Hiking Scotland's

Orkney & Shetland Islands

June 30 - July 10, 2025 (11 days | 15 guests) with archaeologist Val Turner









This tour requires an elevated level of fitness.

"I found the archaeology absolutely fascinating though I'm not an archaeologist. Each site we visited had its own unique character and interest."

- Nancy, New York

Archaeological Institute of America Lecturer & Host



Dr. Val Turner has been Shetland's Regional Archaeologist since the post was created in 1986, and she lives in Shetland on a small croft with her husband. She has Project Managed two major excavation and public access projects on behalf

of her employers, Shetland Amenity Trust: Old Scatness Broch saw the 12-year excavation of an Iron Age Broch and Village, which has rewritten the story of Scotland's Iron Age; and Viking Unst saw the excavation of three longhouses and the construction of a replica longhouse and restoration of a replica Viking longship. Val is currently working on a project to conserve Old Scatness sustainably for the future; as well as the nomination for Old Scatness, Jarlshof, and Mousa to become UNESCO World Heritage Sites. She is a member of the Society of Antiquaries of London and of the Society of Antiquaries of Scotland. Her publications include a book about archaeology for children, accessible guidebooks and articles, as well as a wide range of academic publications about Shetland archaeology. Val frequently writes an archaeology column for the local paper and presents monthly programs about archaeology and the environment for BBC Radio Shetland. She loves surprising visitors with Shetland's wealth of archaeology, and she has been guiding walks and tours in both Orkney and Shetland over many years, including several previous departures of this very AIA tour since 2015.

This is the perfect opportunity to explore all that Scotland's Northern Isles have to offer: prehistoric stone circles, burial chambers, and settlements; quaint villages; huge seabird colonies; and remarkable plant life—all amidst dramatic landscapes. This will be Scotland seen slowly, with time for in-depth exploration at each site. The Orkney and Shetland islands have an amazing wealth of archaeological sites dating back 5,000 years. Together the islands have more than 18,000 known sites, with new discoveries being made every year. This archaeological saga is worth the telling, and nowhere else can the evidence be seen in more glorious a setting.

Highlights:

- A private virtual tour of the Ness of Brodgar excavations and access to some of the finds. This ceremonial site in the "Heart of Neolithic Orkney" was in use for around 1,000 years and a 20-year excavation project was completed in 2024. The site is within the UNESCO World Heritage Site on Orkney, which also includes the chambered tomb of Maeshowe, estimated to have been constructed around 2700 B.C.; the Stones of Stenness; the 4,000-year-old Ring of Brodgar, one of Europe's finest Neolithic monuments; Skara Brae settlement; and associated funerary monuments and stone settings. These are unquestionably among the most important Neolithic sites in western Europe.
- "The Crucible of Iron Age Shetland"—including Mousa Broch, the best-preserved known broch in the world, Old Scatness, and Jarlshof—where the lack of intensive modern farming means that the preservation of these sites and their landscapes is exceptional.
- The Isles are a birdwatcher's paradise, and one of the major seabird breeding and feeding areas in the North Atlantic. More than a million birds breed in very large colonies.
- All meals are included, and you will enjoy comfortable
 accommodations: four nights at the elegant <u>Lynnfield Hotel</u>, a
 comfortable overnight ferry from Orkney to Shetland and from
 Shetland to Aberdeen, and three nights at the remote and charming
 <u>Busta House Hotel</u>.



This unique tour is more active than our usual land tours and features daily hikes that are easy to moderate in difficulty. To fully enjoy and visit all the sites on this itinerary one should be in good walking condition and, obviously, enjoy walking!

With a group of fifteen participants, two local guides and a tour manager will accompany our group. Our guides will explain in advance the difficulty of each day's walk(s) and, if you prefer, you can opt out of any walking excursion and be driven to the next stop; but, bear in mind that some sites can only be visited if you walk to them. The distance of and height climbed during each walk is estimated within the following itinerary.

ITINERARY

(B)= Breakfast • (L)= Lunch • (D)= Dinner

Monday, June 30, 2025: Depart home

Tuesday, July 1: Aberdeen, SCOTLAND | Ferry to Kirkwall, Orkney Upon your arrival at Aberdeen International Airport (ABZ) in Scotland, at no later than 2 pm, you will be met and transferred to the ferry terminal in Aberdeen, where our group will board the ferry to Kirkwall, Orkney. We will have dinner aboard the ferry, arrive in Kirkwall at about 11 pm, and transfer to our hotel. *Overnight at the 4-star The Lynnfield Hotel for four nights.* (D)

Wednesday, July 2: Mainland Orkney: Ring of Brodgar, Stones of Stenness, Maeshowe, Ness of Brodgar virtual tour | Kirkwall | Welcome dinner

