



KURING-GAI DISTRICT
MEDICAL ASSOCIATION

KDMA 47th ANNUAL CONFERENCE



30th September – 9th October, 2024



Please join KDMA in stunning Scotland for the KDMA 47th Annual Conference from 30th September to 9th October, 2024. I spent a year living and working in Scotland, so I look forward to visiting again with you all as well as with my husband, Jim, and daughter, Oonagh. The conference is during the October school holidays so that families can participate. There will be fabulous activities that will run for partners and children on conference days.

We start the conference in Glasgow, Scotland's largest city with a perfect mix of culture, history and sophistication. A highlight here will be dinner at the Royal College of Physicians and Surgeons.

We will then travel to the Highlands visiting the newly restored Stirling Castle on the way, then staying at the famed Ness Walk. There are many major tourist attractions such as Urquhart Castle, Culloden Battlefield and Fort George in this area. Perhaps we will be lucky enough to catch a glimpse of Nessie on our cruise on Loch Ness!

After a few days of history, stunning scenery, great food and company, we will travel to Edinburgh, where there is indeed more history to explore along the cobbled streets. The Farewell to Scotland Dinner is to be held aboard the Royal Yacht Britannia, where we will eat in the State Drawing Room where the late Queen hosted many a distinguished guest.

Of course, you will also enjoy KDMA's usual high-quality conference sessions with presentations from a mix of specialities.

Please take your time reading this brochure for all the details, and I look forward to seeing you all in Scotland.

Dr Pecky De Silva
KDMA President 2024

Day 1 - Monday 30th September 2024

Delegates arrive in Glasgow and will be transferred to the Kimpton Blythswood.

Welcome dinner

Accommodation: Kimpton Blythswood Glasgow

(D)

Day 2 - Tuesday 1st October 2024 - Glasgow discovery tour

Glasgow is the largest city in Scotland and one of the most vibrant cities in Europe.

There is no better way to discover Glasgow and enjoy all the leading attractions of the city than from the world famous and historic vintage bus.

Enjoy a little bit of Charles Rennie Mackintosh Scottish art history during your afternoon tea at the Willow Tea Rooms.

Enjoy dinner in the magnificent surroundings of the Royal College of Physicians and Surgeons.

Accommodation: Kimpton Blythswood Glasgow

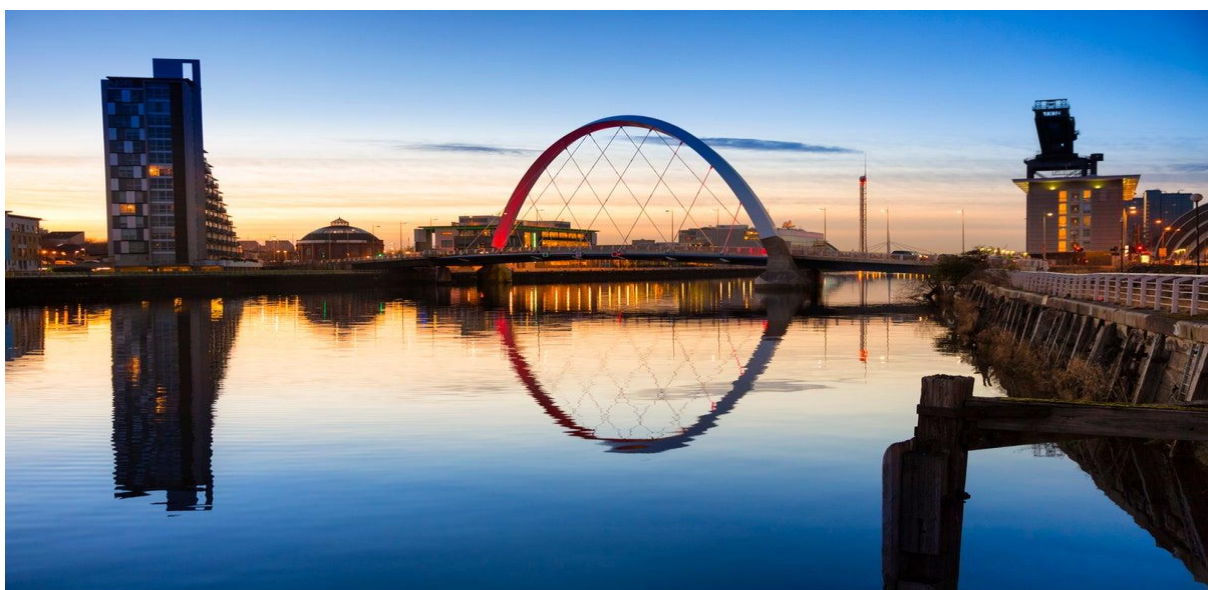
(B,L,D)

