

**JOURNEYS WITH HEART PRESENTS
"CUIR FÀILTE AIR" WELCOME
COUNTRY ROADS OF SCOTLAND -
HIGHLANDS AND ISLANDS**

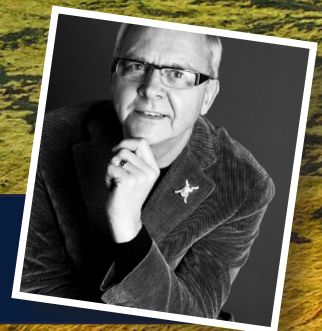
12 Days, 17-28 September, 2022

*Arrival in Edinburgh

"Lord, give me coffee to change things I can change, and
whisky to accept the ones I can not!" – Anonymous

**TRAVEL TO SCOTLAND WITH YOUR CELEBRITY GUEST HOST ACCLAIMED CHEF,
RESTAURATEUR & AUTHOR JOHN BISHOP**

A SMALL GROUP FUND RAISING JOURNEY TO BENEFIT THE VCH ADULT ADHD CLINIC



Visit the Isle of Skye



See Edinburgh with a Local Expert

The Highlands really is the Scotland of your imagination. Think big skies, mind-blowing landscapes, superb food and hospitable people - and you've got the Scottish Highlands. There's a natural playground which begs to be explored, while the region's turbulent history has left behind some of the most beautiful and romantic castles in the world. Source: Visit Scotland - From the great capital of Edinburgh to the Orkney Islands and Skye, you'll travel through 8,000 years of history and become immersed in Scotland's rich cultural heritage.

ITINERARY

DAY 1 | SATURDAY SEPTEMBER 17, 2022 WELCOME TO EDINBURG

Welcome to Scotland - land of legends and romance, from the great cultural cities in the south, to the dramatic mountains and misty lochs of the Highlands. On arrival at Edinburgh airport, transfers depart for your hotel. This evening, join your travel director and get to know the group the Welcome Reception and Dinner.

Hotel: The Glass House Hotel Edinburgh - 2 nights

Meals: Welcome Dinner

DAY 2 | SUNDAY SEPTEMBER 18, 2022 EDINBURGH

Join a Local Expert to see the highlights of the city. Drive along Princes Street to the ornate Scott Memorial, then wander the 18th century New Town with its neoclassical Georgian facades. In the Old Town, visit Edinburgh Castle, home of Mons Meg, the Stone of Destiny and Scotland's Crown Jewels, the Honours of Scotland. At the bottom of the Royal Mile stands the Palace of Holyroodhouse, the official Scottish residence of the Queen. In the afternoon, visit the Royal Yacht Britannia. You'll explore this magnificent ship, which has played host to some of the most famous people in the world. Now berthed in Leith, you'll be welcomed on board to discover the heart and soul of this most special of royal residences - the former honeymoon sanctuary for four royal couples. Get into the Scottish spirit with an evening of traditional song, dance, tartan and bagpipes. In addition to wine and dinner, your kilted hosts will lead you through some of the best-loved Scottish music and you'll learn a Highland dance or two. Sample Scotland's national dish - haggis and relish in an exceptional Scottish experience!

Meals: Breakfast, Dinner with Wine

DAY 3 | MONDAY SEPTEMBER 19, 2022 EDINBURGH - INVERNESS

The day begins with a visit to a local farm where you may see fine Highland Cows and be treated to lunch with fresh farm ingredients.

Continue on to Glamis Castle, the ancestral seat to the Earls of Strathmore and Kinghorne and inhabited by the same family since 1372. The inspiration for Shakespeare's Macbeth, the childhood home of HM Queen Elizabeth the Queen Mother, and birthplace of HRH The Princess Margaret, boasts some of Scotland's most significant gardens. Arrive at Inverness and check into your hotel for a relaxed dinner at the hotel.

Hotel: Kingsmill Hotel, Inverness - 2 nights

Meals: Breakfast, Lunch, Dinner with Wine

DAY 4 | TUESDAY SEPTEMBER 20, 2022 INVERNESS

Cross the Beaulieu Firth to visit the Tollie Red Kites Nature Reserve for a close-up view of graceful birds of prey. Return to town and enjoy some free time for lunch and to explore. In the afternoon we will visit the Victorian Market and a local bookstore before travelling to Forres, one of Scotland's oldest small towns. Wander through the attractive sandstone buildings of Logie Steading, home to a café, artisan market and shops set amongst beautiful gardens along the River Findhorn. Visit the Sueno Stone, the tallest and most complex piece of early medieval sculpture in Scotland. Finish the day with an early supper at the Cawdor Pub.

