

Directory

CONTENTS

Accommodation	436
Business Hours	438
Children	439
Climate Charts	439
Courses	439
Customs	439
Dangers & Annoyances	440
Discount Cards	440
Embassies & Consulates	441
Festivals & Events	441
Food	442
Gay & Lesbian Travellers	442
Holidays	442
Insurance	443
Internet Access	443
Legal Matters	443
Maps	444
Money	444
Photography & Video	445
Post	445
Solo Travellers	445
Telephone	446
Tourist Information	446
Travellers with Disabilities	447
Useful Organisations	447
Visas	447

PRACTICALITIES

- Leaf through Edinburgh's *Scotsman* newspaper or Glasgow's *Herald*, the oldest daily in the English-speaking world.
- Have a giggle at the popular Labour tabloid, the *Daily Record*, or try the *Sunday Post* for rose-tinted nostalgia.
- BBC Radio Scotland (AM 810kHz, FM 92.4-94.7MHz) provides a Scottish point of view.
- Zone out in front of the box to BBC1 and BBC2 and three commercial channels (ITV1, Channel Four and Channel Five). Regional ITV channels, Scottish Television and Grampian TV, give a Scottish perspective.
- Buy or watch videos on the PAL system.
- Plug into a square three-pin adaptor (different from the Australian three pin) before plugging into the electricity supply (240V, 50Hz AC).
- Use the metric system for weights and measures, with the exception of road distances (in miles) and beer (in pints).

ACCOMMODATION

For a peaceful night's slumber, Scotland provides a comprehensive choice of accommodation to suit all visitors. For budget travel (less than £25 per person a night), the options are camping grounds, bothies or *bòds* (see *Something Different*, p438), hostels and cheap B&Bs. Midrange-budget travellers will find a plethora of comfortable B&Bs and guesthouses (£25 to £50 per person a night). For top-end lodgings (£50-plus per person a night) there are some superb hotels, the most interesting being converted castles and mansions. In Glasgow, midrange and top-end travellers can experience unique, cutting-edge design accommodation – even in some pubs!

Almost all B&Bs, guesthouses and hotels (and even some hostels) provide breakfast; if this is not the case, then it is mentioned in individual reviews throughout the guide.

Prices tend to increase over the peak tourist season (June to September) and are at their highest in July and August. Outside of these months, and particularly in winter, special deals are often available at guesthouses and hotels. Smaller establishments will often close from around November to March, particularly in more remote areas. If you're going to be in Edinburgh in the festival month of August or at Hogmanay (New Year), book as far in advance as you can – a year if possible – as the

city will be packed. If travelling by yourself, see p445 for more accommodation-related information.

Tourist offices have an accommodation booking service (£2 to £3, local and national), which can be handy over summer. However, note that they can only book places that are registered with **VisitScotland** (www.visitscotland.com/accommodation); there are many other fine accommodation options which, for one reason or another, choose not to register with the tourist board.

B&Bs & Guesthouses

B&Bs are a Scottish institution. At the bottom end you get a bedroom in a private house, a shared bathroom and a fry-up (juice, coffee or tea, cereal and cooked breakfast – bacon, eggs, sausage, baked beans and toast). Midrange B&Bs have en-suite bathrooms, TVs in each room and more variety (and healthier options) for breakfast. Almost all B&Bs provide hospitality trays (tea- and coffee-making facilities) in bedrooms. An excellent option are farm B&Bs, which offer traditional Scottish hospitality, huge breakfasts and a quiet rural setting – good for discharging urban grit. Pubs may also offer cheap (and sometimes noisy) B&B and can be good fun.

Guesthouses, often large converted private houses, are an extension of the B&B concept. They are normally more upmarket than B&Bs, offering quality food and more luxurious accommodation.

Camping & Caravan Parks

Free 'wild' camping became a legal right under the Land Reform Bill. However, campers are obligated to camp on unenclosed land, in small numbers and away from buildings and roads (see the boxed text, p57).

Commercial camping grounds are geared to caravans and vary widely in quality. A tent site is £5 to £12. If using a tent regularly, buy *Scotland: Caravan & Camping*, available from most tourist offices. VisitScotland has a free map showing caravan and camping parks around Scotland, also available at tourist offices.

Homestays

A convenient and increasingly popular holiday option is to join an international house-exchange organisation. You sign up for a year and place your home on a website giving de-

tails of what you're looking for, where and for how long. You organise the house swap yourself with people in other countries and arrange to swap homes, rent free, for an agreed period. Shop around, as registration costs vary between organisations. Check out **Home Base Holidays** (www.homebase-hols.com) and **Home Link International** (www.homelink.org.uk).

Hostels

If you're on a budget, numerous hostels offer cheap accommodation and are great centres for meeting fellow travellers – in Scotland the standard of facilities is generally very good. The more upmarket hostels have en-suite bathrooms in their dorms, and all manner of luxuries giving them the feel of hotels if it weren't for the bunk beds.

Hostels have facilities for self-catering, and many provide internet access and can usually arrange activities and tours.

From May to September and on public holidays, hostels can be booked out, sometimes by large groups, so phone in advance.

INDEPENDENT & STUDENT HOSTELS

There are a large number of independent hostels, most with prices around £10 to £16. Facilities vary considerably, but some of the best are listed in this guide and because they are aimed at young backpackers, they can often be great places to party. The free *Independent Backpackers Hostels Scotland* guide (www.hostel-scotland.co.uk), available from tourist offices, lists over 100 hostels in Scotland.

SCOTTISH YOUTH HOSTEL ASSOCIATION

The **Scottish Youth Hostel Association** (SYHA; ☎ 0870 155 3255; www.syha.org.uk; 7 Glebe Cres, Stirling FK8 2JA) has a network of decent, reasonably priced hostels and produces a free booklet available from SYHA hostels and tourist offices. Although there were some closures in 2006 and other hostels closed for extended periods for

BOOK ACCOMMODATION ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at www.lonelyplanet.com. You'll find the true, insider lowdown on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

refurbishment, there are still more than 60 to choose from around the country. Some such as Loch Lomond and Carbisdale Castle are fabulous, with extravagant interiors and a touch of grandeur. Average prices are about £13 an adult, £10 a child, more in summer.

Hotels

Hotels normally service the top end of the scale and there are some wonderfully luxurious places, including rustic country house hotels in fabulous settings, and castles complete with crenellated battlements, grand staircases and the obligatory rows of stags' heads. Expect all the perks at these places, often including a gym, sauna, pool and first-class service.

Interestingly, midrange hotels, independent or chain, have not really caught on in Scotland and apart from the bigger cities, midrange-budget travellers will often have to splurge if they want a night away from a B&B or guesthouse. The exception is Glasgow, which has many chic, stylish city hotels that fall into the upper midrange and top-end class – these are listed in detail in the Glasgow chapter.

Rental Accommodation

Self-catering accommodation is very popular in Scotland and staying in a house in a city or cottage in the country gives you an opportunity to get a feel for a region and its community. The minimum stay is usually one week in the summer peak season, three days or less at other times. Details are in the regional accommodation guides available from tourist offices. Alternatively, buy a copy of VisitScotland's *Scotland: Self-Catering*. Expect a week's rent for a two-bedroom cottage to cost from £150 in winter, £175 April to June and £250 July to September. Places in the city range from £175 to over £700 per week.

The following are good places to start your search:

CKD Galbraith (☎ 0131-556 4422; www.ckdgalbraith.co.uk; 17 Dublin St, Edinburgh EH1 3PG) Offers a wide range of self-catering accommodation, from cottages to castles.

Ecosse Unique (☎ 01835-822277; www.uniquescotland.com; Lilliesleaf, Melrose, Roxburghshire TD6 9JD) Offers furnished holiday homes all over the country.

Landmark Trust (☎ 01628-825925; www.landmarktrust.org.uk; Shottesbrooke, Maidenhead, Berkshire SL6 3SW England) A building-preservation charity that restores historic buildings and lets them out as accommodation.

Something Different

Scotland offers a surprising diversity of accommodation and it's possible to bunk down on a cruise around the Hebrides (a good way to see remote St Kilda) or the Caledonian Canal; in converted churches (spooky!); in a *blackhouse* (primitive 19th-century living); and in an art gallery, wigwam or lighthouse. Information on specific establishments is littered throughout this guide and can also be found on the website of **VisitScotland** (www.visitscotland.com/accommodation).

Simple, alternative accommodation can be found at bothies – basic shelters, often in remote places. They're not locked, there's no charge and you can't book. A camping barn (*böd* in Shetland) – usually a converted farm building – is where walkers can stay for around £7 to £10 per night. Take your own cooking equipment, sleeping bag and mat. We have listed many bothies and *böds* in this guide; tourist offices also have lists.

University Accommodation

Many Scottish universities offer their student accommodation to visitors during the holidays. Most rooms are comfy, functional, single bedrooms, some with shared bathroom, but there are also twin and family units, self-contained flats and shared houses. Full-board, half-board, B&B and self-catering options are often available. Rooms are usually let out late June to late September. B&B costs around £25 to £35 per person. Details are provided throughout regional chapters.

BUSINESS HOURS

Shops open at least 9am to 5.30pm Monday to Friday and most open Saturday too; with late night shopping usually until 8pm Thursday in the cities. A growing number also open Sunday, typically 11am to 5pm. Even in small towns, supermarkets stay open to 8pm daily and a few city supermarkets open 24 hours. In country towns, some shops have an early-closing day – usually Tuesday, Wednesday or Thursday.

In the Highlands and islands followers of the Free Church of Scotland and the Free Presbyterian Church often observe the Sabbath strictly, and in some areas, notably Harris and Lewis, all shops (apart from one busy petrol station) are closed Sundays, and there are no mainland ferries.

Approximate standard opening hours:

Banks 9.30am to 4pm Monday to Friday, plus some are open 9.30am to 12.30pm Saturday.

Cafés 10am to 5pm; in large towns and cities some open for breakfast from about 7am. If licensed, they may stay open for dinner too.

Post offices 9am to 5.30pm Monday to Friday, 9am-12.30pm Saturday.

Pubs & Bars 11am to 11pm Monday to Thursday, 11am to 1pm Friday and Saturday, 12.30pm to 11pm Sunday; lunch is served noon to 2.30pm, dinner 6pm to 9pm daily.

Restaurants Lunch noon to 2.30pm, dinner 6pm to 9pm or 10pm; in small towns and villages the chippy (fish and chip shop) is often the only place to buy cooked food after 8pm.

CHILDREN

Throughout this book we have listed child-friendly accommodation and recommended places and activities suitable for families. Reviews of venues that are child friendly are indicated by the use of this icon: (☺).

It's well worth asking in tourist offices for local family-based publications. The *List* magazine (available at newsagents and bookshops) has a section on children's activities and events in and around Glasgow and Edinburgh; also check local newspapers. If going to Orkney, pick up a copy of the excellent *Child Friendly Orkney* book (free) from Kirkwall tourist office, which is jam-packed with activities, sightseeing and accommodation suggestions.

Children are well received around Scotland, particularly in more traditional areas such as the Highlands and islands. Another great destination for families is Dumfries & Galloway in southern Scotland (see p181), which has many child-friendly attractions and B&Bs.

