
**England, Scotland
& Wales**

ESCORTED TOUR

Plus two optional extensions

London; The Scottish Highlands

BSC/BSP 2012

Grand Circle Travel Handbook

England, Scotland & Wales

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INTRODUCTION

ABOUT THIS HANDBOOK

We've gathered some introductory information that may prove helpful for this Grand Circle itinerary. If you expect to embark on personal exploration, or wish to discover more about the countries you visit, we suggest that you consult your choice of the many in-depth travel guidebooks devoted to your destinations. For detailed and timely information, it's wise to visit appropriate websites and confirm luggage regulations, weather conditions and other variable elements of your trip. Refer to our recommended reading list (at the end of the handbook) for alternate sources of insight.

ABOUT GRAND CIRCLE TRAVEL

Grand Circle Travel, founded in 1958 to serve the American Association for Retired Persons (AARP), is the leader in international travel, adventure and discovery for Americans aged 50 and over. Grand Circle vacations have been recommended by *The New York Times*, *Condé Nast Traveler*, *The Los Angeles Times*, *Travel+Leisure*, *The Wall Street Journal*, *Arthur Frommer's Budget Travel*, among other publications. But our most impressive reviews come from the more than one million people who have traveled with us and from readers of *Condé Nast Traveler* who placed Grand Circle Cruise Lines, the cruise branch of Grand Circle, in the Top 10 of the World's Best Cruise Lines for seven years. Grand Circle has earned a spot on the prestigious *Condé Nast Traveler* Gold List for seven consecutive years as well. For 2011 *Condé Nast Traveler* named seven Grand Circle river ships among the 20 best river ships in the world; for 2012 the Grand Circle Cruise Lines was named to their Platinum Circle of top cruise lines.

YOUR GCT PROGRAM DIRECTOR

During your Grand Circle Escorted Tour, you'll have reliable assistance available at all times from an on-site Grand Circle Travel Program Director. Your Program Director is a resident of Great Britain and can give you an inside perspective on your destinations. Your Program Director is supported along the way by local tour guides, who guide you expertly through particular sites and cities.

Many Grand Circle Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to make this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing tips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of the Program Director throughout your Escorted Tour. If you choose to take the optional pre-trip extension to London, you will have the services of a Grand Circle Hospitality Desk Representative for a few hours each day. If you choose to take the optional post-trip extension to the Scottish Highlands you will be accompanied by a Grand Circle Program Director.

1. PASSPORT, VISAS AND TRAVEL DOCUMENTS



Passport Required

U.S. citizens need a valid passport for this itinerary.

Important Note

Your passport must be valid for at least six months following your scheduled return to the United States. Also, you must have 1 blank page available in your passport for entry into the United Kingdom. Keep in mind this page must be labeled “Visas” at the top (blank “Amendments and Endorsements” pages are not acceptable). If both of these requirements are not met, you may be refused admittance to the United Kingdom and, consequently, required to return to the U.S. immediately, at your own expense.

Contact the National Passport Information Center (NPIC) at **1-877-487-2778** or visit their web site at **www.travel.state.gov** for information on obtaining a new passport, renewing your existing passport, and for general tips on traveling abroad. You can renew your passport by mail if it is not damaged, you obtained it within the last fifteen years, and it’s in the name you want on your new passport. Many local post offices carry forms for renewing by mail or obtaining extra pages. Allow several weeks for processing your passport.

Visa Not Required

U.S. citizens do not need a visa for entry into Great Britain (for stays of up to six months).

No U.S. Passport?

Non-U.S. citizens or non-U.S. passport holders: If you are **not** a U.S. citizen or if you possess a passport from a country other than the U.S., it is your responsibility to check with your local consulate or embassy about possible visa requirements. For your convenience, we recommend the services of PVS International, whose address follows. Or, contact your local consulate.

PVS International
Passport & Visa Services
1700 N Moore Street
Rosslyn Center, suite 310
Arlington, VA 22209
Telephone: 1-800-556-9990

Backup Photocopies

The smartest security precaution you can take is to make photocopies of your passport's personal information pages, your air tickets, your traveler's check serial numbers (if you're using them), and your credit cards. Also, bring extra passport-sized photos. Make a list of the phone and fax numbers for reporting lost credit cards, your travel protection plan company (if you have an optional travel protection plan) and medical emergency network. Keep these documents separate from the originals, and they can save you immeasurable time, money, and trouble if your originals are lost or stolen as you travel. In addition, scan these photocopies and email them to your email address; you can then print out replacement copies if necessary.

2. YOUR HEALTH



Keep Your Abilities In Mind

Journeys sometimes present the traveler with unaccustomed challenges — this escorted tour, for instance, features an active itinerary with a fair amount of walking, sometimes following steep, unpaved, or cobblestone pathways. Some of the places you visit have not been improved with elevators, escalators, ramps, railings or other aids that you may be used to. If you have difficulty walking in terms of balance or stamina, or are generally inactive in your daily life consider an exercise program to tone up for your trip. For your comfort and safety, we recommend this program only to individuals in good physical condition. If in doubt, consult your physician describing the length and type of rigors you'll encounter. *Please note that this trip is **not** wheelchair accessible; nor can Grand Circle Travel accommodate motorized scooters of any kind.*



Health Check and Inoculations

If you have ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Discuss with your doctor any aspects of your international itinerary that may affect your health and be guided by his or her advice. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad. If you have a condition that requires special equipment or treatment, you must bring and be responsible for all necessary items related to your condition.

Prescription Medications: If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

Vaccinations: We strongly suggest that you consult your family physician at least six weeks before your departure concerning vaccinations and medications that you may need on this trip. Discuss your length of stay at each foreign destination, and be guided by your doctor's advice on what, if any, inoculations you should obtain. At this time, specific vaccinations are not a requirement for entry into Great Britain. Before you talk with your doctor, you can learn the current recommendations of the U.S. Centers for Disease Control and Prevention (CDC) for your destination. Contact them at:

On-line — if you have access to the Internet, we suggest you visit the CDC's Web site at www.cdc.gov/travel, where you will find comprehensive information about preventing illness while traveling.

