



SPA and Well being Sample itinerary

Day One:

Tribe Yoga

Tribe Yoga is a friendly and welcoming Edinburgh-based yoga and fitness company. Their three studios around the City of Edinburgh, offer more than 225 classes per week in South Edinburgh (Tribe Yoga Quartermile), East Edinburgh (Tribe Yoga Leith Walk) and North Edinburgh (Tribe Yoga New Town). They are dedicated to creating tribes and communities that bring yoga and fitness to anyone seeking a healthy and balanced life. They believe that through movement, we ultimately create happier, healthier people; connected to themselves and others.

Tribe Yoga
71 Northumberland Street,
Edinburgh,
EH3 6JG

W: <https://tribe.yoga/>



Harvey Nichols for afternoon tea at the Forth Floor Brasserie and shopping

Harvey Nichols is a renowned, upscale department store with 5 floors of designer label fashions, plus a chic restaurant. The Forth Floor Brasserie is open seven days a week, offering all day dining from 10am. Providing everything from a stylish breakfast, sumptuous lunches and snacks, afternoon cake and coffee, as well as seriously good suppers (Tuesday through to Saturday). The Brasserie is flexible, casual and welcoming - the perfect destination for eating and drinking in Edinburgh.

Harvey Nichols
34 St Andrew Square,
Edinburgh,
EH2 2AD

W: <https://www.harveynichols.com/store/edinburgh/>



Holyrood Park

The Ranger Service runs a wide range of walks, talks and events throughout the year. Open to all ages, abilities and levels of knowledge, these events aim to raise awareness, understanding and enjoyment of the Holyrood park. **Arthur's Seat, the park's highest point, is the remains of a volcano, and stone and flint tools found here reveal human activity as far back as 5000 BC.**

Holyrood Park,
Queen's Dr,
Edinburgh,
EH8 8HG

W: <https://www.historicenvironment.scot/visit-a-place/places/holyrood-park/>



Guerlain Spa at The Waldorf Astoria – The Caledonian Hotel

The Caledonian is the first and only Guerlain Spa in the U.K., utilizing the very finest Guerlain products with patented methods and protocols dating back to the inauguration of the spa's esteemed Parisian counterpart, L'Institut Guerlain, in 1939. This exclusive spa comprises five tranquil Guerlain Cabins, one VIP Dual Suite, a relaxation lounge, a full-service nail bar and two makeover stations, as well as an aquatic area with a 12.5-meter pool, steam room, sauna and whirlpool.

Waldorf Astoria Edinburgh-The Caledonian
Princes Street,
Edinburgh,
EH1 2AB

W: <https://waldorfastoria3.hilton.com/en/hotels/united-kingdom/waldorf-astoria-edinburgh-the-caledonian-EDNCHWA/amenities/spas.html>



Day Two

Fletcher's Spa at Archerfield House

As an exclusive country house, Archerfield is utterly discreet and can be considered the antithesis of a hotel. Each unique property appeals for different reasons, such as the number of rooms, the historic atmosphere and scenic country retreats of Marine Villa and the House or the contemporary build of Boathouse, the shared living space and cosy log fires of the Lodges or the complete privacy offered by the Pavilions. If your clients in the Lodges, Marine Villa or Boathouse, one of their **chefs can prepare a meal in your property for you. The Archerfield Spa, Fletcher's Cottage**, is unlike anything else in Scotland. Every element expresses an ethical approach to health and wellbeing. The ultimate in rustic luxury, its somewhere your client can deeply relax and feel like a perfect home from home.

Archerfield House
Dirleton,
East Lothian,
EH39 5HU

W: <https://www.archerfieldhouse.com/>

Isle of May Landings

They offer different types of trips to the Isle of May: accompanied by a guide they provide both guided and non-guided options and a specialist photographic tour. On board their 12-seat RIB (rigid inflatable boat), your clients will travel to the Isle of May National Nature Reserve, which is owned and managed by Scottish Natural Heritage.

Scottish Seabird Centre
The Harbour,
North Berwick,
EH39 4SS

W: <https://www.seabird.org/visit/boats/10/22>



For all your travel trade needs: www.visitscotlandtraveltrade.com

Stobo Castle

Award-winning Stobo Castle is the ultimate escape where one can indulge in a luxurious haven, unwind and enjoy some of the finest hospitality and first-class service that Scotland has to offer. Your Clients at Stobo can enjoy a Spa that boasts Scotland's only 25m Ozone Pool, Hydrosipa, Serailbad Mud Room, state-of-the-art gymnasium, outdoor, torch-lit hot tubs and 40 treatment rooms. Personal therapists will pamper, relax and rejuvenate you with a choice of over 80 treatments making your time at Stobo entirely your own. Their VIP Couples Treatments include a range of truly special rituals, designed for two people to enjoy together.

