

Hiking Scotland's North Highlands & Isle of Lewis

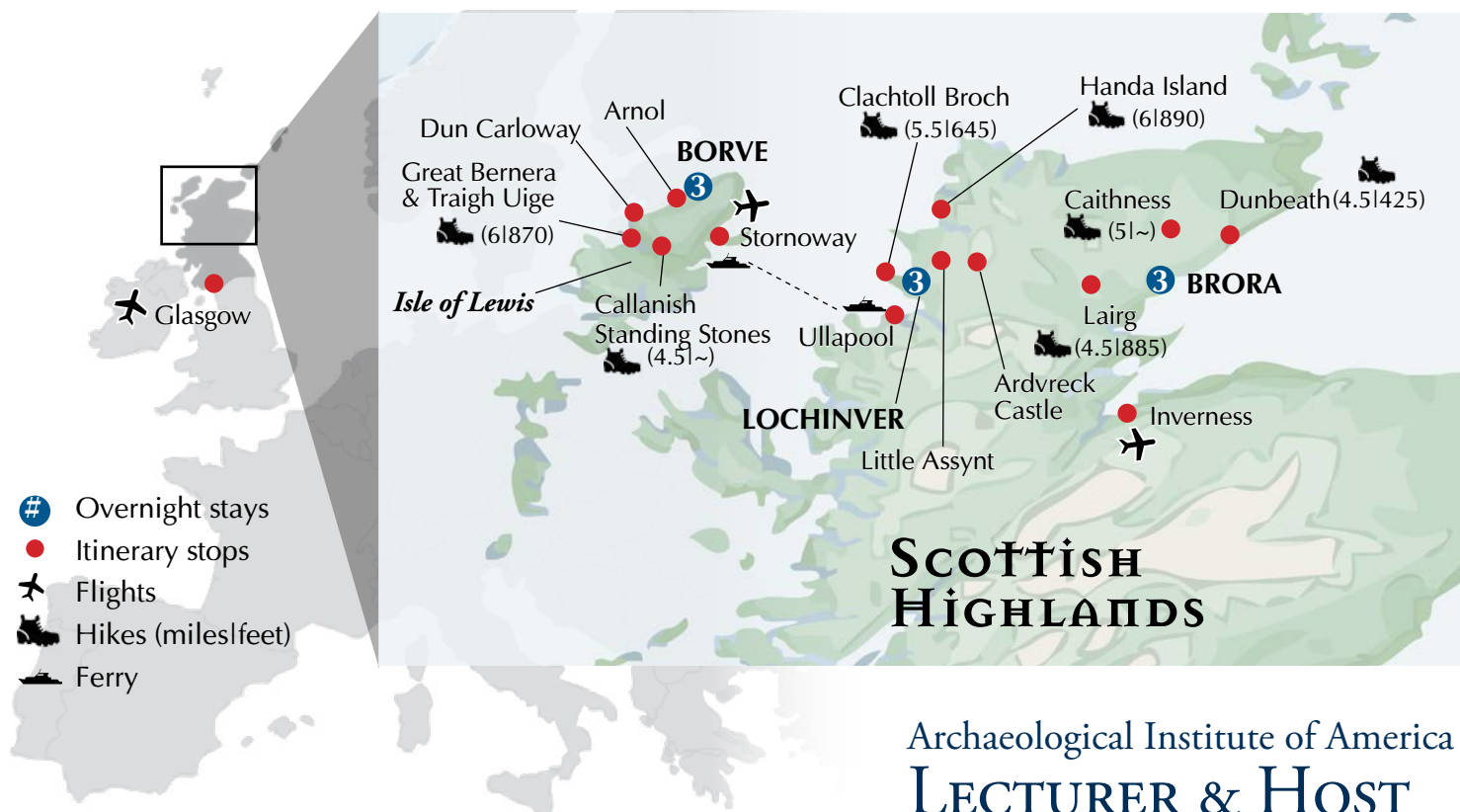
JULY 20-30, 2021 (11 DAYS | 15 GUESTS)
WITH ARCHAEOLOGIST MARY MACLEOD RIVETT



ARCHAEOLOGICAL INSTITUTE
OF AMERICA TOURS



Archaeology-focused tours for the curious to the connoisseur.