A lot of pubs are family friendly and some have great beer gardens where kids can run around and exhaust themselves while you have a quiet pint. However, be aware that most Scottish pubs, even those that serve bar meals, are forbidden by law to admit children under 14; even in family-friendly pubs (ie those in possession of a Children's Certificate), under-14s are only admitted between 11am and 8pm, and only when accompanied by an adult aged 18 or over.

Children under a certain age can often stay free with their parents in hotels, but be prepared for hotels and B&Bs that won't accept children; call ahead to get the lowdown. More hotels and guesthouses these days provide

child-friendly facilities, including cots. Many restaurants (especially the larger ones) have highchairs available. Nappy-changing facilities can be found in shopping centres.

The larger car-hire companies can provide safety seats for children – ask when booking. Note that attitudes towards breast-feeding in public are generally a little conservative.

See Edinburgh for Children, p93, and Glasgow for Children, p133, for more on travel in those two cities with the kids. See also Lonely Planet's *Travelling with Children*, by Cathy Lanigan.

CLIMATE CHARTS

'Variable' is a vague but appropriate way to describe the many moods of Scotland's cool, temperate climate. Considering how far north the country lies you might expect a colder climate, but the winds from the Atlantic are warmed by the Gulf Stream.

The climate charts (p440), provide an indication of temperature and rainfall around the country. See also the When to Go section, p18, in the Getting Started chapter.

COURSES

With the remarkable revival of Scottish Gaelic since the 1980s, a number of courses on the language and culture are available:

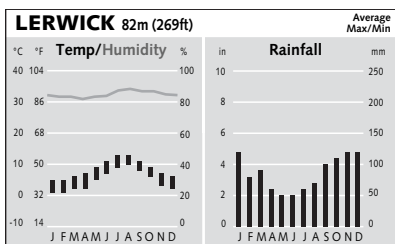
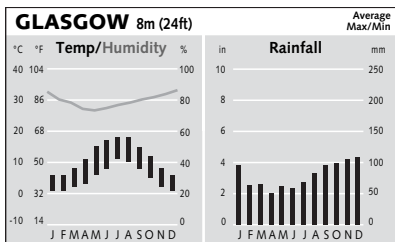
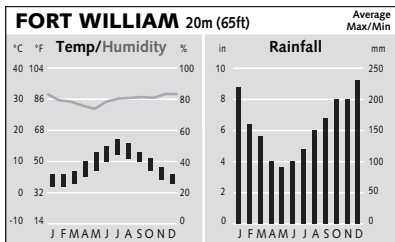
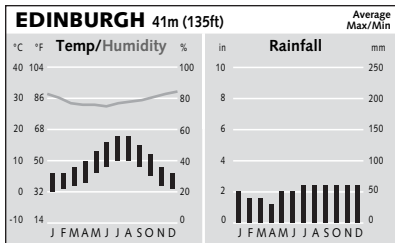
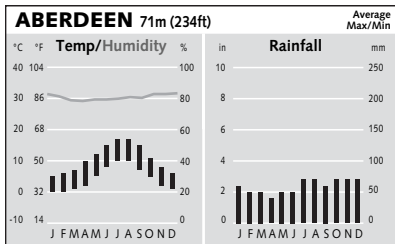
Cothrom na Féinne (☎ 01599-566240; Balmacara Mains, Kyle IV40 8DN) Residential language courses take place during the first week of the month, year-round. Individually tailored weekends are £100; courses start at £250.

Royal Scottish Country Dance Society (☎ 0131-225 3854; www.rscds.org) In July and August, this society holds a summer school in St Andrews; fees from £133 a week.

Sabhal Mór Ostaig (☎ 01471-888000; www.smo.uhi.ac.uk; Sleat, Isle of Skye IV44 8RQ) Offers courses in Gaelic language, song, piping and the fiddle. Courses cost from £140 per week plus accommodation.

CUSTOMS

Travellers arriving in the UK from other EU countries don't have to pay tax or duty on goods for personal use, and can bring back as much EU duty-paid alcohol and tobacco as they like. However, if you bring in more than the following, you'll probably be asked some questions: 3200 cigarettes, 400 cigarillos, 200 cigars, 3kg of smoking tobacco, 10L of spirits, 20L of fortified wine (eg port or sherry), 90L of wine and 110L of beer. Those under 17 cannot import any alcohol or tobacco. There are different allowances for tobacco products from the newer EU



member countries, though (such as Estonia, Poland, Hungary, Latvia, Lithuania, Slovakia, the Czech Republic and Slovenia) – check the website following for further details.

Travellers from outside the EU can bring in, duty-free, a maximum of 200 cigarettes or 100 cigarillos or 50 cigars or 250g of tobacco; 2L of still table wine; 1L of spirits or 2L of fortified wine, sparkling wine or liqueurs; 60mL of perfume; and £145 worth of all other goods, including gifts and souvenirs. Anything over this limit must be declared to customs officers on arrival.

For details of restrictions and quarantine regulations, see the website of **HM Customs and Excise** (www.hmrc.gov.uk).

DANGERS & ANNOYANCES

Scotland has the usual big-city crimes (often alcohol and/or drug related), mainly in Edinburgh and Glasgow, so normal caution is advised. Don't wander unlit city streets at night, and be aware of who is around you late at night anywhere on the streets. Pickpockets and bag snatchers operate in crowded places, but this isn't a common problem.

Never leave valuables in a car, and remove all luggage overnight. Report thefts to the police and ask for a statement, or your travel insurance won't pay out; bear in mind that thefts from cars may be excluded.

One of the most annoying and frightening aspects of touring the Highlands is the sudden appearance and sound of military jets. It's something you never get used to.

Midges and clegs can be annoying problems in the Scottish Highlands and islands; see p458.

DISCOUNT CARDS

Hostel Cards

If travelling on a budget, membership of the **Scottish Youth Hostel Association/Hostelling International** (SYHA/Hi; ☎ 01786-891400; www.syha.org.uk) is a must (annual membership over/under 16 is £8/free, life membership is £80).

Senior Cards

Discount cards for those over 60 are available for train travel (see p456).

Student & Youth Cards

The most useful card is the International Student Identity Card (ISIC), which displays your photo. This can perform wonders, including

producing discounts on entry to attractions and on many forms of transport.

There's a global industry in fake student cards, and many places now stipulate a maximum age for student discounts or substitute a 'youth discount' for 'student discount'. If under 26 but not a student, you can apply for the Euro/26 card, which goes by various names in different countries, or an International Youth Travel Card (IYTC) issued by the **International Student Travel Confederation** (ISTC; www.istc.org). These cards are available through student unions, hostelling organisations or youth travel agencies.

EMBASSIES & CONSULATES

Consulates in Scotland

Most foreign diplomatic missions are in London, but many countries also have consulates in or near Edinburgh:

Australia (Map pp76-7; ☎ 0131-243 2589; Honorary Consul, Mr William Roxburgh, Forsyth House, 93 George St, Edinburgh EH2 3ES) Edinburgh Office does not provide notarial services. Contact the Australian High Commission in London (☎ 020-7379 4334).

Canada (Map pp76-7; ☎ 0131-473 6320; Festival Sq, 50 Lothian Rd, EH3 9WJ)

Denmark (Map p71; ☎ 0131-220 0300; 48 Melville St, EH3 7HF)

France (Map pp72-3; ☎ 0131-225 7954; 11 Randolph Cres, EH3 7TT)

Germany (Map pp72-3; ☎ 0131-337 2323; 16 Eglinton Cres, EH12 5DG)

Ireland (Map pp72-3; ☎ 0131-226 7711; 16 Randolph Cres, EH3 7TT)

Japan (Map pp72-3; ☎ 0131-225 4777; 2 Melville Cres, EH3 7HW)

Netherlands (Map pp76-7; ☎ 0131-220 3226; Thistle Ct, 1-2 Thistle St, EH2 1DD)

USA (Map pp72-3; ☎ 0131-556 8315; 3 Regent Tce, EH7 5BW)

Eight countries have consulates in Lerwick, Shetland Islands. Denmark, Iceland, Netherlands and Sweden are based at **Hay & Co** (☎ 01595-692533; 66 Commercial Rd) and Finland, France, Germany and Norway at **Shearer Shipping Services** (☎ 01595-692556; off Commercial Rd).

FESTIVALS & EVENTS

Countless diverse events are held around the country all year. Even small villages have weekly markets, and many still enact traditional customs and ceremonies, some dating back hundreds of years.

VisitScotland publishes a comprehensive list, *Events in Scotland*, twice a year.

The **Traditional Music & Song Association** (☎ 0131-667 5587; www.tmsa.info) publishes an excellent annual listing of music, dance and cultural festivals around Scotland.

Highlights of Scotland's many festivals and events are listed here. There's more on these and other events in the Edinburgh chapter (p96) and the regional chapters throughout the book.

JANUARY

Burns Night Suppers all over the country (and the world for that matter) are held on 25 January to celebrate Robbie Burns.

Celtic Connections (www.grch.com) A celebration of Celtic music and culture, held mid- to late January in Glasgow.

The Ba' A seething swell of islanders and tourists take part in this boisterous and chaotic ball game, held on New Year's Day in Kirkwall, Orkney.

Up-Helly-Aa Re-enactment of a Viking fire festival; held last Tuesday in January in Lerwick, Shetland.

FEBRUARY

Six Nations Rugby Tournament (www.6nations.co.uk) Between Scotland, England, Wales, Ireland, France and Italy, held February to March; home games played at Murrayfield, Edinburgh.

MARCH

Whuppyty Scourie Residents in Lanark stage traditional events to chase away the winter blues; held 1 March.

APRIL

Rugby Sevens Seven-a-side rugby tournament, held April and May in various towns throughout the Borders region – the first is in Galashiels and Melrose in early April.

MAY

Beltane Fire Festival (www.beltane.org) An incredibly popular, wild and wacky pagan fire festival celebrating the end of winter; 10,000 people descend upon Calton Hill, Edinburgh on 30 April.

Shetland Folk Festival (www.shetlandfolkfestival.com) Folk music festival featuring local and international acts, held in early May.

Burns an' a' That (www.burnsfestival.com) Celebrations of the great bard have really taken off over the last few years in Ayrshire.

Spirit of Speyside Whisky Festival (www.spiritofspeyside.com) Five days of distillery tours, knocking back the 'water of life', food, art and outdoor activities; held late April to early May in Moray and Speyside.

Orkney Folk Festival (www.orkneyfolkfestival.com) A brilliant time to be in these islands, with concerts, *ceilidhs*

(evenings of traditional Scottish entertainment), impromptu music sessions and workshops; held in late May. **Scottish FA Cup Final** (www.scottishfa.co.uk) Deciding match in Scotland's premier football tournament; held at Glasgow's Hampden Park.

JUNE

Glasgow Jazz Festival (www.jazzfest.co.uk) A growing event with big-name jazz acts in venues all over the city – George Sq is particularly good for free jazz; held late-June in Glasgow.

Riding of the Marches Horse riding, with parades, brass bands etc, commemorating conflict with England; held in various Border towns, Selkirk is one of the biggest and best.

Royal Highland Show (www.royalhighlandshow.org) Scotland's national agricultural show; held late June in Edinburgh.

St Magnus Festival (www.stmagnusfestival.com) A midsummer celebration of the arts; music, literature and visual arts; held mid- to late June in Orkney.

