

Glen to Glen

THE SCOTLAND TOURIST NEWSLETTER

Featured in each Months Newsletter

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Travel Tip

When visiting Scotland, it's crucial to be weather prepared. The country's unpredictable climate demands packing essentials like layers, waterproof jackets, and sturdy shoes. Embrace the possibility of rain even during summer. With proper gear, you can explore Scotland's breathtaking landscapes without letting the weather dampen your spirits.

Consider Taking:

- | | |
|-----------------------------|------------------------------|
| 1. Waterproof Jacket | 6. Umbrella |
| 2. Layered Clothing | 7. Hat and Gloves |
| 3. Warm Sweaters and Fleece | 8. Quick-Drying Towel |
| 4. Waterproof Pants | 9. Backpack or Daypack |
| 5. Sturdy Walking Shoes | 10. Sunscreen and Sunglasses |

Featured Castle

Braemar Castle Cairngorms National Park



noblemen, Jacobite uprisings, and brave individuals who called the castle home.

Visiting Braemar Castle offers a thrilling experience as you discover the grand dining room, gracious drawing room, and Victorian bathrooms. With 12 furnished rooms to explore, there is always something new to discover. However, please note that the steep stone staircase may pose challenges for those with severe mobility issues. Nonetheless, you can enjoy the enchanting courtyard and visit the Highland Games display while others explore the castle.

With audio tours available in multiple languages and guided tours led by knowledgeable local volunteers, you can fully immerse yourself in 400 years of Highland history. Plan your visit to Braemar Castle today and embark on a fascinating journey through Scotland's captivating past.

It's important to note that due to the castle's layout, access may be challenging for individuals with severe mobility issues. The steep stone staircase leading to the rooms may pose difficulties.

Braemar Castle is currently scheduled to reopen in August 2023

Location: Braemar, Aberdeenshire, United Kingdom
AB35 5XR ODY

Immerse yourself in the rich history of Braemar Castle, a 17th-century gem nestled in the Cairngorms National Park. Built in 1628, this iconic landmark has served as a hunting lodge, fortress, and family home. Explore its castellated turrets, star-shaped curtain wall, and intriguing bottle-necked dungeon. Hear captivating stories of influential t

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Featured Adventure

Discovering the Haunted and Hidden Edinburgh Vaults

Nestled beneath the historic South Bridge in Edinburgh, Scotland, these hidden chambers hold a captivating history that is waiting to be discovered. As we delve into the depths of these mysterious vaults, let us uncover their fascinating past and explore why a tour of these ancient spaces can be an exhilarating experience.

Stepping into the Edinburgh Vaults is like stepping back in time. These chambers, completed in 1788, were initially bustling with taverns, cobblers' workshops, and merchant storage spaces. However, as the South Bridge faced challenges such as flooding and neglect, these vaults took on a new identity. They became a refuge for the poorest residents of Edinburgh, transforming into a gritty slum and a hotbed for illicit activities.

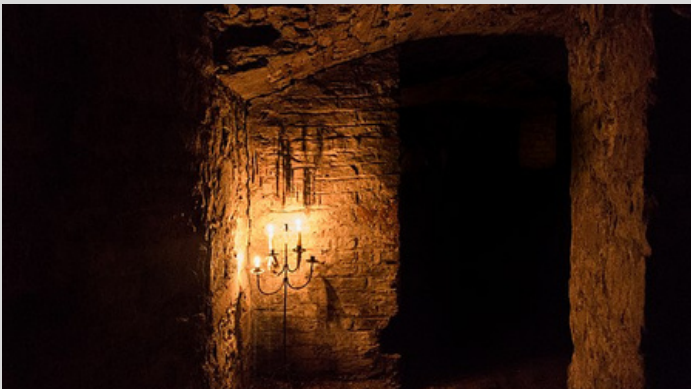
Nowadays, embarking on a tour of the Edinburgh Vaults is a thrilling way to immerse yourself in the city's history. Traverse the very paths where once whisky flowed illegally and gamblers risked their fortunes. Explore the dark and eerie corners where tales of ghostly encounters linger. Unearth remnants of the past, from oyster shells to long-forgotten artifacts, offering glimpses into the lives of those who called these vaults home.

