



## **HERIZEN™ WISE WOMEN WALKING ADVENTURE** **THE HIGHLANDS OF BONNY SCOTLAND**

Aug 5 to Aug 14, 2023

**Walk, Yoga & Create**

**August 05 Day 01:** Arrive to our Bed & Breakfast and join our dinner circle to meet everyone on the walking adventure. Our Bed & Breakfast is located at the Findhorn Eco Village the Field of Dreams, Moray Coast, NE Scotland **D**

**August 06 Day 02:** Rest from travel at our Bed & Breakfast or join us for a self guided tour of the Findhorn Spiritual Eco Community. Afternoon Yoga and Meditation with an introduction to the journaling and nature art process- receive supplies and prepare for our walking adventure the next day. **B / L / D**

The following day after you have rested, we start our walking adventure along the magical Moray coastal route before making our way up the Spey River and onwards to the mystical, rustic yet full of character Highlands of Scotland.

Our bags will be transported for us to each destination; thus, you only need your daypack (all details will come when you book) Before breakfast and for those that wish to join, can enjoy a morning Yoga Fusion and Meditation practice and then begin our walks as per the schedule below. Rests, additional easy movement exercise, journaling and nature art will be a part of our day in charming villages, river and mountain sides, valleys, forests and seaside walks with a few stops at the Whisky Mills along the way.

I will supply a simple art kit for you that will be really easy to carry and light weight. Please know you are enough and that in all aspects of this experience are for beginner to intermediate levels. Live Large and just say YES now!

Let's continue together our journey below

**August 07** Day 03: Findhorn to Burghead 6m **B**  
**August 08** Day 04: Burghead to Lossiemouth 9m **B**  
**August 09** Day 05: Lossiemouth to Fochabers 13m **B**  
**August 10** Day 06: Fochabers to Craigellachie 13m **B**  
**August 11** Day 07: Craigellachie to Ballindalloch 12m **B**  
**August 12** Day 08: Ballindalloch to Tomintoul 15m **B**

**August 13** Day 09: Transfer to Grantown-on-Spey to Boat of Garten 6 m **B / D**

**August 14** Day 10: Depart on morning Strathspey Train from Boat of Garten to Aviemore – arrive early afternoon. You will depart on your own via bus or train from Aviemore to your next destination. **B**

**B** – Breakfast 9    **L** – Lunch 1    **D** – Dinner 3

### **Included in your Self Investment**

- \*1 Shared accommodation in Bed & Breakfast with twin beds per room.
  - \*1 Welcome and Farewell Dinner included as per schedule above.
  - \*1 Daily breakfast at the Bed & Breakfast.
  - \*1 Special welcome bag made with love.
  - \*1 Morning Yoga Fusion & Meditation per day begin on Aug 06 /2023.
  - \*1 Journal / Nature Art class per day and begins Aug 06 / 2023 - includes supplies.
  - \*1 Baggage transfer to each location per day begins Aug 07 to Aug 13, 2023.
  - \*1 Transfer from Tomintoul to Grantown-On-Spey.
  - \*1 Detailed trip plan, maps, what to bring provided once booking has been confirmed
- Lead by Global Adventurer, Yoga Teacher and Artist Valma Shakti (Brenton) I am from the UK and my father lives in Aberdeen. We moved to NE Scotland when I was about 16. However, I was mostly brought up in BC on the West Coast of Canada, returning to Scotland annually to visit family and enjoy the beauty and bounty of the wild, magical NE coast of Scotland. I look forward to sharing it with you.
- \*1 Train ticket from Boat of Garten to Aviemore.

### **Your responsibility**

Trip Cancellation & Medical Insurance – Required.  
Airfare and transport to our starting point in Findhorn, NE, Scotland.  
Airfare and transport from our departure point in Boat o Garten, NE, Scotland.  
All means and drinks outside of what is included in above trip plan.  
Anything outside of what is included above.  
What is on the included to bring list.  
Any items of personal nature such as telephone calls, laundry and additional drinks.  
Service tips.  
Cost to obtain valid passport.  
Any item not specific on this list or website and in the final trip plan.  
Any travel health requirements and country border crossing requirements. Check with your local travel clinic. Covid-19 Vaccinations.

**Per person self - investment value Early bird is \$3095 until March 15, 2023**  
**Full Value after March 15, 2023 is \$3295 USD**

Payment can be made by direct deposit to our company USD account at the TD Canada Trust in Canada or a wire transfer in USD or by e bank transfer in CDN funds with TD bank exchange of the day. (Exchange rate is to be confirmed at the time of booking) Credit card VISA or Mastercard in CDN funds only with a 3% service charge again taking the TD bank exchange of the day.

All payments are non refundable. We require a 50% non refundable deposit with the balance due by June 7, 2023.

**Check Terms & Conditions on Website [GO HERE](#)**