Meals: Breakfast, Dinner with Wine

DAY 5 | WEDNESDAY SEPTEMBER 21, 2022 CULLODEN, LOCH NESS AND ON TO THE NORTH

See Culloden Moor in the morning, where Bonnie Prince Charlie's Jacobite army was crushed in 1746. Visit the Culloden Visitor Centre before continuing along the shores of Loch Ness. Keep your eyes peeled for Nessie! Pause at the Old Pulteney Distillery to taste a wee dram of whisky and learn about the production of this national drink.

Hotel: Norsemen Hotel, Wick or similar - 2 nights

Meals: Breakfast, Dinner with Wine

DAY 6 | THURSDAY SEPTEMBER 22, 2022 THE ORKNEY ISLANDS

Start the day by driving to the most northern point of the British mainland, John O'Groats. Board the ferry to the beautiful Orkney Islands where the countryside is breathtakingly majestic and the tranquility supports a quieter pace of life. Here the hardy locals say they live 'below the wind and above the water.' Your Local Expert accompanies you as you visit the 5,000-year-old village of Skara Brae, the mysterious Ring of Brodgar, Kirkwall and the small chapel built by Italian prisoners during World War II. Return to your hotel for dinner.

Meals: Breakfast, Dinner with Wine

DAY 7 | FRIDAY SEPTEMBER 23, 2022 SCOTLAND'S NORTHERN COAST

Travel through stunning, pristine landscapes along the northern coast with its white sandy beaches, picturesque villages and stunning ocean landscapes before turning inland to expansive valleys and glens, lochs, and rushing waters. After enjoying the scenery of the rugged north, it's 'Over the Sea to Skye,' the largest and most beautiful island of the Inner Hebrides. On the way to Broadford, hear romantic tales of how young Flora MacDonald helped rescue Bonnie Prince Charlie and see the dramatic Cuillin Hills. Enjoy dinner at the hotel this evening.

Hotel: Dunollie Hotel, Isle of Skye - 1 night

Meals: Breakfast, Dinner with Wine

DAY 8 | SATURDAY SEPTEMBER 24, 2022 ISLES OF SKYE & MULL

Before departing Skye, experience the spectacular scenery of the Trotternish Peninsula with a local expert and hear about the way of life on this remote inner Hebridean island, steeped in myth and legend. Continue down the Scottish coast to the Isle of Mull, a less visited and ruggedly beautiful island.

Hotels: Isle of Mull Hotel & Spa - 2 nights

Meals: Breakfast, Dinner with Wine

DAY 9 | SUNDAY SEPTEMBER 25, 2022

ISLE OF IONA

Cross this picturesque island to Fionnphort to embark on a quick journey by ferry to the Isle of Iona, home to the remains of King Macbeth. Visit Iona Abbey, one of the oldest Christian religious centres in western Europe and learn more about the life of this monarch. Spend some time at leisure before travelling back to the Isle of Mull to visit a traditional weaving shop followed by a local, well known, cheese farm to sample some of their delicacies.

Meals: Breakfast, Dinner with wine

DAY 10 | MONDAY SEPTEMBER 26, 2022 ACROSS LOCH LOMOND TO GLASGOW

Cross back to the mainland and travel the short distance to the Inverawe Smokehouse where you can visit their smokery exhibit and perhaps purchase some delicious Scottish smoked salmon at their cafe. Continue to Loch Lomond, 'Queen of Scottish Lochs' according to Sir Walter Scott, and the largest in Great Britain. Experience the beauty and tranquility of the loch with a short cruise before continuing to Glasgow.

Hotel: Radisson Red Hotel, Glasgow

Meals: Breakfast, Dinner with Wine

DAY 11 | TUESDAY SEPTEMBER 27, 2022 GLASGOW

Dabble in the arts this morning with a visit to the Kelvingrove Art Gallery and Museum and the Glasgow Guild before enjoying free time to visit the shops and cafes of Ashton Lane. From here you can stay downtown to explore Glasgow or return to the hotel. In the evening, enjoy the final sumptuous Scottish dinner with the group.

Meals: Breakfast, dinner with Wine

DAY 12 | WEDNESDAY SEPTEMBER 28, 2022 FAREWELL GLASGOW

Depart Glasgow with a transfer to the airport for your flight home or continue on to Wales.

Meals: Breakfast

Accommodation: As a result of very limited hotels in some locations, the standard of Accommodation varies however all hotels will have wifi and will be the best option for the destination.

