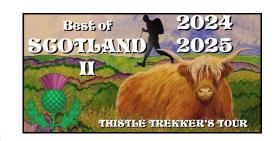
## CAIRN STONE

## 2024 SCOTLAND NEWSLETTER

TO: THISTLE TREKKERS FROM: COACH RON GUNN

**DATE:** AUG 8, 2024

574.215.4779 Ron@CairnStoneTours.com



## **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 you 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!