Join archaeologist Mary MacLeod Rivett and a small group of like-minded travelers on this 11-day tour of Scotland's remote north Highlands and the Isle of Lewis in the Outer Hebrides. Mostly we will explore off the well-beaten Highland tourist trail, and along the way we will be treated to an abundance of archaeological and historical sites, striking scenery – including high cliffs, sea lochs, sandy and rocky bays, mountains, and glens – and, of course, excellent hiking.

Scotland's long and varied history stretches back many thousands of years, and archaeological remains ranging from Neolithic cairns and stone circles to Iron Age brochs (ancient dry stone buildings unique to Scotland), medieval castles, and deserted clearance villages cover these landscapes. Seven of our touring days involve hikes of 4.5 to 6 miles per day, and we will rest and reflect in comfortable hotels that extend Highland warmth and hospitality.



Cover: (top) Callanish Standing Stones © amritagrace, (bottom, clockwise from top center) Little Assynt, a puffin on Handa Island, a Highland cow, Dun Carloway, staircase inside Dun Carloway. © operator photos

Archaeological Institute of America LECTURER & HOST

Dr. Mary MacLeod

Rivett was born in London, England, to a Scottish-Canadian family. Her father's family was from Scotland's Outer Hebrides, and she spent a lot of time in the Hebrides as a child. Mary earned her B.A. from the University of Cambridge, and her M.A. from the University of York. She worked and studied in different parts of the world, including five years in Sweden, until she finished her Ph.D. at the University of Glasgow in 1999. Her publications include many articles on the archaeology of the Viking Age, and of the north of Scotland. Mary began her present job with Historic Environment Scotland after eight years as an archaeology lecturer at the University of the Highlands and Islands, and eleven years as the Regional Archaeologist for the Outer Hebrides. She lives between Edinburgh and the Outer Hebrides, where she and her husband, landscape painter Simon Rivett, have a family croft on the Isle of Lewis. Mary has been a popular and highly-rated lecturer on twelve AIA tours since 2002.



"We loved Mary's leadership and comprehensive presentations. It was not only a full description of archeological history of the area but a real look at what it's like to live there. She's great to be with, as were our guides." - Dee, Florida



© operator

ITINERARY

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

Tuesday, July 20, 2021: Depart home for Scotland

Wednesday, July 21: Inverness, Scotland | Brora | Welcome dinner

Upon arrival at Inverness Airport (INV), you will be met and transferred to a meeting point in the city center. As a group we will depart and drive north along the east coast of Sutherland to our hotel in Brora. Gather this evening for a welcome dinner. *Overnight at the 4-star [Royal Marine Hotel](#) for three nights.* (D)

Thursday, July 22: Dunbeath | Brora

4.5 miles and 425 feet of ascent 🏔️

Travel further north to Dunbeath, in southeast Caithness, and hike into Dunbeath Strath along Dunbeath Water. The path runs along a gorge through fine woodland of lichen-encrusted downy birches, rowans, and hazels, before reaching open ground. We will see many interesting sites along the way, including an old mill built in 1850/1860, the site of a monastery, an Iron Age broch, a deserted settlement from around 1800, and various chambered cairns. (B,L,D)

Friday, July 23: Caithness | Brora

Up to 5 miles, limited ascent 🏔️

Drive even farther north into Caithness to explore the wealth of archaeological sites in this part of the north Highlands. Most of Caithness is now uninhabited, but the remains show that this area was highly populated in the past. There are a large number of Neolithic and Iron Age sites. Short walks will take us to some of them, including the Grey Cairns of Camster: two Neolithic tombs (a long cairn and a round cairn) built more than 5,000 years ago, and the Hill o' Many Stanes, consisting of about 200 small stones arranged in rows running down a low hill. They were placed about 4,000 years ago, possibly for gatherings and religious ceremonies. Large arrangements of stone rows like this are rare. (B,L,D)

Saturday, July 24: Lairg | Northwest Highlands UNESCO Global Geopark | Ardreck Castle | Lochinver

Total of 4.5 miles and 885 feet of ascent 🏔️

Depart Brora this morning and travel across the north Highlands to the west coast. Walk in Lairg, along the shores of Loch Shin, to a hilltop viewpoint with archaeological sites en route. This was prime farming land 3,500 years ago. Continue to the west, entering the Northwest Highlands UNESCO Global Geopark. Learn about the unique geology of this part of Scotland on a hike at Knockan Crag. Our last stop on the way to Lochinver is at the ruins of Ardreck Castle, on the shores of Loch Assynt, dating from the 16th century. *Overnight at the 5-star [Inver Lodge Hotel](#) for three nights.* (B,L,D)

Sunday, July 25: Clachtoll Broch | River Inver | Lochinver

Total of 5.5 miles and 645 feet of ascent 🏔️

Today starts on Clachtoll Beach with a walk along the coast to Clachtoll Broch. This broch was excavated in 2017 and around 250 artifacts were discovered, including a fascinating range of decorated pottery, coarse stone tools, worked bone, metal tools, and ornaments. The end of occupation at Clachtoll seems to have been marked by a major fire.

