B,L,D)

### Friday, August 3 - Isle of Mull | Dun Ara and standing stones | Duart Castle

*Distance: 3 miles Ascent: 300 ft.*

Our first walk is one with great views, taking in the remains of an Iron Age dun (hill fort), an early medieval castle, a disused harbor, a depopulated settlement, and standing stones. We will then visit Duart Castle, the ancestral home of the Clan Maclean and for 400 years the base of their sea-born power. The castle was abandoned from 1751 until 1910, when it was purchased by Sir Fitzroy Maclean, 26<sup>th</sup> Chief, who restored the building to the impressive state it is in today. (B,L,D)

### Saturday, August 4 - Isle of Mull | Isles of Staffa and Iona | Isle of Mull

*Short walk on Iona.*

Today we will visit two islands off the coast of Mull: Staffa and Iona. First, we will cruise around the beautiful, uninhabited island of Staffa, best known for its magnificent basalt columns. Their effect is most overwhelming at An Uamh Binn (musical cave) or, as it is more commonly known, Fingal's Cave, which has enthralled and inspired travelers for hundreds of years. From Staffa we cruise to Iona, an enduring symbol of Christianity in Scotland. St. Columba and his



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Above, Duart Castle. Below, Iona Abbey.



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followers came here from Ireland in A.D. 563 and founded a monastery that became the heart of the early Scottish Church. St. Columba's fame attracted pilgrims to Iona from the 7<sup>th</sup> century onwards. The island also served as a burial ground for important and holy people, including kings of Scotland (among them Macbeth, who died in A.D. 1057). Viking raiders ransacked the monastery around A.D. 800, but Iona's role as a beacon of faith was never extinguished. An abbey and nunnery were established here around 1200 and the island was a focus for medieval pilgrimage. We will see the restored abbey church, ruined nunnery, intricately carved 8<sup>th</sup>- and 9<sup>th</sup>-century crosses, and carved grave slabs. (B,L,D)

### Sunday, August 5 - Isle of Mull | Isle of Skye

*Distance and ascent negligible*

Take the ferry to Kilchoan, Ardnamurchan, and travel north through Lochaber (along the 'Road to the Isles') to Mallaig, where we catch the ferry to Skye. This is a peaceful and remote part of the west Highlands, with high mountains and narrow lochs. Stop at the Prince's Cairn, on the shore of Loch nan Uamh (Loch of the Caves), where Prince Charles Edward Stuart (Bonnie Prince Charlie) boarded a French ship on 20 September 1746, leaving Scotland for good. This is also very close to the spot where the Prince first landed on the Scottish mainland on 25 July 1745 and started his campaign to restore the exiled Stuarts to the Scottish throne. *Overnight at Cullin Hills Hotel for two nights.* (B,L,D)

*"It was a great group, both leaders and participants, plus the fabulous scenery and birds, and ruins, and the tremendous learning about crofting and Scottish history. And the hikes were glorious!"*

- Karen, California

### Monday, August 6 - Isle of Skye: High Pasture Cave and Cuillin mountains

*Distance: 3 miles Ascent: 250 ft.*

Uamh An Ard Achadh (Cave of the High Field or High Pasture Cave) is our first stop today. The cave lies in a shallow valley and contains around 1050 ft. of accessible passages. Archaeological fieldwork at the site from 2002 to 2010 has included a survey of the cave passages, the collection of material from the disturbed sediments, and a detailed survey of surface features relating to the cave, including a geophysical survey. In the afternoon, a boat from Elgol across the sea-loch Scavaig will take us into the heart of the beautiful, jagged Cuillin mountains. Along the way we should see seals (there may be 150 or more on sunny days), many seabirds and, if we are lucky, dolphins. Return to Elgol by boat. (B,L,D)

### Tuesday, August 7 - Isle of Skye: Talisker Distillery, Dun Beag, Oronsay | Isle of Harris

*Distance: 4 miles Ascent: 330 ft.*

We start the day with a tour of the famous Talisker Distillery and Visitor Centre. After enjoying a dram of Skye's only single malt whisky, we will walk to Dun Beag broch, a circular, tower-like structure with double walls. The walls of Dun Beag still stand up to 16 feet high. During excavations a large amount of prehistoric and more recent artifacts were found, suggesting a prolonged use of the broch. In the afternoon we will walk across the causeway to the island of Oronsay. Oronsay is a Norse word for "a tidal island." There are at least 20 Oronsays (or Ornsays) in the Hebrides, including two on Skye. The island has impressive cliffs and, although it is now uninhabited, there are traces of habitation going back thousands of years, including an ancient fish trap along the causeway. Afterward, take the ferry from Uig to Tarbert, on the Isle of Harris. *Overnight at the Harris Hotel for two nights.* (B,L,D)



Above, Fingal's Cave, Isle of Staffa. Below (1), Prince Charles Edward Stuart's Cairn. Below (2), the Cuillin mountain ridge view from Elgol. Bottom, Talisker Distillery, Isle of Skye.



