

ITINERARY
BIRDS OF BRITAIN
May 4-13, 2024
Scottish Highland Extension
May 13-18, 2024



The Great Tit is found across Europe and Asia, but they can be quite confiding and easy to see in the gardens and parks of Great Britain. Photograph by participant Mel Senac.

We include here information for those interested in the 2024 Field Guides Birds of Britain tour and the Scottish extension:

- a general introduction to the tour
- a description of the birding areas to be visited on the tour
- an abbreviated daily itinerary with some indication of the nature of each day's birding outings

These additional materials will be made available to those who register for the tour:

- an annotated list of the birds recorded on a previous year's Field Guides trip to the area, with comments by guide(s) on notable species or sightings (may be downloaded from our web site)
- a detailed information bulletin with important logistical information and answers to questions regarding accommodations, air arrangements, clothing, currency, customs and immigration, documents, health precautions, and personal items
- a Field Guides checklist for preparing and keeping track of the birds we see on the tour
- after the conclusion of the tour, a list of birds seen on the tour

Great Britain may be a busy island full of people, but it is also blessed with some wonderful countryside holding a good cross section of European songbirds, shorebirds, and seabirds. Our tour begins with a comprehensive journey through East Anglia, long considered a top destination for British birdwatchers. This is an excellent place to start your European birding with those species for which the UK has a special attraction. The nation's obsession with gardens has encouraged a number of species that are tricky, skulking woodland birds in mainland Europe to become endearing "yard birds": European Robin, Eurasian Blackbird, Song Thrush, Dunnock, and the colorful Eurasian Blue and Great tits are all

surprisingly approachable here. We should also have the chance to enjoy Garden Warbler, Eurasian Blackcap, and Common Nightingale—species that may not look like much in the field guide, but just wait until you hear them sing! We'll travel through coastal marshes where Eurasian Marsh-Harriers patrol above colorful gatherings of Common Shelducks, Pied Avocets, and Northern Lapwings, and where Bearded Reedlings flit through the swaying reedbeds. At this time of year, the East Anglian coast is a great meeting place for birds heading north to breed (some bound for points as far as the high Arctic) and we can expect to see a good selection of shorebirds, all designed to test our observational skills. Inland from the coast, East Anglia's Breckland offers a complete contrast; its dry stony heaths harbor the peculiar Eurasian Thick-knee (Stone-Curlew) while the remarkable songs of Wood Larks and Tree Pipits play out overhead.



The large Common Wood-Pigeon is a familiar bird throughout Britain. Photograph by participant Doug Clarke.

Our post-tour extension to Scotland, with its tight patchwork of fields and hedges interspersed with oak and ash woods, and its wild, wide-open moors, offers a stark contrast with lowland England. We'll begin with an exploration of Speyside, where the babbling waters of the Spey River tumble through well-watered valleys of birch wood and sheep pasture. Here, we'll seek Spotted Flycatcher, Wood Warbler, and Lesser Redpoll among others, while White-throated Dipper, Common Sandpiper, and Gray Wagtail feed busily along the river itself. Nearby are some of Scotland's oldest and most scenic native Scots Pine forests, home to Black Grouse, Eurasian Siskin, Crested Tit, and the UK's only endemic—Scottish Crossbill. In the vast Cairngorm National Park and surrounding moorland, we'll scan extensive heather moors and rocky rills for the likes of Ring Ouzel and the endemic race of Willow Ptarmigan (the famous "Red" Grouse), and moorland lochs may yield Common Redshank and Arctic and Red-throated loons. After several days, we'll move to the historic city of Aberdeen, which offers us a base from which to explore the country's rugged coast in search of Atlantic Puffin, Common Murre, Razorbill, Northern Gannet, Black-legged Kittiwake and European Shag.

May is simply a wonderful time to visit Britain, with the rural landscape at its greenest, bird song and nesting activity at a peak, and spring migration still in full flow.

We want to be sure you are on the right tour! Below is a description of the physical requirements of the tour. If you are concerned about the difficulty, please contact us about this and be sure to fully explain your concerns. We want to make sure you have a wonderful time with us, so if you are uncomfortable with the requirements, just let us know and we can help you find a better fitting tour! Field Guides will not charge you a change or cancellation fee if you opt out within 10 days of depositing.