Distance 2 mi. Height climbed: negligible

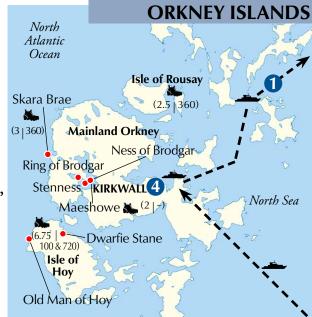
For centuries, people have assumed that the Ring of Brodgar and the Standing Stones of Stenness were the main Neolithic focus of this area, but recently completed excavations at the Ness of Brodgar question that interpretation. The stone circles might have been merely on the periphery of the true ceremonial center—a massive ceremonial complex that, in its heyday, must have completely dominated the landscape. Following breakfast, we will visit several important Neolithic sites on mainland Orkney, from the Ring of Brodgar to the Stones of Stenness and Maeshowe, which is Britain's largest chambered cairn. We will also take a private virtual tour of the the Ness of Brodgar excavations that ended in 2024. Return to our hotel and gather for a welcome dinner. (B,L,D)

Thursday, July 3: Isle of Rousay | Kirkwall

Distance 2.5 mi. Height climbed: 360 ft .

Today we will take the ferry to the Isle of Rousay, where we will wander the most important archaeological mile in Scotland, through 5,000 years of history, visiting a number of burial cairns including Midhowe, Pictish brochs, Viking settlements, and remains of the period of the Earls and the troubled crofting times. (B,L,D)







Below: The Ring of Brodgar, a stone circle that is 341 ft. in diameter, is the third largest in the British Isles; above: Skara Brae, a late Neolithic settlement.



Friday, July 4: Isle of Hoy: Dwarfie Stane, Old Man of Hoy | Kirkwall

Distance total 6.75 mi. Heights climbed: 100 & 720 ft.

This morning we will take the ferry to Hoy, the highest and wildest of all Orkney Islands. Our walk will take us to the 5,000-year-old monument known as the Dwarfie Stane, an immense block of sandstone lying within a natural amphitheater. This is the only example in northern Europe of a rock-cut tomb similar to the chamber tombs of the Mediterranean. Drive through a glen, along what could be burial mounds, to Rackwick, from where we will walk to the world famous sea stack (at 450 ft.) known as The Old Man of Hoy. Return by ferry to Kirkwall, mainland Orkney. Freshen up at our hotel before gathering for dinner this evening. (B,L,D)

Saturday, July 5: Skara Brae | Broch of Borwick | Kirkwall | Ferry to Shetland

Distance 3 mi. Height climbed: 360 ft.

We start the day with a visit to Skara Brae, possibly Orkney's most exciting archaeological site, which was buried by a sandstorm in about 2450 B.C. It was well preserved and then revealed by another storm in 1850. This, the "Heart of Neolithic Orkney," which also includes the Ring of Brodgar, the Stones of Stenness, and Maeshowe (sites we visited on July 2nd), was inscribed as a UNESCO World Heritage Site in 1999. Walk south along the spectacular coast with geos, natural arches, caves, and sea stacks, visiting en route the Broch of Borwick, perched high on a headland. Dinner will be at *The Lynnfield Hotel*, before we take the *overnight ferry from Kirkwall to Lerwick* at about 11pm. (B,L,D)

Sunday, July 6: Lerwick, Shetland | Old Scatness | Isle of Mousa | Brae, North Mainland

Distance 2.5 mi. Height climbed: 215 ft.

We arrive in Lerwick in the morning, after breakfast on the ferry. Travel south today, visiting Old Scatness Broch and Iron Age village. This is part of the crucible of Iron Age Shetland, also including Mousa Broch and Jarlshof (a site we will visit on July 9th), that was added by UNESCO in 2012 to the Tentative List of cultural World Heritage Sites. In the afternoon we will take the boat to the uninhabited island of Mousa, which is famous for its Iron Age broch—the world's best-preserved Pictish broch. It rises to 40 feet, and the skill and accuracy of its builders has resulted in a 2,000-year-old construction that appears today as though the builders have just laid the last stone and gone home for the night. Back on mainland we will transfer to our hotel, located near Brae. *Overnight at the 3-star <u>Busta House Hotel</u> for three nights.* (B,L,D)





Above: Old Scatness on south mainland, Shetland Below: Yesnaby, Orkney



"Every moment of this trip was interesting and illuminating!" - Jane, Virginia

Monday, July 7: Isle of Unst | Brae

Distance total 5 mi. Heights climbed: 165 & 525 ft. This morning we will take the ferry to the Isle of Unst, where the excavation of three Viking/Late Norse settlements forms the center of the much larger, multi-faceted Viking Unst project. A replica longhouse has been constructed, adjacent to which the replica longship, the Skidbladner, is a copy of the 9th-century Gokstad that was discovered in Vestfold, Norway. We will also visit Hermaness, the northernmost cliffs of the British Isles, which are home to over 100,000 breeding seabirds. (B,L,D)



The Old Man of Hoy stands 450 ft. high in the Orkney Islands.