By phone— at the CDC's Hotline toll-free at **1-800-232-4636** 24 hours a day. Please note that automated information may be arranged topically by disease, rather than by country or region.



Jet Lag Relief

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag; but you can minimize it. Here's how:

- Start your trip well rested. Begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

3. LUGGAGE REGULATIONS



Size, Number and Weight Restrictions

It may seem early to discuss luggage and packing, but if you know current industry standards for international flights you can start to plan what type of luggage you'll use, how much clothing to bring, etc. The following information can help you in your trip preparations. We'll remind you to confirm your U.S./international luggage limits (and update regional limits, if applicable) in your final documents (arriving about two weeks before your departure).

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person
Weight restrictions	Varies by airline. The current standard is 50lbs for checked bags and 15 lbs for carry-on bags .
Size restrictions	Varies by airline. Measured in linear inches (<i>length+width+depth</i>). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches .
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
The extensions have the same luggage restrictions as the main trip.	
REMARKS / SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person for flights to Europe and other international flights.</p> <p>Note: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: <i>Do I feel lucky?</i> And, even if you answer yes, you should make sure that you have the ability to pay the fine.</p>	

Should I confirm luggage restrictions with my U.S./international airline(s) before departure?

Absolutely, confirm current restrictions about a week or so before your departure. You should take this step no matter if your vacation has a lower limit than the average international flight or not, because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage, even on international flights. Others may charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are not included in your trip price;** they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the “Air Travel” section of your *Important Information* booklet.

Carry-on luggage restrictions may vary upon your return from your destination, please consult www.baa.com before traveling.

Luggage Suggestions

Consider using a daypack or small backpack as your carry-on bag for flights. It can do double duty during excursions and walking trips. A daypack leaves your hands free and distributes the weight of whatever you carry onto your back or hips. Packed with your daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it can compress to fit the snug storage space of foreign motorcoaches, and yet still have space for that impulse buy at a local street market.

Consider a duffel bag or soft-sided suitcase for your main luggage. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags. Packing is easier if you use inner bags to help organize your gear. Plastic shopping bags, nylon stuff sacks, small zipper duffels, or special mesh bags can separate clothing, gear and dirty laundry inside your suitcase. Isolate liquid toiletries in heavy-duty Ziploc style bags – which are generally quite handy to have when traveling.

Optional: a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home (but remember that you might incur extra luggage fees.)

TSA locks

For flights that originate in the U.S.:

To reduce the risk of damage to your luggage, please do not lock your bags when checking in for flights that originate in the U.S. The Transportation Security Administration (TSA) has the responsibility for screening every piece of checked luggage at commercial airports throughout the U.S. According to the TSA, baggage-handling agents may require access to the contents of your luggage and will break locks as required. There are some locks available from retailers that are “accepted and recognized” by TSA. TSA screeners have tools for opening and re-locking bags using those locks, thus avoiding damage to the lock or bag if a physical inspection is required. Visit their web site at www.tsa.gov/public for a list of TSA-accepted locks and other travel suggestions.

For flights outside the U.S.: we strongly recommend you lock your luggage.

4. WHEN YOU ARRIVE



GCT Air Travelers

U.S. Departure: If you are among a group of ten or more GCT travelers who depart the U.S. from your international gateway city, it is our goal to have a GCT Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time and at the gate one hour before your departure time (security permitting).

Please note that if you are arriving at your international gateway city via a connecting domestic flight, the Grand Circle Representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.

Arrival: At the beginning of your base trip or your optional pre-trip extension, after you have cleared customs and collected your luggage, a Grand Circle representative or driver will meet you and assist you with your transfer to the hotel. Please ensure that your GCT luggage tags are clearly visible on your luggage so they can be easily recognized.

Important note on porters: *Airport porters are NOT allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart, which you will then move through customs. When you exit customs, you'll handle your cart until reaching your transfer vehicle. Your driver will load your luggage into the transfer vehicle.*

Transferring flights at London Heathrow Airport: When making a connecting flight at London Heathrow Airport it is important to **allow a minimum of 75 minutes to transfer from one terminal to another**. In order to ensure that you do not miss your connection, we suggest that you go directly to your connecting flight's gate after arriving in London.

U.S. Return: At the end of your base trip or optional post-trip extension, you'll be transferred to the airport for your return flight to the U.S. If you are among a group of ten or more GCT travelers who return to the same U.S. gateway city, a GCT Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our GCT Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

Name Tags: *Please remember to wear your Grand Circle Travel name tag when you exit Customs, upon arrival and when you return to the U.S., so that you are readily identifiable as a GCT traveler.*

Flying with a Travel Companion

If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.

5. MONEY MATTERS



How to Carry Your Money

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high. Most banks, post offices, or exchange offices will want to see your passport at the time of exchange. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

U.S. dollars not accepted: You will not be able to pay with U.S. dollars (in the form of cash or traveler's checks) in Great Britain. Cash can be exchanged in some larger post offices or money exchange offices.

Carry a mix of local currency, an ATM card, and a credit card: You'll be well prepared if you plan on this combination for payments on your trip. You can obtain local currency from an ATM machine at the European airport on arrival (but keep in mind you will need your 4-digit PIN number to do this.)

Currency

The official currency of the United Kingdom is the pound sterling. One pound (£1) is divided into 100 pence (100p). This legal tender is used throughout Scotland, England, and Wales. Although the U.K. is part of the European Union, it has not adopted the euro for its currency. Banknote and coin denominations are as follows:

- Banknotes: 5, 10, 20, and 50 pounds
- Coins: 1 and 2 pence (copper); 5, 10, 20, and 50 pence (silver); 1 and 2 pounds (silver/gold)

It may be helpful to obtain some local currency before your trip if you are arriving during the weekend or on a bank holiday. You can change money at post offices, most hotels, and money exchange offices. Please note that torn, dirty, or taped bills may not be accepted. In addition you may want to avoid bringing 50 pound notes as these are not always accepted at smaller restaurants, cafes or shops.