Day 3 – Wednesday 2nd October 2024 – Glasgow to Ness Walk

Leaving Glasgow behind, today you travel to the stunning Highlands and to the shimmering lochs, breathtaking mountain scenery and to historic castles and secret glens. Your first visit will be Stirling Castle. By stepping inside you will learn about the most important battles in Scottish history. Prior to arriving at your final destination, you will stop in Pitlochry, one of Scotland's most beautiful and vibrant places to visit.

Accommodation: Ness Walk Inverness

(B,L,D)



Day 4 – Thursday 3rd October 2024 – Academic program

Full day conference session

Partner and children's programs available on request.

Dinner: Ness Walk

Accommodation: Ness Walk Inverness

(B,L,D)

Day 5 – Friday 4th October 2024 – Highlands

Today you will visit the iconic Urquhart Castle, one of Scotland's most popular attractions. It's easy to fall in love with the atmospheric beauty of Urquhart Castle which sits on Strone Point, a rocky peninsula on Loch Ness.

Sit back, relax and take it all in. Enjoy the beauty of Loch Ness in all its wonder during a 50 minute cruise. The perfect way to experience the sights, wildlife and history of the famous loch.

Accommodation: Ness Walk Inverness

(B,L,D)

Day 6 – Saturday 5th October 2024 – Highlands

Take in some of the most important historical sites in the North of Scotland.

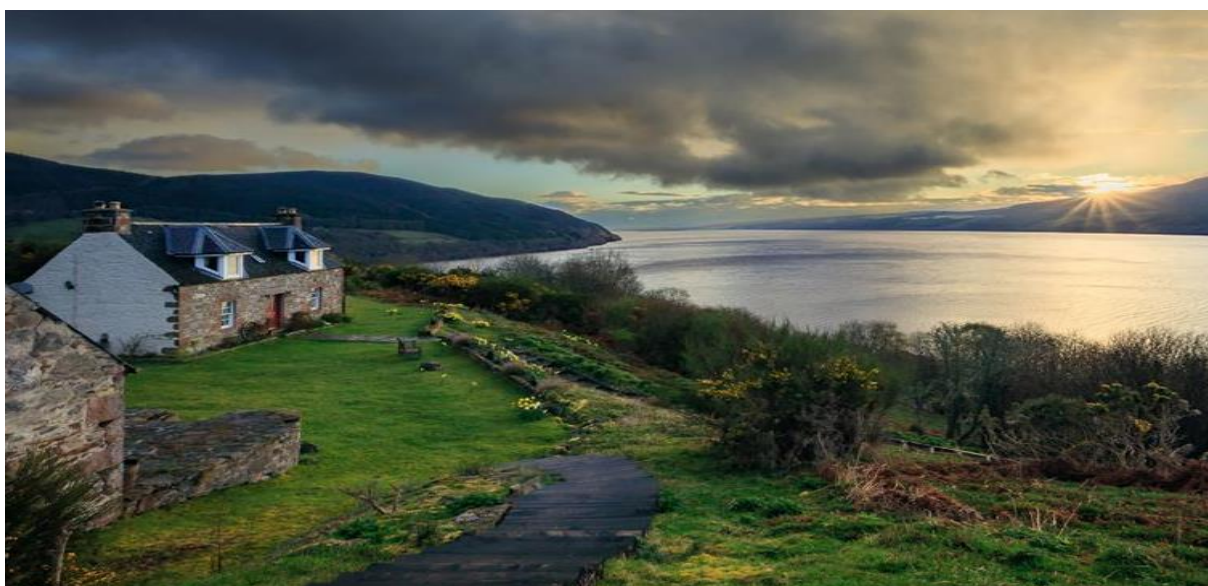
A guided tour of Culloden Battlefield, a powerfully moving site of the final Jacobite Rising – the last and most harrowing pitched battle to be fought on British soil.