Physical requirements of this tour

- **TRAILS & WALKING:** Moderate amounts of rather easy walking (up to 3 miles per day), most of it on roads, or on well-maintained trails. On the extension to the Scottish Highlands, some trails will have moderate elevational change (slope).
- **POTENTIAL CHALLENGES:** We do spend a bit of time standing to watch birds on this tour; a small folding stool can provide relief as needed. There are no elevators at most of our lodgings and ground-floor accommodation may not be available, so you may need to be able to climb one or more flights of stairs to reach your room.
- **PACE:** On most days, there will be optional morning outings from the lodgings (walks in the 6:30-8:00 a.m. range), with full breakfasts provided by our lodgings sometime between 7:30 - 9:00 a.m. (In Scotland, these pre-breakfast outings will start much earlier, to try for the rare and elusive Black Grouse). Some days will feature afternoon breaks at the lodgings, with optional outings in the later afternoon. Several optional evening outings will be offered.
- **WEATHER:** Late spring weather in Great Britain is generally cool, but pleasant. Temperatures will range from the high-40s to the high-60s F. Rain showers are likely. On the Scottish Highlands extension, temperatures are lower and rain chances higher.
- **VEHICLE SEATING:** So that each participant has equal opportunity during our travel, we employ a seat rotation system on all tours. Participants will need to be flexible enough to maneuver to the back of the vehicle on occasion. Those who experience motion sickness will need to bring adequate medication for the duration of the tour, as we are not able to reserve forward seats for medical conditions.
- **BATHROOM BREAKS:** Public restrooms are widely available in England, and we'll use modern, indoor facilities whenever possible. Finding an out-of-view spot for a comfort stop out in nature is more challenging, given the large number of people on this small island! Facilities are less common in Scotland, but there are fewer people around, so bush stops are less problematic.
- **OPTING OUT:** Where we are staying multiple days in the same lodging, participants can easily opt to sit out a day or sometimes a half-day. This will not be possible on days when we are changing locations.

If you are uncertain about whether this tour is a good match for your abilities, please don't hesitate to contact our office; if they cannot directly answer your queries, they will put you in touch with the guide for the tour.



*Northern Lapwing is common in the marshes, and we should get good views of these fancy shorebirds.
Photograph by participant Doug Clarke.*



About the Birding Areas

Suffolk—With Norfolk, this English county forms the region of East Anglia, the “bulge” on the country’s east coast, northeast of London. While in Suffolk, we’ll visit the famous Minsmere Reserve, which is run by the RSPB (the Royal Society for the Protection of Birds). One of the oldest established reserves in the country, it was set up primarily to protect the RSPB’s logo species, the Pied Avocet. It has a wonderful range of habitats, from pebbled shore, open water, marsh, and reedbed to swamp woodland, dry oak wood, grassland, and acid heath. Its extensive reedbed is the third largest in Britain! Its coastal position also makes it a magnet for migrant birds during both spring and fall migration. The array of habitats makes many species possible during our visit.

Norfolk—Lying just north of Suffolk (the county names come from old Anglo-Saxon for ‘north folk’ and ‘south folk’), the long eastern and northern coasts of Norfolk allow it to somewhat overshadow Suffolk and, indeed, the county is generally recognized as the best all-round birding area in the UK. The Norfolk Broads are extensive areas of open water and reedbed, all originally manmade as the result of peat diggings. Some of the region lies below sea level and flooding is a constant threat in winter. The North Norfolk coast holds an array of wetland reserves, including Cley (Norfolk Wildlife Trust) and RSPB Titchwell. Both are key places and both offer excellent opportunities to turn up wetland migrants, especially shorebirds. Birding will be mostly from small blinds, but also from raised dikes giving good panoramic views. Several large estates, now in the portfolio of the National Trust and open to the public, still have sizable woodlands on their grounds, which should bring additional species to our list. Further south, the Breckland region, which straddles the Norfolk-Suffolk border, is the only region of the UK with a continental climate. Sandy soils overlying deep chalk give an unusual combination of plant life, and the region holds a number of special birds that are rare or absent elsewhere in the UK – though they’re not necessarily easy even here!