This unique tour is more active than our usual land tours and features almost-daily hikes that are easy to moderate in difficulty. To fully enjoy and visit all the sites on this itinerary one should be in good walking condition and, obviously, enjoy walking!

Two minibuses, each with a local driver/guide, will accompany our group, which is limited to only fifteen guests. Our guides will explain in advance the difficulty of each day's walk(s) and, if you prefer, you can opt out of any walking excursion and be driven to the next stop; but, bear in mind that some sites can only be visited if you walk to them. The distance of and height climbed during each walk is estimated within the following itinerary and indicated on the map.

Dun Carloway



© operator

Radiocarbon dating suggests this was in the first century B.C. or early first century A.D. Back in Lochinver we hike up the beautifully wooded River Inver and on an old path across the moors, passing a cleared blackhouse village and enjoying amazing mountain views along the way. (B,L,D)

Monday, July 26: Handa Island | Little Assynt | Lochinver

Total of 6 miles and 890 feet of ascent 🐾

Handa Island is a short boat ride from the mainland. More than 100,000 seabirds breed on the island, including puffins, but its last 64 human residents were forced to leave the island for Nova Scotia following the potato famine in 1847. Our walk takes us past the remains of the village and old burial ground. This afternoon we take a very pleasant hike in Little Assynt, with great views of Assynt's distinctive mountains, lots of wild flowers, and many remains of old settlements including farmsteads, shieling huts, a corn mill, and field systems. (B,L,D)

Tuesday, July 27: Stornoway, Isle of Lewis: Museum nan Eilean, Harris Tweed weaver | Borve

This morning we travel south to Ullapool to take the ferry across the Minch to Stornoway, on the Isle of Lewis, in the Outer Hebrides. On arrival visit the Museum nan Eilean, in a modern wing of the restored, mid-19th-century Lews Castle. The museum offers an interactive explanation of the history and culture of the Outer Hebrides alongside an exhibition of unique objects dating from prehistory to the present day, including six of the famous Lewis Chessmen. We then visit a Harris Tweed weaver, for whom weaving is a good means of earning a living at home, and check-in to our charming hotel in Borve. *Overnight at the 4-star [Borve Country House Hotel](#) for three nights.* (B,L,D)

Wednesday, July 28: Callanish Standing Stones | Dun Carloway | Arnol | Loch Mor Bharabhais | Borve

Total of 4.5 miles, limited ascent 🐾

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, with a ring of large stones about 12 meters in diameter surrounding 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 two 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 1st century B.C., and radiocarbon dating shows that it was last occupied around A.D. 1300. This afternoon we visit the Arnol blackhouse. Once the home of a Hebridean crofting family and their animals, the thatched house is preserved almost as the family left it when they moved out in 1965. The double drystone walls, low profile, and insulating thatch made blackhouses well suited to the Hebridean climate. We end the day with a walk from Arnol across the moor to the stunning coastal Loch Mor Bharabhais. (B,L,D)

Thursday, July 29: Great Bernera: Bostadh, Breacleite, Traigh Uige | Farewell dinner

Total of 6 miles and 870 feet of ascent 🐾

Take a morning walk on the Isle of Great Bernera, connected to Lewis by a bridge, where in 1993 a severe storm cut away the dunes at Bostadh to reveal a series of stone structures projecting through the sand. The University of Edinburgh excavated the site in 1996 and found evidence of a Norse settlement and, underneath the Norse levels, a series of five, remarkably well-preserved, Pictish 'jelly baby' or 'figure eight' houses dating back to the 6th-9th centuries A.D. What is visible today is a reconstruction, as the excavated houses were reburied for preservation. Hike across the moor to the museum at Breacleite which displays finds from the excavation. Our final walk of the tour will be at Traigh Uige (Uig Sands), one of the most beautiful beaches in the Outer Hebrides. The famous Lewis Chessmen - a collection of 93 pieces dating from the 12th century - were found here in the dunes in 1831. Walk across the sands to the historic Baile na Cille burial ground. Gather this evening for a farewell dinner at our hotel. (B,L,D)

Friday, July 30: Stornoway | Fly to Glasgow | Fly home

In the morning we travel to Stornoway for a one-hour group flight to Glasgow International Airport (GLA), to connect with independent flights homeward. (B)

Callanish Standing Stones



© operator

The AIA & AIA Tours

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.

