

Glen to Glen

THE SCOTLAND TOURIST NEWSLETTER

Featured in each Months Newsletter

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Tourist Map

Our website now features a new Tourist Map that highlights the locations of all the places mentioned in our previous month's newsletters. The map will be updated monthly as each newsletter is archived at the end of the month. Feel free to visit glentoglen.com to check it out.

Travel Tip

Experience the true spirit of Scotland by asking for a dram of whisky instead of a shot. Embrace the rich heritage of whisky in its birthplace. A dram invites conversation, connection, and a taste of tradition. Savor the moment and share stories over a wee dram, an authentic Scottish experience you won't forget.

Featured Castle

Finlaggan Castle



Nestled amidst the picturesque landscapes of Islay, Scotland, lies a hidden gem that whispers tales of ancient Scottish history. Welcome to Finlaggan Castle, also known as Eilean Mòr Castle, a place that beckons you to step back in time and immerse yourself in the rich heritage of the Lords of the Isles and Clan Donald.

Finlaggan Castle's story dates back to the 7th century when a

monastic community was founded on Eilean Mòr, one of the islands in Loch Finlaggan. This tranquil isle, dedicated to or possibly founded by St. Findlugan, an Irish monk, witnessed the rise and fall of clans and dynasties over the centuries.

The ruins that stand today are from a 13th-century castle, with sturdy masonry walls that hint at the might and grandeur it once held. However, it's believed that an earlier timber structure was erected in 1138 by Somerled, the first "Lord of the Isles." This earlier construction may have been built upon the remnants of an Iron Age fort, adding layers of historical intrigue.

Visitors to Finlaggan Castle can wander among the ancient walls, absorbing the sense of history that envelops this mystical place. Stand in the footsteps of those who shaped Scotland's past as you explore the castle's nooks and crannies, imagining life during its heyday.

While the castle's physical structure may be in ruins, its historical significance is far from faded. Discover the compelling stories of Finlaggan Castle through artifacts at the on-site museum maintained by the Finlaggan Trust. The museum houses a treasure trove of relics, from sheep wool quilted aketons to ancient crosses related to the lords.

Location: Islay, to the northwest of Ballygrant.

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Featured Adventure

Munro-Bagging

If you've ever dreamed of embarking on an epic adventure amidst Scotland's stunning natural landscapes, Munro-bagging might just be the perfect pursuit for you.

Munro-bagging traces its roots back to the late 19th century when Sir Hugh Munro, a Scottish mountaineer and member of the Scottish Mountaineering Club, embarked on a remarkable journey of his own. In 1891, Sir Hugh published his seminal work, the 'Munro Tables,' which cataloged Scottish mountains over 3,000 feet in height. This groundbreaking list comprised 283 summits, now famously known as the Munros, along with an additional 255 subsidiary "Tops."

At the time, it was believed that Scotland had only around 30 mountains of such height, so Sir Hugh Munro's work caused quite a stir in the mountaineering community. The Munro Tables became the cornerstone of Munro-bagging, a term that would come to define the pursuit of ascending all the Munros.

Despite creating the list, Sir Hugh Munro did not complete all the ascents himself. The first person to achieve this feat was the Reverend A. E. Robertson in 1901, marking a historic moment in Munro-bagging history.

Munro-bagging is the endeavor to conquer the Munros, which are mountains in Scotland that rise above 3,000 feet (914.4 meters) in elevation. These peaks are scattered throughout the country and offer a wide range of challenges and breathtaking views. The allure of Munro-bagging lies in exploring Scotland's diverse and dramatic landscapes while climbing these iconic summits.

The Munros are a testament to Scotland's natural beauty, with each peak having its own unique character, from the rugged grandeur of Ben Nevis to the remote tranquility of the Cairngorms. Achieving Munro-bagging status is a rewarding accomplishment that opens the door to experiencing the heart and soul of Scotland's wild places.