Speyside—Scotland’s Spey Valley is justly famous for its wonderful habitats. The Spey River babbles through sheep pasture and birch and oak woods. Beyond lie extensive forests of native Scots Pine with a fine understory of heather and Bilberry, all overlooked by the snow-capped granite massif of Cairn Gorm. Much of the area consists of private, feudal estates, ostensibly set up for grouse shooting. But there are plenty of other species to look for.

Scottish Coast—Aberdeen is located along the east coast in lowland Scotland, but the region here holds a number of species that don’t occur further south in lowland England – namely a variety of seabirds that nest on rocky outcroppings along the coast and overwintering waterfowl (possibly including scoters, eiders or Pink-footed Geese) that may linger in the Ythan River estuary north of the city. We’ll spend a day along the coast, visiting one or two RSPB reserves (either

Fowlsheugh or Troup Head) in search of breeding alcids, Northern Gannet, Northern Fulmar, and European Shag. Corn Buntings and Eurasian Tree Sparrows, two species in steep decline elsewhere in Britain, are still reasonably common in this region.



Our tour is timed so that we will see many of Britain's breeding birds with young in tow. This mother Greylag Goose and her brood were one of many families we saw on a recent tour. Photograph by participant Denise Hackert-Stoner.

Itinerary for Birds of Britain

Days 1-2, Sat-Sun, 4-5 May. Flight to the UK; to the Suffolk coast. You may depart the US on the evening of Day 1 for an overnight flight to London Heathrow Airport, arriving on the morning of Day 2. (If your flight arrives at London Gatwick, there are regular half-hourly buses running from Gatwick to Heathrow. The trip takes about sixty minutes.) Your guide(s) will meet you at the Terminal 5 north meeting point, in the arrivals building in the ground floor seating area, at 1:00 p.m. on Day 2.

The meeting point is marked with the symbol shown to the right. From Heathrow, we'll drive to our first hotel, near the Suffolk coast; the journey should take about 3.5 hours. If time permits, we'll do some local birding in the Westleton area before dinner. You may wish to consider flying into London a night or two early to get over jet lag or do some sightseeing; our office will be happy to assist you with hotel reservations near Heathrow. There is train service aboard the Heathrow Express that takes you directly from the airport to Victoria Station, in the heart of London's tourist district. Night in Westleton.



Day 3, Mon, 6 May. Suffolk and Sutton Hoo. Today should see us up bright and early, and coming to grips with the common, but unfamiliar! Barn and Bank swallows are joined by Common House-Martins and Common Swifts overhead, Song Thrush, Eurasian Blackbird, European Robin, and Dunnock rub shoulders with Eurasian Wrens, and we should find our first European Greenfinches, European Goldfinches, and Common Chaffinches. Nearby heathland will seem rather quiet after the activity of the village, but we'll seek out sentinel European Stonechats and hope for a glimpse of a furtive Dartford Warbler or two. We should find Eurasian Linnet and Meadow Pipit (in delightful song flight) here too, and perhaps Wood Lark, with its wonderful fluty song. After a walk on the heath, we'll work our way south to Sutton Hoo, site of the largest and most complete Anglo-Saxon archeological find in Britain. Now a National Trust property, it houses a replica of a burial ship found on the property, with brand-new exhibits explaining the treasures found and their significance. There, we'll have a café lunch, and then have a tour of the burial mounds, where our private guide will explain their history and significance. In the evening, weather permitting, we'll listen for Common Nightingale—Britain's most celebrated songbird—not far from our village hotel, and hope for a glimpse of Eurasian Nightjar or Tawny Owl. Night in Westleton.

Day 4, Tue, 7 May. RSPB Minsmere, then to Norfolk. Today, we'll spend much of the day in and around one of lowland Britain's premier bird reserves. The diversity of habitats offers the chance to enjoy many woodland species,

including Eurasian Blackcap, Eurasian Green and Great Spotted woodpeckers, Eurasian Jay, and Marsh, Eurasian Blue, Great, and Long-tailed tits. Following the reserve's trails, we'll walk through reedbeds where Water Rails, Bearded Reedlings, and Great Bitterns breed, and out to well-placed blinds which overlook Minsmere's famous Scrape. In the reserve's shallow ponds, the month of May produces a bustle of activity. Pied Avocets lead an all-star cast of birds that should also include Sandwich, Common, and Little terns, an array of ducks (including Tufted Duck and Common Pochard), and a host of migrant shorebirds, likely including Black-tailed Godwit, Spotted Redshank, and Common Greenshank. If we haven't yet spotted a Eurasian Nightjar, we'll have another chance tonight. Night in Westleton.

