

## Scotland's West Coast small group tour

### Reading List

#### **A History of Ancient Britain**

by Neil Oliver

Continues Neil Oliver's landmark exploration of how our land and its people came to be, which began with the acclaimed A History of Scotland.

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#### **In the Footsteps of Sheep: Tales of a Journey Through Scotland, Walking, Spinning, and Knitting Socks**

by Debbie Zawinski

In the Footsteps of Sheep details the completion of a mission the author, a Welsh-born Scot, set for herself: to travel and camp throughout Scotland, find cast off tufts of wool from 10 Scottish sheep breeds, then spin the wool on her spinning stick while walking (or waiting for ferries), and finally design and knit one pair of socks to represent each breed...all the while writing about her adventures and taking plenty of photographs. Debbie has written beautifully about her journey; the hills, shorelines, and bogs explored; the sheep and people she met along the way; weather both foul and fair, and a particularly exciting chapter about the intriguing St Kilda archipelago and its feral Soay and Boreray sheep. The eleven sock patterns, one at the end of each chapter, are a bonus and, for those of us unable to gather and spin our own fleece, all were test-knitted with commercial wool. The designs are knitted from top to toe with different motifs, among them color-patterns, cables, spirals, stripes, Kilt Hose with top-turnovers, and a pair of baby booties.

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#### **The Hebrides: By the presenter of BBC TV's Grand Tours of the Scottish Islands**

by Paul Murton

Paul Murton has spent half-a lifetime exploring some of the most beautiful islands in the world - the Hebrides. He has travelled the length and breadth of the Scotland's rugged, six-thousand-mile coast line, and sailed to over eighty islands.

In this book Paul visits each of the Hebridean islands in turn, introducing their myths and legends, history, culture and extraordinary natural beauty. In addition he also meets the people who live there and learns their story. He has met crofters, fishermen, tweed weavers, Gaelic singers, clan chiefs, artists, postmen and bus drivers - people from every walk of life who make the islands tick. This blend of the contemporary and the traditional creates a vivid account of the Hebrides and serves as a unique guide to the less well known aspects of life among the islands.

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### **Whisky: Malt Whiskies of Scotland**

by Dominic Roskrow

This beautifully presented Little Book is an excellent introduction to the world of Scotch whiskies. It includes the major Scotch whiskies and the distilleries that produce them.

The book includes details of the very best of Scottish single malts and deluxe whiskies, covering Speyside (Cardhu, Glenfarclas, Glenfiddich) the Highlands and Islands (Blair Athol, Glenmorangie, Talisker), to Islay (Ardbeg, Laphroaig), the Lowlands (Auchentoshan, Glenkinchie) and Campbeltown (Glen Scotia). It is completely up-to-date, including new Scottish distilleries which have yet to bottle spirit or establish a core product.

What's more, an introduction exploring the current whisky boom and how distilleries are coping with this surge in demand makes this attractive Little Book a great introduction for anyone looking to learn about whisky.

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### **Wild Guide Scotland: Hidden places, great adventures & the good life**

by Kimberley Grant

A new compendium of adventures, from the best-selling Wild Guide series (winner of travel guidebook of the year 2015). This guide to Scotland and the Scottish highlands and islands, one of Europe's fastest growing adventure holiday destinations, explores the hidden parts of its better known tourist areas, as well many more remote regions, rarely visited by tourists. Guiding you to over 800 wild swims, ancient forests, lost ruins and hidden beaches. Including inns, wild camping, local crafts, artisan whisky distilleries and wild places to stay.

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### **The Scottish Islands: A Comprehensive Guide to Every Scottish Island**

by Haswell-Smith, Hamish

Fully revised and updated and liberally illustrated with the author's own paintings, this beautiful guide will take readers to every Scottish island, whether by armchair or yacht. From the abandoned crofts of Mingulay and the standing stones of Orkney to the white beaches of Colonsay and the spectacular Cuillins of Skye, this is the first complete gazetteer to cover all of Scotland's many hundreds of islands, including those which are uninhabited and those which are notoriously difficult to reach. Packed with information on access, anchorages, points of historical or natural interest, and things to do and see, this fascinating compendium provides indispensable information for touring, for browsing, for reference, and for all of those travelers who wish to experience some of the most beautiful and remote places in the world. No other book begins to emulate the range and depth of the information contained in *The Scottish Islands*. Complete with the author's own paintings, full-color illustrations, and relief maps of all the main islands, this is both an impressive work of reference and a fascinating personal view of Scotland's distant outposts.

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