West End Festival (www.westendfestival.co.uk) Two-week festival of music and the arts; Glasgow's biggest festival.

JULY

T in the Park (www.tinthepark.com) Music festival in the footsteps of Glastonbury; held over a mid-July weekend at Balado, by Kinross.

AUGUST

Edinburgh International Book Festival (www.edbookfest.co.uk) A celebration of literature held in Charlotte Sq featuring talks from various literary people and local authors; held mid- to late August.

Edinburgh International and Fringe Festivals (www.eif.co.uk, www.edfringe.com) Premier international arts festivals, running for three weeks; the city's largest annual event attracting millions each year; held mid-August to early September.

Edinburgh International Film Festival (www.edfilmfest.org.uk) A truly international selection of films; from West Africa, to Iran to Peru; held mid- to late August.

Edinburgh Military Tattoo Pageantry and military displays running for three weeks – an impressive spectacle and an unforgettable night if you like the bagpipes.

World Pipe Band Championships Gathering of over 100 pipe bands in Glasgow.

SEPTEMBER

Braemar Gathering (www.braemargathering.org) Kilts, cabers and bagpipes, attended by the Queen; held early September in Deeside.

OCTOBER

Royal National Mod (www.the-mod.co.uk) Gaelic music festival competition; held mid-October in various locations.

NOVEMBER

St Andrew's Week Held around Saint Andrew's Day (30 November), the feast day of Scotland's patron saint. Includes Scottish food and drink, music and a kite festival on the West Sands.

DECEMBER

Hogmanay Celebrations to greet the New Year, including a huge street party – Edinburgh is the biggest (it's heaving), but there are festivities all over the country on 31 December.

Stonehaven Fireball Festival Large procession of fireball-swinging locals who fling their flaming orbs into the sea; 31 December, Stonehaven.

FOOD

In larger towns and cities we have organised places to eat in this guide by neighbourhood, then price, based on the average cost of a main course on the dinner menu: budget up to £7; midrange £7 to £15, top end above £15. In smaller places, eating reviews are listed in ascending order of cost. Note though that lunch mains are often cheaper than dinner mains, and many places offer an 'early bird' special with lower prices (usually available between 5pm and 7pm). See p438 for restaurant opening hours, and the Food & Drink chapter (p52) for information about tucking into Scottish cuisine.

GAY & LESBIAN TRAVELLERS

Although many Scots are fairly tolerant of homosexuality, overt displays of affection aren't wise if conducted away from acknowledged 'gay' venues or districts – hostility may be encountered. The age of homosexual consent is 16.

Edinburgh and Glasgow have small but flourishing gay scenes. The website www.gayscotland.com and the monthly magazine *Scotsgay* (www.scotsgay.com) keep gays, lesbians and bisexuals informed about gay-scene issues. Another good info source is the **GLGBT Centre** (☎ 0141-552 4958; www.glgbt.org.uk; 84 Bell St, Glasgow); otherwise, contact the **Gay & Lesbian Switchboard** (☎ 0141-332 8372; info@glgs.org). See also the boxed texts in the Glasgow (p144) and Edinburgh (p111) chapters.

HOLIDAYS Public Holidays

Although bank holidays are general public holidays in the rest of the UK, in Scotland they only apply to banks and some other commer-

cial offices. Bank holidays occur at the start of January, the first weekend in March, the first and last weekend in May, the first weekend in August, and Christmas Day and Boxing Day. Christmas Day, New Year's Day, 2 January, Good Friday and Easter Monday are also general public holidays. Scottish towns normally have their own spring and autumn holiday; dates vary from year to year and from town to town.

School Holidays

School holidays (two weeks at Easter, early July to late August, one week in October and two or three weeks at Christmas) are always a busy time, particularly in summer when families often go on their annual break to the countryside. As this coincides with peak tourist season, accommodation is harder to come by and it's often worth booking ahead.

INSURANCE

This not only covers you for medical expenses, theft or loss, but also for cancellation of, or delays in, any of your travel arrangements. There's a variety of policies and your travel agent can give recommendations. The international student travel policies handled by STA Travel and other reputable student travel organisations are usually good value.

Make sure the policy includes health care and medication in the countries you may visit on your way to/from Scotland. See p457 for advice on health insurance.

Always read the small print carefully. Some policies specifically exclude 'dangerous activities', such as scuba diving, motorcycling, skiing, mountaineering and even trekking.

You may prefer a policy that pays doctors or hospitals directly rather than forcing you to pay on the spot and claim the money back later. If you have to claim later, make sure you keep all documentation. Some policies ask you to call back (reverse charges) to a centre in your home country where an immediate assessment of your problem is made.

Not all policies cover ambulances, helicopter rescue or emergency flights home. Most policies exclude cover for pre-existing illnesses.

Worldwide travel insurance is available at www.lonelyplanet.com/travel_services. You can buy, extend and claim online anytime – even if you're already on the road.

INTERNET ACCESS

If you're travelling in Scotland with a laptop, you should be able to connect to the internet via a hotel room phone socket for the cost of a local call by registering with an internet roaming service such as **MaGlobe** (www.maglobe.com). Many upmarket hotels offer in-room internet connections via RJ-11 Ethernet sockets or wi-fi. For help and information on getting online from hotel rooms see www.kropla.com.

There is a growing number of wi-fi hot spots around Scotland where you can access the internet with a wi-fi-enabled laptop, including McDonald's restaurants, Starbucks coffee shops and anywhere within 50m of blue-topped BT internet payphones; search for wi-fi hot spots on www.jiwire.com.

If you don't have a laptop, the best places to check email and surf the internet in Scotland are public libraries – almost every town and village in the country has at least a couple of computer terminals devoted to the internet, and they are free to use. In bigger towns and cities the libraries may well have cyber centres, which mean fast connections and lots of terminals – details are given under destination headings throughout this guidebook. In some regions (such as the Highlands) you will be given a user name and password so you can access the internet easily at any library in the area.

Internet cafés also exist in the cities and larger towns and are generally good value, charging approximately £2 to £5 per hour. Always check the minimum charge, though, before you settle in – sometimes it's not worth the 10 minutes it takes to check your emails. Keep in mind that many of the larger tourist offices across the country also have internet access.

LEGAL MATTERS

The 1707 Act of Union preserved the Scottish legal system as separate from the law in England and Wales.

Police have the power to detain anyone suspected of having committed an offence punishable by imprisonment (including drugs offences) for up to six hours. They can search you, take photos and fingerprints, and question you. You are legally required to provide your correct name and address – not doing so, or giving false details, is an offence – but you are not obliged to answer any other questions. After six hours, the police must either formally charge you or let you go. If you are

WHEN YOU'RE LEGAL

The following legal minimum ages apply in Scotland:

- Drinking alcohol – 18 years
- Driving – 17 years
- Heterosexual/homosexual sex – 16 years
- Smoking – 16 years
- Marriage – 16 years
- Voting – 18 years

detained and/or arrested, you have the right to inform a solicitor and one other person, though you have no right to actually see the solicitor or to make a telephone call. If you don't know a solicitor, the police will inform the duty solicitor for you.

In the wake of September 11, the UK parliament passed several pieces of legislation to crack down on terrorist activity, the latest being the Terrorism Act 2006. The result is a curtailment of civil liberties and the government can now detain foreigners suspected of terrorist activities, without charge, for a period of 28 days, and an extension of this period is being pushed by the government.

If you need legal assistance, contact the **Scottish Legal Aid Board** (☎ 0131-226 7061; www.slab.org.uk; 44 Drumsheugh Gardens, Edinburgh).

Possession of a small amount of cannabis is an offence punishable by a fine, but possession of a larger amount of cannabis, or any amount of harder drugs, is much more serious, with a sentence of up to 14 years in prison. Police have the right to search anyone they suspect of possessing drugs.

You're allowed to have a maximum blood-alcohol level of 35mg/100mL when driving. Traffic offences (illegal parking, speeding etc) usually incur a fine for which you're allowed 30 to 60 days to pay. In Glasgow and Edinburgh the parking inspectors are numerous and without mercy – NEVER leave your car around the city centres without a valid parking ticket, or you risk a hefty fine – upwards of £30.

MAPS

Most bookshops stock a range of decent road atlases. If you plan to go off the beaten track, you'll need one that shows at least 3 miles to the inch (1.9km to 1cm).

Alternatively, tourist offices have free maps at a scale of about 10 miles to one inch (6.4km to 1cm), which are adequate for most purposes. For general touring, the clear *Collins Touring Map of Scotland* shows most tourist attractions.

If you're about to tackle Munros, you'll require maps with far greater detail than the maps in this guide, or the ones supplied by tourist offices. Look out for the Collins map of the *Munros*. The Ordnance Survey (OS) caters to walkers, with a wide variety of maps at different scales. Alternatively, look out for the excellent walkers' maps published by Harvey's; they're at scales of 1:40,000 and 1:25,000.

MONEY

The British currency is the pound sterling (£), with 100 pence (p) to a pound. 'Quid' is the slang term for pound.

Several Scottish banks issue their own banknotes. You shouldn't have trouble changing them in shops etc immediately south of the Scotland-England border, but elsewhere it may be difficult. All UK banks will accept them, but foreign banks will not.

Euros are accepted in Scotland only at some major tourist attractions and a few upmarket hotels – it's always better to have sterling cash. For exchange rates see the inside front cover of this book. For information on costs, see p19.

ATMs

Automatic teller machines (ATMs – called cashpoints in Scotland) are widespread and you'll usually find at least one in small towns and villages. You can use Visa, MasterCard, Amex, Cirrus, Plus and Maestro to withdraw cash from ATMs belonging to most banks and building societies in Scotland.

Cash withdrawals from some ATMs may be subject to a small charge (about £1.50), but most are free.

Cash

Nothing beats cash for convenience – or risk. It's still a good idea, though, to travel with some local currency in cash, if only to tide you over until you get to an exchange facility. There's no problem if you arrive at Edinburgh, Glasgow, Glasgow Prestwick or Aberdeen airports; all have good-value exchange counters open for incoming flights.

Credit Cards

Visa, MasterCard, Amex and Diners Club cards are widely recognised, although some places will charge for accepting them (generally for small transactions). Charge cards such as Amex and Diners Club may not be accepted in smaller establishments. Credit and credit/debit cards like Visa and MasterCard are more widely accepted. Combine plastic and travellers cheques so you have something to fall back on if an ATM swallows your card or the local banks don't accept it.

International Transfers

Money sent by telegraphic transfer (usually at a cost of about £15) should reach you within a week; by mail, allow at least two weeks. When it arrives, it'll most likely be converted into local currency. You can also transfer money by either Moneygram or Thomas Cook. US travellers can also use **Western Union** (☎ 0800 833833; www.westernunion.com).

Moneychangers

Be careful using bureaux de change; they may offer good exchange rates but frequently levy outrageous commissions and fees. The bureaux de change at international airports are exceptions to the rule. They charge less than most high-street banks, and cash sterling travellers cheques for free.

US dollars are probably the best currency to carry (especially if you intend further travel outside Europe), although the euro is an attractive alternative.

Travellers Cheques

Amex or Thomas Cook cheques are widely accepted and have efficient replacement policies. Bring pounds sterling to avoid changing currencies twice. In Scotland, travellers cheques are usually only accepted by banks.