Day 5, Wed, 8 May. To Norfolk, via the Norfolk Broads. Today, after a final morning's birding around Westleton, we'll travel north to the neighboring county of Norfolk. This is prime birding territory, and although we'll be driving for part of the day, we should still have some fine birding opportunities. Our route takes us through the famous Norfolk Broads, manmade bodies of water created by people digging peat for several centuries more than 1000 years ago; the sea levels then rose, flooding the pits left by the diggings. Great Crested and Little grebes nest here, Reed Buntings sing from exposed perches while Cetti's Warblers shout their explosive songs from denser growth, and Eurasian Marsh-Harriers can be roadside birds. We'll also have an outside chance of locating some of the Common Cranes that have become established in the area. Night in Cromer.

Days 6-7, Thu-Fri, 9-10 May. North Norfolk coast and Blickling Hall. We'll have two full days to enjoy the delights of the UK's most important and species-rich birding region. We'll start this morning with some birding along the Norfolk coast – which is literally right across the street from our hotel. Among our targets will be Northern Fulmar, which nest in a small colony along the sandy cliffs here. Later, as we wind through the pretty flint and brick villages so characteristic of this corner of England, a series of wetlands along the coast will offer further opportunities to enjoy more of the delights of Minsmere. Common Shelducks and Eurasian Wigeons will add a splash of color, while the erratic display flights of Northern Lapwings have to be seen to be believed. European Reed and Sedge warblers are plentiful and both Eurasian Spoonbills and Little Egrets are increasing as regular breeding species. Norfolk also has sandy sections of coastline, and the Blakeney area holds good numbers of breeding terns, Common Ringed Plovers, and Meadow Pipits. On one afternoon, we'll visit Blickling Hall, an impressive Jacobean stately home which is now owned by the National Trust. Built in the early 1600s, it was the home of various Marquises de Lothian (a Scottish peerage) for centuries. Its last owner, Philip Kerr, served as Ambassador to the United States during WWII. But there's more than just a stately home to visit. The property's gardens are magnificent, and the house is surrounded by more than 4600 acres that house a multitude of species, including Eurasian Jackdaw, Eurasian Jay, Eurasian Magpie, and (with luck) Barn Owl. Nights in Cromer.



*Eurasian Hobby is a beautiful small falcon that we'll watch for when we visit the Norfolk Broads.
Photograph by participant Mel Senac.*

Day 8, Sat, 11 May. To Breckland. Our travels today will take us west along the Norfolk coast, with chances to explore yet more interesting sites. Possibilities today include seriously declining species such as Common Cuckoo, Yellowhammer, and Corn Bunting. After some final birding along the coast, we'll turn inland and southward to East Anglia's Breckland, a unique area of dry, stony fields, heaths, and pine forest—with a new suite of birds to look forward to. We should arrive in time for some local birding, perhaps at nearby Lynford Arboretum, where a mix of deciduous and conifer woodland offers chances for Firecrest, Goldcrest, Eurasian Treecreeper, Coal Tit and Eurasian Nuthatch. Night in Mundford.

Day 9, Sun, 12 May. Breckland. We'll spend much of the day in "The Brecks," where our hotel is especially well-placed for an early morning return visit to Lynford Arboretum. After breakfast, we'll head a few miles down the road to walk a footpath along the Little Ouse. Eurasian Green Woodpecker breeds here and we may come across Mandarin Duck, Common Kingfisher, Garden Warbler, and Lesser Whitethroat, too. Later in the day, we'll head south to a hotel closer to the airport. Night at the Holiday Inn, Bath Road.

Day 10, Mon, 13 May. Departure from England. For those not continuing on the Scottish extension, you can plan your departure for any time today. Note that breakfast at the hotel is included in your tour fee.