Currency exchange rates fluctuate daily. Your Program Director will advise you of the exchange rate upon your arrival. For current exchange rates, please refer to our website, or the financial section of your newspaper. On our website select the region and then click on the country you'll be visiting. A link to the currency converter is included in the menu on the page of each individual country.

Banking Hours

British banks are typically open Monday through Friday, 9:30 am to 4:30 pm. Some central banks are open Saturday morning.

ATMs and Debit Cards

ATM and debit cards give you a reliable payment method and ready access to local currency. We recommend, if possible, that you make withdrawals at ATM machines when you need cash, as it will allow you the flexibility of accessing money at your convenience without relying on bank hours for money exchanges. When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns.

Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number). Keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

***Note on ATM use:** Many banks have begun imposing a fee ranging from \$1 to \$5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but where and when to exchange money is left to your discretion.*

Credit Cards

Though major American credit cards are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. Visa and MasterCard are the most widely accepted credit cards in the United Kingdom; American Express is not commonly honored. It is also wise to notify the credit card company that you will be using your cards abroad so that they may remove any security block. When using a major credit card you may receive a different exchange rate than if you pay with cash. Please be aware that credit cards might not be accepted for small purchases or in the markets. Discover credit card does not operate outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

***Please note:** Optional tour payments made by credit card may take up to 3 months to process. For this reason we ask that you use a credit card that will not expire until three months following your trip. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "OPT Boston" (depending on your credit card company).*



Shopping

It is Grand Circle Travel's goal to identify and provide you with shopping opportunities that highlight unique, locally produced products with good value from reliable vendors. For this reason there may be scheduled visits to local shops during your adventure. There is **no** requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

Your purchase decisions are very personal. You must use your best judgment when deciding whether an item is worth the price being asked. If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop will put you way ahead when you go shopping. This is the only way to know if you are getting a good price. In addition, we recommend that wherever possible you carry your purchases home with you, especially if they are valuable or fragile, rather than having them shipped home.

By Destination

London

Department stores: These large establishments are the city's most famous shopping institutions. Harrods, 87-135 Brompton Rd., S.W. 1, by many estimates is the largest department store in the world, selling everything from pins to pianos. *Open:* Monday - Saturday 10 am – 8 pm. Sundays 12-6 pm. *Tube:* Knightsbridge.

Selfridges, 400 Oxford St., W. 1, seems almost as big as its chief rival, Harrods. *Open:* Monday-Wednesday, Friday and Saturday 9:30 am - 8 pm, Thursday 9:30 am – 9 pm, and Sunday 12 - 6 pm. *Tube:* Marble Arch or Bond Street.

Liberty, 210-220 Regent St., W. 1, has a worldwide reputation for selling fine textiles in unique surroundings. The pretty, old-world store has a fantastic Asian department. *Open:* Monday - Wednesday and Friday -Saturday 10 am – 8 pm, Thursday 10 am – 9 pm, Sunday 12 – 6 pm. *Tube:* Oxford Circus.

London's shopping areas: The West End, where the mile-long Oxford Street is the main artery, is extremely popular. At its mid-section, Oxford Street is bisected by Regent Street, a more elegant thoroughfare, lined with boutiques, fine china shops, and jewelers. At Piccadilly Circus, Regent Street meets Piccadilly, which, along with St. James's Street, Jermyn Street, and the Burlington Arcade, make up one of the most glamorous shopping regions in the entire world.

Shop hours: London shopping hours are generally 9:30 am - 5:30 pm. You can find late night shopping at Knightsbridge on Wednesdays until 8 pm, and at Oxford Street on Thursdays until 8 pm. Portobello Antique Market is open all day Saturdays. Most department stores are open on Sundays for 6 hours, and most museums and art galleries are generally open on Sundays.

Edinburgh

Princes Street: This boulevard in the New Town is Edinburgh's main shopping area, with several large department stores and dozens of shops selling designer clothes, art works, quality jewelry, home products, and much more.

The Old Town is also worth strolling through. Perhaps the best two shopping streets in this section of town are Victoria Street and Grassmarket. Both have some unusual shops.

Inverness

The main shopping center is the Eastgate Shopping Centre right in the heart of the city which includes Marks and Spencer's department store, The Body Shop, Next, Thorntons (chocolates & toffees), HMV (music & videos), Boots (pharmacy, photography), Starbucks Coffee, shoe shops, clothing stores, jewelers, etc.

On Academy Street, take a look at the indoor Victorian Market which has shops selling Belgian chocolates, jewelry, needlework, toys, clothes, Scottish souvenirs, etc.

If you are interested in old/second-hand books, old maps and antique prints, then check out Leakeys in the old Greyfriars Hall. They have the largest collection of second-hand and rare books in Scotland. Well worth a visit.

For unusual gifts and greetings cards, check out a shop called Highland Games which sells (amongst other things) novelty chess sets.

If you walk down Bridge Street and cross the bridge over the river, you will see the Highland House of Fraser (formerly known as Hector Russell Kiltmakers) - a great shop for kilts and tartan with a bureau de change. There's also a video and history exhibition plus kilt making demonstrations in the visitor centre.

U.S. Customs Regulations and Shipping Charges

Exemption Amounts

Articles totaling \$800, at fair retail value where they were acquired, may be imported free of charge if you bring them with you. A flat rate of duty—usually a percentage—will be applied to the next \$1,000 worth (fair retail value) of merchandise. The U.S. Customs Inspector determines the value of your items when you enter, and is not bound by your bill of sale. In almost every case, however, a genuine bill of sale will be honored.

Fees on Items Shipped Home

Items shipped home are *always* subject to duty when received in the U.S. There will also be charges for shipping. Although some shops abroad may offer to include shipping and duties in the price, this typically means shipping to the customs facility closest to you and payment of the *export* duties (the fee to remove an item from its country of origin) not door-to-door shipping or *import* duties (the fee the U.S. government charges to bring an item into the U.S.). All additional duties or shipping charges would be the responsibility of the purchaser—you.

