



Eilean Donan Castle

The History of Medicine in Scotland: A Seedbed of Medical Innovation

19 – 30 June 2026



Level 3
MODERATE





Loch Ewe

Scottish medical schools have had a disproportionate international impact through history. Scots physicians and surgeons and the medical schools and colleges that flourished in the 18th and 19th centuries were influential in shaping the modern medical profession – from the invention of the hypodermic syringe and the use of chloroform in anesthesia, to pioneering bone graft surgery and the first cloned sheep.

Scottish medical institutions like the Medical Royal Colleges in Edinburgh and Glasgow and the university medical schools in these cities have been hugely influential in medical education and fostered a culture of research and enquiry. From the anatomical studies of the Monro dynasty in the 18th century to today's challenges of antibiotic resistance,

cancer treatment, and neurodegenerative diseases, Scotland has always been a seedbed of medical innovation.

Experience some of Scotland's most spectacular landscapes and take in its dramatic history, distinctive culture and excellent cuisine, including its famed whisky. Stay in hotels with magnificent settings, which you will be able to enjoy well into the long, light-filled evenings.

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



Regular walking at destinations, extended standing and/or increased travel distances. Good fitness is required.

Tour Leader

Heather McFall is a highly experienced tourist guide and tour manager and has been leading land based and small bespoke cruise tours across the UK, Europe, and worldwide destinations for many years. Heather was also highly praised as tour leader on a recent Medico-Chirurgical Society tour for JBT in the UK.

Heather is also a qualified horticulturalist, guest speaker/lecturer, leading garden tours throughout the UK and Europe. When she is not guiding, she can be found in her precious and often neglected garden, walking with friends, or experiencing new travel adventures.



Speakers and specialist guides

You will hear from several outstanding speakers, including:

Historian and guide, **Sheila Szatkowski**, author of *Enlightenment Edinburgh*.

Curator and historian, **Cat Irving**, Human Remains Conservator at Surgeons' Hall, Edinburgh.

Iain Macintyre, a surgeon and former Royal College of Surgeons Edinburgh Vice-President.

Tom Scotland, a retired orthopaedic surgeon who became a cycling orthopaedic historian and author, focusing on the history of medicine and surgery during World War I.

Ian Deveney, whose long-standing love affair with Scotland led to a thriving living history business. He has been a guide at Culloden for over 6 years and his knowledge of Scottish history and culture, from the Vikings to the Scottish Wars of Independence and the Jacobite Risings of 1745, is second to none.



A steam train on the Glenfinnan Viaduct

Itinerary 19 – 30 June 2026

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Edinburgh – 1 night Aberdeen – 2 nights Inverness –
1 night Plockton – 2 nights Arisaig (for Skye) – 2 nights Glasgow



Day 1: Edinburgh (Fri, 19 June) **D**

Am: Arrive in Edinburgh and check in to Ten Hill Place Hotel.

Eve: Welcome dinner with your group.

Day 2: Edinburgh (Sat, 20 June) **B D**

Am: By special arrangement we have a guided walking tour of Old Town Edinburgh and the historic buildings of the city with historian, Sheila Szatkowski, author of *Enlightenment Edinburgh*. Learn about the many contributions of Scottish scientists, doctors and nurses through history.

Pm: Visit Surgeons Hall, home to the Royal College of Surgeons of Edinburgh, the Wohl Pathology Museum, the History of Surgery Museum and the Dental Collection. Specialist guided tour with curator and anatomist, Cat Irving.

Eve: Drinks reception and dinner with surgeon, Iain Macintyre, who will give an overview of Scottish medical history.

Day 3: Edinburgh (Sun, 21 June) **B**

Am: Visit the National Museum of Scotland and its superb Medicine and Science Galleries, which comprise six galleries spread over three levels.

Pm: At leisure. Options to see Edinburgh Castle or Royal Yacht Britannia.

Eve: Optional dinner at the Scotch Whisky Experience.

Day 4: Edinburgh / Aberdeen

(Mon, 22 June) **B D**

Am: Drive via Dunfermline Abbey, where Robert the Bruce is buried. Today there is a three-dimensional digital model of the Bruce tomb in the Abbey Church. Continue to visit Glamis Castle, the childhood home of the Queen Mother. This region is also home to several famous Scottish golf courses.

Pm: Arrive in Aberdeen and check in to the Sandman Hotel.

Eve: Talk, presentation and poetry recitals from orthopaedic surgeon, Tom Scotland, on Aberdeen's strong military medical legacy and the medical advances of the First World War.

Day 5: Aberdeen / Inverness

(Tues, 23 June) **B D**

Am: Tour of Aberdeen Medical University, where medicine has been taught since the founding of King's College in 1495. The formal medical school dates from 1787.

Pm: Drive along the beautiful route of the Moray Firth across the highlands to Inverness and transfer to the Best Western Palace Hotel.