Take most cheques in large denominations, say £100; commission is usually charged per cheque.

PHOTOGRAPHY & VIDEO

There are plenty of places in the cities to transfer digital images onto CD; see the Information sections of towns for listings of internet cafés. Both print and slide film are widely available; if there's no specialist photographic shop around, Boots, the chemist chain, is the most likely stockist. The cost for a roll of 36-exposure print film starts from

£4.50, excluding processing; processing print films ranges from £4.50 to £9, depending on how quickly you want it back. A 36-exposure slide film costs from £8 (excluding processing) to £11 (including processing). A three-pack of 90-minute Digital 8/Hi8 video cassettes costs around £16; a three-pack of 30-minute DV-Mini cassettes costs £10.

Mathers (☎ 01204-522186) offers bulk-buy mail-order film at very good prices. A 10-pack of 24-exposure print film is £12, plus £3 postage. Most towns have several shops where you can get print films processed in as little as one hour.

With dull, overcast conditions common throughout the whole of Scotland, high-speed film (ISO 200 or ISO 400) is useful. In summer, the best times of day for photography are usually early in the morning and late in the afternoon when the glare of the sun has passed. For expert guidance pick up a copy of Lonely Planet's *Travel Photography*.

Many tourist attractions either charge for taking photos or ban photography altogether. Use of a flash is often forbidden to protect delicate pictures and fabrics. Video cameras are often not allowed because of the inconvenience they can cause to other visitors.

POST

Mail sent within the UK can go either 1st or 2nd class. First-class mail is faster (normally next-day delivery) and more expensive (34p for up to 100g) than 2nd-class mail (24p). An airmail letter (60g) to European countries costs 90p, to South Africa, the USA and Canada £1.58, and Australia and New Zealand £1.74. An airmail letter generally takes five days to get to the USA or Canada and around a week to Australia or New Zealand.

If you don't have a permanent address, mail can be sent to poste restante in the town or city where you're staying. Amex offices also hold card-holders' mail for free.

SOLO TRAVELLERS

Travelling solo in Scotland is quite easy and relatively common. The biggest nuisance for solo travellers on a midrange budget is finding single rooms in B&Bs and guesthouses. Many accommodation owners are reluctant to let a double room (even when it's quiet) to one person without charging a supplement, particularly in the peak season when a solo traveller may be asked to pay double rates. To avoid difficulties, book ahead when you

can and seek out places with single rooms. We've made many such recommendations throughout this guide.

The easiest place to meet other people, be it locals or tourists, is in the many pubs around the country. In small towns and villages they're usually the centre of social interaction. Although most Scots are not extroverts, they are generally very friendly and welcoming to foreign visitors (especially after a few beers). For budget travellers, hostels are an excellent way to meet other travellers.

Women travelling by themselves should encounter no extra difficulties, as long as sensible precautions observed in most Western countries are adhered to – see Women Travellers, p448, for more information.

TELEPHONE

The famous red telephone boxes are a dying breed now, surviving mainly in conservation areas.

To call Scotland from abroad dial your country's international access code then ☎ 44 (the UK country code), then the area code (dropping the first 0) followed by the telephone number.

You'll mainly see two types of phone booths in Scotland: one takes money (and doesn't give change), while the other uses prepaid phone cards and credit cards. Some phones accept both coins and cards. The minimum charge is 40p for the first 20 minutes.

All phones come with reasonably clear instructions in several languages. British Telecom (BT) offers phonecards for £3, £5, £10 and £20; they're widely available from retailers, including post offices and newsagents.

Some codes worth knowing:

- ☎ 0345 – local call rate
- ☎ 0800 – toll-free call
- ☎ 0845 – local call rate
- ☎ 0870 – national call rate
- ☎ 0871 – national call rate
- ☎ 0891 – premium rate
- ☎ 9064 – premium call rate

International Calls

Dial ☎ 155 for the international operator. To get an international line (for international direct dialling) dial ☎ 00, then the country code, area code (drop the first zero if there is one) and number. Direct dialling is cheaper, but some budget travellers prefer operator-connected reverse-charge (collect) calls.

You can also use the Home Country Direct service to make a reverse-charge or credit-card call via an operator in your home country.

Local & National Calls

Local calls are charged by time; national calls are charged by time and distance. Daytime rates are from 8am to 6pm Monday to Friday; cheaper rates are from 6pm to 8am Monday to Friday, and the cheap weekend rate is from midnight Friday to midnight Sunday. The last two rates offer substantial savings.

For directory inquiries call ☎ 118500 (free from public telephones but 42p per minute from a private phone). To get the operator call ☎ 100. The *Yellow Pages* business directory (with maps) is at www.yell.co.uk.

Mobile Phones

Codes for mobile phones usually begin with ☎ 07. The UK uses the GSM 900/1800 network, which covers the rest of Europe, Australia and New Zealand, but isn't compatible with the North American GSM 1900 (though some North Americans have GSM 1900/900 phones that work in Scotland). If you have a GSM phone, check with your service provider about using it in the UK, and beware of calls being routed internationally (very expensive for a 'local' call). You can rent a mobile phone – ask a tourist office for details – or buy a 'pay-as-you-go' phone for as little as £20.

TOURIST INFORMATION

The Scottish Tourist Board, known as **VisitScotland** (☎ 0845 225 5121; www.visitscotland.com; Ocean Point One, 94 Ocean Dr, Leith, Edinburgh EH6 6HJ), deals with inquiries made by post and telephone only.

Most larger towns have tourist offices that open 9am or 10am to 5pm Monday to Friday, and on weekends in summer. In small places, particularly in the Highlands, tourist offices only open from Easter to September.

VisitScotland now controls all tourist offices in Scotland (previously they were independently managed through regional tourist boards). This won't affect visitors dropping in on tourist offices to pick up local information (the same cheery staff work in them), although note that many now have a central telephone number. This means that like banks and many other large organisations, tourist offices are now afflicted with that 21st-century disease: if you call a local office, you'll be connected to a central call centre instead to deal with your query.

TRAVELLERS WITH DISABILITIES

For many travellers with disabilities, Scotland is a strange mix of user-friendliness and unfriendliness. Most new buildings are accessible to wheelchair users, so large, new hotels and modern tourist attractions are usually fine. However, most B&Bs and guesthouses are in hard-to-adapt older buildings. This means that travellers with mobility problems may pay more for accommodation than their more able-bodied fellows.

It's a similar story with public transport. Newer buses sometimes have steps that allow for easier access, as do trains, but it's wise to check before setting out. Tourist attractions sometimes reserve parking spaces near the entrance for disabled drivers.

Many ticket offices, banks etc are fitted with hearing loops to assist the hearing-impaired; look for the symbol of a large ear.

A few tourist attractions, such as Glasgow Cathedral, have Braille guides or scented gardens for the visually impaired.

VisitScotland produces the guide *Accessible Scotland* for wheelchair-bound travellers, and many tourist offices have leaflets with accessibility details for their area. Perthshire tourist offices have the *Access For All* brochure that provides info on transport, parking, activities and accommodation in the Perthshire region.

Many regions have organisations that hire wheelchairs – contact the local tourist office for details. There are many countryside rambles in Perthshire that have been adapted for wheelchair users – see www.perthshire.co.uk.

Historic Scotland (HS; ☎ 0131-668 8600; www.historic-scotland.gov.uk; Longmore House, Salisbury Pl, Edinburgh EH9 1SH) has a free leaflet outlining access and facilities for the disabled to HS properties, and also produces a large-print version of HS's promotional brochure.

The **Royal Association for Disability & Rehabilitation** (RADAR; ☎ 020-7250 3222; www.radar.org.uk; Information Dept, 12 City Forum, 250 City Rd, London EC1V 8AF) publishes a guide (£13.50 including postage) on travelling in the UK and has an accommodation website.

Holiday Care Service (☎ 0845 124 9971; www.holidaycare.org.uk; Holiday Care Information Unit, 7th fl, Sunley House, 4 Bedford Park, Croydon, Surrey CR0 2AP) publishes regional information guides (£5) to Scotland and can offer general advice.

Rail companies offer a Disabled Persons Railcard (see p456).

Note that we have used the wheelchair icon ♿ throughout this guide to indicate attractions and hotels that are wheelchair accessible – see the destination chapters.

USEFUL ORGANISATIONS

Membership of Historic Scotland (HS) and the National Trust for Scotland (NTS) is worth considering, especially if you're going to be in Scotland for a while. Both are non-profit organisations dedicated to the preservation of the environment, and both care for hundreds of spectacular sites. Throughout this guide the abbreviations HS and NTS are used to indicate places that are under the care of these organisations.

Historic Scotland (HS; ☎ 0131 668 8600; www.historic-scotland.gov.uk; Longmore House, Salisbury Pl, Edinburgh EH9 1SH) A year's membership costs from £37/70 for an adult/family, and gives free entry to HS sites (half-price entry to sites in England and Wales). Also offers short-term 'Explorer' membership – three/seven/10 days for £19/27/32. Standard HS property opening times are 9.30am to 5.30pm daily April to September, closing one hour earlier October to March. (Note, some properties have extended hours in October.)

National Trust for Scotland (NTS; Map pp76-7; ☎ 0131-243 9300; www.nts.org.uk; 28 Charlotte Sq, Edinburgh EH2 4ET) A year's membership of the NTS, costing £50 (£15 for those aged under 25, £29 for seniors), offers free access to all NTS and National Trust properties (in the rest of the UK).

VISAS

Visa regulations are always subject to change, so it's essential to check with your local British embassy, high commission or consulate before leaving home. Currently, if you're a citizen of Australia, Canada, New Zealand, South Africa or the USA, you can stay for up to six months (no visa required), but are not allowed to work. The Working Holidaymaker scheme, for Commonwealth citizens aged 17 to 30 inclusive, allows visits of up to two years, but arrangements must be made in advance through a British embassy.

Commonwealth citizens with a UK-born parent may be eligible for a Certificate of Entitlement to the Right of Abode, which entitles them to live and work in the UK. Commonwealth citizens with a UK-born grandparent could qualify for a UK Ancestry-Employment Certificate, allowing them to work full time for up to four years in the UK. EU citizens can live and work in Britain free of

immigration control and don't need a visa to enter the country.

All other nationalities should contact their nearest British diplomatic mission to obtain a visa. Six month multiple-entry visas cost from £63.

British immigration authorities have always been tough; dress neatly and carry proof that you have sufficient funds with which to support yourself. A credit card and/or an onward ticket will help.

No visas are required for Scotland if you arrive from England or Northern Ireland. For more info, see www.ukvisas.gov.uk or the **Lonely Planet** (www.lonelyplanet.com) website.

Visa Extensions

To inquire about extending your stay in the UK, contact the **Home Office, Immigration & Nationality Directorate** (☎ 0870 606 7766; Lunar House, 40 Wellesley Rd, Croydon, London CR9 2BY) *before* your existing permit expires.

WOMEN TRAVELLERS

Women are unlikely to have problems in Scotland, but common-sense caution should be observed, especially in towns and cities. Women can enter most pubs alone, but there are still a few places where this may attract unwanted attention. Cosmopolitan city pubs and most rural pubs are fine – you'll get a pretty good idea when you walk in. Sticking to pubs frequented by tourists is a safe bet.