Therefore unless the item is small enough to mail or to be sent by a global parcel service (like FedEx) you should be prepared to pay customs duties and for shipping or pick-up from the nearest customs facility. This is why the U.S. Customs & Border Protection service states: “The most cost-effective thing to do is to take your purchases with you if at all possible.”

Illegal Items

It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins. For more information on what you may or may not bring back into the United States, you can obtain the publication “Know Before You Go” from the U.S. Bureau of Customs & Border Protection by phone, mail or from their website:

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. 1-877-272-5511
www.cbp.gov/xp/cgov/travel/

Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.



To Tip or Not to Tip

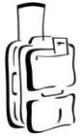
We're actually fresh out of Shakespearean soliloquies, which is likely a good thing. To tip or not to tip (and how much to tip if you so choose) is *always* at your discretion. We offer these guidelines to answer requests for appropriate tipping amounts – which can vary for different services and between countries, and which can be confusing when you're visiting multiple destinations. Tips below are quoted in U.S. dollars; tips can be converted and paid in local currency (usually preferred) or in U.S. dollars (personal/traveler's checks should never be used for tips).

- **Program Director:** \$4-\$6 per person per day
(Note: Tips for Program Directors can only be in the form of cash.)
- **Motorcoach driver:** \$2 per person for each half-day tour/\$3 per person for each full-day tour.
- **Local tour guide:** \$2 per person for each half-day tour/\$3 per person for each full-day tour.
- **Housekeeping staff:** \$1 per person per day
(Note: If you are low on local currency, you can use U.S. dollars for tips.)

Your Program Director will tip hotel porters and waiters in restaurants.

Other Tips—Whether you tip, and how much, is always at your own discretion, though your recognition of a job well done will be much appreciated. For those of you who have asked for suggestions, we offer these guidelines. The amounts suggested reflect the standard tipping amounts that we recommend on all our programs. If you're not sure how much or when to tip, do not hesitate to ask your Program Director.

6. PACKING FOR YOUR TRIP



In General

Travel light: A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting.

To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.

Pack casual clothes: In today's age of informality, comfortable and informal apparel is perfectly acceptable at each of your destinations. Basic pants, shirts, walking shorts, sportswear, everyday dresses/skirts, supportive shoes, and functional outdoor clothes that are relatively easy to care for are recommended. Men do not need jackets or ties and women do not need fancy dresses. You would only need nicer dress if you plan to dine at a deluxe city restaurant on your own.

Warm clothes are needed year-round: Regardless of your travel season, bring a warm layer of clothing, such as a heavy sweatshirt, fleece top, or light sweater. During fall and spring, a jacket is recommended for the colder night temperatures. If you're traveling in the summer, be prepared for warm temperatures, though cool days are still possible. Bring a sweater (or a fleece top), as well as some summery attire and a windbreaker for "in-between" days.

Good walking shoes are essential: The region's magnificent archaeological ruins, cathedrals, museums, and town plazas truly invite exploration by foot. But negotiating the pathways and rather uneven sidewalks can be a challenge—even for the most surefooted traveler. For your comfort, you'll need supportive walking shoes that offer good traction. Water-resistant shoes can be handy in case a heavy downpour passes through, but they are not generally essential.

Rain gear: Regardless of your month of travel, rainfall is certainly a possibility. We suggest you bring a folding umbrella and waterproof shell—preferably one that is knee length.



Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions.

NOTE: Restrictions on what can be included in your carry-on luggage change frequently. To avoid inadvertently packing any restricted items in your carry-on luggage, we strongly suggest that you consult the Transportation Security Administration website, at www.tsa.gov which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.



Clothing Options

We've included information below on the weather you can expect for the regions you'll be visiting on your travels. Taking into account the climate you'll encounter and the general suggestions we offer above will enable you to create a flexible wardrobe that's light enough for sophisticated travel and will guarantee comfort in all the conditions you can expect to encounter. The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.



Travel Gear Suggestions

Though it's often fun to do things as the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a day-long trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

What not to pack: Do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Consider ...

- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- Spare eyeglasses/contact lenses and your prescription
- Sunglasses with a neck strap
- Sunscreen, SPF 15 or stronger (seasonal, June-August)
- Travel money bag or money belt
- Moisturizer, lip balm
- Swimsuit if your hotel has a pool
- Compact umbrella
- Wide-brim sun hat (seasonal, June-August)
- Pocket-size tissues
- Moist towelettes (packets) and/or anti-bacterial "waterless" hand cleanser
- Photocopies of passport, air ticket, credit cards (and originals!)
- Extra passport-sized photos (to replace your passport if lost)
- Written prescriptions for your medicines
- Washcloth (**not** a standard amenity in English hotels)

Medicines

- Your own prescription medicines
- Vitamins
- Cold remedies: Sudafed/ Dristan
- Pain relief: Ibuprofen/naproxen/aspirin
- Laxatives: Senokot/Ex-Lax
- Stomach upset: Pepto-Bismol/Mylanta
- Anti-diarrheal: Imodium
- Band-Aids
- Moleskin foot pads
- Antibiotics: Neosporin/Bacitracin
- Motion sickness medicine: Dramamine

Optional Gear

- Travel alarm or watch with alarm
- Compact binoculars
- Hanging toiletry bag with pockets
- Handkerchiefs
- Basic sewing kit
- Hand-wash laundry soap (Woolite)
clothespins/travel clothesline/stopper
- Collapsible walking staff
- Pocket calculator for exchange rates
- Electrical transformer & plug adapters—
see “Regional Electricity” below
- Travel journal/note pad
- Home address book, e-mail addresses
- Reading materials
- Phrase book



7. REGIONAL CLIMATE INFORMATION

We can't predict what the weather will be during your travels, but you'll find historical averages and general information on the climate of your destinations below. As your departure nears it's a good idea to visit the *My Account* feature of www.gct.com, where you'll find monthly temperature averages for the countries you'll visit as well as a current 10-day forecast of local temperatures and conditions. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts.