If Munro-bagging has piqued your interest, here's how you can get started on your journey to becoming a Munroist:

1. Research and Planning: Begin by researching the Munros and selecting a suitable starting point based on your experience and fitness level. Websites like Walkhighlands offer detailed route descriptions, maps, and other resources to help plan your ascents.



2. Gear Up: Ensure you have the right gear for the task, including sturdy hiking boots, warm clothing, waterproofs, navigation tools, and a good backpack. Safety should always be a top priority in Scotland's unpredictable weather.

3. Gain Experience: If you're new to hillwalking and mountaineering, consider building your skills on less challenging hikes before tackling the Munros. Joining local hiking clubs or guided tours can provide valuable experience and camaraderie.

4. Set Goals: Decide whether you want to bag all 282 Munros or focus on a specific region or category, such as Corbetts or Grahams. Setting goals will help structure your Munro-bagging journey.

5. Keep Records: Many Munro-baggers maintain a record of their ascents, often using interactive online platforms. Websites like Walkhighlands allow you to create a personalized baggers map and diary to track your progress.

6. Safety First: Always check weather forecasts before heading out and let someone know your plans. Scotland's mountains can be challenging, so safety is paramount.

7. Enjoy the Journey: Munro-bagging isn't just about reaching summits; it's about immersing yourself in Scotland's natural beauty, discovering hidden gems, and savoring the adventure. Munro-bagging is a time-honored pursuit that invites outdoor enthusiasts to explore the breathtaking Scottish Highlands. With a rich history, a wealth of resources, and a welcoming community of fellow baggers, Munro-bagging offers a unique way to experience the diverse and dramatic landscapes of Scotland. So, lace up your hiking boots, pack your backpack, and set out on your own Munro-bagging adventure—it's a journey you won't soon forget.

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Island Adventure

Isle of Mull

Exploring the Enchantment

Scotland is renowned for its breathtaking landscapes, rich history, and vibrant culture. While the mainland offers plenty of opportunities for exploration, some of the country's hidden gems are nestled on its islands. Among these treasures is the enchanting Isle of Mull, a destination that beckons travelers with its natural beauty, diverse wildlife, and unique charm. Join us as we embark on a virtual journey to this picturesque Scottish island.

When you think of paradise, it's hard not to envision the Isle of Mull. Located off the west coast of Scotland, this island is a sanctuary of rugged coastlines, rolling hills, and pristine beaches. Its diverse landscapes provide a canvas for outdoor enthusiasts, from hikers and kayakers to wildlife enthusiasts. Mull boasts some of Scotland's most stunning beaches, each with its unique character. One of the favorites among visitors is Calgary Bay, famous for its white sands, turquoise waters, and the striking pink granite skerries that dot its coastline. A perfect spot for a leisurely stroll or a relaxing picnic, Calgary Bay captures the essence of tranquility.

For wildlife enthusiasts, the Isle of Mull is a dream come true. The island's diverse ecosystems provide a habitat for an array of species. Perhaps the most famous residents are the white-tailed eagles, which were reintroduced to the island in 2005. Witnessing these majestic birds in flight is an awe-inspiring experience.



Mull is also home to otters, seals, basking sharks, and an abundance of birdlife. Keep your camera ready as you explore the island's coastline and woodlands for a chance to spot these incredible creatures in their natural habitat.

No visit to the Isle of Mull is complete without exploring its main town, Tobermory. Known for its picturesque harbor, Tobermory is a rainbow of colorful buildings that line the waterfront. Explore the town's charming streets, visit the local shops, and don't miss the opportunity to savor freshly caught seafood at one of the welcoming restaurants.

Mull's artistic spirit shines through its cultural offerings. Mull Theatre, based just outside Tobermory, showcases professional theater productions and runs educational programs. An Tobar, a multidisciplinary arts center in Tobermory, hosts exhibitions, live music, and workshops, adding vibrancy to the island's cultural scene.

To reach this island paradise, you can take a ferry from the mainland. Ferries from Oban to Craignure, Kilchoan to Tobermory, and Lochaline to Fishnish provide scenic routes that offer a taste of the island's beauty before you even arrive.