What makes touring the Edinburgh Vaults so enticing is the sense of adventure and discovery it provides. You can join a guided tour led by knowledgeable storytellers who bring the past to life through engaging narratives. As you traverse the atmospheric chambers, you'll find yourself captivated by the rich tapestry of Edinburgh's social history, with each corner holding its own secrets and surprises.



However, it is important to note that while the Edinburgh Vaults offer a unique experience, there are certain downsides to consider. The damp and confined conditions within the vaults can be challenging for some visitors, especially those who may be claustrophobic or have respiratory issues. The lack of natural light and limited ventilation can create an eerie ambiance that may unsettle some individuals.

Furthermore, as these vaults are steeped in history and have gained a reputation for paranormal activity, those with a faint heart should be prepared for potential ghostly encounters. The stories of unexplained voices and strange occurrences add an extra layer of intrigue, but they may not be for everyone. The Edinburgh Vaults provide an opportunity to unearth the hidden stories and secrets of the past. With a guided tour, visitors can immerse themselves in the city's history, walk in the footsteps of its former inhabitants, and witness the atmospheric allure of these underground chambers. While the experience may not be suitable for everyone, those with an adventurous spirit will find themselves captivated by the tales that lie within the enigmatic Edinburgh Vaults. So, grab your curiosity, put on your explorer's hat, and get ready to embark on a journey through time like no other.



Cost: Depends on Tour Company ([Trip Advisor Page](#))

Location: South Bridge, Edinburgh EH1 1QR Scotland

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Island Adventure

The Island of Iona

Where Tranquility Meets Ancient Spirituality

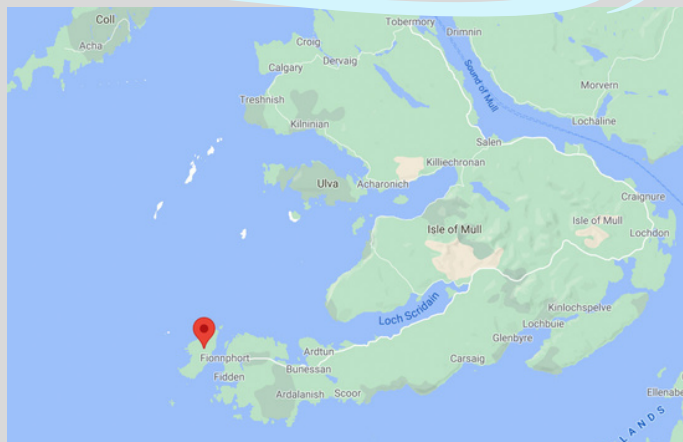
Nestled in the Inner Hebrides, off the western coast of Scotland, Iona is a haven of peace and spirituality. With its fascinating history, breathtaking landscapes, and abundant cultural attractions, Iona is a must-visit destination for travelers seeking a unique experience.

Iona boasts a rich and storied past that dates back centuries. It is widely regarded as the birthplace of Celtic Christianity in Scotland. In the year 563, the revered Saint Columba arrived on the island and established the iconic Iona Abbey, which still stands today. This ancient abbey served as a center of Gaelic monasticism for three centuries, and its historic significance cannot be overstated. As you wander through its hallowed halls, you can't help but feel a deep connection to the past and a sense of tranquility enveloping you.

But Iona is not only a place of historical importance. It offers a wealth of attractions and activities for visitors of all interests. Nature enthusiasts will be captivated by the island's natural beauty, with nine stunning beaches within walking distance. Imagine strolling along the pristine sandy shores, with the aquamarine waters of the sea lapping at your feet. The rugged landscapes, rocky outcrops, and lush green fields provide a breathtaking backdrop for outdoor exploration.

For those seeking spiritual retreats or a moment of introspection, Iona provides the ideal sanctuary. The Iona Community, an ecumenical Christian community based within Iona Abbey, welcomes visitors from all walks of life. Immerse yourself in their serene way of life and participate in their thought-provoking programs, which delve into the concerns of our modern world.

While Iona offers a wealth of attractions, it is essential to note



that it is a small island with limited infrastructure. This means that the number of visitors is carefully regulated to preserve its peaceful atmosphere. The island's population of around 120 ensures that you can enjoy a truly tranquil escape from the bustling world.