Followed by a visit of Fort George, the mightiest artillery fortification in Britain.

Visit Johnston's of Elgin's Hawick Mill on the banks of the River Teviot. Experience for yourself one of the Border's defining industries and see where cashmere and fine woollens are knitted, and hand finished by local craftspeople.

Accommodation: Ness Walk

(B,L,D)



Day 7 – Sunday 6th October 2024 – From the Highlands to Edinburgh

Take a scenic drive from the Highlands to Edinburgh.

You will enjoy a visit of Aberfeldy Distillery. The pursuit of Scotch whisky perfection began in 1898, when the distillery first produced the beautifully balanced single malt whisky at the heart of the Dewar's blend.

Enjoy dinner at Whiski Bar & Restaurant, a stunning multi award-winning whisky bar and Scottish restaurant on the Royal Mile, full of character and with a brilliant atmosphere.

Accommodation: Waldorf Astoria

(B,L,D)

Day 8 – Monday 7th October 2024 – Edinburgh – Academic program

Full day conference session

Partner and children's programs available

Dinner at Fazenda Restaurant. Fusing the sophistication and style of the modern interior and the authentic rodizio experience, Fazenda offers an amalgam of Scotland's heritage and South American tradition.

Accommodation: Waldorf Astoria

(B,L,D)

Day 9 – Tuesday 8th October 2024 – Edinburgh – Day at Leisure and Farewell Gala

Enjoy your free time in Edinburgh. A charming city that fuses history with innovativeness, ancient traditions, and centuries-old castles with contemporary museums and art galleries, Scotland's capital is a buzzing hive of historical discovery and new-world charm.

Farewell to Scotland dinner on board The Royal Yacht Britannia, a once-in-a-lifetime experience. The majestic State Dining Room was where Queen Elizabeth II entertained world leaders, political figures and famous faces. With its white panelled walls adorned with gifts received during state visits, it represents the ultimate lavish event.

Accommodation: Waldorf Astoria

(B,D)



Day 10 – Wednesday 9th October 2024 – Edinburgh – Departure Day

Check out after breakfast

As you all have different international and intra - European flights, please liaise with ABC Travel to confirm your individual transfers and outbound flights.

(B)

Cost: £6,200.00 p.p. based on twin share

Conference Inclusions:

- 9 Full gourmet breakfasts, 7 lunches, 9 dinners inclusive of beverages and alcohol during dinner
- Deluxe airport transfers
- 9 nights Luxury accommodation
- Luxury transport
- Intrinsic cultural tour program & VIP/Exclusive life experiences as per the itinerary
- Motivating academic program
- Highly qualified and knowledgeable tour guides throughout with local expertise

Hotels:



Kimpton Blythswood Square Hotel

11 Blythswood Square, Glasgow G2 4AD, United Kingdom

Tel: +44 141 248 8888

Ness Walk

12 Ness Walk, Inverness IV3 5SQ, United Kingdom

Tel: +44 1463 215215

Waldorf Astoria Edinburgh

Princes St, Edinburgh EH1 2AB, United Kingdom

Tel: +44 131 222 8888

POST – CONFERENCE TOUR

Experience the best of Scotland's islands, each of which boast their own unique character. From little-known gems to the most northerly places in the British isles, the Scottish islands are an experience to treasure. With over 790 islands (only about 94 of these are permanently inhabited) off the Scottish coast, it can be overwhelming to choose the perfect one and ABC Travel has customised 2 amazing itineraries on Shetland and Skye. They are staples in many Scotland itineraries and frequently find themselves on the top list of places to visit in Scotland.

Appreciate the natural beauty, Old Norse heritage, great bird watching, diverse scenery and UNESCO-worthy prehistoric sites of this remote region on Shetland Island.

Or explore the majestic scenery of this famed island including the stunning Cuillin Hills and the lunar landscape of Trotternish. The Isle of Skye is Scotland's best-known island with great reason!