England: The weather across England can be unreliable and unpredictable, with lovely sun-drenched mornings regularly turning into damp, overcast afternoons—and vice versa. Still, legends about incessant rain in England are exaggerated. London, in fact, has less rainfall accumulation than Rome, which is known as a sunny city. It's just that in London, the rain is spread over more days. The British capital is very much a city of the temperate zone. With occasional exceptions, London's summers tend to be moderately warm, with few days having temperatures above 75° F; winters as well tend to be moderately cold, with few days dropping below 30° F. Spring and autumn are generally comfortable, with little more than a sweater or light overcoat required. The weather in York is similar.

Wales: Wales typically has a more temperate climate than Scotland and England. Here, spring and fall temperatures average in the upper 50s, summers in the high 60s. As a general rule, Wales is cloudier, wetter, and milder than the eastern side of Great Britain.

Scotland: The variable climate of Scotland is infamous for its consistent ability to change from day to day. Cool, mild weather, accompanied by frequent cloud cover and rain, is the norm. But on occasion, and at any time of year, a stint of foul weather can settle in. In Scotland's lowlands (the Edinburgh region), temperatures average in the low 50s during spring and fall, and in the low 60s during summer. At anytime, temperatures could drop and the weather become chilly.

Note on Air Conditioning: In general the British climate does not necessitate air conditioning. As result, the hotels you stay at during your tour do not feature air conditioning.

Here is the data from the weather observation stations closest to our destinations.

WHAT'S THE TEMPERATURE?												
<i>Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.</i>												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
London, England												
High	44	45	49	54	61	66	71	71	65	58	50	46
Low	34	34	36	38	44	50	53	52	48	44	38	36
Cardiff, Wales												
High	44	44	48	53	59	64	68	68	63	56	50	47
Low	37	36	38	40	45	50	54	54	51	46	41	39
York, England												
High	35	44	52	54	60	63	69	69	64	58	49	41
Low	26	32	36	37	41	47	53	52	49	42	37	33
Edinburgh, Scotland												
High	43	44	47	51	57	62	66	65	60	54	48	44
Low	33	34	36	38	43	48	51	51	47	42	37	35

Please note: The data cited above reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree *average* high temperature means that days may be as warm as 80 or as cool as 40 – but it’s most likely you’ll encounter temperatures in the 50 to 70 degree range.

8. TRAVEL AND TECHNOLOGY



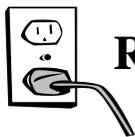
In General

Cell phone, digital camera, camcorder, PDA, MP3 player: travel today can involve technology that didn't even exist as recently as ten years ago. The variety of digital gadgets and their usefulness when you travel – en route or after you arrive – is enormous. An e-book reader allows you to keep guidebooks for uncounted countries at your fingertips and not increase your luggage weight by an ounce. (*Tip: you can download **this** document from the Grand Circle Travel website and import it into your tablet or e-reader. Many of those devices can display PDF files. A large screen is best, however, since PDF documents don't scale like documents designed specifically for e-readers.*) Lightweight digital camcorders and cameras let you bring home high definition movies and still images of the people you meet and places you visit on your travels.

Laptops/netbooks/tablets can keep you connected and promise up-to-the-minute information via Wi-Fi and the Internet, but, as with all gadgets, you'll need to determine if bringing them makes sense. Particularly with laptop computers it's often wiser to rely on Internet cafes or, when available, hotel Internet access than pay the packing weight and space penalty for casual Internet use. And, of course, the more time you spend gazing into electronic gadgetry, the less time you have to relish the local people, sites and sights.

To take advantage of the devices you do bring, you'll need to consider some basic variables—particularly in regard to the services that will be available in the countries you visit. You'll encounter a range of electrical current standards, varied physical plug configurations to access that current, erratic availability (electricity and internet access), and different technological standards (cell phone networks can differ across borders.)

You'll need to coordinate your power and data storage needs, and the accessories required to recharge/connect/use these devices under the different conditions you'll encounter. You'll find some tips below aimed at ensuring that your gadgets achieve their full potential. As a general rule, it's good to familiarize yourself with the device(s) you bring by reading the owner's manual *before* you depart. Pay particular attention to electrical, charging and storage requirements to ensure that you understand exactly what you need under which circumstances. And remember that thorough preparation is the best guarantee that you'll get the most benefit from your devices.



Regional Electricity

Outside the U.S. most countries use electrical systems that differ from the standard U.S. 110 V 60 Hz current and flat two- or three-pronged polarized plug system. The use of 220-240 V and 50/60 Hz current is the overwhelming choice for the rest of the world. Plug shapes, sizes, and configurations vary from country to country and often inside countries as well. In addition, some plugs will work with multiple receptacles and some won't. Europe is largely and conveniently standardized to the Type C "Europlug."

Plugging a 110 V U.S. appliance into 220/240 V 50/60 Hz service will result in a broken appliance, since the motor will burn out as it tries to run twice as fast as it was designed to run. We suggest that you bring dual voltage appliances that will work on both 110 and 220/240 voltage. These are widely available, though you may have to read the fine print to confirm the dual voltage capability. With dual voltage appliances you'll only need to carry whatever plug adapters you need - which are both inexpensive and reliable.

If you do choose to bring 110 V American appliances, such as a hair dryer (note that hotels often supply hairdryers and coffee makers) or shaver, you'll need a current transformer (to cut the 220/240 V in half) as well as the necessary plug adapters. Transformer/adaptor kits can usually be found at your local hardware or at many online stores. Note, however, that transformers are unreliable and tend to burn out - which will render your 110 V appliance useless. Another option is to use battery-operated appliances-which don't need adapters or transformers-just an ample supply of batteries. (Rechargeable batteries are an economical option, but then you'll need a charger.)

The electric current in Great Britain is 220/240 volts AC, 50 Hz. Electrical outlets take a Type G plug.



If you use multiple digital devices—cell phone, digital camera, and MP3 player for instance – it's handy to have a travel power strip to increase the number of available outlets for charging these devices. Some types include surge suppressors and USB-style plugs capable of charging cell phones and MP3 players without the need for a brand-specific charging block – saving weight and packing space. You'll have to review the specifications of your device to ensure that it will work with the power strip you choose—and that the power strip will work with the various voltages you may encounter.