Many parts of central Edinburgh and Glasgow are best avoided late at night. Be aware of red-light districts in both cities – between Salamander St and Leith Links (Leith, Edinburgh) and Anderston/Blythswood Sq (Glasgow).

The National Office of **Rape Crisis** (☎ Glasgow 0141 552 3200, Edinburgh 0131 556 9437; www.rapecrisis.scotland.org.uk) has a website with details of local offices around the country.

The contraceptive pill is available only on prescription; however, the 'morning-after' pill (effective against conception for up to 72 hours after unprotected sexual intercourse) is available over-the-counter at chemists.

For general advice on health issues, contraception and pregnancy, visit a Well Woman clinic – ask at local libraries or doctors' surgeries. In Edinburgh, contact **Well Woman Services** (☎ 0131 332 7941; 18 Dean Tce, Stockbridge).

WORK

Whatever your skills, it's worth registering with a number of temporary employment agencies – there are plenty in the cities.

Hostel notice boards sometimes advertise casual work. Without skills, it's difficult to find a job that pays enough to save money. Pick up the free *TNT* (www.tntmagazine.co.uk), found in larger cities – it lists jobs and employment agencies aimed at travellers.

Low-paid seasonal work is available in the tourist industry, usually in restaurants and pubs. This was once the domain of Australian, South African and New Zealand travellers but the recent membership enlargement of the EU has seen many Eastern Europeans also travel to Scotland for these jobs. In particular, you'll probably meet Poles, Slovaks and Slovenians working in pubs, hotels and restaurants in the Highlands.

EU citizens don't need a work permit – see also Visas (p447) for details about the Working Holidaymaker scheme for Commonwealth citizens. Students from the USA who are at least 18 years old and studying full time at a college or university can get a Blue Card permit allowing them to work for six months in the UK. It's available through the **British Universities North America Club** (BUNAC; www.bunac.org.uk). The club also runs programmes for Australians, Canadians and New Zealanders. For more details, check out the website.

Transport

CONTENTS

Getting There & Away	449
Air	449
Land	451
Sea	452
Getting Around	452
Air	452
Bicycle	453
Boat	453
Bus	453
Car & Motorcycle	453
Hitching	455
Tours	455
Train	455

GETTING THERE & AWAY

AIR

There are direct flights to Scottish airports from England, Wales, Ireland, the USA, Canada, Scandinavia and several countries in western and central Europe. From elsewhere, you'll probably have to fly into a European hub and catch a connecting flight to a Scottish airport – London, Amsterdam, Frankfurt and Paris have the best connections. If flying from North America, it's worth looking at Icelandair, which often has good deals to Glasgow via Reykjavik.

Airports & Airlines

Scotland has four main international airports of its own. London is the main UK gateway for long-haul flights.

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

Aberdeen (ABZ; ☎ 0870 040 0006; www.aberdeenairport.com)
Edinburgh (EDI; ☎ 0870 040 0007; www.edinburghairport.com)
Glasgow (GLA; ☎ 0870 040 0008; www.glasgowairport.com)
Glasgow Prestwick (PIK; ☎ 0871 223 0700; www.gpia.co.uk)
London Gatwick (LGW; ☎ 0870 000 2468; www.gatwickairport.com)
London Heathrow (LHR; ☎ 0870 000 0123; www.heathrowairport.com)

A few short-haul international flights land at **Dundee** (DND; ☎ 01382-662200; www.dundeeairport.gov.uk/airport), **Inverness** (INV; ☎ 01667-464000; www.hial.co.uk) and **Sumburgh** (LSI; ☎ 01950-461000; www.hial.co.uk).

There are many airlines serving Scottish airports. The main ones:

Aer Arann (RE; ☎ 0800 587 2324; www.aerarann.com)
Aer Lingus (EI; ☎ 0870 876 5000; www.aerlingus.com)
Air France/Cityjet (AF; ☎ 0870 142 4343; www.airfrance.co.uk)
Air Malta (KM; ☎ 0845 607 3710; www.airmalta.com)
Air Transat (TS; ☎ 020-7616 9187; www.airtransat.com)
Atlantic Airways (RC; ☎ 08701 999 440; www.flyshetland.com)
bmi (BD; ☎ 0870 607 0555; www.flybmi.com)
bmibaby (WW; ☎ 0870 264 2229; www.bmibaby.com)
British Airways (BA; ☎ 0870 850 9850; www.britishairways.co.uk)
Centralwings (CO; ☎ +48 22 558 0045; www.centralwings.com)
Continental Airlines (CO; ☎ 0845 607 6760; www.continental.com)
Eastern Airways (T3; ☎ 0870 366 9100; www.easternairways.com)
easyJet (U2; www.easyjet.com)
FlyBe (BE; ☎ 0871 700 0123; www.flybe.com)
FlyGlobespan (GSM; ☎ 0870 556 1522; www.flyglobespan.com)
FlyWhoosh (WEA; ☎ 0871 282 6767; www.flywhoosh.com)
Germanwings (4U; ☎ 020-8321 7255; www.germanwings.com)
Highland Airways (HS; ☎ 0845 450 2245; www.highlandairways.co.uk)
Icelandair (FI; ☎ 0870 787 4020; www.icelandair.com)
Jet2.com (LS; ☎ 0871 226 1737; www.jet2.com)
KLM Cityhopper (UK; ☎ 0870 507 4074; www.klmuk.com)

Lufthansa (LH; ☎ 0870 8737 747; www.lufthansa.co.uk)

Ryanair (FR; www.ryanair.com)

Scandinavian Airlines (SK; ☎ 0870 60 727 727; www.flysas.com)

US Airways (US; ☎ 0845 600 3300; www.usairways.com)

Wideroe (WF; ☎ +47 8100 1200; www.wideroe.no)

Zoom Airlines (00M; ☎ 0870 240 0055; www.flyzoom.com)

Australia & New Zealand

Many airlines compete on flights between Australia and New Zealand and the UK and there is a wide range of fares. Round-the-world (RTW) tickets are often real bargains and can sometimes work out cheaper than a straightforward return ticket.

Expect to pay anything from A\$2000 to A\$3000. Adding a connecting flight from London to Edinburgh should only add around A\$100 to the cost of the ticket.

AUSTRALIA

Flight Centre (☎ 133 133; www.flightcentre.com.au)

STA Travel (☎ 134 782; www.statravel.com.au)

NEW ZEALAND

Flight Centre (☎ 0800 243 544; www.flightcentre.co.nz)

STA Travel (☎ 0800 474 400; www.statravel.co.nz)

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motor travel generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening: two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow jetsetters to offset the greenhouse gases they are responsible for with contributions to energy-saving projects and other climate-friendly initiatives in the developing world – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information, check out our website: lonelyplanet.com.

Canada

Zoom Airlines flies direct to Glasgow from Vancouver, Toronto and Ottawa (up to five a week, year-round), and from Calgary and Halifax (once or twice a week, May to October only). Charter operator Air Transat has one direct flight a week from Toronto to Edinburgh (May to October) and Glasgow (April to October), and weekly flights to Glasgow from Calgary and Vancouver (May to October).

Travel CUTS (☎ 1-866 246 9762; www.travelcuts.com) is Canada's national student travel agency and has offices in all major cities.

Continental Europe

There are several direct flights a day into Edinburgh and/or Glasgow from Amsterdam, Brussels, Frankfurt, Geneva, Hamburg, Madrid, Moscow, Paris, Prague, Warsaw, Rome and many other European cities.

England & Wales

There are more than a hundred flights a day between London and Edinburgh and Glasgow, and several daily from other UK airports. BA has flights to Glasgow and Edinburgh from London, Birmingham and Manchester, and to Aberdeen and Inverness from London.

EasyJet flies from London to Edinburgh, Glasgow, Inverness and Aberdeen, and

from Bristol to Edinburgh and Glasgow. Air France/Cityjet flies from London City to Edinburgh and Dundee; bmibaby has flights from Birmingham, East Midlands and Cardiff to Edinburgh and Glasgow, and from Birmingham to Aberdeen. Eastern Airways flies from various English airports to Aberdeen and Inverness. Prices vary a lot. A standard economy return ticket from London to Edinburgh or Glasgow is around £250, while budget airlines offer flights for as little as £20 one way, travelling midweek and booking a month or two in advance.

Dependable UK travel agencies include **STA Travel** (☎ 08712 300 040; www.statravel.co.uk) and **Trailfinders** (☎ 08450 585 858; www.trailfinders.com).

Ireland

BA flies from Londonderry to Glasgow. EasyJet has direct flights from Belfast to Glasgow and Edinburgh. There are daily flights from Dublin to Edinburgh and Glasgow with Aer Lingus. Ryanair flies from Dublin to Glasgow Prestwick, Edinburgh and Aberdeen. FlyBe flies from Belfast to Glasgow, Edinburgh Aberdeen and Inverness.

The Irish youth and student travel agency **usitNOW** (☎ 01-602 1904; www.usitnow.ie) has offices in most major cities in Ireland.

Scandinavia

SAS flies from Copenhagen and Stavanger to Aberdeen, and from Stockholm to Edinburgh and Glasgow; and Wideroe has flights to Aberdeen from Bergen and Stavanger. Ryanair flies from Oslo and Gothenburg to Glasgow Prestwick.

Icelandair has daily flights between Reykjavik and Glasgow, and Atlantic Airways links Shetland to the Faroe Islands and London.

USA

Continental flies daily from New York (Newark) to Glasgow and Edinburgh, while Fly-Globespan flights operate four times a week between Boston and Glasgow.

STA Travel (☎ 800 781 4040; www.statravel.com) has offices in major cities.

LAND

Bus

Buses are usually the cheapest way to get to Scotland from other parts of the UK. The main operators are **National Express** (☎ 0870 580 8080; www.gobycoach.com) and its subsidiary **Scottish**

Citylink (☎ 0870 550 5050; www.citylink.co.uk), with regular services from London and other cities in England, Wales and Northern Ireland.

Silver Choice Travel (☎ 01355-249499; www.silverchoicetravel.co.uk) operates a daily overnight service from London to Glasgow/Edinburgh, charging from £24 for an Apex (advanced purchase) return. **Megabus** (☎ 0900 160 0900; www.megabus.com) has one-way fares from London to Glasgow from as little as £1.50 if you book well in advance. For info on bus passes and discount cards, see p453.

Scottish Citylink runs a daily bus service to Edinburgh from Belfast (£23, seven hours) and Dublin (£31, 10½ hours).

Car & Motorcycle

Drivers of EU-registered vehicles will find bringing a car or motorcycle into Scotland fairly easy. The vehicle must have registration papers and a nationality plate, and you must have insurance. The International Insurance Certificate (Green Card) isn't compulsory, but it is excellent proof that you're covered. If driving from mainland Europe via the Channel Tunnel or ferry ports, head for London and follow the M25 orbital road to the M1 motorway, then follow the M1 and M6 north.

Train

Travelling to Scotland by train is usually faster and more comfortable than the bus, but more expensive. Taking into account check-ins and travel time between city centre and airport, the train is a competitive alternative, time wise, to air travel on the London to Edinburgh route. You can get timetable and fares info for all UK trains from the **National Rail Enquiry Service** (☎ 08457 484 950; www.nationalrail.co.uk).