Traigh Uige



© operator



"The sites were great and hiking to them in the spectacular land was great. Mary Rivett was so knowledgeable and her overall humor and warm hospitality added a huge dimension to the experience which was complimented by both guides and especially the tour manager's excellent daily organizing and flexibility."

-Barbara, California

Accommodations



*Three nights at the 4-star
[Royal Marine Hotel](#) in Brora*



*Three nights at the 5-star
[Inver Lodge Hotel](#) in Lochinver*



*Three nights at the 4-star
[Borve Country House Hotel](#) in Borve*

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 6 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 greater than 890 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. If the tour manager decides that a participant cannot participate in a hike or visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply. 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 this program is appropriate for you. 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. Hotels have been chosen for their excellent locations and generous comfort. Average daytime temperatures at the time of our visit may range from the high 50s to the high 60s F, with a fair chance of some precipitation and an average breeze of 12mph.

Air Arrangements & Transfers

Airfare from home to Inverness Airport (INV) and from Glasgow International Airport (GLA) to home is not included. On July 21st guests will be transferred from the airport, train station, or a local hotel to Inverness city center (times TBA) and then travel as a group to Brora. For departure on July 30th, guests will take a flight from Stornoway to Glasgow to connect with independent flights home. These transfers are included in the tour price. Once you have received your final payment invoice, you should book your flights. If you are considering booking non-refundable airline tickets before this time, please contact our office first. *We do not accept any liability for cancellation penalties related to domestic or international airline tickets.*

Tour Prices Per Person (9 Nights)

Double Occupancy (12 to 15 participants)...\$6,745

Double Occupancy (10 to 11 participants)...\$6,945

Single Supplement.....\$945

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

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

Prices Include:

- Leadership of **AIA lecturer/host Mary MacLeod Rivett** and services of **professional, English-speaking guides/Tour Manager**
- **Transfer** to the Inverness city center meeting place on program arrival day
- **In-program flight** from Stornoway to Glasgow on last day of tour
- Surface transportation by **air-conditioned minibuses**, with filtered water provided
- **Ticketing for ferries and smaller boat rides** as per itinerary
- **Nine nights' accommodations** (six nights in 4-star and three nights in 5-star hotels) as per the itinerary
- **All meals** with water, and welcome and farewell dinners with drinks
- **All excursions and entrance fees** as per the itinerary
- **All gratuities** to tour manager, driver/guides, hotel and restaurant staff, and porters
- **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; inoculation fees; all airport fees and departure taxes; private airport transfers not on program dates; cost of personal, trip cancellation, and baggage insurance; transportation of excess baggage; personal tips; items of a personal nature, such as laundry; alcoholic or other beverages (except as noted); taxi, telephone, and fax charges; optional excursions or deviations from scheduled tour.

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 ScotlandHighlands7/21." Final payment is due 90 days prior to departure and must be by 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.

Participant Cancellation Fees: All requests by participants for cancellations must be received in writing by AIA Tours. Cancellations received at least 90 days prior to departure are refunded less a cancellation fee of \$250 per person. Cancellations received between 89 and 61 days prior to departure are subject to a cancellation fee equal to 50% of the tour cost. Cancellations received 60 days or less prior to departure are subject to a cancellation fee of 100% of the tour cost. *For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. Information will be provided with confirmation of receipt of your deposit.*

Note: Rates are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services, and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Prices, itinerary, accommodations, 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.

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.



For questions, and to reserve your space, please contact AIA Tours at:

800-748-6262 | Toll: 603-756-2884 | Fax: 603-756-2922 | aia@studytours.org | www.aiatours.org

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



ARCHAEOLOGICAL INSTITUTE
OF AMERICA TOURS

RESERVATION FORM

HIKING SCOTLAND'S NORTH HIGHLANDS & ISLE OF LEWIS

July 20-30, 2021 (11 days | 15 guests) with archaeologist Mary MacLeod Rivett

To hold your reservation for seven days while this form and your deposit are in the mail, please contact us at 800-748-6262 or aia@studytours.org.