Cell Phones

If you want to use a cell phone while traveling overseas, be sure to check whether your own phone will work outside the U.S. or whether you're better off renting an international phone. The websites www.travelcell.com and www.globalcellularrental.com have good information on rentals. You may also want to consider buying an inexpensive local phone for your stay.

To use your own phone, it's best to investigate the options and fees your plan offers for international use. Consult your service provider (www.verizon.com, www.t-mobile.com etc.) for details. U.S. service is dominated by the CDMA technology standard, while most of the world uses the incompatible GSM standard. Some U.S. providers do offer GSM, but in either case you may incur high international roaming fees. With GSM, however, you can often choose to have your phone "unlocked" and then add a local SIM card for lower fees. If you can access the Internet as you travel, you can take advantage of email or a Skype Internet telephone (VOIP) account for the best value.

Phone Calling Cards

When calling the U.S. from a foreign country, we advise that you use a prepaid calling card, because the only additional charge you'll normally incur (besides the prepaid long distance charges) is a local fee of a few cents and possibly a connection fee if you are using your card at your hotel. It is best to check with the hotel's reception desk prior to making phone calls to avoid unexpected charges.

Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.



Photo Gear

One of the most enjoyable aspects of traveling to new places is the chance to photograph some of the highlights of your experience and bring them home. You can share them with friends and family, relive some of the important moments, and savor them for years to come. Lightweight and compact, digital cameras and camcorders are excellent travel accessories—and you can find models of either cameras or camcorders that will record both movies *and* still images. Camcorders weighing as little as 9 ounces and about the size of your fist can capture high definition movies and high quality still photos; compact still cameras are great for snapshots and can capture casual movie clips. With an ample supply of high-capacity memory cards you can have all you need for your whole trip in a very compact, lightweight package.

Be sure to bring enough batteries. Recharging batteries is not always possible, due to a lack of outlets, electrical shortages or outages—and some cameras go through batteries *very* quickly. Whether your camera uses standard-size (double or triple A) rechargeables or proprietary batteries, it's handy to have backup for extended shooting or for an emergency. Be sure your battery charger will work with the local electrical current. You'll need to bring enough memory cards—these can be hard to find and, if found, will often be pricier than in the U.S. Whatever the storage format (usually Compact Flash or Secure Digital) memory cards are small, light and thin and, as with being thin, there's probably no such thing as too much storage. MiniDVD discs are compact to pack, as well.

Compact cameras, however, are impractical for capturing distant subjects (such as wildlife in Africa or architectural details on Europe's taller buildings), as their lenses rarely reach long distances. Some compact models have a zoom lens of up to 120mm, which is acceptable for moderate distances. For photographing distant subjects a *megazoom* compact (physically larger than a compact – and built for lenses that telescope to 500+mm) or a single lens reflex (35mm film SLR—or DSLR for the digital variety) camera with a telephoto lens of 200mm to 300mm is ideal. With a DSLR you can also consider wide-angle lenses, which are valuable for panoramic shots. As your photographic gear gets more complex, however, you'll need to consider luggage weight and size constraints. Professional quality equipment weighs more, is larger in size, and multiple lenses add size and weight. A single megazoom lens for your DSLR may be the best option for a walk-around travel lens. Large lenses that need tripod support, or double reflex cameras are impractical for casual travel photography. If you use a SLR camera, protect your lens with a UV filter and remember to bring lens caps and covers. When traveling it is easy to get dirt or moisture on the front of your lens, which could permanently damage it. A screw-in filter can protect the lens and if the filter is damaged, it is much less expensive to replace than a lens; caps and covers are common sense.

Bring lens paper for cleaning the lens and a waterproof bag to protect your camera—a heavy duty Ziploc style bag is a good choice. If your camera's flash is detachable, remember to pack it. Be sure to bring a camera with a flash that can be turned off, and learn how to turn it off when it's not needed. (At some sites, and in many museums, flashes are not permitted; in other situations flashes can frighten wary wildlife.) It's good to note that in some countries you may be charged for photography at specific sites; and that some cultures and individuals are less receptive to photography than others. It's always best to respect local customs.

Disposable cameras are also an option. They are inexpensive and capable of perfectly acceptable photos in light that is not too dim *or* bright. A panoramic disposable can add a particularly interesting perspective when compared to standard photo formats—and may suggest inventive ways of seeing your subjects. X-rays do not damage the data of digital cameras (in any media format), and so poses no problems for travelers using digital cameras.

9. ABOUT YOUR DESTINATIONS

We're including some handy practical details and a brief introduction to the places you'll visit on your Escorted Tour. If you expect to explore in depth on your own, we recommend that you consult one of the many available book-length guides to your destinations. If you have one or two specific sites, museums or features that you're interested in, an internet search is the ideal way to get-up-to-date information and details. And of course your Grand Circle Travel Program Director or Hospitality Desk Representatives will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.



Accommodations

Your tour features a selection of hotels that have been carefully chosen to reflect both the traditional British style and the more modern. What results is that each new location brings a new experience, and while the older hotels tend to have more individual character, they may not be as up-to-date in terms of facilities. Also, as is common with hotels in the United Kingdom, none of our hotels feature air conditioning, though all feature heating. In general you'll also find that most European hotel rooms are smaller than what you may be used to in the U.S.

Regardless of what type of hotel you are staying in, we assure you you'll be met with a warm British welcome.



Laundry Service

Most of your hotels provide laundry services, though this service is expensive. Your Program Director or concierge can assist you with making arrangements if you need clothes laundered.



Cuisine

The area is traditionally known for 'meat, potatoes and two veg', meals but these days people in the UK are just as likely to eat Italian, Chinese, Thai, Indian, or junk food (including hamburgers and döner kebabs). Vegetarian is normally available. Fish and chips is another well-known meal and is usually bought from special shops (chippies) where the cooked food is wrapped and sprinkled with salt and vinegar. There are lots of traditional regional specialties, including haggis, the Scottish national dish which is made of sheep's stomach stuffed with oatmeal and spices. Haggis is eaten with 'neeps and tatties' (turnips and mashed potatoes).