CHANNEL TUNNEL SERVICES

With the opening of a high-speed rail link to the new St Pancras International station, it is possible to travel from Paris or Brussels to London in around two hours on the **Eurostar** (☎ in UK 08705 186 186, in France 0892 35 35 39; www.eurostar.com) service. From St Pancras it's a quick and easy change to Kings Cross or Euston for trains to Edinburgh or Glasgow. Total journey time from Paris to Edinburgh is about eight hours.

UK

There is a fast and frequent rail service between London Kings Cross and Edinburgh

(four hours, every half-hour). A standard open return costs around £240 but special offers sometimes have single fares as low as £16. The train between London Euston and Glasgow is slower at 5½ hours.

First ScotRail (☎ 0845 755 0033; www.firstscotrail.com) runs the Caledonian Sleeper, an overnight service connecting London Euston with Edinburgh, Glasgow, Stirling, Perth, Dundee, Aberdeen, Fort William and Inverness. A standard sleeper berth (sharing a twin cabin) from London to Edinburgh is £110/155 for a single/return, and to Inverness, Aberdeen or Fort William is £135/180. Services to Edinburgh from other parts of England and Wales usually mean changing trains at some point. First ScotRail also has Rail & Sail deals between Edinburgh and Glasgow and Belfast via the ferry crossings at Stranraer and Troon.

SEA

Continental Europe

Superfast Ferries (☎ in UK 0870 234 0870, in Belgium 050 252 252; www.superfast.com) runs a car ferry between Rosyth, 12 miles northwest of Edinburgh, and Zeebrugge in Belgium (17½ hours, one daily). Return passenger fares in high season (July and August) range from €170 in an aircraft-style seat to €566 in a luxury cabin. A car is €239 return.

Northern Ireland

Car ferry links between Northern Ireland and Scotland are run by **Stena Line** (☎ 08705 707 070; www.stenaline.co.uk) and **P&O Irish Sea** (☎ 0870 242 4777; www.poirishsea.com). Stena Line travels the Belfast–Stranraer route and P&O Irish Sea the Larne–Troon and Larne–Cairnryan routes. There's a choice of standard and high-speed ferries on the Stranraer and Cairnryan routes, high speed only on the Troon route.

The following prices are advance purchase one-way fares for a foot passenger/car with driver, in high season; fares vary with time and day of departure, and are often less than quoted here.

Crossing	Duration	Frequency	Fare (£)
Belfast–Stranraer	3¼hr	2–4 daily	23/100
Belfast–Stranraer	1¼hr	4 daily	23/120
Larne–Cairnryan	1¼hr	8 daily	20/94
Larne–Cairnryan	1hr	2 daily (Mar–Sep)	20/84
Larne–Troon	1¼hr	2 daily (Mar–Sep)	20/104

Scandinavia

From May to early September, **Smyril Line** (☎ +298 345900; www.smyril-line.com) operates a weekly car ferry between Shetland (Lerwick), the Faroe Islands (Torshavn), Iceland (Seydisfjordur), Norway (Bergen) and Denmark (Hantsholm). It leaves from Lerwick on Monday for Bergen, and on Wednesday for Torshavn and Seydisfjordur. The Lerwick to Bergen crossing takes 13½ hours, Lerwick to Torshavn is 13 hours and Torshavn to Seydisfjordur is 15 hours.

GETTING AROUND

Public transport in Scotland is generally good, but it can be costly compared with other European countries. Buses are usually the cheapest way to get around, but also the slowest. With a discount pass, trains can be competitive; they're also quicker and often take you through beautiful scenery.

Traveline (☎ 0871 200 2233; www.travelinescotland.com) provides timetable info for all public transport services in Scotland, but can't provide fare information or book tickets.

AIR

Most domestic air services are geared to business needs, or are lifelines for remote island communities. Flying is a pricey way to cover relatively short distances, and only worth considering if you're short of time and want to visit the Hebrides, Orkney or Shetland.

Airlines in Scotland

British Airways/Loganair (☎ 0870 850 9850; www.loganair.co.uk)

Eastern Airways (☎ 0870 366 9100; www.easternairways.com)

Highland Airways (☎ 0845 450 2245; www.highlandairways.co.uk)

British Airways/Loganair is the main domestic airline in Scotland, with flights from Glasgow to Barra, Benbecula, Campbeltown, Islay, Kirkwall, Sumburgh, Stornoway and Tiree; from Edinburgh to Inverness, Kirkwall, Sumburgh, Stornoway and Wick; from Aberdeen to Kirkwall and Sumburgh; and from Inverness to Kirkwall, Stornoway and Sumburgh. They also operate interisland flights in Orkney and Shetland, and from Barra to Benbecula.

FLYING IN STYLE

In 2007 **Loch Lomond Seaplanes** (☎ 0870 242 1457; www.lochlomondseaplanes.com) began operating the UK's only scheduled seaplane service from Glasgow to Oban. Flights depart from the River Clyde next to Glasgow's Science Centre, and take only 25 minutes to reach Oban Bay; a return flight costs £149. If successful, the service may be extended to other destinations on Scotland's west coast and islands.

Eastern Airways flies from Aberdeen to Stornoway and Wick. Highland Airways also flights from Inverness to Sumburgh and Stornoway, and from Stornoway to Benbecula.

BICYCLE

Scotland is a compact country, and travelling around by bicycle is a perfectly feasible proposition if you have the time. Indeed, for touring the islands a bicycle is both cheaper (in terms of ferry fares) and more suited to their small size and more leisurely pace of life. For more information, see p59.

BOAT

The main ferry operators are **Caledonian MacBrayne** (CalMac; ☎ 0870 565 0000; www.calmac.co.uk) for the west coast and islands, and **Northlink Ferries** (☎ 0845 600 0449; www.northlinkferries.co.uk) for Orkney and Shetland. CalMac's Island Rover ticket gives unlimited travel on its ferry services, and costs £52/75 for a foot passenger for eight/15 days, plus £249/372 for a car, or £124/187 for a motorbike. Bicycles travel free with a foot passenger's Island Rover ticket. There are also more than two dozen Island Hopscoth tickets, which give lower fares for various combinations of crossings; these are listed on the website and in the CalMac timetables booklet available from tourist offices throughout Scotland. Northlink ferries sail from Aberdeen and Scrabster (near Thurso) to Orkney, from Orkney to Shetland and from Aberdeen to Shetland. See the relevant destinations for full details of ferry services and fares.

BUS

The national network is operated by **Scottish Citylink** (☎ 0870 550 5050; www.citylink.co.uk), with comfy, reliable buses serving all main towns. Off the main roads, you'll have to switch to local serv-

ices. If planning a journey off the main routes, phone **Traveline** (☎ 0871 600 2233; www.traveline-scotland.com) for up-to-date timetables.

Many remote villages can only be reached by **Royal Mail postbuses** (☎ 0845 774 0740; www.postbus.royalmail.com). These are minibuses, or sometimes four-seater cars, driven by postal workers delivering and collecting the mail. They follow circuitous routes through some of the loveliest areas of Scotland, and are useful for walkers – there are no official stops, and you can hail a postbus anywhere on its route. Fares are usually £2 to £5 one way.

From April to September, **Macbackpackers** (☎ 0131-558 9900; www.macbackpackers.com) offers a jump-on, jump-off minibus tour running from Edinburgh to Inverness, Skye, Fort William, Glencoe, Oban and Stirling. A ticket, valid for up to three months, costs £75. It also offers one- to seven-day guided minibus tours of the Highlands, as do the following outfits: **Celtic Adventures** (☎ 0131-225 3330; www.celtic-adventures.com) Combined tours of Scotland and Ireland. **Haggis Adventures** (☎ 0131-557 9393; www.haggis-adventures.com) **Wild in Scotland** (☎ 0131-478 6500; www.wild-in-scotland.com)

Bus Passes

The Scottish Citylink Explorer Pass can be bought in the UK by both UK and overseas citizens. It offers unlimited travel on all Scottish Citylink services within Scotland for any three days out of five (£35), for any five days out of 10 (£59), or any eight days out of 16 (£79). It also gives discounts on various regional bus services, on Northlink and CalMac ferries, and in SYHA hostels. It is not valid on National Express coaches.

Scottish Citylink offers discounts to students, SYHA members, and holders of the **Young Scot card** (☎ 0808 801 0338; www.youngscot.org), which gives discounts all over Scotland and Europe. Holders of a National Entitlement Card, available to seniors and disabled people who are UK citizens, gives free bus travel throughout the country.

CAR & MOTORCYCLE

Travel by car or motorcycle allows you to get to remote places and to travel quickly, independently and flexibly. Scotland's roads are generally good and far less busy than in England, so driving's more enjoyable. However, cars are nearly always inconvenient in city centres.

Motorways (designated 'M') are toll-free dual carriageways, limited mainly to central Scotland. Main roads ('A') are dual or single carriageways and are sometimes clogged with slow-moving trucks or caravans; the A9 from Perth to Inverness is notoriously busy.

Life on the road is more relaxed and interesting on the secondary roads (designated 'B') and minor roads (undesignated). These wind through the countryside from village to village. You can't travel fast, but you won't want to. In many country areas, and especially in the Highlands and islands, roads are only single track with passing places. Remember that passing places are not only for allowing on-coming traffic to pass, but also for overtaking – check your rear-view mirror often, and pull over to let faster vehicles pass if necessary. It's illegal to park in passing places. In the Highlands and islands there's the added hazard of suicidal sheep wandering onto the road (be particularly wary of lambs in spring).

At around 98p per litre (equivalent to more than US\$7 per US gallon), petrol's expensive by American or Australian standards; diesel is about 1p per litre cheaper. Distances, however, aren't as great. Prices tend to rise as you get further from the main centres and are over 10% higher in the Outer Hebrides (around £1.09 a litre). In remote areas petrol stations are widely spaced and sometimes closed on Sunday.

Driving Licence

A non-EU licence is valid in Britain for up to 12 months from time of entry into the coun-

try. If bringing a car from Europe, make sure you're adequately insured.

Hire

Car rental is relatively costly and often you'll be better off making arrangements in your home country for a fly/drive deal. The international rental companies charge from around £140 a week for a small car (Ford Fiesta, Peugeot 106); local companies, such as **Arnold Clark** (☎ 0845 607 4500; www.arnoldclarkrental.co.uk), start from £23 a day or £110 a week.

The main international hire companies:

Avis (☎ 0870 606 0100; www.avis.co.uk)

Budget (☎ 0870 153 9170; www.budget.co.uk)

Europcar (☎ 0870 607 5000; www.europcar.co.uk)

Hertz (☎ 0870 844 8844; www.hertz.co.uk)

Thrifty Car Rental (☎ 0808 234 7642; www.thrifty.co.uk)

Tourist offices have lists of local car-hire companies.

To rent a car, drivers must usually be aged 23 to 65 – outside these limits special conditions or insurance requirements may apply.

If planning to visit the Outer Hebrides, Orkney or Shetland, it'll often prove cheaper to hire a car on the islands, rather than pay to take a rental car across on the ferry.