The Isle of Mull is a testament to Scotland's natural wonders and cultural richness. Its unspoiled landscapes, abundant wildlife, and welcoming communities make it a must-visit destination for anyone exploring Scotland. Whether you're an outdoor adventurer, a wildlife enthusiast, or simply seeking a peaceful retreat, Mull offers an unforgettable experience.

Don't miss the chance to explore this enchanting island and immerse yourself in its captivating beauty. Plan your visit to the Isle of Mull and discover the magic that has enchanted travelers for generations.

Glen to Glen

For the Hiker / Biker

Rob Roy Way

The Rob Roy Way is a remarkable trek through Scotland's picturesque landscapes, offering a unique blend of history and natural beauty. Named after the legendary Scottish outlaw, Rob Roy MacGregor, this 128-kilometer (80-mile) long-distance footpath takes hikers on an adventure from the charming village of Drymen to the vibrant town of Pitlochry in Perthshire. It's an opportunity to walk in the footsteps of a historical figure while enjoying the stunning scenery of the Scottish Highlands.

The trail follows the paths and areas where Rob Roy and his clan once roamed. As you hike, you'll encounter historic sites, including Roman forts, stone circles, and prehistoric settlements, enriching your understanding of Scotland's past. The Rob Roy Way offers breathtaking views of Scotland's iconic landscapes. You'll pass by serene lochs, including Loch Venachar, Loch Lubnaig, Loch Verden, and Loch Tay, all framed by the magnificent peaks of the Highlands. Along the way, you'll have opportunities to interact with the local culture, enjoying cozy village accommodations and experiencing the warmth of Scottish hospitality. Trekkers have the option of luggage transport, making the journey more comfortable and allowing you to focus on the scenery and history.

The Scottish Highlands are known for their unpredictable weather. Even in the summer months, you can experience rain and changing conditions. Mosquitoes can also be bothersome



during the warmer season. It's advisable to be prepared for varying weather and bring suitable clothing. The trail passes through small towns and villages where accommodation options can be limited. Booking in advance is highly recommended, especially during the peak trekking season. Hotels can fill up quickly, so planning ahead is crucial. Some stages of the trek are remote, and services like shops and restaurants may be scarce. It's important to carry enough food and water to sustain you during these stretches. While charming, the starting and ending points of each stage are small towns, which may not offer extensive amenities. It's essential to plan your accommodations and meals accordingly. If you're hiking the full trail, consider the logistics of returning to your starting point. Public transportation options can be limited, and you may need to coordinate transfers to complete the journey.

The Rob Roy Way promises an unforgettable adventure filled with history and natural beauty. While there are a few downsides to be aware of, such as unpredictable weather and limited accommodation options, careful planning and preparation can help you make the most of this incredible trek. The rewards of exploring Scotland's landscapes and retracing the footsteps of Rob Roy are well worth the effort, and the memories you create along the way will last a lifetime.



Distance: 120Km/80Miles
Start: Drymen, Scotland
Finish: Pitlochry, Scotland

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A Must See

Mary King's Close

Nestled beneath the bustling streets of Edinburgh's Old Town lies a hidden gem steeped in history, mystery, and intrigue: Mary King's Close. This subterranean labyrinth offers a captivating journey back in time, where the tales of plague, urban legends, and paranormal encounters await those who dare to explore its narrow passageways.

Step into the past as you descend beneath the Edinburgh City Chambers building on the Royal Mile. Mary King's Close is not merely a tourist attraction; it's a time capsule that transports you to the 17th century. Named after Mary King, a merchant burghess who once called it home, this close bears witness to Edinburgh's tumultuous history.

Mary King's Close is forever linked to the devastating bubonic plague that swept through Scotland in the 17th century. The close's history is shrouded in myths, such as the infamous tale of being sealed off during the outbreak. In truth, the town council cared for its afflicted residents with compassion, and the remarkable plague doctor, George Rae, played a vital role in combating the disease.