Stobo Castle
Stobo,
Peebles,
Peeblesshire,
EH45 8NY

W: <http://www.stobocastle.co.uk/>



Dawyck Botanical Garden

Dawyck Botanic Garden is home to one of Scotland's finest tree collections including some of Britain's oldest and tallest trees. The 65-acre five-star Garden offers woodland and burnside walks and is renowned for its seasonal displays of snowdrops, bluebells, Himalayan poppies, rhododendrons, azaleas and autumn colour.

Dawyck Botanical Gardens,
Stobo,
Peebles,
Peeblesshire,
EH45 9JU
W: www.rbge.org.uk



Kagyu Samye Ling Tibetan Buddhist Monastery

Found in 1967, the Centre is located in a quiet valley on the banks of the river Esk in Scotland. Samye Ling is a large Tibetan Buddhist temple and monastic community located in a quiet rural setting. The temple offers a programme of weekend courses and teachings in Buddhist philosophy and meditation with accommodation available in a peaceful and tranquil setting.

Kagyu Samye Tibetan Centre
Eskdalemuir,
Dumfries & Galloway,
DG13 0QL

W: <https://www.samyeling.org/>

Netherfield Alpacas

Netherfield Alpacas is a small family run farm in Lanarkshire which runs alpaca trekking and breeds Alpacas. The farm can cater for groups or individuals and educates visitors on how Alpacas are cared for. Visitors also can see baby alpacas and learn about the process of making beautiful yarn from their fleeces.

Netherfield Alpacas
Netherfield Farm,
Bellfield Road,
Coalburn,
Lanarkshire,
ML11 0NG

W: <https://www.netherfieldalpacas.co.uk/>



Day Three

Galloway Forest Park

Your client will explore the rolling Galloway glens and hills to discover picturesque forest trails, three friendly visitor centres, wonderful wildlife and a long and colourful history. Here your client can enjoy great walking, easy family cycling, exhilarating mountain biking or just sit back and soak **up breathtaking loch and mountain views and starry night skies. This is also Scotland's first Dark Sky Park** – one of the best places to stargaze in Europe.

Galloway Forest Park
Galloway Forest,
Creebridge,
Newton Stewart,
DG8 6AJ

W: <https://forestryandland.gov.scot/visit/forest-parks/galloway-forest-park>



Castle Kennedy Gardens

Magnificent Castle Kennedy Gardens are among the most famous and the most child friendly in Scotland. 75 acres of spectacularly designed loch-side landscape, create a romantic garden paradise with quite literally something for everyone to enjoy – regardless of age. Dogs are welcome too! From stunning fauna to beautiful scenery, sculpted landforms, spectacular walks and popular bird hides, the Gardens are a hidden treasure in South West Scotland.

Castle Kennedy Gardens
Castle Kennedy,
Stranraer,
Wigtownshire,
DG9 8SJ

W: <http://castlekennedygardens.com/>



Logan Botanical Garden

Logan Botanic Garden is located at the south-western tip of Scotland and is unrivaled as the country's most exotic garden. Your client can visit Logan Botanic Garden and discover a remarkable collection of unusual and beautiful plants. A pleasure for all the family, Logan is an exotic paradise. Visitors can walk through groves of eucalyptus and palm trees or stand in the shade of awesome giant rhubarb-like gunnera. The Walled Garden is a breathtaking celebration of the world of plants.

Logan Botanical Garden
Port Logan,
Nr Stranraer,
Dumfries & Galloway,
DG9 9ND

W: <https://www.rbge.org.uk/>



Mull of Galloway

Your client can climb the **115 steps of Scotland's most Southerly Lighthouse** for some of the best views in South West Scotland. Your client can explore the Lighthouse Exhibition and learn about life as a Lighthouse Keeper. The Mull of Galloway Lighthouse is perched on the edge of a 260 ft. **high cliff at Scotland's most Southerly Point. It was built by Robert Stevenson, with work commencing in 1828 and taking two years to complete.** The light, which stands 99 m above sea level, was first lit on the 26th March 1830. The light remains operational today.

Mull of Galloway
Drummore,
Dumfries & Galloway,
DG9 9HP

W: <https://www.mull-of-galloway.co.uk/>



Day Four

Culzean Castle & Country Park

Culzean Castle is perched on the Ayrshire cliffs. It was designed by Robert Adam in the late 18th century and is filled to the turrets with treasures that tell the stories of the people who lived here. Your clients can take a guided tour and learn about the best features of the castle, including Adam's masterpiece, the oval staircase, as well as the fine collection of paintings and furniture.