Road Rules

Anyone using the roads a lot should get the *Highway Code*, which is widely available in bookshops. Vehicles drive on the left; front-seat belts are compulsory and if belts are fitted

in the back seat, then they must be worn too; the speed limit is 30mph in built-up areas, 60mph on single carriageways and 70mph on dual carriageways; you give way to your right at roundabouts (traffic already on the roundabout has right of way). Motorcyclists must wear helmets.

It is a criminal offence to use a hand-held mobile phone or similar device while driving; this includes while you are stopped at traffic lights, or stuck in traffic, when you can expect to be moving again at any moment.

See also p443 for information on drinking and driving and other legal matters.

HITCHING

Hitching is never entirely safe in any country and we don't recommend it. Travellers who hitch take a small but potentially serious risk. However, many people choose to hitch, and the advice that follows should help to make their journeys as fast and safe as possible.

Hitching is fairly easy in Scotland, except around big cities and built-up areas, where you'll need to use public transport. Although the northwest is more difficult because there's less traffic, waits of over two hours are unusual (except on Sunday in 'Sabbath' areas). On some islands, where public transport is infrequent, hitching is so much a part of getting around that local drivers may stop and offer you lifts without you even asking.

It's against the law to hitch on motorways or their immediate slip roads; make a sign and use approach roads, nearby roundabouts or service stations.

TOURS

There are lots of companies in Scotland offering all kinds of tours, including historical, activity-based and backpacker tours. It's a question of picking the tour that suits your requirements and budget. More companies are listed in destination chapters under Tours.

Classique Tours (☎ 0141-889 4050; www.classique-tours.co.uk; 8 Underwood Rd, Paisley PA3 1TD) Bus tours of the western isles in vintage 1950s coaches, departing from Glasgow and staying in atmospheric country hotels.

Heart of Scotland Tours (☎ 01828-627799; www.heartofscotlandtours.co.uk) Specialises in minicoach day tours of central Scotland and the Highlands, departing from Edinburgh.

Hebridean Princess (☎ 01756-704704; www.hebridean.co.uk) Luxury cruises around the west coast of Scotland, the Outer Hebrides, and the Orkney and Shetland islands.

Mountain Innovations (☎ 01479-831331; www.scotmountain.co.uk; Fraoch Lodge, Deshar Rd, Boat of Garten PH24 3BN) Good-value guided activity holidays and courses in the Highlands; walking, mountain biking, kayaking, skiing and horse riding.

Rabbie's Trail Burners (☎ 0131-226 3133; www.rabbies.com; 207 High St, Edinburgh EH1 1PE) One- to five-day tours of the Highlands in 16-seat minibuses.

Scot-Trek (☎ 0141-334 9232; www.scot-trek.co.uk; 9 Lawrence St, Glasgow G11 5HH) Guided walks for all levels; ideal for solo travellers wanting to link up with others.

TRAIN

Scotland's rail network extends to all major cities and towns, but the railway map has a lot of large, blank areas in the Highlands and the Southern Uplands where you'll need to switch to bus or car. The West Highland line from Glasgow to Fort William and Mallaig, and the Inverness to Kyle of Lochalsh line are two of the world's most scenic rail journeys.

For info on train timetables call the **National Rail Enquiry Service** (☎ 08457-484950; www.nationalrail.co.uk) or download timetables from www.firstscotrail.com.

Bikes are carried free on all First ScotRail trains, but space is sometimes limited. Reservations are compulsory on certain rail routes, including the Glasgow–Oban–Fort William–Mallaig line and the Inverness–Kyle of Lochalsh line; they are recommended on many others. You can make reservations for your bicycle from eight weeks to two hours in advance at main train stations, or when booking tickets by phone (☎ 0845 755 0033).

There are two classes of train travel: 1st and standard. First class is 30% to 50% more than standard but, except on very crowded trains, isn't really worth the extra money.

Costs & Reservations

Rail travel is more expensive than the bus: a standard return from Edinburgh to Inverness is about £50 compared with £33 on the bus.

First ScotRail (☎ 0845 755 0033; www.firstscotrail.com) operates most train services in Scotland. Reservations are recommended for intercity trips, especially on Fridays and public holidays; for shorter journeys, just buy a ticket at the station before you go. On certain routes, including the Glasgow–Edinburgh express, and in places where there's no ticket office at the station, you can buy tickets on the train.

Children under five travel free; those five to 15 usually pay half-fare. On weekends

ROAD DISTANCES (MILES)

Dundee	70																		
Edinburgh	129	62																	
Fort William	165	121	146																
Glasgow	145	84	42	104															
Inverness	105	131	155	66	166														
Kyle of Lochalsh	188	177	206	76	181	82													
Mallaig	189	161	180	44	150	106	34												
Oban	180	118	123	45	94	110	120	85											
Scrabster	218	250	279	185	286	119	214	238	230										
Stranraer	233	171	120	184	80	250	265	232	178	374									
Ullapool	150	189	215	90	225	135	88	166	161	125	158								
	Aberdeen	Dundee	Edinburgh	Fort William	Glasgow	Inverness	Kyle of Lochalsh	Mallaig	Oban	Scrabster	Stranraer								

on some intercity routes you can upgrade a standard-class ticket to 1st class for £3 to £5 per single journey – ask the conductor on the train.

There's a bewildering array of ticket types.

Single Valid for a single (ie one-way) journey at any time on the particular day specified; expensive.

Day Return Valid for a return journey at any time on the particular day specified; relatively expensive.

Cheap Day Return Valid for a return journey on the day specified on the ticket, but there are time restrictions (you're not usually allowed to travel on a train that leaves before 9.15am); relatively cheap.

Open Return For outward travel on a stated day and return on any day within a month.

SuperSaver The cheapest ticket where advance purchase isn't necessary; can't be used on Friday, and travel must be after 9.15am Monday to Thursday; the return must be within a calendar month.

Saver Higher priced than the SuperSaver, but can be used any day; travel must be after 9.15am on weekdays.

Value Advance Similarly priced to SuperSaver but with fewer time/day restrictions; however, you must buy tickets before 6pm on the day before travel and specify both outward and return journey times; limited availability so book early.

Discount Cards

Discount **railcards** (www.railcard.co.uk) are available for people aged 60 and over, for people aged 16 to 25 (or mature full-time students), and for those with a disability (☎ 0845 605 0525, text-phone 0845 601 0132). The Senior Railcard (£20), Young Persons Railcard (£20) and Disabled Persons Railcard (£18) are each valid for one year and give one-third off most train fares in Scotland, England and Wales. Fill in an

application at any major train station. You'll need proof of age (birth certificate, passport or driving licence) for the Young Persons and Seniors railcards (proof of enrolment for mature-age students) and proof of entitlement for the Disabled Persons Railcard.

Train Passes

First ScotRail has a range of good-value passes for train travel. You can buy them at BritRail outlets in the USA, Canada and Europe, at the British Travel Centre in Regent St, London, at train stations throughout Britain, at certain UK travel agents and from **First ScotRail Telesales** (☎ 0845 755 0033; www.firstscotrail.com).

The Freedom of Scotland Travelpass gives unlimited travel on all ScotRail and Strathclyde Passenger Transport trains, all CalMac ferry services and on certain Scottish Citylink coach services (on routes not covered by rail). It's available for four days' travel out of eight (£100) or eight days out of 15 (£135).

The Highland Rover pass allows travel from Glasgow to Oban, Fort William and Mallaig, and from Inverness to Kyle of Lochalsh, Aviemore, Aberdeen and Thurso; it also gives free travel on the Oban/Fort William to Inverness bus, on the Oban–Mull and Mallaig–Skye ferries, and on buses on Mull and Skye. It's valid for four days' travel out of eight (£65). The Central Scotland Rover covers train travel between Glasgow, Edinburgh, North Berwick, Stirling and Fife. It's £37 for three days' travel out of seven.

Note that Travelpass and Rover tickets are not valid for travel on certain (mainly commuter) services before 9.15am weekdays.

Health

CONTENTS

Before You Go	457
Insurance	457
Recommended Vaccinations	457
In Transit	457
Deep Vein Thrombosis (DVT)	457
Jet Lag & Motion Sickness	457
In Scotland	457
Availability & Cost of Health Care	457
Traveller's Diarrhoea	458
Environmental Hazards	458
Travelling with Children	458

BEFORE YOU GO

While Scotland has excellent health care, prevention is the key to staying healthy while travelling in the country. A little planning before departure, particularly for pre-existing illnesses, will save trouble later. Bring medications in their original, clearly labelled containers. A signed, dated letter from your physician describing your medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity. Carry a spare pair of contact lenses and glasses, and take your optical prescription with you.

INSURANCE

If you're an EU citizen, a European Health Insurance Card (EHIC), available from health centres or, in the UK, post offices, covers you for most medical care. EHIC will not cover you for nonemergencies, or emergency repatriation. Citizens from non-EU countries should find out if there is a reciprocal arrangement for free medical care between their country and the UK. If you do need health insurance, make sure you get a policy that covers you for the worst possible case, such as an accident requiring an emergency flight home. Find out in advance if your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures.

RECOMMENDED VACCINATIONS

No jabs are required to travel to Scotland. The World Health Organization, however, recommends that all travellers should be covered for diphtheria, tetanus, measles, mumps, rubella, polio and Hepatitis B, regardless of their destination.

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Blood clots may form in the legs during plane flights, chiefly because of prolonged immobility. The longer the flight, the greater the risk. The chief symptom of deep vein thrombosis is swelling or pain in the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and difficulty breathing. Travellers with any of these symptoms should immediately seek medical attention.

To prevent the development of DVT on long flights you should walk about the cabin, contract the leg muscles while sitting, drink plenty of fluids, and avoid alcohol and tobacco.

JET LAG & MOTION SICKNESS

To avoid jet lag (common when crossing more than five time zones) try drinking plenty of nonalcoholic fluids and eating light meals. Upon arrival, get exposure to natural sunlight and readjust your schedule (for meals, sleep etc) as soon as possible.

Antihistamines such as dimenhydrinate (Dramamine) and meclizine (Antivert, Bonine) are usually the first choice for treating motion sickness. A herbal alternative is ginger.

IN SCOTLAND

AVAILABILITY & COST OF HEALTH CARE

Excellent health care is readily available and for minor self-limiting illnesses pharmacists can give valuable advice and sell over-the-counter medication. They can also advise when more specialised help is required and point you in the right direction.

TRAVELLER'S DIARRHOEA

If you develop diarrhoea, be sure to drink plenty of fluids, preferably in the form of an oral rehydration solution such as dioralyte. If diarrhoea is bloody, persists for more than 72 hours or is accompanied by fever, shaking, chills or severe abdominal pain, you should seek medical attention.

ENVIRONMENTAL HAZARDS

Heat Stroke

Heat exhaustion (yes, it can happen in Scotland!) occurs following excessive fluid loss with inadequate replacement of fluids and salt. Symptoms to look out for include headache, dizziness and tiredness. Dehydration is already happening by the time you actually feel thirsty – aim to drink sufficient water to produce pale, diluted urine. To treat heat exhaustion drink water and/or fruit juice, and cool the body with cold water and fans.

Hypothermia

Hypothermia occurs when the body loses heat faster than it can produce it. As ever, proper preparation will reduce the risks of getting it. Even on a hot day in the mountains, the weather can change rapidly, so carry waterproof garments, warm layers and a hat, and inform others of your route.