Prepare to be enthralled by the eerie ambiance of Mary King's Close. Since the 17th century, stories of hauntings and paranormal occurrences have surrounded this underground



network. Some attribute these phenomena to escaping biogas from the nearby Nor Loch, while others believe it's the result of centuries of history.

Mary King's Close has not only intrigued visitors but has also captured the imagination of authors, filmmakers, and television producers. From Ian Rankin's Inspector Rebus novel "Mortal Causes" to appearances on "Most Haunted" and "Ghost Hunters International," its mystique has left an indelible mark on popular culture.

You need to book a tour to visit Mary King's Close, make sure to book well ahead of time as tours fill up quickly.

A Must Eat

Tattie Scone

Among the treasures of Scottish cuisine, the humble yet scrumptious Tattie Scone takes center stage. These delectable potato scones, a cherished part of a full Scottish breakfast, offer a glimpse into the country's rich gastronomic heritage.

Made from mashed potatoes, flour, and butter, Tattie Scones are griddled to golden perfection, resulting in a delightful blend of crispy edges and fluffy interiors. They're a true taste of Scotland! But where can you savor these mouthwatering treats? Look no further than local cafes and bakeries across the country. In Edinburgh, visit the historic Broughton Delicatessen for an authentic experience, or head to Glasgow's bustling Riverhill Coffee Bar. In the Highlands, the charming Café Eighty2 in

Inverness offers a warm welcome and Tattie Scones that will leave you craving more.

Embark on a culinary adventure and let the Tattie Scone transport you to the heart of Scotland's food culture. Don't miss out on this savory sensation during your Scottish getaway!



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Beach Lovers

Tolsta Beach

Are you ready to embark on a Scottish adventure that combines breathtaking natural beauty with rich history? Look no further than Tolsta Beach, a hidden gem nestled on the enchanting Isle of Lewis in the Scottish Outer Hebrides.

Tolsta Beach, known as "Traigh Mhor" in Scottish Gaelic, is a coastal paradise waiting to be explored. Stretching along the east side of the Isle of Lewis, this pristine sandy beach offers a serene escape for nature enthusiasts and history buffs alike. As you stroll along the shoreline, you'll be captivated by the tranquil waters of the North Atlantic Ocean and the dramatic cliffs that frame the beach. At low tide, you can venture into "The Caves of Life," a series of mysterious caves that add an air of intrigue to this already magical place.

Tolsta Beach is more than just natural beauty; it's also steeped in history. Explore the medieval Caisteal a' Mhorair (Castle of the Big Man) at the end of Gleann Tholastaigh, a site that has fascinated historians for centuries.



For wildlife enthusiasts, Tolsta Beach offers the chance to spot skua, kittiwake, herring gulls, seals, dolphins, porpoises, and even the occasional whale offshore.

Whether you're seeking a peaceful retreat, an adventure in nature, or a glimpse into Scotland's past, Tolsta Beach has it all. Plan your visit today and immerse yourself in the enchanting wonders of this Scottish coastal paradise.

Location: North Tolsta, Isle of Lewis, Outer Hebrides

Museum Buffs

The Surgeons' Hall Museum

Are you ready to embark on a captivating journey through the annals of Scottish medical history? Look no further than the renowned Surgeons' Hall Museum, nestled in the heart of historic Edinburgh. This hidden gem is a must-visit attraction for both medical enthusiasts and curious travelers alike.

Founded in 1505, the Royal College of Surgeons of Edinburgh has been at the forefront of medical education for centuries. Its headquarters, Surgeons' Hall, is a stunning architectural masterpiece designed by William Henry Playfair in 1832. Inside, you'll find the Surgeons' Hall Museum, a treasure trove of medical wonders.

Step back in time as you explore the museum's diverse collections, which include specimens, surgical instruments, paintings, and even wax casts of diseases from the 19th and early 20th centuries. You'll be transported to the world of pioneering surgeons like Charles Bell, whose contributions to anatomy and surgery are celebrated here.