INCLUSIONS

- Our highly-skilled Travel Director will ensure your journey is seamless, serving as your expert guide, consummate organiser, and friend overseas
- Enjoy the comfort of Insight's luxury, air-conditioned, 40-seat coach with double the standard legroom and onboard washroom
- Personal radio headsets give you the freedom to wander during visits to famous highlights, without missing any of your Local Expert's fascinating commentary
- We carry your bags for you and promptly deliver them to your hotel door
- Hotel and restaurant tips are included - you'll never have to worry about how much to give, nor search for foreign currency
- We also include all taxes and portage charges at hotels
- Stay connected with friends and family with our complimentary coach and hotel Wi-Fi (where available)
- From time to time, your Travel Director will enchant you with an Insight Flourish, which is a local specialty representing the destination
- Arrival and departure transfers are included on the first and last day of the trip. If you purchase pre or post nights of accommodation, your transfer will also be included



JOHN BISHOP | CELEBRITY GUEST HOST

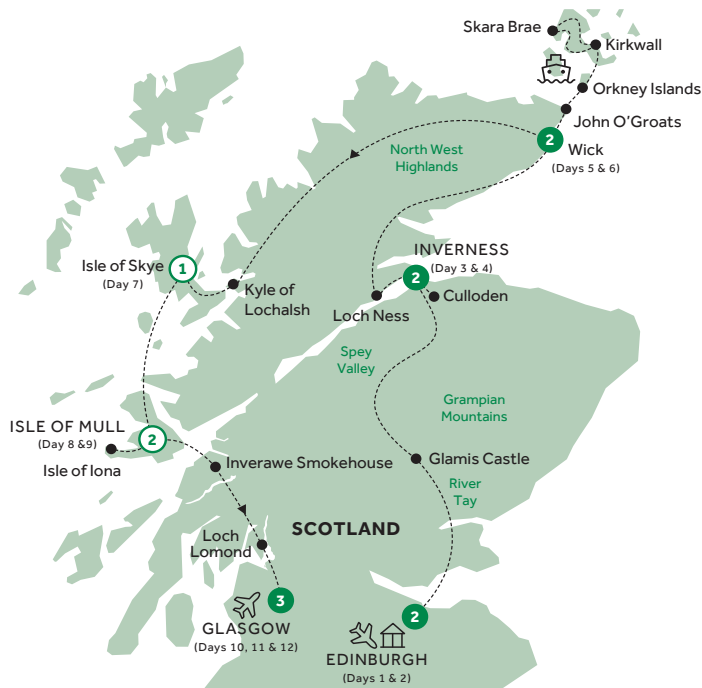
John Bishop has been in and around kitchens since his early teens. Born in Britain, John attended hotel school in Wales and served his apprenticeship at a private London club. After ten years as a chef in Ireland, John came to Canada in 1973 to further his culinary career. In 1985 he launched the restaurant that bears his name. Located in Vancouver, Bishop's was an immediate success and he continues to garner accolades today for his fresh regional and seasonal fare. In Chef Bishop's view, it makes sense to showcase British Columbia's lush bounty of seafood, organic produce and meats. His exquisite West Side restaurant blends classic and modern flavours with a casual elegance for a truly exceptional dining experience that keeps clients coming back.

FUNDRAISING JOURNEY TO BENEFIT THE VCH ADULT ADHD CLINIC

A highly treatable and manageable neurological disorder, Attention-Deficit Hyperactivity Disorder (ADHD) is prevalent in four percent of adults. It's a particularly significant challenge for young people who face pivotal changes. Having the resources to cope with the impact of ADHD on education, career, finances and relationships is crucial. Located at Lions Gate Hospital's Hope Centre, the VCH Adult ADHD Clinic helps patients through a collaborative approach to treating ADHD. The clinical team works closely with patients to assess and address their needs, including diagnosis, education, short-term treatment, skill development. The only adult ADHD clinic which offers services within the public health system B.C., it was founded and operates thanks to the generosity of the James Family Foundation. Additional funding will allow the clinic to expand its staff and services, and evaluate the effectiveness and sustainability of focused treatment and management <https://lghfoundation.com/>

TRAVEL WITH PURPOSE

Thank you for your generous support over the past ten years/To-date JWH has donated C\$143,800





JOURNEY PRICE

12 DAYS | 17-28 SEPTEMBER, 2022

\$6,196

per person, based on double occupancy, Land Only

**SINGLE SUPPLEMENT AN ADDITIONAL \$1,405
(LIMITED AVAILABILITY)**

ADDITIONAL

\$300* per person direct donation to the VCH Adult ADHD Clinic. Tax receipt will be issued.

Guaranteed departure with minimum 20 guests.