Financial Information

FEE: \$4750 from London Heathrow

DEPOSIT: \$475 per person

FINAL PAYMENT DUE: November 6, 2023

SINGLE SUPPLEMENT (Optional): \$525

LIMIT: 12

All participants will be required to confirm they will have completed a full COVID vaccination course at least two weeks prior to the tour (which includes a booster for those eligible to have one). Note too, that many travel destinations may still require proof of vaccination for entry to bypass testing delays or quarantine, and that entry requirements for a destination can change at any time. Proof of a booster shot, too, may be a requirement for some travel destinations.



"Red Grouse", a form of Willow Ptarmigan, is a specialty of Scotland that we'll make an effort to find. These upland birds were quite common in 2019. Photograph by guide Megan Edwards Crewe.

Itinerary for Scottish Extension

Day 1, Mon, 13 May. Transfer to Scotland. Those joining us for the Scottish extension will fly north to Aberdeen. Once we arrive, we'll drive west to the village of Coylumbridge, at the very heart of Scotland's famous Spey Valley; the journey will take several hours. Though today is given over mainly to travel, we should encounter a good variety of species along the way—anything from Common Buzzard to Ring Ouzel is possible—while the scenery becomes ever more delightful as we draw near our hotel. Night in Coylumbridge.

Days 2-3, Tue-Wed, 14-15 May. Speyside. Over these two days, we'll explore the best that Speyside has to offer. The RSPB has some important bird reserves in the region and a number of the centers we'll visit will be under their ownership. Within the Spey valley itself, we'll seek such delights as Common Sandpiper, White-throated Dipper, Gray Wagtail, and Eurasian Bullfinch. Nearby birch woods hold Lesser Redpolls and Willow Warblers, while banks of oak woods are home to Common Redstarts and Wood Warblers. Further onto the moors, we'll enter extensive forests of native Scots Pine—home of the dapper Crested Tit, Eurasian Siskin, and Britain's only endemic bird, the Scottish Crossbill. Over the years, influxes of Parrot Crossbills from Scandinavia have resulted in a breeding population of this species too. Local lochs may produce Red-throated and Arctic loons, all in fine breeding plumage. Grouse will be high-priority birds in this region and we hope to benefit from a little local knowledge in our quest for "Red" Grouse (a highly distinctive form of Willow Grouse that's confined to the British Isles) and Black Grouse. The upland moors will seem quiet compared to the lower forests, but may hold breeding Eurasian Curlew. The wary Ring Ouzel breeds here as well, and mammals to watch for include Blue or Mountain Hare, European Pine Marten, and the majestic Red Deer. Nights in Coylumbridge.

Day 4, Thu, 16 May. Transfer to Aberdeen. Our itinerary allows plenty of time this morning to try again for anything we may not yet have seen. After a final lunch in the Spey Valley, we'll head north to check the waters of Lochindorb for loons before starting back to Aberdeen. If we get to Aberdeen early enough, we'll do some birding along the coast. Night in Aberdeen.



*On the Scottish coast, we'll look for breeding seabirds such as these Northern Gannets.
Photograph by participant Doug Clarke.*

Day 5, Fri, 17 May. Coastal Scotland. Today, we'll explore the coast north of Aberdeen, checking a number of seabird colonies where Atlantic Puffin, Common Murre, Razorbill, Black-legged Kittiwake, Northern Fulmar, Northern Gannet and European Shag should all be breeding. Quiet, sandy bays may hold Eurasian Oystercatcher, Arctic Tern, and Red-breasted Merganser, and there is a reasonable chance of finding Bottle-nosed or Common dolphins in the area. If we

haven't done so yesterday, we'll check the Ythan River estuary for Common Eider (the flock sometimes has a King Eider or two in the mix) and lingering Pink-footed Geese. Night in Aberdeen.

Day 6, Sat, 18 May. Flights home. We will fly out on one of the first available flights to London Heathrow (currently scheduled to depart around 7:30 a.m, landing at LHR around 9:10 a.m., subject to change) so that onward connections to many US cities can easily be made. Please schedule your departure from LHR at 12:00pm or later. For those requiring an overnight stay after the tour, please arrange this with the tour manager.