Don't miss the gripping exhibits related to infamous figures like



Burke and Hare, or the connection to Arthur Conan Doyle and Sherlock Holmes through surgeon Joseph Bell. And, learn about the groundbreaking achievements of the Edinburgh Seven, a group of pioneering female medical students who faced adversity in their quest for education.

Surgeons' Hall Museum is not just a historical relic but a vibrant, educational space offering interactive displays and multimedia presentations.

Location: Nicolson Street, Edinburgh, Scotland

Website: <https://museum.rcsed.ac.uk/>

Glen to Glen

The Whisky Admirer Talisker Distillery

Welcome to the heart of Scotland's whisky country, where centuries of tradition blend seamlessly with modern craftsmanship. Nestled on the southern bank of the majestic Tay River, Aberfeldy Distillery stands as a testament to the enduring legacy of Scotland's whisky-making heritage.

Founded in 1896 by John Dewar & Sons, Ltd., Aberfeldy Distillery opened its doors to whisky enthusiasts in 1898. Over the years, it weathered the storms of World War I and World War II, emerging stronger and more resilient. Today, it is an integral part of the whisky landscape, known for its exceptional single malt Scotch whisky.

What sets Aberfeldy apart is its dedication to quality and its unique water source. The distillery relies on the pristine waters of Pitilie Burn, a freshwater stream that meanders alongside its premises. This singular water source imparts a distinctive character to Aberfeldy whisky, making it a true reflection of the rugged Scottish landscape.

Aberfeldy offers a range of exquisite expressions, including the Aberfeldy 12, 18, and 21 years old. Each sip is a journey through



Time, a testament to the artistry of Scotland's finest distillers. Don't miss the chance to visit "Dewar's World of Whisky," Aberfeldy's state-of-the-art visitor center, where you can immerse yourself in the rich history of Dewar's brand and the whisky-making process. It's a fascinating experience that will deepen your appreciation for this liquid gold.

Location: Aberfeldy, Perthshire, PH15 2EB, Scotland

The Beer Connoisseur

William Bros Brewing Company

Discover the rich and flavorful world of Scottish craft beer with a visit to Williams Bros Brewing Co, a hidden gem nestled in the heart of Alloa, Scotland. Founded in 1983 by brothers Bruce and Scott Williams, this family-owned microbrewery has been a beacon of tradition and innovation in the world of Scottish brewing.

At Williams Bros Brewing Co, you'll step into a brewing tradition that dates back to the 17th century, where Gaelic recipes come to life in every batch. Their signature heather ale, inspired by ancient recipes, is a must-try, brewed with bog myrtle and heather flowers for a truly unique flavor.

But that's just the beginning of their story. Williams Bros Brewing Co has expanded its repertoire, incorporating natural Scottish ingredients like elderberries, Scots pine shoots, seaweed, and gooseberries into their brews. With each sip, you'll taste the essence of Scotland's rich landscape.



So, if you're a beer enthusiast or simply looking for an authentic taste of Scotland, make sure to visit Williams Bros Brewing Co during your Scottish adventure. It's a place where tradition and innovation come together in every pint, a testament to the artistry of Scottish craft brewing. Cheers to an unforgettable experience in Alloa!

Location: Alloa, Scotland, UK

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Featured Monument Robert the Bruce Statue



Experience Scotland's historic legacy at the iconic Robert the Bruce Statue in Stirling. Towering at the entrance of Stirling Castle, this majestic monument pays homage to one of Scotland's greatest heroes. King Robert the Bruce, the architect of Scottish independence, stands as a symbol of resilience and triumph. Visit this powerful statue and immerse yourself in the rich tapestry of Scotland's history. Discover the story of the man who led Scotland to freedom and secured its place on the world stage. The Robert the Bruce Statue is not just a sculpture; it's a testament to Scotland's enduring spirit and a must-see destination for any traveler.

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.

Check out our Companion
Newsletter

Scottish Clan Connection

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Featuring New Each Month:

- Scottish Clan News
 - Upcoming Events
 - A Clan Myth or Legend
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