Name 1
(as it appears on passport)

Name 2
(as it appears on passport)

Address

City State Zip

Phone (home) Phone (cell)

Email(s) |

☐ I/We have read the 'What to Expect' section and am/are physically able to participate fully on the program.

Are you traveling with any other parties on this program? Yes, _____

How did you hear about this tour? ☐ eNewsletter ☐ mailing ☐ website ☐ friends/family ☐ other _____

ACCOMMODATIONS:

(Accommodation preferences are not guaranteed.)

☐ Double (one bed) ☐ Twin (two beds) ☐ Single

☐ I will be sharing with: _____

☐ Share-please assign a roommate (not guaranteed)

☐ Please share my contact information with potential roommate(s).

RESERVATIONS & PAYMENT:

A deposit of \$1,000 per person is required to confirm a reservation. Final payment is due 90 days prior to departure. Please note that credit cards are not accepted for final payment. You will receive an invoice for final payment. All prices and payments are in US dollars.

DEPOSIT TYPE (please check one):

☐ Check payable to: EOS Passenger Account-AIA Scotland Highlands 7/21 ☐ Visa ☐ Master Card ☐ American Express ☐ Already paid by phone

CC#

Exp. Date 3- or 4-Digit Code

Name on Card

Please complete this reservation form, sign the release statement below, enclose your deposit, and "submit" by email, mail, or fax to:

AIA Tours - P.O. Box 938, Walpole, NH 03608-0938

Fax: 603-756-2922 • Email: aia@studytours.org

By signing this form, you are acknowledging that you have read and agree to all Terms & Conditions delineated throughout.

If submitting this form electronically, please check the following box:

☐ I understand that checking this box constitutes a legal signature confirming that I acknowledge and agree to the Terms & Conditions.