Tuesday, July 8: Fethaland | Brae | Farewell dinner

Distance 6 mi. Height climbed: 1,000 ft.

Fethaland is the northernmost part of Shetland's mainland. We walk to a ruined Haaf (meaning "open sea") fishing station dating from the 18th and 19th centuries. The ever-enterprising lairds established this and other Haaf fishing stations on remote northwestern parts of Shetland to profit from the catch of ling and cod during the summer months. Extremely brave fishermen ventured out (50 miles) into the Atlantic Ocean in open boats called sixareens. Set within the fishing station are a large, circular Neolithic house and a ruined Iron Age broch. Other places of interest that we will encounter during our walk are a Viking soapstone quarry, and a 6th-century chapel site and settlement, both situated on precarious headlands. Return to our hotel and gather for a farewell dinner. (B,L,D)

Wednesday, July 9: Jarlshof | St. Ninian's Isle | Lerwick | Ferry to Aberdeen

Distance 1.25 mi. Height climbed: 130 ft.

This morning we will check out of our hotel and travel south for a visit to Jarlshof, an archaeological site that was occupied for more than 4,000 years. There is a remarkable sequence of stone structures: late Neolithic houses, a Bronze Age village, an Iron Age broch and wheelhouses, a Norse longhouse, a medieval farmstead, and a 16th-century laird's house. Our next stop is St. Ninian's Isle, which is connected to the mainland by a tombolo (a bar of sand, or shingle). St. Ninian's was settled in pre-Norse times, and the remains of an old chapel are still visible. We will walk across the tombolo and visit the site of the chapel. Back on mainland we will drive to Lerwick. You will have some free time to explore its shops, and the excellent Shetland Museum & Archives, before we take the *overnight ferry to Aberdeen* at about 5:30pm. We will have dinner aboard the ferry. (B,L,D)

Thursday, July 10: Aberdeen | Fly home

Arrive in Aberdeen this morning, and transfer to Aberdeen International Airport (ABZ) for independent flights homeward. Flights should depart Aberdeen no earlier than 11 am. (B)



Jarlshof, Shetland



AIA travelers on the tombolo to St. Ninian's Isle

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Accommodations



Lynnfield Hotel, Kirkwall, Orkney (4 nights)

The Lynnfield is centrally located and in an ideal position to tour Orkney. Adjacent to the world famous Highland Park Distillery, it has spectacular views looking out over Kirkwall to the north isles. The restaurant's excellent menus change daily to accommodate deliveries of fresh local ingredients.





Busta House Hotel, Brae, Shetland (3 nights)

The oldest part of the house was built in 1588, and it was extended in the 17th and 18th centuries. All of the bedrooms are named after islands around mainland Shetland and are individually decorated to give each a unique character. The cuisine features local produce.



Cabin on overnight ferry (2 nights total)

Travelers will overnight in two-berth, outside cabins, and single travelers will have a two-berth cabin for single occupancy. We will have access to the comfortable Magnus Lounge during the Kirkwall to Lerwick and Lerwick to Aberdeen journeys. Meals will be served.

NOTE: All the other ferry crossings will be short (between 10 and 30 minutes each). On those ferries, passenger lounges and rest rooms are available.



HIGHLY ACTIVE: Must be able to walk or be on your feet for most of the day; keep a steady group pace; and navigate uneven terrain, and up and down inclines and steps.

What to Expect

This is a good introduction to hiking in Scotland for people with an elevated level of fitness, combining hiking and visits to archaeological sites. Most hiking will be on paths, tracks, or quiet roads, although the surfaces can be wet and rough. There will be some steep sections along the way, but no climbs greater than 1,000 feet, even in total. Daily walking distances will not exceed 6.75 miles, with varying amounts of ascent, and we do not expect to hike for longer than four hours at a time. The actual itinerary is subject to variables such as the abilities and interests of the group and the weather conditions. The local guides know the area very well, and an easier alternative hike is possible on most days. All participants will be required to follow safety/sanitization protocols set forth by Sponsors/Operator, local staff, and host country laws. Any participant showing signs of illness will be asked to wear a mask when in close proximity to others. If the tour manager decides that a participant cannot participate in a hike or visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand and discuss whether or not this program is appropriate for you. Lunches will be packed and eaten (mostly outside) at appropriate points during excursions/hikes. Hotels have been chosen for their excellent locations and generous comfort. Average daytime temperatures at the time of our visit will range from the low 50s to low 60s F, with a fair chance of some precipitation and an average breeze of 14 mph. Complete pre-departure details will be sent to participants.