PROGRAM 1 - SHETLAND

9TH - 12TH October 2024



Busta House Hotel

Nestled amidst the captivating landscapes of Shetland, the Busta House Hotel stands as a timeless gem offering an extraordinary stay. This historic establishment, originally a 16th-century laird's mansion, exudes an air of elegance and charm. With its traditional architecture and cosy interiors, the hotel provides a warm and welcoming atmosphere for guests. The tranquil surroundings of the hotel, overlooking stunning gardens and picturesque views, create a serene ambiance. The Busta House Hotel is not only a haven for relaxation but also a culinary delight, boasting a renowned restaurant that serves delectable local cuisine crafted from fresh, seasonal ingredients. Whether seeking a peaceful retreat or a base to explore the wonders of Shetland, the Busta House Hotel offers an unforgettable experience that blends comfort, heritage, and natural beauty.



DAY 1 - Wednesday 9 October

A 'VIKING' INSPIRED WELCOME | JARLSHOF | LERWICK WHISKY DISTILLERY

08.45 arrival at Sumburgh Airport

Morning cultural visit to Jarlshof Prehistoric and Norse Settlement

for a cultural visit. Delve into more than 4,000 years of human settlement in the same location. Neolithic people first settled at this site in Shetland around 2700 BC, and it remained in use until the AD 1600s.

Enjoy coffee and delicious home-made cake at Sumburgh Head Lighthouse.

Visit to Lerwick, the capital of Shetland since 1708 where you will partake in a guided walking tour around this distinctive and quaint working town. Today you will also visit Lerwick Single Malt Distillery producing Shetland Single Malt Whisky, a first for Scotland's most northerly, wild and weathered outpost.

Transfer north to check in at Busta House Hotel

Dinner in hotel and relax in the bar

Accommodation: Busta House Hotel



DAY 2 – Thursday 10 October

ISLE OF YELL & UNST | HAROLDSWICK | SHETLAND REEL GIN

Unst is the ultimate Shetland destination - the absolute end of every Great North Road in Britain, it has the northernmost of everything. It is also one of the most spectacular, varied and interesting islands in Europe. It is thought to be the first footfall of Vikings in the North Atlantic. There are the remains of at least 60 longhouses, the highest density of rural Viking sites anywhere, including Scandinavia

Yell is one of the three 'north isles' and the second largest of all the Shetland Islands. Covering 83 square miles, there's a huge variety of coastal scenery and beautiful beaches, wild moorland, small settlements, birds, seals and wildflowers, and history old and newer to explore.

Travel north by road with 2 ferry crossings during this journey, stopping also for coffee on route

1. Ferry from Toft to Ulsta (15 mins)
2. Ferry from Gutchen to Belmont (10 mins)

Late morning visit to Viking Unst at Haroldswick, where The Skidbladner (full size replica of a Gokstad ship), and the Viking Longhouse reconstruction are among the highlights

Lunch in Victoria's Vintage Tea Rooms

Afternoon visit of The Saxa Vord Distillery, home to the award-winning Shetland Reel Gin and the most northerly distillery in the UK.

On route back to the hotel you will stop in a local pub dinner local folk music performance

Accommodation: Busta House Hotel



DAY 3 - Friday 11 October

ESHANESS CLIFFS | VOLCANO TRAIL | TANGWICK HAA MUSEUM

Today you head to the "wild west" of the mainland to enjoy some fresh air, magnificent views and an abundance of history.

A must-see when in Shetland, the cliff scenery at Eshaness is truly spectacular with great walks along the coast. Eshaness is also Shetland's volcanic coast with fantastic geology.

Morning walk along the Eshaness Cliffs and Volcano Trail to explore, see and learn of this area with its turbulent volcanic past and dramatic beauty. The area around Eshaness is geologically fascinating; the cliffs show a series of lava flows dating back millions of years to a landscape of volcanoes, fire and lava.

Afternoon visit to Tangwick haa Museum where you will discover the story of Northmavine and its people inside this former laird's house which dates from the late 1600s.

Return late afternoon to the hotel and enjoy some time at leisure

A Final Fling!