Signature (participant #1) Time and Date

Signature (participant #2) Time and Date

Submit via email

TERMS AND CONDITIONS, RELEASE OF LIABILITY, ASSUMPTION OF RISK AND BINDING ARBITRATION AGREEMENT

RESPONSIBILITY: The Archaeological Institute of America and its agent, Eos Study Tours, and its and their employees, shareholders, subsidiaries, affiliates, officers, directors or trustees, successors, and assigns (hereinafter "Sponsors"), and the tour operator and/or its agents (collectively "Sponsors/Operator") do not own or operate any entity which is to or does provide goods or services for your trip including, for example, lodging facilities; airline, vessel, or other transportation companies; guides or guide services; local ground operators; providers or organizers of optional excursions; food service or entertainment providers; etc. All such persons and entities are independent contractors. As a result, Sponsors/Operator are not liable for any negligent or willful act or failure to act of any such person or of any other third party. In addition and without limitation, Sponsors/Operator are not responsible for any injury, loss, death, inconvenience, delay, or damage to person or property in connection with the provision of any goods or services whether resulting from, but not limited to, acts of force majeure; acts of God; acts of government; acts of war or civil unrest, insurrection, or revolt; bites from or attacks by animals, insects, or pests; strikes or other labor activities; criminal or terrorist activities of any kind or the threat thereof; sickness, illness, epidemics, or the threat thereof; the lack of availability of or access to medical attention or the quality thereof; overbooking or downgrading of accommodations; mechanical or other failure of airplanes, vessels, or other means of transportation; or for any failure of any transportation mechanism to arrive or depart timely or safely. In addition, Sponsors/Operator are not liable for their own negligence, and participant assumes all risk thereof. **CHANGES IN ITINERARY OR FEATURES:** Sponsors/Operator reserve the right to change the itinerary or trip features at any time and for any reason, with or without notice, and Sponsors/Operator shall not be liable for any loss of any kind as a result of any such changes. Sponsors/Operator are not required to cancel any trip for any reason including, without limitation, United States Department of State, World Health Organization, or other Warnings or Advisories of any kind. Sponsors/Operator are not responsible for penalties assessed by air carriers resulting from operational and/or itinerary changes, even if Sponsors/Operator make the flight arrangements or cancels the trip. Sponsors/Operator reserve the right to substitute hotels or attractions of a similar category for those listed in this brochure. **LUGGAGE:** Luggage allowance policies are set by the airlines and may change without prior notice. **PHYSICAL ACCESSIBILITY:** All programs require physical independence and mobility. Any physical or mental condition that may require special medical attention or physical assistance must be reported in writing when you make your reservation. Participants must be able to embark or disembark transportation vehicles, stand for extended periods, climb stairs, and step over raised thresholds all without assistance. **REFUNDS:** Prices quoted are based on group participation. No refunds will be made for any part of the program in which a participant chooses not to participate. Refunds cannot be made to participants who do not complete the tour for any reason, nor to participants whose entry into any country or aboard any transportation vehicle, including airplanes and cruise ships, is delayed or denied. **TOUR CANCELLATIONS AND REFUNDS:** Sponsors/Operator reserve the right to cancel this tour prior to departure, in which case payment will be refunded without further obligation on our part unless trip cancellation, itinerary changes, and/or delays are mandated by causes beyond our control, in which case the participant shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by Sponsors/Operator, or else receiving a refund of as much of such advance tour expenditures as Sponsors/Operator are able to recover on the participant's behalf from carriers, third-party tour vendors, etc. Sponsors/Operator, however, shall not have any obligation or liability to the participant beyond the foregoing. **TRIP INSURANCE:** Sponsors/Operator strongly recommend that participants purchase trip cancellation insurance. In the event that you must cancel your participation, trip cancellation insurance may be the only source of reimbursement. Trip cancellation insurance is available through Sponsors/Operator and others and covers certain expenses in conjunction with cancellation due to illness or accident and damaged or lost luggage. Sponsors/Operator will send participants an application upon receipt of their reservation. **RATES:** Prices quoted are based on fares in effect at the time of printing and are subject to changes at any time. On all programs, even after full payment, Sponsors/Operator reserve the right to increase the tour price in the event of cost increases due to changes in supplier costs, tax increases, currency fluctuations or fuel and energy surcharges, and all such increases are to be paid to Sponsors/Operator upon notice to the participant. **FORUM AND METHODOLOGY FOR DISPUTE RESOLUTION:** Any dispute or claim which refers or relates to this contract, any literature related to the trip, or the trip itself shall be litigated solely and exclusively in and for courts in Keene, New Hampshire, subject to substantive and procedural New Hampshire law, and for this limited purpose, the parties agree to exclusive venue and personal jurisdiction therein. At the participant's option, however, in lieu of litigation, Sponsors/Operator will agree to binding arbitration in Keene, New Hampshire, subject to substantive, but not procedural, New Hampshire law, pursuant to the then existing commercial rules of the American Arbitration Association. In any such arbitration, the arbitrator, and not any federal, state, or local court or agency, shall have exclusive authority to resolve any dispute relating to the interpretation, applicability, enforceability, conscionability, or formation of this contract, including but not limited to any claim that all or any part of this contract is void or voidable. **U.S. STATE DEPARTMENT & CENTERS FOR DISEASE CONTROL:** Both the Centers for Disease Control and U.S. State Department publish and update important country-specific information for travelers. We strongly recommend that you review them. They can presently be found at: <https://wwwnc.cdc.gov/travel/notices> and <https://travel.state.gov/content/passports/en/alertswarnings.html>. **MISCELLANEOUS:** Participants should not purchase airline tickets prior to receiving their final payment invoice so as to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Baggage and personal effects are at all times the sole responsibility of the participant. If, due to weather, flight schedules, or other uncontrollable factors, you are required to spend (an) additional night(s), you will be responsible for your own hotel, transfers, and meal costs. Baggage is entirely at owner's risk. Sponsors/Operator reserve the right to decline to accept or retain any participant at any time. The right is reserved to decline to accept as a participant, or remove from a trip, without refund, any person it judges to be incapable of meeting the rigors and requirements of participating in the activities, or who is abusive to other trip participants, leaders, or third parties, or who is determined to detract from the enjoyment of the trip by others. Specific room assignments are within the sole discretion of the hotel. **APPEARING IN PHOTOS:** Photos from AIA Tours' trips may be posted on photo-sharing web sites or on social networking sites. Your likeness may appear in some photos or videos, posted either by other travelers or tour lecturers/guides, and the circulation of the materials could be worldwide. Trip photos may also be selected to appear in future AIA Tours promotions; no compensation is available for appearing in a trip photo used for promotional purposes.

ACCEPTANCE OF CONTRACT: By forwarding of deposit, the participant certifies that he/she agrees with these terms and conditions, and accepts the terms contained in these Terms and Conditions, Release of Liability, Assumption of Risk and Binding Arbitration Agreement.