Day 6: Inverness (Wed, 24 June) **B L**

Am: Explore the haunting Culloden Battlefield with a local expert and learn about wound care employed in the aftermath of battle, using local plants such as bog myrtle for antiseptic and anti-inflammatory properties, Scots pine resin for salves, yarrow to stop bleeding, and comfrey and borage for cleansing and healing.

Pm: Take a cruise along Loch Ness, famously home to Nessie, the Loch Ness monster,

and visit the romantic ruins of Urquhart Castle.

Day 7: Inverness / Plockton

(Thurs, 25 June)

B **Tea**

Am: Travel to Loch Ewe, rich in naval history, and visit the small museum. Meet a member of the Russian Arctic Convoy Project to hear about the Convoys.

Pm: Take tea with the Lady Laird of Attadale House and visit the famous gardens. See Eilean Donan Castle, situated on a small tidal island where three sea lochs meet - Loch Duich, Loch Long and Loch Alsh.

Eve: Overnight in Plockton village.

Day 8: Plockton / Skye / Arisaig

(Fri, 26 June)

B **D**

Am: Cross the Kyle of Lochalsh and explore the breathtakingly beautiful Isle of Skye, the largest of the Inner Hebrides Islands and known for its dramatic landscapes.

Pm: Take the ferry from Skye to Mallaig and drive to Arisaig, a village on the west coast of the Scottish Highlands, looking out over Eigg and Rhum islands.

Eve: Dinner at the Arisaig Hotel.

Day 9: Arisaig (Sat, 27 June)

B

Am: A full day at leisure in beautiful Arisaig. Options include a day trip via ferry to Eigg, a wildlife boat trip from nearby

Mallaig along the coast, sea kayaking, or golf at Traigh Golf course.

Day 10: Arisaig / Glasgow

(Sun, 28 June)

B **D**

Am: Drive down the west coast to see the famous Glenfinnann Viaduct. Continue to Fort William. Drive past Ben Nevis to Glencoe and learn of its tragic history.

Pm: Drive through the Trossachs National Park and along the shores of Loch Lomond and arrive in Glasgow. Visit the Hunterian Museum for a guided tour of their medical historical collection with Cat Irving. Transfer to the Clayton Hotel.

Day 11: Glasgow (Mon, 29 June)

B **D**

Am: Walking tour through the old city of Glasgow, including a visit to the Royal College of Physicians and Surgeons of Glasgow with its excellent library.

Pm: At leisure. Options to visit Kelvingrove Art Gallery, the Burrell Collection and beautiful Mackintosh House.

Eve: Farewell dinner.

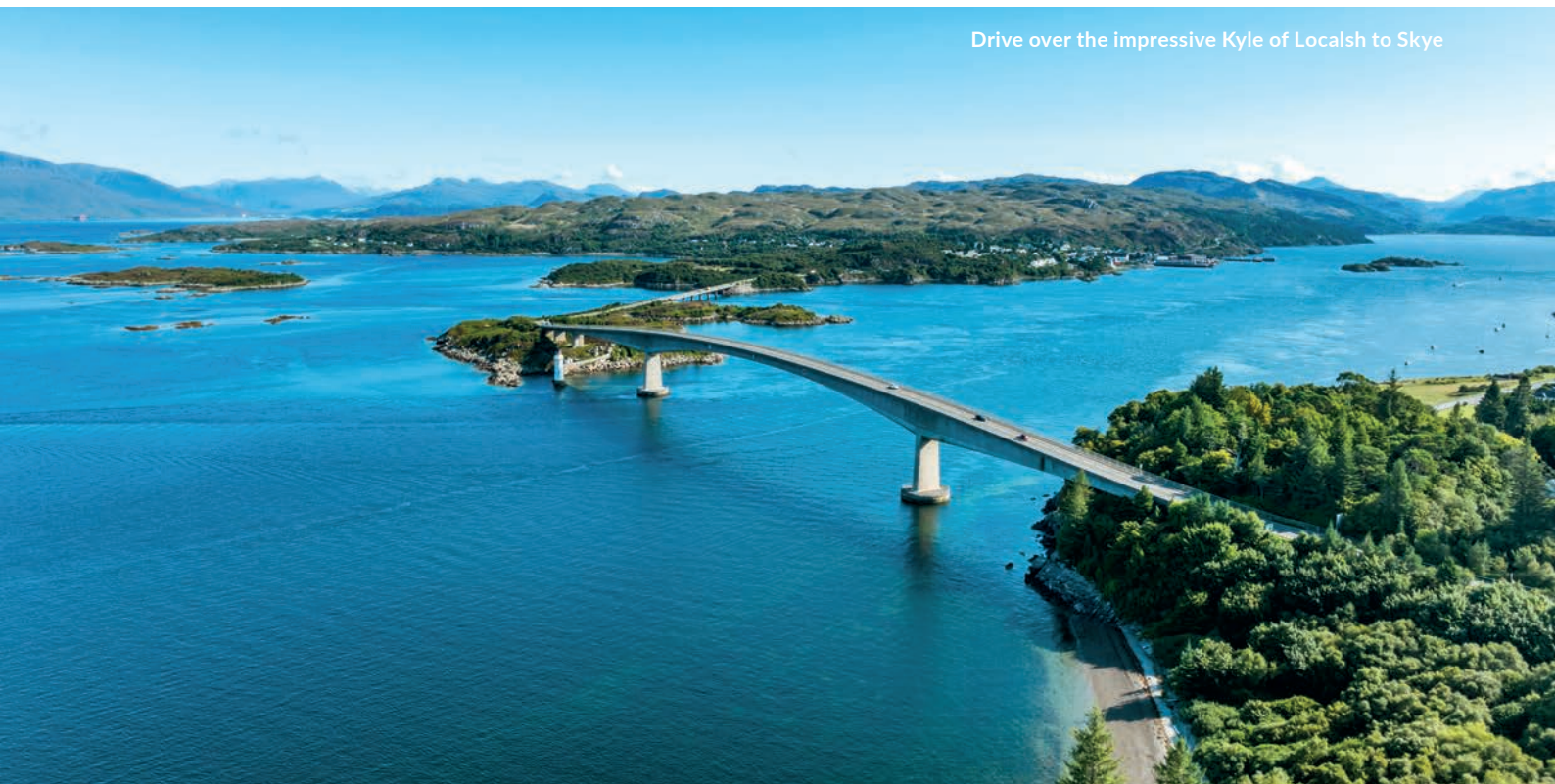
Day 12: Glasgow (Tues, 30 June)