Dinner in house with entertainment to include local storytellers dressed as Vikings and a small group of young champion fiddlers from the Island.

Accommodation: Busta House Hotel

DAY 4 – Saturday 12 October

Early check out and depart hotel at 07.00

Check in at Sumburgh for 09.15 flight back to Edinburgh



PROGRAM 2 - SKYE

9TH - 12TH October 2024

OCTOBER 2024



Cuillin Hills Hotel, Portree

Situated within in the charming town of Portree, the Cuillin Hills Hotel is a peaceful sanctuary, set against a backdrop of Island's natural beauty. Once a grand mansion, it's now an inviting hotel, offering captivating views of the harbour and to the awe-inspiring Cuillin Mountains. Each room exudes warmth and tranquillity, adorned with tasteful decor that whispers stories of the island's rich heritage. The hotel's restaurant is a gastronomic delight, serving delectable local cuisine as you dine with an unmatched panoramic view. Outside, the lovely gardens are perfect to enjoy an evening walk. Whether you're an adventure seeker keen to explore Skye's rugged landscapes, or a dreamer yearning for serene moments, the Cuillin Hills Hotel is a remarkable home away from home.



DAY 1 - Wednesday 9 October

THE HIGHLANDS – LAGGAN – EILEAN DONAN CASTLE - SKYE

Today we set off early from Edinburgh and begin our journey north, passing through the Kingdom of Fife, bypassing Perth and driving through the Highland Perthshire

A short stop at the beautiful village of Dunkeld for Coffee and freshly made pastries from the Aran Bakery and a short walk along the banks of the mighty River Tay. Travel Northbound , passing the Highlands town of Pitlochry and Blair Atholl, with views of the iconic Blair Castle. A visit to The House of Bruar, for some amazing shopping and lunch.

Continue north through the Cairngorm National Park before turning west at the village of Dalwhinnie, passing by its distinctive old distillery, the highest in Scotland. Admire the landscape transforms as it transforms into a patchwork of lochs and glens, unveiling the rugged beauty of the Scottish Highlands.

A short visit of the legendary Eilean Donan Castle, seat of Clan Mackenzie.

Pass Loch Alsh, offering wonderful views to Skye and its imposing Cuillin Mountains, before the short bridge crossing onto the Island.

Admire the stunning views enroute, the ruined castle fortress called Caisteal Maol, the small communities and the beautiful Island of Raasay. Your final stop today is Portree, the vibrant capital of the Isle of Skye, with its colourful harbour.

Dinner in hotel and relax in the bar

Accommodation: Cuillin Hills Hotel



DAY 2 – Thursday 10 October

DUNVEGAN CASTLE| OYSTER SHED | TALISKER DISTILLERY| OLD MAN OF STORR SUNSET

Any visit to the Isle of Skye is incomplete without enjoying the wealth of history and clan MacLeod legend on offer at award winning Dunvegan Castle & Gardens.

A lovely stop at Carbost, the largest settlement on the Minginish peninsula. It is best known for the Talisker distillery, which has dominated the wide valley since it was built in 1831.

No visit to Skye would be quite so memorable without a short walk to the Oyster Shed. A local family business, with fresh oysters harvested daily from their farm in Loch Harport, the Oyster Shed serves freshly shucked and cooked Oysters with beautiful views of the Cuillins. Their farm shop has an extensive range of quality produce from Skye, the Highlands and the Islands, including fresh crab, lobster, mussels, oysters, venison and cheese.

Discover the Talisker distillery, the oldest working distillery on the Isle of Skye which is set on the shores of Loch Harport with dramatic views of the Cuillins.

Weather permitting tonight you will visit The Old Man of Storr. Arguably the most famous site of the Isle of Skye. Offering spectacular rock stacks and prehistoric landscapes, you will try and catch a glimpse of these beautiful formations at sunset...perhaps with a "wee dram".