Financial Information: Scottish Highland Extension

FEE: \$2625 from London Heathrow

DEPOSIT: \$250 per person (if taken without the Birds of Britain tour)

FINAL PAYMENT DUE: November 6, 2023

SINGLE SUPPLEMENT (Optional): \$300

LIMIT: 12

About Your Guides

Willy Perez has been leading birding tours for more than ten years. He has also worked as a resident guide at Maquipucuna Reserve on the west slopes of the Andes, on a project protecting marine turtles in Costa Rica, and on bird conservation in northwestern Ecuador. He was a resident guide at Kapawi Lodge in the Ecuadorian Amazon for three years, mastering the art of finding and identifying the many secretive birds of the lowland rainforest. He has since guided throughout Ecuador including the East and West slopes of the Andes, the Amazon Basin, the Galapagos Islands, and southern Ecuador. During the last few years he has also guided birding groups in Bolivia. In his free time, Willy trains local guides and is a frequent lecturer, in English and in Spanish, on birding and conservation issues in the Neotropics. His wife, Fiona, is British, and Willy and his family relocated to England some 15 years ago. He speaks excellent English and has an engaging and outgoing personality that makes every tour he leads enjoyable and fun.

"Willy Perez is an abundantly kind and caring person with an amazing ability to spot, identify, and show us the birds. I look forward to many more tours with him!" S. S.; Birds of Britain

A second guide will be added as tour size warrants.

Visit <https://fieldguides.com/our-staff/> for Willy's complete tour schedule; just click on his photo.

Other Things You Need to Know

TOUR MANAGER: The manager for this tour is Christine Boilard. Christine will be happy to assist you in preparing for the tour. If you have any questions, please don't hesitate to contact her!

ACCOMMODATIONS: Accommodations are comfortable throughout the trip, though rooms are cozy in typical European fashion. All rooms have en-suite bathrooms.

DOCUMENTS: A current **passport** valid the duration of your trip is necessary for US citizens to enter the United Kingdom (at least six months remaining validity is required for onward travel to many other countries). We recommend that your passport be valid for at least 6 months beyond the dates of your visit, as regulations are subject to change. If you are not a US citizen, please check with the British consulate nearest you for entry requirements. Information about consulates and entry requirements is generally available online, or you can contact us and we will be happy to look this up for you. Passports should have an adequate number of blank pages for the entire journey. Some countries require a blank page for their stamp, so as a precaution it is best to have one blank page per country you will visit or transit.

AIR ARRANGEMENTS: When departing from the US, an overnight flight will be necessary.

Field Guides is a full-service travel agency and your tour manager will be happy to assist you with flights to join this tour. Field Guides does not charge a service fee for these services to clients booking a tour. However, we understand that

tech-savvy clients often prefer to shop online or that you may wish to use mileage to purchase tickets. Regardless of which method you choose, your tour manager will be happy to help with ticket prices and schedules, as well as with rental cars and extra hotel nights as needed.

Please be sure to check with your tour manager prior to purchasing your ticket to make sure the flights you have chosen will work well with the tour itinerary and that the tour is sufficiently subscribed to operate. Once purchased, most airline tickets are non-refundable and carry a penalty to change. Field Guides cannot be responsible for these fees. **Also, it is imperative that we receive a copy of your comprehensive flight itinerary—including any and all flights not covered in the tour fee—so that we may track you in the event of missed connections, delays, or other mishaps.**

LUGGAGE: Please be aware that many airlines have recently modified their luggage policies and may charge additional fees for checked bags. Updates could easily occur before your departure, so you may wish to contact your airline to verify its policy. Additional charges for bags on any flights will be the client's responsibility.

TOUR INCLUSIONS/EXCLUSIONS: The **tour fee** is \$4750 for one person in double occupancy from London. It includes all lodging from Day 2 through Day 9, all meals from dinner on Day 2 through breakfast on Day 10, all ground transportation, entrance fees, and the guide services of the tour leader(s). Tipping for hotel staff and restaurant staff is included in your tour fee and will be handled for the group by your Field Guides leader(s). However, if you would like to recognize your Field Guides leader(s) or any hotel staff for exceptional service, it is entirely appropriate to give an additional tip. We emphasize that such tips are optional and not expected.