During your visit, be sure to explore the charming village of Baile Mòr, where you'll find local shops, a post office, cafes, and hotels. The Iona Council provides various accommodation options, including a campsite, a hostel, bed and breakfasts, and self-catering houses, allowing you to choose the perfect base for your stay.

In addition to the Abbey, take the time to visit the nearby marble quarry and marvel at its unique geological formations. The island's rich artistic heritage is showcased in its landscape paintings, with Iona serving as a muse for renowned Scottish artists throughout history.

To reach Iona, embark on a scenic ferry journey across the Sound of Iona from Fionnphort on Mull. Leave the hustle and bustle of daily life behind as you step onto this idyllic island, where cars are restricted, and visitors are encouraged to explore on foot or by bike.

As you plan your next adventure, consider embarking on a pilgrimage to Iona. Experience the tranquility, immerse yourself in history, and allow the island's timeless beauty to captivate your heart. Unwind, reflect, and find inspiration in this hidden gem of Scotland.

Note: Due to the island's limited infrastructure and regulated visitor numbers, it is advisable to plan your visit in advance and make necessary reservations to ensure a smooth and enjoyable experience.



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For the Hiker / Biker

The Whithorn Way

The Whithorn Way is a pilgrimage trail that winds its way through Scotland's breathtaking landscapes and ancient history. Let's delve into the captivating history of the trail, explore the joys of walking or biking it, and discover the exciting attractions along the way.

The Whithorn Way holds a significant place in Scottish history, as it traces the footsteps of pilgrims who sought St. Ninian's shrine, one of Scotland's oldest Christian sites. For over a millennium, travelers, traders, and even royalty have journeyed to Whithorn, making this trail a remarkable conduit of spiritual devotion. By walking or biking this route, you not only follow a historic path but also become a part of a rich tapestry of cultural heritage.

Embarking on the Whithorn Way offers an incredible adventure for both avid walkers and cyclists. Over the course of 143 miles, you'll encounter a diverse range of landscapes, from rolling hills to stunning coastal vistas. Whether you prefer the peace and solitude of a quiet cycle path or the charm of rambling back roads, this trail offers an immersive experience into Scotland's natural beauty.

As you traverse the route, there is an abundance of attractions to explore. Visit Glasgow Cathedral, steeped in ancient grandeur, before venturing to Paisley's ancient abbey. Take in



the coastal splendor of Ayrshire and enjoy the tranquil paths along the Water of Luce. Along the way, you'll discover hidden gems like Ninian's chapel, a simple yet powerful testament to spiritual devotion. Don't forget to visit St. Ninian's Cave, perched overlooking the majestic Irish Sea, offering a truly transcendent experience.

While the Whithorn Way promises an unforgettable journey, it's important to consider a few practicalities. As with any long-distance trail, proper planning and preparation are essential. Ensure you have suitable gear, maps, and provisions for the journey. While accommodations and pubs can be found along the route, it's advisable to book in advance, especially during peak seasons.

Immerse yourself in the rich history and spirituality of the Whithorn Way, where every step tells a story. Discover the multi-layered Scottish heritage that unfolds before your eyes and revel in the countless "glad to be alive" moments that this pilgrimage trail offers.

Distance: 240Km/149 Miles

Start: Glasgow Cathedral, Glasgow

Finish: Isle of Whithorn, Dumfries & Galloway



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A Must See

Beach Landing on Barra

Barra Airport, located on the Isle of Barra, is renowned for being the only airport in the world where scheduled flights land on a beach. The island's small size and rocky terrain made it impractical to build a traditional runway. As a result, the resourceful community of Barra turned to its expansive sandy beaches, using them as a natural runway during low tide.

The history of beach landings on Barra dates back many years. The local residents have relied on lifeline connections to the mainland through air and sea travel. The use of the beach as an airport runway became a necessity, ensuring the island's essential transportation needs were met.

Imagine standing on the shore, anticipation building, as you witness a plane gracefully descend onto the vast expanse of white sand. The sight of an aircraft landing amidst the breathtaking natural beauty of Barra is a sight to behold. It evokes a sense of awe and wonder, as you marvel at the perfect fusion of man-made technology and the raw power of nature.