B

Am: Depart the hotel after breakfast.

All itineraries are subject to change according to local conditions.

Drive over the impressive Kyle of Localsh to Skye





Plockton

Hotels

Ten Hill Place Hotel, Edinburgh

This stylish hotel is part of the Royal College of Surgeons of Edinburgh and is one of Edinburgh's most desirable city centre hotels, providing exceptional customer service. Amenities include a wine bar and restaurant that provide the best quality Scottish produce and Corney and Barrow wine.

Sandman Signature Aberdeen Hotel & Spa

Located in one of Aberdeen's historic buildings in the heart of the city, Sandman Signature Aberdeen Hotel provides elegant, luxurious accommodation close to key attractions. Hotel facilities include the Signature Spa, a fully equipped fitness room and a restaurant.

Best Western Palace Hotel, Inverness

Enjoy panoramic views of the River Ness and Inverness Castle from the comfort of the beautiful Best Western Inverness Palace Hotel & Spa. Stay in pleasant, contemporary rooms and relax in the leisure club, excellent swimming pool and spa.

Plockton Inn, Plockton

A long-established inn in the heart of the picture-perfect fishing village of Plockton, known as the 'Jewel of the Highlands', Plockton Inn has an excellent reputation for serving the freshest seafood alongside local ale and whisky and a well curated wine list. It offers cosy, well appointed 'home away from home' accommodation, with a full Scottish breakfast served in the dining room.

Arisaig Hotel, Arisaig

This small-scale, welcoming hotel is located at the heart of the village, overlooking Loch nan Ceall. It is an access point to the region's glorious white sand beaches and the Isles, with cosy rooms, locally sourced produce and a lively pub scene.

Clayton Hotel, Glasgow

This new 4-star hotel on the banks of the River Clyde offers a comfortable and stylish space where historic charm meets contemporary amenities. All bedrooms are air-conditioned and include King Koil mattresses, HD TVs with Chromecast and complimentary use of the fitness suite. The hotel bar and restaurant offer a relaxed dining experience.



Elegant Edinburgh at sunrise (top); Attadale House;
The Royal College of Surgeons Edinburgh;
The ruins of Urquhart Castle (above)

The cost of the tour is £3,990 per person sharing

The cost of the tour with a room to yourself is £4,982

The cost includes:

- Eleven nights' accommodation in twin or double-bedded rooms in medium grade hotels
- The services of a tour leader, Heather McFall
- The services of specialist guides and speakers throughout the tour
- Breakfast daily and meals as per the itinerary
- All internal transport services, including island ferries
- A full programme of cultural visits, excursions and activities as detailed in the itinerary
- All admission fees, tips and taxes

The cost excludes:

- Travel to and from Scotland and arrival and departure transfers
- Meals not mentioned
- Drinks with meals
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; travel insurance and visas (if required)



Edinburgh from Holyrood Park

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Drive through the magnificent Trossachs (top); Culloden Battlefield; The Old Man of Storr, Skye; Glasgow (above)



**JON BAINES
TOURS**