Culzean Castle & Country Park
Maybole,
South Ayrshire,
Ayrshire,
KA19 8LE

W: <https://www.nts.org.uk/visit/places/culzean>



Dumfries House

Dumfries House is one of Britain's most beautiful stately homes and best kept heritage secrets. Admission to Dumfries House is by guided tour only and there is no charge for admission onto the Estate. Saved by the intervention of HRH the Prince of Wales in 2007, Dumfries House combines the architecture of Robert Adam with the furniture of Thomas Chippendale and leading 18th century Scottish cabinet makers. Recently having been restored to its original splendour, the house is open to the public all year round. Your clients can enjoy one an expert guided tour around the stunning interiors and savour the delights of this now resplendent 18th century stately home.

Dumfries House
Cumnock,
Ayrshire,
KA18 2NJ

W: <https://www.dumfries-house.org.uk/>



Primal Adventures

Primal Adventures are highly skilled professional experts delivering bespoke first-class immersive experiences. Passionate about Scotland and everything that it has to offer, the team deliver ultimate outdoor adventures. Facilitating large team-building corporate groups to smaller expeditions, Primal Adventures assure to delight by exploring Scotland's hidden gems.

Primal Adventures
Fairlie Quay Marina,
Main Road, Fairlie,
Largs,
KA29 0AS

W: <https://primal-adventures.com/>



Adventure Carrick

Over 15 **years' experience** of delivering high quality outdoor experiences, your clients will be in safe hands with our very own qualified and experienced staff. Our offering ranges from watersports, mountain sports, forest activities, multi-day tours and holistic adventures within Ayrshire and the Galloway UNESCO Biosphere. From new recipes learned through foraging in the woods and outdoor cookery to gaining flow and embodiment from participating in outdoor Yoga practices, Adventure Carrick aims to combine classic outdoor activities with inspirational holistic therapies to take your client on a personal journey which benefits the mind, body and spirit.

Adventure Carrick
12 Ladywell Avenue,
Girvan,
South Ayrshire,
KA26 9PF

W: <https://adventurecarrick.com/>

For all your travel trade needs: www.visitscotlandtraveltrade.com

VisitScotland's Themed Years

Year of Scotland's Coasts and Waters 2020

In 2020, Scotland celebrates its Coasts and Waters with a year-long programme of events and activities which will shine a spotlight on these vital elements of our landscape.

From our beautiful natural features including coasts, lochs and rivers to our industrial heritage such as our canals, mills and the creation of our national drink – **whisky, Scotland's Coasts and Waters** have shaped our culture, our stories and our way of life.

So, whether you want to navigate your way around distant isles or canals, experience

Scotland's maritime heritage at a visitor attraction, enjoy Scotland's abundant natural larder or discover Scotland's wildlife on a local boat trip - Scotland's coasts and waters are perfect for get-away-from-it-all adventures.

For more info www.visitscotland.com/ycw2020 and join the conversation using #YCW2020



Year of Scotland's Stories 2022

Scotland's Year of Stories 2022 will shine a spotlight on the richness of our stories, past and present; celebrating our literary Icons and heroes, diverse voices, stories that have leapt from page to screen and stage, the richness of our myths, legends and local tales - and the places that have inspired them.

The words of Robert Burns are known and celebrated across the world, as are works by Sir Walter Scott and Robert Louis Stevenson, while stories by modern Scottish authors, such as JK

Rowling's Harry Potter tales, are inspiring today's generation.

The story of real-life legends such as King Robert the Bruce, Sir William Wallace, Mary Queen of Scots have inspired poems, books and even Oscar winning movies.

Stories of magic, ghosts, witches, haunted castles and tales of mystical figures such as Kelpies **abound, and there are the oral traditions handed down through generations in Scotland's many diverse communities.** We invite visitors to **join us in exploring the rich history of Scotland's stories in 2022, including a programme of events which will take place across the year.**



VisitScotland Websites

Our travel trade website offers the travel industry a one-stop-shop for Scotland information, inspiration and tool kit. The site is designed to assist tour operators and agents to sell destination Scotland more effectively to their clients.

Travel trade website www.visitscotlandtraveltrade.com

Destination Education Programme www.visitscotlandtraveltrade.com/scotsagent

VisitScotland consumer site www.visitscotland.com

Information on travel trade website

- Inspirational itineraries
- Downloadable e-brochures and maps
- Link to multimedia library for images and videos
- Online destination education programme
- Opt-in to receive our monthly travel trade e-newsletter.
- A comprehensive directory of Scottish companies who have committed to special rates, discounts and commissions exclusively available for the travel trade.

General websites

Britrail	www.britrail.com
News & Weather information	www.bbc.co.uk/weather
British Train information	www.nationalrail.co.uk
Scottish Train information	www.scotrail.co.uk
Bus information	www.citylink.co.uk
Historic Environment Scotland	www.historic-scotland.gov.uk
National Trust for Scotland	www.nts.org.uk
Scottish Tourist Guides Association	www.stga.co.uk