While watching the flight touch down is an undoubtedly thrilling experience, it's essential to be aware of certain considerations. The weather, as with any outdoor activity, can impact the operation of flights. The unpredictability of storms or adverse



weather conditions may result in cancellations or delays. However, for those who embrace the elements, witnessing the raw power of nature can add an exciting element to the adventure.

As you explore the Outer Hebrides, take the opportunity to roam the breathtaking beaches, like the mesmerizing Traigh Eais, located adjacent to the airport. Embrace the wildness of the elements during the shoulder months, when the islands showcase their untamed beauty. And, of course, don't forget to visit the local pub, you can immerse yourself in the warm hospitality of the islanders and listen to their stories of life on Barra.

Location: The runway is a sandy beach known as Traigh Mhor near the village of Eoligarry, Barra

A Must Eat

Scotch Pie

These delectable double-crust meat pies have a rich history and are a must-try delicacy during your visit to the picturesque country. Scotch pies can be found in various locations, including take-away restaurants, bakeries, and outdoor events. Whether you're exploring the bustling streets of Edinburgh or cheering on your favorite football team, you'll likely encounter these handheld delights. Enjoy them piping hot and without any wrapping, as the sturdy crust allows for easy, on-the-go enjoyment.

These pies are traditionally filled with minced mutton, but today, beef and lamb varieties are also popular. The filling is exquisitely seasoned with spices like pepper, providing a burst of flavor with each bite. Encased in a hot water crust pastry, the pies are baked to golden perfection.

With a history rooted in Scottish tradition, Scotch pies have delighted locals and visitors alike for generations. Their unique shape, complete with a small hole in the top crust, allows for the perfect combination of tender filling and delectable accompaniments such as mashed potatoes, baked beans, or a rich gravy.

When in Scotland, don't miss the chance to savor a mouthwatering Scotch pie. Indulge in this culinary delight and experience a taste of Scottish heritage that will leave you craving more.



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Beach Lovers

Calgary Bay

Calgary Bay is a beautiful and unspoiled beach located on the Isle of Mull in the Inner Hebrides, Scotland. It is known for its untouched natural beauty and rugged surroundings, offering visitors a glimpse of the true essence of Highland Scotland. The name "Calgary" is derived from the Scots Gaelic term for "beach of the meadow," highlighting the scenic combination of grassy meadows and sandy shores.

To reach Calgary Bay from Tobermory, a popular town on the Isle of Mull, you can follow these directions:

1. Depart from Tobermory and take the B8073 road heading west.
2. Continue on this coastal road for approximately five miles until you reach the village of Treshnish.
3. Look for signs indicating the way to Dervaig and follow them.
4. After approximately five miles on the B8073, you'll find a parking area located 100 yards from the beach.



Once you arrive at Calgary Bay, you can enjoy the picturesque beach backed by grassy meadows adorned with wildflowers. There are also two rocky headlands that contribute to the rugged charm of the bay. You can witness the crashing waves and explore the area, which also houses a hidden castle. If you venture away from the beach, you'll find amenities like a boat selling ice cream, a teashop, and the captivating Art in Nature woodland walk, where sculptures peek out from behind the trees, offering an enchanting experience.

Museum Buffs

The Gordon Highlanders Museum

The Gordon Highlanders Museum, a captivating destination that unveils the remarkable story of the Gordon Highlanders regiment. Nestled in the enchanting city of Aberdeen, Scotland, this 5-star Scottish Tourist Board attraction promises an unforgettable experience for history enthusiasts and curious travelers alike.

Upon entering the museum, visitors are transported through time, immersing themselves in the rich heritage of the regiment. The extensive collection of historical artifacts, memorabilia, and regimental silverware provides a fascinating glimpse into the regiment's origins as the 92nd (Gordon Highlanders) Regiment of Foot in 1794. Marvel at the authentic weaponry on display in the Armoury, explore the meticulously recreated Regimental Officers' Mess, and admire the captivating works of Sir George Reid, showcased throughout the museum.