The AIA & the AIA Tours Program

The Archaeological Institute of America (AIA) is the oldest and largest archaeological organization in North America. The AIA seeks to educate people of all ages about the significance of archaeological discovery. For more than a century the AIA has been dedicated to the encouragement and support of archaeological research and publication, and to the protection of the world's archaeological resources and cultural heritage. By traveling on an AIA Tour you directly support the AIA while personally gaining the benefit of the AIA's network of scholars and worldwide contacts.







Midhowe

Tour Prices Per Person (9 nights)

Double Occupancy (10 to 15 participants).....\$7,595 Single Supplement.....\$1,295

Single room supplement will be charged when requested or required (limited availability). With fewer than 10 participants, a small group surcharge may be added.

Prices Include:

- Leadership of AIA lecturer/host Val Turner and services of professional local guide(s)/tour manager
- Round-trip group transfers between Aberdeen International Airport and the ferry terminal on the group arrival and departure dates
- **Seven nights' accommodations** in finest available hotels, as per the itinerary
- Two nights total aboard an overnight ferry
- All meals, including welcome and farewell dinners with drinks
- All excursions and entrance fees as per the itinerary
- Surface transportation by **air-conditioned vehicles**, with filtered water provided
- All gratuities to tour manager/guide(s) and driver(s), hotel and restaurant staff, and porters
- **Baggage handling** at hotels (one bag per person)
- Comprehensive pre-departure information, including a suggested reading/media guide, travel guide, and packing list

Flights & Transfers

Round-trip airfare between home and Aberdeen, Scotland (ABZ), is not included. Complimentary group transfers from/to Aberdeen International Airport to/from the ferry terminal on the group arrival and departure dates are included (times TBD). Your flight itinerary must be provided to our office prior to the tour departure. Once you have received your final payment invoice, you should book your flights. If you are considering booking non-refundable airline tickets before this time, please contact our office first. We do not accept any liability for cancellation penalties related to domestic or international airline tickets

Prices Do Not Include: Airfare from/to home; passport and visa fees; all airport fees and departure taxes; cost of personal, trip cancellation, and baggage insurance; transportation of excess baggage; personal tips; items of a personal nature, such as laundry, medical expenses, taxi, telephone, and fax charges; meals and alcoholic or other beverages (except as noted); deviations from scheduled tour; other items not listed as included.

Payments: A deposit of \$1,000 per person is required to reserve your space on the tour and is payable by Visa, MasterCard, American Express, or check made payable to "Eos AIA-NorthScotland6/25." Final payment is due 90 days prior to departure and must be by check, ACH transfer, or wire transfer only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure or elsewhere published.

Participant Cancellation Fees: All requests by participants for cancellations must be received in writing by AIA Tours. Cancellations received at least 180 days (January 1, 2025) prior to departure are refunded less a cancellation fee of \$250 per person. Cancellations received from 179 through 91 days (March 31, 2025) prior to departure are refunded less a cancellation fee of \$500 per person. Cancellations received from 90 through 61 days prior to departure are subject to a cancellation fee equal to 50% of the tour cost. Cancellations received 60 days or less prior to departure are subject to a cancellation fee of 100% of the tour cost. For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. Information will be provided with confirmation of receipt of your deposit.

Note: Prices, leader, accommodations, and itinerary are subject to change. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to participants who do not complete the tour for whatever reason.

Prices are based on tariffs and exchange rates in effect at the time of publication and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services, and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Due to space limitations, this is abbreviated information. Complete terms and conditions are available upon confirmation or request, and can be viewed online at www.aiatours.org.



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Hiking Scotland's Orkney & Shetland Islands

June 30 - July 10, 2025 (11 days | 15 guests) with archaeologist Val Turner

"Wonderful hikes with fantastic scenery.
The guides were top notch. The trip was planned in an incredibly professional,
expert way that was seamless."

- Peter, New York



To fill out an online reservation form, <u>click here</u>. Or, print and mail or fax this form to the address below.



RESERVATION FORM -

Hiking Scotland's Orkney & Shetland Islands

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To hold your reservation for seven days wh	ille this form and your deposit are in the mail	l, please contact us at 800-748-6262 or <u>aia@studytours.org.</u>
Name 1 (as it appears on passport)		
Name 2		
(as it appears on passport)		
Address		
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Phone (home)	Phone (cell)	
Email(s)		
\square I/We have read the 'What to Expect' s	ection and am/are physically able to p	participate fully on the program.
Are you traveling with any other parties of	on this program? Yes,	
How did you hear about this tour? ☐ eNe	ewsletter 🗖 mailing 🗖 website 🗖 frie	nds/family 🗖 other
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Please complete this reservation	form, choose/enclose your method of Submit via email, mail, or fax	deposit, and sign the release statement below.
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By signing this form, you are acknown	wledging that you have read and agree	to all Terms & Conditions delineated throughout.
Signature (participant #1)		Date
		ъ.
Signature (participant #2)		Date

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