### Wednesday, August 8 - Isle of Harris

Distance: 5 miles Ascent: 300 ft.

Harris boasts some of Britain's finest white sand beaches, and we will explore some of these long beaches on the island's western side. Our walk will take us across machair, past dunes and a number of superb beaches, to a medieval chapel. Machair is fertile, well-drained grassland formed by sand being blown over the peat. It forms a unique habitat, rich in birdlife and early summer meadow flowers. The ruins of the chapel date from the 15<sup>th</sup> century, but the site has been occupied by a building for about 2,000 years (prior to the current chapel was a Viking one, and earlier still there was an Iron Age broch). We will also visit the 16<sup>th</sup>-century St. Clements Church in Rodel, with its fine stone carvings. (B,L,D)

### Thursday, August 9 - Isle of Harris | Isle of Lewis: Callanish, Dun Carloway, Garrannan, Dalmore

Distance: 4.5 miles Ascent: 700 ft.

Begin the day with a visit to the magnificent, 5,000-year-old Standing Stones of Callanish (Calanais in Gaelic). The main stone complex contains around 50 stones. A ring of large stones about 39.5 ft. in diameter surrounds a huge monolith at its center and the remains of a chambered cairn. There are lines of stones running north, south, east, and west from the stone circle, and a number of other stone circles are nearby. Continue on to Dun Carloway, one of the best-preserved Iron Age brochs in western Scotland. The broch was probably built in the 1<sup>st</sup> century B.C., and radiocarbon dating shows that it was last occupied around A.D. 1300. Then visit the blackhouse village of Garrannan, which dates back to the 1600s. (The houses were still inhabited until the second half of the 20<sup>th</sup> century.) The double drystone walls, low profile, and insulating thatch made blackhouses well suited to the Hebridean climate. After a visit to the site museum, which provides insights into life in the village in the mid-1900s, we end the day with a hike along the spectacular west coast to Dalmore. *Overnight at the Borve House Hotel for two nights.* (B,L,D)

### Friday, August 10 - Isle of Lewis

Distance: 6 miles Ascent: 370 ft.

The Butt of Lewis is the dramatic northern extremity of the Isle of Lewis. We will walk along the coast, taking in the cliff-top scenery with many caves, arches, and sea stacks as well as stunning beaches. There is also plenty of archaeological interest, including standing stones, a medieval fort and settlement, an early Christian stone cell on a rock stack just off the coast, and a tiny early Christian church that was a center for pilgrimage in the 16<sup>th</sup> century. Kittiwakes, fulmars, and shags nest along the coast and, farther out to sea, gannets will be diving for fish. (B,L,D)

### Saturday, August 11 - Isle of Lewis | Glasgow | Fly Home

In the morning we travel to Stornoway and visit Museum nan Eilean, which has significant loans from the National Museums Scotland and the British Museum, including the world-famous Lewis Chessmen. We will then transfer to the airport for a one-hour group flight back to Glasgow to connect with independent flights homeward (which should depart Glasgow no earlier than 3:15pm). (B)



Above, Dun Carloway Broch, Isle of Lewis. Below, seals on the Isle of Skye. Bottom, Standing Stones of Callanish, Isle of Lewis.



## ARCHAEOLOGICAL INSTITUTE OF AMERICA LECTURER AND HOST



**Roderick (Rod) McCullagh** retired in 2016 after 17 years with Historic Scotland (latterly Historic Environment Scotland), the state heritage service in Scotland, working with heritage bureaucrats, professional and community archaeologists, monuments owners, tourists, and the general public to advance the protection, conservation, understanding, and enjoyment of ancient monuments in Scotland. A major part of his work within Historic Scotland was the management of a budget paying for research and "rescue" excavations, analysis (including radiocarbon dating), and publication (a primary obligation in Scotland). Prior to this, after graduating in Archaeology and Prehistory at Sheffield University and Archaeological Sciences at Bradford University, he spent 24 years working as field archaeologist in Scotland, England, Wales, Norway, and Sweden.

His main focus of archaeological interest, prior to joining Historic Scotland, was in the prehistoric land use and settlement of highland and island Scotland. Beyond his day job, he has been one of the organizers of an annual lecture series (eight seminars and a day-seminar per year) focusing on all aspects of the archaeology of Scotland between 1000 B.C. and A.D. 1000. For the last three years he has also jointly organized sessions at the annual conference of the European Association of Archaeologists looking at the architecture and use of domestic spaces in prehistoric Europe.