One of the highlights is the recently opened replica of a First World War trench, offering a poignant and immersive experience that garnered widespread acclaim. This addition has



led to a significant increase in visitor numbers, further testament to the museum's ability to captivate and engage. Beyond the captivating exhibitions, the Gordon Highlanders Museum offers additional amenities for visitors to enjoy. Take a break in the charming tea room, savoring a cup of tea and a delightful treat. Explore the volunteer-maintained garden, providing a tranquil space for reflection.

Location: St Luke's, Viewfield Road, Aberdeen, AB15 7XH

Website: <https://www.gordonhighlanders.com/>

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The Whiskey Admirer *The Macallan distillery*

The Macallan Distillery has a fascinating heritage that spans centuries. Originally founded in 1824, it has become one of the most revered names in the whisky industry. The distillery's dedication to quality is evident in every bottle produced. From the early days of maturing whisky solely in oak sherry casks to the introduction of the innovative Fine Oak and Triple Cask Matured ranges, The Macallan has consistently pushed boundaries while remaining true to its heritage.

A visit to The Macallan Distillery offers an immersive and unforgettable experience for whisky lovers. The newly built distillery and visitor center, recognized for its architectural brilliance, serves as the perfect backdrop for exploring the world of whisky. Discover the art of whisky-making through guided tours, where you'll witness the intricate process from malting to maturation. One of the highlights of a visit to The Macallan Distillery is the opportunity to sample rare and limited-edition whiskies. The distillery boasts an impressive collection of exclusive releases, from the coveted Sherry Oak and Double Cask ranges to the highly sought-after Masters



of Photography and Limited Edition collections. These unique offerings provide a chance to savor whiskies that embody the mastery and expertise of The Macallan's whisky makers.

Due to its popularity, the distillery can sometimes be crowded, especially during peak seasons. It is advisable to book tours in advance to secure your spot. Additionally, some of the rarer expressions may have limited availability and higher price points. However, the opportunity to taste and learn about these exceptional whiskies is often worth the investment.

Location: Easter Elchies, Craigellachie, Moray, Scotland

The Beer Connoisseur *Caledonian Brewery*

Step into the captivating world of Caledonian Brewery, a Scottish gem established in 1869 in Edinburgh's Shandon area. This renowned brewery, founded by George Lorimer and Robert Clark, has delighted beer enthusiasts for over a century with its exceptional brews like Deuchars IPA and Edinburgh Castle. Immerse yourself in the brewing heritage by embarking on a guided tour that takes you through the time-honored brewing process. From the selection of malted barley to the bubbling fermentation vessels, witness the craftsmanship and dedication that go into creating their distinctive beers. Indulge in the delightful flavors of their seasonal and guest ales, showcasing a perfect blend of tradition and innovation.

With its authentic atmosphere and fascinating history, a visit to Caledonian Brewery promises an enriching experience for all. Whether you're a beer connoisseur or simply curious about



Scotland's brewing legacy, don't miss the opportunity to explore this iconic brewery. Book your tour today and embark on a journey filled with flavor, heritage, and the true essence of Scottish brewing.

Location: 42 Slateford Road, Edinburgh, Scotland, EH11 1PH

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Featured Monument National Wallace Monument



Discover the majestic National Wallace Monument in Stirling, Scotland. Standing tall on the Abbey Craig, this 67-meter tower commemorates the legendary Scottish hero, Sir William Wallace. Climb 246 steps to the observation platform for breathtaking views of the Ochil Hills and Forth Valley. Inside, explore exhibition rooms showcasing artifacts, including the iconic Wallace Sword. Admire the Hall of Heroes, featuring famous Scots, and marvel at the Victorian Gothic architecture. Immerse yourself in Scottish history and enjoy a truly unforgettable experience.

About Us

Welcome to "Glen to Glen," your premier destination for exploring the enchanting landscapes and rich heritage of Scotland. Our newsletter is your gateway to discovering the hidden gems and unforgettable experiences that await you. Immerse yourself in the mystique of ancient castles, savor the flavors of traditional Scottish cuisine, and delve into the captivating tales of Scottish folklore. Whether you're drawn to the rugged beauty of the Highlands or the vibrant city life, "Glen to Glen" will guide you through the diverse wonders that make Scotland a truly remarkable and memorable destination. Get ready to embark on an extraordinary journey through the heart and soul of Scotland.

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Newsletter

Scottish Clan Connection

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