

# CAIRN STONE

## 2024 SCOTLAND NEWSLETTER

TO: THISTLE TREKKERS  
FROM: COACH RON GUNN  
DATE: AUG 8, 2024

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### BEST OF SCOTLAND PRE TRIP ORIENTATION

- ◆ **TUESDAY:** Dress for hiking around Edinburgh as we will have a few hours before our rooms are ready (about 3:00PM). No trekking poles needed and no access to your luggage until we check in. [TIME: Scotland is 5 hours ahead of EDT]
- ◆ **MONEY:** The least expensive way to obtain Scottish money is at Scottish ATM's (Cashpoint), Banks or post offices. The most expensive is at the airport.
- ◆ **CASH:** I suggest ordering £500 at your local bank before you leave. [Exchange rate is about \$1.27 per £1.00 and note that the *Scottish Pound* and the *British Pound* are interchangeable, both are *Pound Sterling* with the same value.]
- ◆ **CREDIT CARDS:** Inform your credit card companies of your travel plans in advance. Check to be sure they do not charge a fee for foreign transactions.
- ◆ **MAPS:** I highly recommend getting the *All Trails* app for maps of our Scotland hikes. It really works well!
- ◆ **COPIES:** Pack copies of your passport photo and signature pages, front and back of your credit and medical cards and keep separate from your passport.
- ◆ **ELECTRICAL:** Obtain a US to UK adapter for your chargers and devices. Check to be sure the voltage range goes to 240v. [You'll find more details on my website *Travel Tips* page]
- ◆ **COFFEE & WAKE UP:** Bring a reliable alarm clock and some instant coffee.
- ◆ **EXTRA SHOES:** Consider bringing a pair of old but sturdy shoes for use in boggy and wet conditions.
- ◆ **STREETS:** Look right as well as left when crossing a road or street.
- ◆ Consider bringing a swim suit, umbrella and two way radio.
- ◆ Bring a warm sweater (Wool is best).
- ◆ **PARK FEES:** Cairn Stone will handle all park fees and the admission to *Urquhart Castle*. Any other attractions such as Edinburgh Castle is your choice and a personal responsibility.

I am excited about this trip! Thanks for your cooperation and FIRE UP for a great adventure!