INSIGHT EXPERIENCES

ORKNEY ISLANDS: Across the windswept Orkney Islands lie relics spanning human history, from pagan stone circles to reminders of wartime tragedy. Join a Local Expert for a fascinating journey into its history.



TOP RATED HIGHLIGHTS

Visit Edinburgh Castle • Royal Yacht Britannia • Local farm to see Highland Cows • Culloden Visitor Centre • Tollie Red Kites Nature Reserve • Victoria Market & bookstore in Inverness • Logie Steading • Traditional Weaving Shop • Cheese Farm • Iona Abbey • Inverawe Smokehouse • Kelvingrove Art Gallery and Museum • Glasgow Guild City tour of Edinburgh with a Local Expert. See Edinburgh Castle, Scott Memorial and Palace of Holyroodhouse in Edinburgh • Glamis Castle • Sueno Stone • Loch Ness • Wick • John O'Groats • Isle of Skye • Eilean Donan Castle • Isle of Mull & Iona • Loch Lomond • St. Mungo's Cathedral in Glasgow.

BOOKING CONDITIONS:

What's Not Included: Airfares (unless otherwise stated), passports and applicable visa fees, charges imposed by third parties, laundry, phone calls, items of a personal nature, beverages, meals and sightseeing not detailed on the itinerary, excess baggage, travel insurance.

Travel Price: The package price is quoted in Canadian dollars, per person twin share.

Deposit / Final Payment: For deposit and final payment details contact Jenny at Journeys with Heart.

Cancellation Fees: For full details of cancellation policy for this tour, contact Jenny at Journeys with Heart

Refunds: No refund is available if cancellations occur after the trip has commenced or in respect of any sightseeing, accommodation, meals or any other services not utilized.

Itinerary Changes & Trip Cancellation: Prices are based on costs, charges, tariffs, taxes, levies and exchange rates at the time of publication. In the event that such fluctuations affect the price to be paid for services, Insight Vacations reserves the right to adjust the price as necessary at any time. Insight Vacations reserves the right to vary itineraries should circumstances dictate, as well as cancel or reschedule any trip departure in accordance with operating requirements, or circumstances beyond its control. The advertised trip requires minimum numbers to depart. Should these not be met, Insight Vacations reserves the right to alter or cancel arrangements. **Passport and Visas:** You must have a valid passport with 6 months validity from date of return. For Visa requirements, contact your Travel Advisor.

Hotels: The hotels listed have been booked unless 'or similar' is indicated. If this hotel is unavailable, a similar property will be used. **Portage:** for one suitcase is included in the trip price on arrival and departure from each trip hotel. Refer to the Insight website, [insightvacations.com/ca/information/](https://www.insightvacations.com/ca/information/) for details of luggage allowances.

Rooming Arrangements: All pricing is based on twin share accommodation. If a single room is required, the appropriate single supplement will need to be paid. Single rooms are subject to availability.

Transfers: Your Travel Advisor can provide details of arrival and departure transfers. **Documentation:** Documentation will be provided to your travel advisor approximately 2 weeks prior to departure from Canada.

Additional terms and conditions: Apply to this special departure. Full terms and conditions are available from Insight Vacations. Refer also to the Insight Vacations website at [insightvacations.com/ca/information/bookingconditions](https://www.insightvacations.com/ca/information/bookingconditions)

Insurance: Is recommended for all guests covering all applicable dates of travel with Insight Vacations. An online Travel Declaration Form will need to be filled out by all guests prior to departure. Insight Vacations will not be held liable for any costs incurred by the guest resulting from their failure to obtain adequate travel insurance.

BOOKING TERMS AND CONDITIONS:

These conditions incorporate the basis upon which bookings are accepted by the Travel Agent and Insight Vacations. By making a booking you are agreeing to these terms & conditions. Conditions on this page supersede conditions stated in the Brochure however for additional terms and conditions not stated here please refer to the 'Booking Conditions and other Important Information' pages in the current Insight Vacations Europe & Britain Brochure or online at <https://www.insightvacations.com/ca/information/booking-conditions> These must be studied prior to making the committing to the payment of deposit as all Terms and Conditions will be considered a binding agreement upon payment. Additional terms and conditions may be applicable to group bookings and will be advised as they become known.



Bishop's



TRAVEL WITH PURPOSE THANK YOU FOR YOUR GENEROUS SUPPORT OVER THE PAST TEN YEARS/TO-DATE JWH HAS DONATED C\$143,800

BOOKINGS & ENQUIRIES PLEASE CONTACT:

Jenny Karmali | The Travel Group
Phone:(604) 681-6345 | Email: jenny@trvlconcepts.com
www.journeyswithheart.com
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