



SCOTLAND

SPEY RIVER DESCENT ~ HIGHLANDS CLASSIC ~

2009



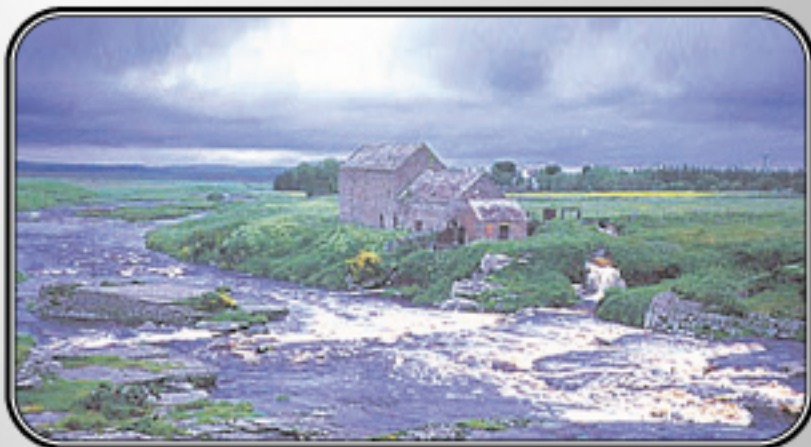
JUNE 20 - 25 • JULY 18 - 23 • AUG. 15 - 20 • SEPT. 5 - 10
6 DAYS (3 NIGHTS CAMPING; 2 NIGHTS INN ACCOM.)

*** INQUIRE FOR CUSTOM DATES & ITINERARIES: LATE JUNE THRU MID SEPTEMBER; 4 - 7 Days ***

The River Spey is the classic Scottish river descent - offering perspectives of the rich cultural and historical heritage of the Highlands within the context of a superb canoeing experience.

The trip starts on Loch Insh, where any necessary skills coaching occur before the river journey to the sea. Flowing through semi-wild, old growth forests, with spectacular views of the Cairngorm Mountains as a backdrop, the river builds in volume in speed - though the rapids never exceed more than Class II+.

Passing many of the renowned Speyside single malt whisky distilleries, and several picturesque highland villages enroute, the trip culminates in fantastic views of the open sea - often one gets the opportunity to paddle alongside seals and dolphins in the bay. Sunrise operates in association with Scotland's leading canoe instruction and guide outfits. Trip meets in Edinburgh (includes all land transfers); and also includes two night's bed & breakfast accommodations. Especially recommended as a fall foliage trip in September.



1-888-490-9300
(207-942-9300)

www.SunriseExpeditions.com



Starting at
\$2250 per person
\$2390 based on 4p. min.
• INCLUDES 2 INN NIGHTS;
(single supplement: \$150)



SUNRISE
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IN ASSOCIATION WITH . . .



beyond
ADVENTURE

RIVER Spey Descent ITINERARY 2009

Overview

The Spey descent is the classic Scottish river descent, culminating in fantastic views out to sea, possibly paddling alongside seals that have entered the mouth of the river & observing dolphins in the bay. The trip begins on Loch Insh, where any necessary skills coaching takes place before beginning the river journey to the sea. Being a large river the Spey valley carries both road and rail routes and river corridor is rural, picturesque, and historic, this is not a wilderness trip in the true sense of the word.



Canoeing Level of Difficulty

This trip is suitable for canoeists of all standards; each day the river gets a little bigger & faster than the day before making it ideal for teaching the vital techniques as the trip progresses. Essentially Class I-II+

Expedition Meeting Place

We will meet you at **Edinburgh Airport** and drive you north to your Guest House in Aviemore. (3 hours drive) We will return you to the airport. Other pick-up/drop off points may be negotiated.

Accommodation

Unless otherwise arranged within a custom itinerary, First night's accommodation is in guest house in Aviemore, Inverness-shire, then camping on river for the next three nights, with the final evening further south in the picturesque town of Aberfeldy. Food will be supplied from the evening meal on day 1 through to breakfast on the final day. Please advise us on the Trip Information Form of any specific dietary requirements you may have.