The above fee does not include your airfare to London, airport taxes, visa fees, any checked or carry-on baggage charges imposed by the airlines, any alcoholic beverages, optional tips to local drivers, phone calls, laundry, or other items of a personal nature.

The **single supplement** for the tour is \$525. If you do not have a roommate but wish to share, we will try to pair you with a roommate from the tour; but if none is available, you will be billed for the single supplement. Our tour fees are based on double occupancy; one-half the cost of a double room is priced into the tour fee. The single supplement is calculated by taking the actual cost of a single room and subtracting one-half the cost of a double room (plus any applicable taxes).

The **Scottish Extension** is \$2625 for one person in double occupancy from Aberdeen. It includes all lodging from Day 1 through Day 5, all meals from lunch on Day 1 through breakfast on Day 6, the flights within the UK (London/Aberdeen/London), all ground transportation, entrance fees, and the guide services of the tour leader(s). Tipping at group meals and for drivers, porters, and local guides are included in your tour fee and will be handled for the group by your Field Guides leader(s). However, if you would like to recognize your Field Guides leader(s) or any hotel staff for exceptional service, it is entirely appropriate to give an additional tip. We emphasize that such tips are optional and not expected.

The above fee does not include your airfare to and from London, airport taxes, visa fees, any checked or carry-on baggage charges imposed by the airlines, any alcoholic beverages, optional tips to local drivers, phone calls, laundry, or other items of a personal nature.

The **single supplement** for the tour extension is \$300. If you do not have a roommate but wish to share, we will try to pair you with a roommate from the tour; but if none is available, you will be billed for the single supplement. Our tour fees are based on double occupancy; one-half the cost of a double room is priced into the tour fee. The single supplement is calculated by taking the actual cost of a single room and subtracting one-half the cost of a double room (plus any applicable taxes).

TOUR LIMITS: Our limits are firm and we don't exceed the limit by one to accommodate a couple when only one space remains open.

TOUR REGISTRATION: To register for this tour, please contact us at fieldguides.com/contact-us/. Our office will be in touch with you by email by the next business day (Mon-Fri) with instructions on how to complete our new electronic registration form and medical questionnaire. (We are no longer accepting the paper version.)

Please mail your **deposit of \$475** per person (**\$250 deposit** if taking the extension only), or see our Payment Options at <https://fieldguides.com/payment-options/>. **Full payment** of the tour fee is due 180 days prior to departure, or **by November 6, 2023. We will bill you for the final payment at either 180 days or when the tour has reached sufficient subscription to operate, whichever date comes later.**

Since the cost of your trip insurance and airline tickets is generally non-refundable, please do not finalize these purchases until you have received final billing for the tour or have been advised that the tour is sufficiently subscribed to operate by your tour manager.

SMOKING: Almost all of our clients prefer a smoke-free environment. If you smoke, please be sensitive to the group and refrain from smoking at meals, in vehicles, and in proximity to the group on trails and elsewhere.

CANCELLATION POLICY: Refund of deposit and payment, less \$100 handling fee, will be made if cancellation is received up to 180 days before departure. If cancellation occurs between 179 and 90 days before the departure date, 50% of the tour fee is refundable. Thereafter, all deposits and payments are not refundable and non-transferable. Our cancellation policy only applies to payments made to Field Guides for tour (and any services included in those fees). Airline tickets not included in the tour fee and purchased separately often carry penalties for cancellation or change, or are sometimes totally non-refundable. Additionally, if you take out trip insurance the cost of that insurance is not refundable, so it is best to purchase the policy just prior to making full payment for the tour or at the time you purchase airline tickets, depending upon the airline's restrictions.

The right is reserved to cancel any tour prior to departure. In most such cases, full refund will constitute full settlement to the passenger. Note this exception, however: If you have been advised pre-tour that there is a non-refundable portion of your tour fee no matter the reason for Field Guides cancellation of the tour, that portion will not be refunded. The right is reserved to substitute in case of emergency another guide for the original one.