## What to Expect

This is a good introduction to hiking in Scotland for people with basic fitness, combining hiking and visits to archaeological sites. Daily walking distances will not exceed six 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 750 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 walk/hike. All participants are expected to be physically active and not be an impediment to others on excursions, to enjoy traveling as part of a group, and to be ready to experience cultural differences. Participants who are not able to walk unassisted for extended periods are kindly advised not to join this tour unless accompanied by a companion who will be available to assist you at all times. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand, and discuss whether or not the program is appropriate for you.

**The Weather** in August can vary from proper summer conditions to something much cooler, windier, and wetter, then back again within a week (or within a day). A daytime maximum of approximately 55-60°F can be expected. Nighttime temperatures will usually drop to around 45-50°F. You need to be prepared with clothes to cover cool and warm weather, not to mention rain. Even in August we could have chilly weather on exposed and breezy coasts.

**Air Arrangements & Transfers:** Round-trip airfare between home and Glasgow, Scotland, is not included. Complimentary transfers between Glasgow (airport, hotel, or train station) and the meeting point in Glasgow on August 2<sup>nd</sup> is provided, as is a group flight on August 11<sup>th</sup> from Stornoway to Glasgow to connect with flights home. Your flights must arrive in Glasgow no later than 11:30am on August 2<sup>nd</sup> and depart Glasgow no earlier than 3:15pm on August 11<sup>th</sup>. Once you have received your final payment invoice, you should book your flights. If you are considering booking your flights before this time, please contact our office first. We do not accept any liability for cancellation penalties related to domestic or international airline tickets.

**The Archaeological Institute of America & the AIA Tours Program:** The Archaeological Institute of America (AIA) is the oldest and largest archaeological organization in North America. The AIA seeks to educate people of all ages about the significance of archaeological discovery. For more than a century the AIA has been dedicated to the encouragement and support of archaeological research and publication, and to the protection of the world's archaeological resources and cultural heritage. By traveling on an AIA Tour you directly support the AIA while personally gaining the benefit of the AIA's network of scholars and worldwide contacts.

**For questions, or to make a reservation,  
please contact us:**



ARCHAEOLOGICAL INSTITUTE  
OF AMERICA TOURS

**800-748-6262**

Fax: 603-756-2922 Toll: 603-756-2884

Email: [aia@studytours.org](mailto:aia@studytours.org) • Website: [www.aiatours.org](http://www.aiatours.org)

P.O. Box 938, 47 Main Street, Suite One, Walpole, NH 03608

## Tour Prices (Per Person)

Double Occupancy (13-15 participants).....	\$6,245
Double Occupancy (10-12 participants).....	\$6,445
Single Supplement .....	\$765

*Single room supplement will be charged when requested or required (limited availability).*

*With fewer than 10 participants, a small group surcharge may be added.*

### Your Trip Includes:

- Leadership of AIA lecturer/host Rod McCullagh;
- Arrival transfer on August 2<sup>nd</sup> to the *Holiday Inn Glasgow Airport*;
- Group flight on August 11<sup>th</sup> from Stornoway to Glasgow;
- Nine nights' accommodations in finest available hotels, as per the itinerary;
- All meals (including water, and welcome and farewell dinners with drinks);
- Surface transportation by air-conditioned minibuses, with filtered water provided;
- All boat and ferry transportation as indicated throughout the itinerary;
- All excursions and entrance fees as per the itinerary;
- Services of two professional, English-speaking guides/Tour Manager;
- Gratuities to hotel and 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.

**Prices Do Not Include:** Airfare from/to home; passport and visa fees; all airport fees and departure taxes; alcoholic beverages (except as indicated above); excess baggage charges; personal and baggage insurance; any activities not specified in the itinerary; all items of a personal nature such as laundry, medical expenses, and room service.

**Passenger Cancellation Fees:** 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 eighty nine (89) and sixty (60) days prior to departure are fully refunded less an administrative fee of one thousand dollars (\$1,000) per person. Cancellations received within fifty nine (59) days of departure are subject to a penalty of 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.

**Payments:** A deposit of \$1,000 per person is required to reserve your space on the tour and is payable by Visa, MasterCard, American Express, or check made payable to EOS-Passenger Account-AIA WestScotland8/18. Final payment is due 90 days prior to departure and must be by personal check only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure or elsewhere published.

**Due to space limitations, this is abbreviated information. Complete terms and conditions will be sent upon confirmation or upon request, and can be viewed online at [www.aiatours.org](http://www.aiatours.org).**



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