Other regional dishes include Yorkshire pudding (made with flour and water) and roast beef, toad in the hole (sausages in Yorkshire pudding), and a meat or vegetable soup called cawl, which is eaten in Wales.



Drinking Water

Tap water is generally safe to drink throughout the United Kingdom. However, never drink from a lake, river, or stream, regardless of how clean it might appear.

London in Brief



City Layout

London is frequently described as a “city of villages” that cropped up around the square mile of the first walled Roman city that once stood here. Though most of the walls disappeared long ago, the political autonomy of The City of London still distinguishes it from the surrounding neighborhoods. The City has always been London’s financial center, and it is chock full of tiny lanes and a historic atmosphere. The 32 boroughs of Greater London, which surround The City, comprise over 600 square miles, though thankfully for visitors, the major tourist attractions are relatively close together in the center.

The West End: Situated west of the City to Hyde Park is the lively West End which includes the nation’s thickest grouping of boutiques, stores, restaurants, and theaters. Oxford Street, which runs the length of the West End, vies with nearby Covent Garden and Soho as the most popular site for sightseers and shoppers.

South Kensington and Chelsea: Just beyond the West End, south of Hyde Park, are the stylish residential districts of South Kensington and Chelsea. These areas contain many impressive estates and important city buildings.

The East End: Flanking the City’s eastern side is one of London’s most impoverished areas. Historically, the East End was unappealing because both the prevailing winds and the flow of the River Thames move from west to east. In the plague-ridden days before sewers, life on the “wrong” side of the City was truly perilous for one’s health. Today the East End is still home to indigent immigrants and the capital’s famous Cockneys.

Southwark: The borough of Southwark lies across the river from the City, on the south bank of the Thames. Southwark became notorious as London’s entertainment quarter during Elizabethan times, when theaters and brothels were banned within the City.

Edinburgh in Brief



City Layout

Edinburgh consists of a New Town, dating from the 18th century, and an Old Town dating back to the city’s origin in medieval times. The spine of the Old Town is the famous Royal Mile, comprised of the four linked streets of Canongate, High Street, Lawnmarket, and Castlehill. Holyrood Palace sits at the end of Canongate, next to a hilly park of the same name, while Edinburgh Castle dominates the city skyline from the Castlehill end of the Royal Mile.

Below and to the north of the Old Town lies the New Town, built in the Georgian era between 1766 and 1840. This area is laid out in a neat grid, with George Street running through the middle between the charming parks of Charlotte Square and St. Andrew Square. Paralleling George Street to its south is Princes Street, which has an elegant shopping district and offers fine views of the Old City from the adjoining Princes Street Gardens. Between Princes and George Streets, Rose Street boasts a dense concentration of shops, restaurants, and pubs.

Inverness in Brief—Optional Extension



City Layout

The capital of the Highlands, Inverness lies at the mouth of the River Ness as it flows into the Moray Firth in north-east Scotland. It is from this that the city derives its name: *Inbhir Nis* Scots Gaelic for "mouth (or confluence) of the Ness". The river flows from nearby Loch Ness and the Caledonian Canal connects Loch Ness, Loch Oich, and Loch Lochy.

Islands in the River Ness, and the river banks form a pleasant series of walks. Buildings in Inverness include Inverness Castle and numerous churches, including St Andrew's Cathedral (Episcopalian). However, the oldest church is the Old High Church, on St Michael's Mount by the riverside, a site perhaps used for worship since Celtic times. The church tower dates from the 16th century, and is Inverness' oldest surviving building. The Castle was built on the site of its medieval predecessor in 1835 and is now a Sheriff Court. St Andrew's Cathedral has a curiously square-topped look to its spires, as funds ran out before they could be completed.

10. DEMOGRAPHICS & HISTORICAL OVERVIEW

United Kingdom

Area: 94,525 square miles

Capital: London, with a separate parliament in Edinburgh for Scotland, a National Assembly in Cardiff for Wales, and a National Assembly for Northern Ireland in Belfast.

Government: Constitutional monarchy

Languages: English, Welsh, Gaelic

Location: Situated off the northwest coast of Europe, the island of Britain is occupied by England, Wales, and Scotland—collectively called Great Britain. Together with Northern Ireland, Great Britain makes up the nation officially called the United Kingdom (UK). England, in the southeast part of Britain, is separated from Scotland on the north by the granite Cheviot Hills. To the west along the border of Wales—a land of steep hills and valleys—are the Cambrian Mountains. To the south of England is the English Channel and to the east is the North Sea, which also washes the eastern coast of Scotland.

Population (2005): Entire UK 60,609,153

Religions: Christian (Anglican, Roman Catholic, Presbyterian, Methodist, etc.) 72%, Muslim 3%, Hindu 1%, other 24%

Time zone: Great Britain is five hours ahead of Eastern Time: when it is 6 am in New York, it is 11 am in Wales, England, and Scotland.

Historical Overview

THE NATION OFFICIALLY KNOWN TODAY AS THE “UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND” is home to the four distinct cultures of England, Scotland, Wales and Northern Ireland. They are intertwined in a rich pageant of history that has been filled with conflict, but has also produced cultural and political legacies that have had lasting effects far beyond the boundaries of Britain.

England was home to Celtic peoples in prehistoric times, then was ruled by the Roman Empire from about A.D. 43 to A.D. 410. After the fall of Rome, Jutes, Angles, and Saxons established small kingdoms, and Anglo-Saxon fiefdoms whose names still endure, such as Wessex, continued for centuries. King Alfred the Great of Wessex unified much of England against Viking invaders in the late 9th century. Among the monarchs who have ruled England in the centuries since, some are particularly notable for their lasting impacts on history. William the Conqueror brought Norman rule to England in 1066. Richard the Lionheart embarked on the Third Crusade in 1189. King John was compelled to sign the Magna Carta in 1215, laying the foundation for constitutional monarchy.