TRIP CANCELLATION & MEDICAL EMERGENCY INSURANCE: We strongly recommend you consider purchasing trip cancellation (including medical emergency) insurance to cover your investment in case of injury or illness to you or your family prior to or during a trip. Because we must remit early (and substantial) tour deposits to our suppliers, you acknowledge and agree that we will not issue a refund when cancellation occurs outside of our cancellation policy as published in the itinerary (see CANCELLATION POLICY). In addition, the Department of State strongly urges Americans to consult with their medical insurance company prior to traveling abroad to confirm whether their policy applies overseas and if it will cover emergency expenses such as a medical evacuation. US medical insurance plans seldom cover health costs incurred outside the United States unless supplemental coverage is purchased. Furthermore, US Medicare and Medicaid programs do not provide payment for medical services outside the United States.

When making a decision regarding health insurance, Americans should consider that many foreign doctors and hospitals require payment in cash prior to providing service and that a medical evacuation to the United States may cost well in excess of \$50,000. Uninsured travelers who require medical care overseas often face extreme difficulties. When consulting with your insurer prior to your trip, please ascertain whether payment will be made to the overseas healthcare provider or whether you will be reimbursed later for expenses that you incur.

US citizens will receive information from us regarding optional tour cancellation/emergency medical insurance. Our agent, CSA, will insure for trip cancellation and interruption, medical coverage, travel delay, baggage loss and delay, and emergency medical transportation. If you purchase the insurance prior to, or within 24 hours of making final payment for the tour, and cover all non-refundable parts of the trip (including any non-refundable flights and in some cases, other arrangements), pre-existing conditions are covered. You may purchase your CSA policy on-line by visiting our website at <https://fieldguides.com/trip-cancellation-insurance/> and clicking the link to CSA. The CSA webpage also includes a contact number.

Currently we are unable to offer CSA insurance policies to residents of New York and Hawaii. We have had clients provide positive feedback after acquiring insurance thru InsureMyTrip (<https://www.insuremytrip.com/>) in the past, and would suggest that company as an alternative. When purchasing insurance with a company other than CSA, you will want to understand whether the timing of your purchase will affect coverage before paying your first deposit. Insurance purchase requirements can vary from company to company, and such requirements could limit your options if you do not look into this until making your final payment for your tour. Please let us know if you have any questions about this.

Please note, once the insurance is purchased it is non-refundable, so please check with your tour manager prior to making the purchase to assure the tour will operate as scheduled. Citizens of other countries are urged to consult their insurance broker.

RESPONSIBILITY: For and in consideration of the opportunity to participate in the tour, each tour participant and each parent or legal guardian of a tour participant who is under 18 agrees to release, indemnify, and hold harmless Field Guides Incorporated, its agents, servants, employees, shareholders, officers, directors, attorneys, and contractors as more fully set forth in the Release and Indemnity Agreement on the registration form. Field Guides Incorporated acts only

as an agent for the passenger in regard to travel, whether by railroad, motorcar, motorcoach, boat, airplane, or other means, and assumes no liability for injury, damage, loss, accident, delay, or irregularity caused by defect in such vehicles or for any reason whatsoever, including the acts, defaults, or bankruptcies of any company or person engaged in conveying the passenger or in carrying out the arrangements of the tour. You acknowledge and agree that Field Guides Incorporated is not responsible for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, or other causes. The tour participant shall bear all such losses and expenses. Field Guides Incorporated reserves the right to substitute hotels of similar category for those indicated and to make any changes in the itinerary where deemed necessary or caused by changes in air schedules. Field Guides Incorporated reserves the right to decline to accept or to retain any person as a member of any tour. Baggage is at owner's risk entirely.

Participants should be in good health and should consult a physician before undertaking a tour. If you have questions about the physical requirements of a tour, please contact our office for further information. Participants should prepare for the tour by reading the detailed itinerary, the information bulletin, and other pertinent matter provided by Field Guides. Each participant is responsible for bringing appropriate clothing and equipment as recommended in our bulletins.

THE RECEIPT OF YOUR TOUR DEPOSIT SHALL BE DEEMED TO BE CONSENT TO THE ABOVE CONDITIONS. EACH TOUR PARTICIPANT AND EACH PARENT OR LEGAL GUARDIAN OF A TOUR PARTICIPANT WHO IS UNDER 18 SHALL SIGN AND DELIVER THE RELEASE AND INDEMNITY AGREEMENT AT THE TIME OF REGISTRATION.

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