Hypothermia starts with shivering, loss of judgment and clumsiness. Unless rewarming occurs, the sufferer deteriorates into apathy,

confusion and coma. Prevent further heat loss by seeking shelter, warm dry clothing, hot sweet drinks and shared body warmth.

Midges & Clegs

The most painful problems facing visitors to the Highlands and islands are midges and clegs. The midge is a tiny, 2mm-long blood-sucking fly. Midges are at their worst during the twilight hours, and on still, overcast days. They proliferate from late May to mid-September, but especially mid-June to mid-August – which unfortunately coincides with the main tourist season. Cover up, particularly in the evening, wear light-coloured clothing (midges are attracted to dark colours) and, most importantly, use a reliable insect repellent containing DEET or DMP.

The cleg, or horse fly, is 13mm long and slate grey in colour. A master of stealth, it loves to land unnoticed on neck or ankle, and can give a painful bite. It can even bite through hair or light clothing. Unlike midges, they are most active on warm, sunny days, and are most common in July and August.

TRAVELLING WITH CHILDREN

Make sure the children are up to date with routine vaccinations, and discuss possible travel vaccines well before departure as some vaccines are not suitable for children under a year old. See also Lonely Planet's *Travelling with Children* by Cathy Lanigan.

Language

CONTENTS

Making Conversation	459
Food & Drink	460

Scottish Gaelic (*Gàidhlig* – pronounced *gal-lic* in Scotland) is spoken by about 80,000 people in Scotland, mainly in the Highlands and islands, and by many native speakers and learners overseas. It is a member of the Celtic branch of the Indo-European family of languages, which has given us Gaelic, Irish, Manx, Welsh, Cornish and Breton.

Although Scottish Gaelic is the Celtic language most closely associated with Scotland it was quite a latecomer to those shores. Other Celtic languages in the form of Pictish and Brittonic had existed prior to the arrival and settlement by Gaelic-speaking Celts (Gael) from Ireland from the 4th to the 6th centuries AD. These Irish settlers, known to the Romans as Scotti, were eventually to give their name to the entire country. Initially they settled in the area on the west coast of Scotland in which their name is perpetuated, Earra Ghaidheal (Argyll). As their territorial influence extended so did their language, and from the 9th to the 11th centuries Gaelic was spoken throughout the country. For many centuries the language was the same as the language of Ireland; there is little evidence of much divergence before the 13th century. Even up to the 18th century the bards adhered to the strict literary standards of Old Irish.

The Viking invasions from AD 800 brought linguistic influences which are evident in many of the coastal place names of the Highlands.

Gaelic culture flourished in the Highlands until the 18th century and the Jacobite rebellions. After the Battle of Culloden in 1746 many Gaelic speakers were forced from their ancestral lands; this ‘ethnic cleansing’ by landlords and governments culminated in the Highland Clearances of the 19th century. Although still studied at academic level, the spoken language declined, being regarded as

little more than a mere ‘peasant’ language of no modern significance.

It was only in the 1970s that Gaelic began to make a comeback with a new generation of young enthusiasts who were determined that it should not be allowed to die. People from all over Scotland, and indeed worldwide, are beginning to appreciate their Gaelic heritage.

After two centuries of decline, the language is now being encouraged through financial help from government agencies and the EU. Gaelic education is flourishing from playgroups to tertiary levels. This renaissance flows out into the field of music, literature, cultural events and broadcasting.

The Gaelic language has a vital role to play in the life of modern Scotland. If you’d like a witty insight into the quirks of Scottish Gaelic and Britain’s other regional dialects and languages, get a copy of Lonely Planet’s pocket-sized *British Language & Culture*. It includes a comprehensive list of useful Gaelic words and phrases.

MAKING CONVERSATION

Good morning.

Madainn mhath. madding va

Good afternoon/Good evening.

Feasgar math. fesskurr ma

Good night.

Oidhche mhath. uh eech uh va

How are you?

Ciamar a tha thu? kimmer uh ha oo?

Very well, thank you.

Glè mhath, tapadh leat. gley va, tappuh let

I’m well, thank you.

Tha mi gu math, tapadh leat. ha mee goo ma, tappuh let

That’s good.

’S math sin. sma shin

Please.

Mas e do thoil e. mahs eh doh hawl eh

Thank you.

Tapadh leat. tappuh let

Many thanks.

Mòran taing. moe ran ta eeng

You’re welcome.

’Se do bheatha. sheh doh veh huh

I beg your pardon.

B’àill leibh. baaluv

Excuse me.*Gabh mo leisgeul.* gav mo lishk yal**I'm sorry.***Tha mi duilich.* ha mee dooleech**Do you speak (have) Gaelic?***A bheil Gàidhlig agad?* uh vil ga lick ackut?**Yes, a little.***Tha, beagan.* ha, beg an**Not much.***Chan eil mòran.* chan yil moe ran**What's your name?***De an t ainm a tha ort?* jae an tannam uh ha orsht?**I'm...***Is mise...* is meeshuh...**Good health/Cheers!***Slàinte mhath!* slahntchuh va!**Goodbye.** (lit: Blessings go with you)*Beannachd leat.* b yan achd let**Goodbye.** (The same with you)*Mar sin leat.* mar shin let**FOOD & DRINK****I'm hungry.***Tha an t-acras orm.* ha an tac russ orrom**I'm thirsty.***Tha am pathadh orm.* ha am pah ugh orrom**I'd like...***Bu toigh leam...* boo tawl lehum**I don't like...***Cha toigh leam...* chah tawl lehum**That was good.***Bha siud math.* va shood ma**Very good.***Glè mhath.* gley va**a biscuit***brioscaid* briskatch**bread***aran* aran**broth/soup***brot* broht**butter***im* eem**cheese***càise* kashuh**cream***bàrr* baahr**dessert***milsean* meehlshuhn**fish***iasg* eusk**meat***feòil* fehyawl**oatcakes***aran coirce* aran korkuh**peas***peasair* pessir**porridge***lee lite* chuh**potatoes***buntàta* boontahtuh**salmon***bradan* brahdan**vegetables***glasraich* glasreech**a cup of coffee***cupa cofaidh* coopa cawfee**a cup of tea***cupa ti* coopa tee**black coffee***cofaidh dubh* cawfee dooh**black tea***tì dhubh* tee dhoooh**with milk***le bainne* leh bahnyuh**with sugar***leth le siùcar* shoooh car**a glass of water***glainne uisge* glahnyuh ooshkuy**a glass of wine***glainne fion* glahnyuh feeuhn**beer***leann* lyawn**red wine***fion dearg* feeuhn jerrack**white wine***fion geal* feeuhn gyahl**whisky***uisge beatha* ooshkuy beh huh

Also available from Lonely Planet:
British Language & Culture

Glossary

bag – reach the top of (as in to ‘bag a couple of peaks’ or ‘Munro bagging’)

bailey – the space enclosed by castle walls

ben – mountain

birlinn – Hebridean galley

blackhouse – low-walled stone cottage with thatch or turf roof and earth floors; shared by both humans and cattle and typical of the Outer Hebrides until the early 20th century

böd – once a simple trading booth used by fishing communities, today it refers to basic accommodation for walkers etc

bothy – hut or mountain shelter

brae – hill

broch – defensive tower

burgh – town

burn – stream

buttie – sandwich

cairn – pile of stones to mark path or junction, also peak

ceilidh – pronounced *kay-lay*; evening of traditional Scottish entertainment including music, song and dance

Celtic High Cross – a large, elaborately carved stone cross decorated with biblical scenes and Celtic interlace designs dating from the 8th to 10th centuries

chippy – fish and chip shop

close – entrance to an alley

corrie – circular hollow on a hill side

craic – lively conversation

craig – exposed rock

crannog – artificial island in a loch built for defensive purposes

cratur – whisky

crofting – smallholding in marginal agricultural areas following the Clearances

Cullen skink – soup made with smoked haddock, potato, onion and milk

dene – valley

dirk – dagger

dram – a measure of whisky

dun – fort

firth – estuary

glen – valley

gloup – natural arch

Hogmanay – New Year’s Eve

howff – pub or shelter

HS – Historic Scotland

kirk – church

kyle – narrow strait of water

law – round hill

linn – waterfall

lochan – small loch

machair – grass- and wildflower-covered dunes

Mercat Cross – a symbol of the trading rights of a market town or village, usually found in the centre of town and usually a focal point for the community

motte – early Norman fortification consisting of a raised, flattened mound with a keep on top; when attached to a *bailey* it is known as a motte-and-bailey

Munro – mountain of 3000ft (914m) or higher

Munro bagger – a hill walker who tries to climb all the Munros in Scotland

ness – headland

neuk – corner

NNR – National Nature Reserve, managed by the SNH

NTS – National Trust for Scotland

nyvaig – Hebridean galley

pap – breast-shaped hill

pend – arched gateway

Picts – early inhabitants of north and east Scotland (from Latin *pictus*, or ‘painted’, after their body paint decorations)

provost – mayor

rhinn or rhin – headland

RIB – rigid inflatable boat

rood – an old Scots word for a cross

RSPB – Royal Society for the Protection of Birds

Sassenach – from Gaelic *Sasannach*, meaning anyone who is not a Highlander (including Lowland Scots)

sett – tartan pattern, or cobblestone

shinty – fast and physical ball-and-stick sport similar to Ireland’s hurling

SMC – Scottish Mountaineering Club

SNH – Scottish Natural Heritage, a government organisation directly responsible for safeguarding and improving Scotland’s natural heritage

sporrán – purse worn around waist with the kilt

SSSI – Site of Special Scientific Interest

strath – valley

SYHA – Scottish Youth Hostel Association

wynd – lane

The Authors



NEIL WILSON

Coordinating Author

Neil was born in Scotland and, save for a few years spent in England and Australia, has lived there for most of his life. When he was 14 he relieved the boredom of a rainy school holiday by leafing through a book about the Scottish mountains. The photographs of mist-veiled ridges, yawning cliffs and distant sea lochs opened the door to a lifelong enthusiasm for the great outdoors, and since then he has hiked, biked, climbed, sailed or snowboarded in almost every corner of the country. Neil has been a full-time writer and photographer since 1988 and has written around 45 guidebooks for various publishers, including Lonely Planet's guide to his home town of Edinburgh.

Neil wrote the introductory chapters (except History and Environment), Edinburgh, Northeast Scotland, Southern Highlands & Islands, Central & Western Highlands, the Skye & Outer Hebrides section of Northern Highlands & Islands, and the Transport chapter.



ALAN MURPHY

Alan discovered Scotland sometime in the mid-1990s when he lived and worked in Edinburgh for two years. Since then he has returned on numerous occasions and this is the third time he has co-authored the *Scotland* book. With a journalistic background, and a love for all things Scottish (except deep-fried Mars Bars), Alan considers it a privilege to write about this country. For him Scotland is inspiring, almost indescribably beautiful and simply like coming home. This time around Alan wrote the Environment, History and Directory chapters, Southern Scotland, Glasgow, Central Scotland, Orkney & Shetland Islands, plus the Northern Highlands section of Northern Highlands & Islands. Alan's favourite part of Scotland is a

slice of big tree country somewhere in Perthshire, among the glens and misty covered peaks of the Scottish heartland.

LONELY PLANET AUTHORS

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