English King Edward I conquered Wales in 1283 and sought to rule Scotland as well. The relationship between England and Scotland took many twists and turns over the centuries, with Scottish King James VI becoming King James I of England in 1603 (succeeding Queen Elizabeth I). The United Kingdom came into being with the 1707 Act of Union between the parliaments of England and Scotland.

In the meantime, England under Edward III had fought the Hundred Years’ War with France between 1337 and 1453, with England ultimately losing its possessions on the French side of the Channel. Then, between 1455 and 1485, York and Lancaster battled on English soil in the Wars of the Roses. Henry VIII ruled in the 1530s, and his daughter Elizabeth later became the first Queen Elizabeth, who presided over the cultural flowering of the Elizabethan era (1558-1603).

England fell into civil war between 1642 and 1649, when Oliver Cromwell executed King Charles I and briefly replaced the monarchy with a republic. The monarchy was restored in 1660 with the enthronement of Charles II, though royal power was restored with limitations. The monarchy's power became even further restricted during the reign of William and Mary, which began in 1689. The first of four King Georges ascended the English throne in 1714, beginning the Georgian Era during which England industrialized and became dominant in world trade. In the 19th century, the Victorian Era brought the globe-girdling ascendancy of the British Empire under the long reign of Queen Victoria, from 1837 to 1901.

During the 19th century, the entire island of Ireland was part of the United Kingdom, having been incorporated into the UK in 1801. The Irish however, sought independence, and in 1921, all but the six northern counties of Ulster became the Republic of Ireland—leaving the UK in its present form. In recent years, the desires of the Scots and Welsh for greater autonomy within the UK have led to the process called “devolution.” In 1999, Scotland regained its own parliament (in Edinburgh) and Wales established its own National Assembly in Cardiff.

11. REFERENCE MATERIALS



Recommended Reading

All Creatures Great and Small by James Herriot (Memoir—England)

A heart-warming book, in which a veterinarian in Yorkshire shares amusing anecdotes about his dealings with animals and their owners.

The Citadel by A. J. Cronin (Fiction—Wales)

An absorbing novel about a young doctor's career, from poverty in Wales to success in London. Basis for the 1938 movie and PBS TV series.

The Ladies of Llangollen by Doris Grumbach (Fiction—Wales)

The true story of the "Ladies of Llangollen" of the 18th century, who spurned convention and eloped from Ireland to live together in a Welsh village.

Literary London edited and published by Spellmont Ltd (Travel Writing—England)

A collection of descriptions of London locales written by Conan Doyle, Chaucer, T.S. Eliot, Keats, Shaw, Dickens, and a host of other English literary lions.

London by Edward Rutherfurd (Fiction—England)

A very ambitious historical novel of London's past, which sweeps from Roman times through the medieval, Elizabethan, Victorian, and Edwardian eras on up to the present.

The Matter of Wales: Epic Views of a Small Country by Jan Morris (Travel Writing—Wales)

This noted travel writer celebrates her native country: "what is special about it—from rocks and soil to history and religion to the prevailing national character." —*Booklist*

The Scottish World: History and Culture of Scotland by Harold Orel, et al (Culture—Scotland)

Ten essays seek to show that Scottish culture is distinctly different from English (in its art, architecture, literature, music, and history).

A Traveller's History of England by Christopher Daniell (History—England)

An entertaining refresher course in English history, from hunter-gatherers to Margaret Thatcher's resignation. Written by a noted British historian and archaeologist.



Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer a wealth of information:

Visit the **Grand Circle Community** website for a world of travel news and information:

www.gct.com/community

Government websites:

International health information: CDC (Centers for Disease Control)

www.cdc.gov/travel

U.S. Customs & Border Protection: traveler information

www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.

www.tsa.gov/public

National Passport Information Center (NPIC): for passport information

www.travel.state.gov

General travel information websites:

Travel books

www.amazon.com

www.barnesandnoble.com

World weather

www.intellicast.com

www.weather.com

Foreign languages for travelers: basic terms in more than 80 languages

www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

Electric current and plug types

www.kropla.com/electric2.htm

Foreign exchange rates

www.oanda.com/converter/classic

ATM locators

www.mastercard.com/atm for **Cirrus** ATMs

www.visa.com/pd/atm for **PLUS** ATMs

Country information:

www.visitbritain.com **Great Britain (with links to Wales, England, Scotland)**

www.londontheatreticketservice.com **London theater tickets**

www.123london.com **London**



Tourist Board Addresses

Tourist offices offer free brochures, maps, and pamphlets with information that pertains to many of your destinations. If these materials would enhance your vacation planning, you can write or call the following tourist board offices:

Visit Britain

551 5th Ave, Suite 701

New York, NY 10176-0799

Telephone: 1-212-986-2200

Toll-free: 1-800-462-2748

Measurement & Temperature Conversions

Conversion Chart			
U.S. Standard to Metric		Metric to U.S. Standard	
1 inch	= 2.54 centimeters	1 centimeter	= 0.4 inch
1 foot	= 30 centimeters	1 meter	= 3 feet 3 inches
1 mile	= 1.6 kilometers	1 kilometer	= 0.6 mile
1 ounce	= 28 grams	1 gram	= 0.04 ounce
1 pound	= 454 grams	1 kilogram	= 2.2 pounds
1 U.S. gallon	= 3.8 liters	1 liter	= 1.1 U.S. quarts

To convert Kilometers to Miles:

Multiply the first digit by 6. A 40-kilometer drive is about 24 miles (6×4). For a one-digit figure, use .6. For a three-digit number, multiply the first two digits by 6; thus, 150 kilometers equals about 90 miles ($15 \times 6 = 90$).

To convert Celsius to Fahrenheit:

Double the Celsius temperature, then add 30 degrees.

For example, if the temperature is 20°C , that's about 70°F : ($2 \times 20 = 40$; $40 + 30 = 70$).

For Celsius temperatures below zero, ignore the minus sign, double the number, and subtract it from 32.

Thus, -10°C equals 12°F ($2 \times 10 = 20$; $32 - 20 = 12$).

To convert hectares to acres:

Multiply the hectares by 2.471. For example, a 3-hectare area is equal to 7.413 acres: ($3 \times 2.471 = 7.413$).