Description of each day

Day 1: Transfer Edinburgh Airport to Aviemore

Transfer from the **Edinburgh Airport** to the Guest House in **Aviemore, Inverness-shire.**



Day 2: Aviemore to Boat Of Balliefurth

Our journey begins with some 'warm up' instruction. Then we access the river with our full expedition equipment to begin our journey downstream from **Aviemore** to **Boat of Balliefurth/** This first day features very gentle Class I rapids and fantastic views towards the **Cairngorms.** Our evening is spent at a riverside camp. (approx 11 miles)

Day 3: Boat Of Balliefurth To Blacksboat

This longer day's paddle, entering the **heart of the Speyside malt whisky country,** will include plenty of time to work on the essential skills needed for the rapids coming up in the second half of our journey; the day finishes with 'the washing machine', a short but exciting little rapid! We camp near the old railway at **Blacksboat.** (approx 16 miles)



Day 4: Blacksboat To Craigellachie

Our river running skills will be tested to the full today, with the famous **Knockando** rapids and numerous shorter rapids which will still need our attention. Passing **Charleston of Aberlour** (home of Walker's shortbread), a few miles on we reach the village of **Craigellachie** and our final night out. (approx 10 miles)



Day 5: Craigellachie To Spey Bay

All the way down the Spey, we will have noticed its character changing;. Today brings the most dramatic shift in scenery; once we have passed below **Ben Aign** the river picks up speed as it slides towards the sea. Beyond Fochabers the river opens out into a coastal plain ,meandering through gravel banks and journey's end at **Spey Bay.** (approx 17 miles) Once off the river, we drive south to Aberfeldy to put us within striking distance of Edinburgh Airport.

Day 6: Transfer to airport at Edinburgh

Contact us if you would like suggestions for extending your stay in Edinburgh, or elsewhere in the Highlands.

\$2250 per person
(based on 6 - 8 participants)

\$2390 per person
(based on 4 participants)

- from Edinburgh
- Includes 2 Inn nights; Single supplement: \$150
- \$500 Deposit to reserve dates
- Prices may be subject to change due to currency fluctuations

* CUSTOM ARRANGEMENTS FOR PRIVATE PARTIES AVAILABLE, including, but not limited to, various lodging/dining options, the substitution of hotels accommodations in lieu of camping. and transfers from other points of origin in Scotland.
INQUIRE FOR PRICING.





**SCOTLAND:
RIVER SPEY DESCENT**
• *LOGISTICS & BUSINESS* •

AIRLINE RESERVATIONS:

Airfare to Scotland is at participant's expense. The Sunrise staff can assist you with obtaining competitive airfares to Edinburgh from your local departure city if needed. Please bear in mind that due to the nature of the trans-atlantic flights to Scotland, you will need to depart one day prior to the scheduled trip start date. (*Arrangements can be made via Glasgow; contact us for details and cost.*)

INCLUDED:

All land transfers in Scotland; two nights guest house or Bed and Breakfast accommodations; all meals except for the dinners at the two inns; the services of 2 or 3 guides (depending on group size); all canoes and river gear; camping gear for the camping segment. *Custom itineraries including additional accommodations may be arranged.*

NOT INCLUDED:

Airfare from departure city to Edinburgh, Scotland; personal expenses and purchases; gratuities; liquor, and personal insurance.

BALANCE OF PAYMENT:

Trip balances are due in our Maine office **three weeks prior to trip departure date**. We prefer checks for payment of balances, but will also accept credit cards (Visa/ MC / AMEX)

FORMS & INSURANCE:

Unless already submitted, a trip form is enclosed. *KINDLY FILL OUT ALL THE FORMS PROVIDED AND RETURN THEM AS SOON AS POSSIBLE*. This will enable our guide to prepare for your trip properly. Also enclosed is an **optional** travel insurance application - should you desire trip and / or personal insurance protection for this excursion.

FOOD PREFERENCES & ALLERGIES, MEDICAL CONSIDERATIONS:

Most food concerns can be accommodated given notice (*hence our request for timely return of trip forms.*) We carry both a satellite and/or local cell phone for evacuation in case of medical emergency, as well as complete major medical kits.

PACKING CONSIDERATIONS:

A **complete Scotland packing list** will be forwarded with your reservation confirmation. Individual river bags, PFD's etc. are all provided, although participants are welcome to bring their own, if suitable. Personal sleeping bags are recommended for the camping segment, although "loaners" can be provided if necessary. Tents will be provided for you although you may bring your own. Light hiking boots and a daypack are handy for offriver activity. Essentially one should be prepared for a **climate** comparable to northern New England; depending upon the season.

IMMIGRATION, IDENTIFICATION, CURRENCY ISSUES:

Passports are required for all U.S. and Canadian citizens to enter the United Kingdom. Please remember to exchange U.S. dollars into British pounds either at the airport of entry or at a bank enroute. All major credit cards are accepted throughout Scotland.



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SCOTLAND



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