Dinner at a typical local pub

Accommodation: Cuillin Hills Hotel



DAY 3 - Friday 11 October

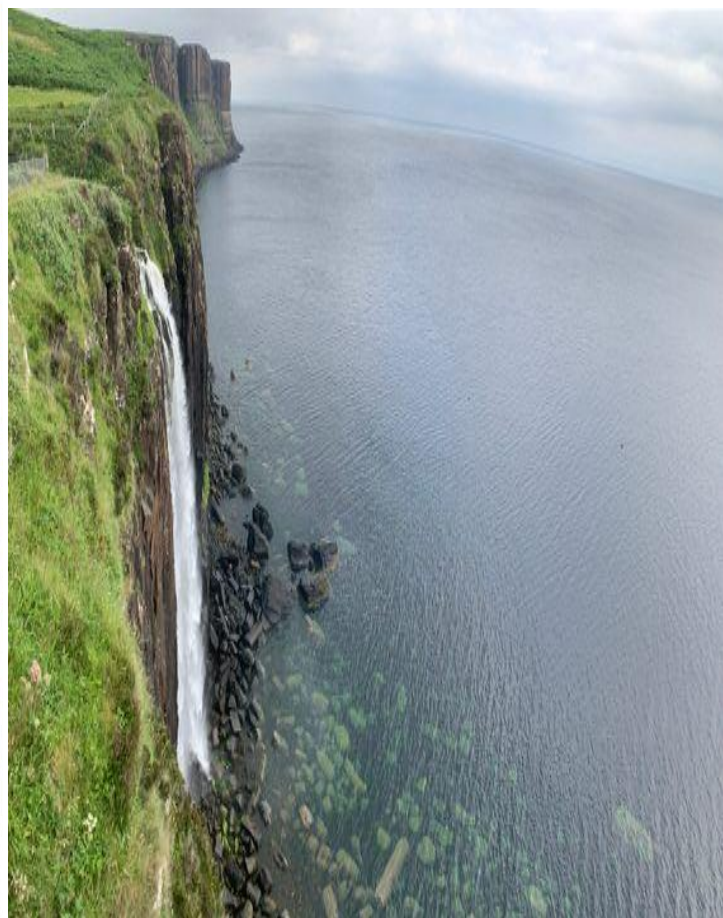
FAIRY GLEN | MUSEUM OF ISLAND LIFE| KILT ROCK & MEALT FALLS

Travel to Uig a small village on the west coast of Skye, best-known as the departure point for regular ferry service to the Western Isles. Take a short walk up and around Fairy Glen, a lesser-known attraction on the Isle of Skye. It's also one of the cutest places on the island to explore.

Visit the museum of Island Life and step back in time to an old Highland village. The museum offers visitors a unique experience and a true insight into island life a 100 years ago. This award winning attraction is a must for all visitors to the beautiful Isle of Skye.

Kilt Rock is a sea cliff in north east Trotternish Peninsula. It gets its name from the pleats said to resemble a kilt, with vertical basalt columns that form the pleats and intruded sills of dolerite forming the pattern. Adjoining it are Mealt Falls which fall dramatically 55m from the clifftop into the sea. Kilt Rock and Mealt Falls are definitely worthy of a stop and photo opportunity and a tasting of local gin, made on the Isle of Raasay.

Return later in the afternoon to then enjoy some time to explore and enjoy Portree
A Sumptuous Scottish Dinner in local restaurant followed by live and local folk music in the local pub, will complete this wonderful stay on the Island
Accommodation: Cuillin Hills Hotel



DAY 4 – SATURDAY 12 October

FERRY TO MALLAIG | GLENFINNAN VIADUCT & STEAM TRAIN | PORT APPIN | LOCH FYNE

After checking out you travel to the small ferry port of Armadale to board the morning ferry to the fish port of Mallaig on the mainland and wave goodbye to Skye!

You will through some of the most breathtaking scenery in Scotland to Loch Shiel and the Glenfinnan Monument. You will enjoy a stop and a short walk up towards the famous Viaduct where the Harry Potter Steam Train will pass over at exactly 10.45am!

Along the way you will travel through Fort William and past Ballachulish, the iconic and isolated Castle Stalker. Enjoy lunch at The Pierhouse Restaurant , a hidden gem.

A welcome coffee break and short stroll around the village of Inveraray as you make your way back to Edinburgh.



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Whilst every effort is made to operate as per the schedule, the itinerary may be subject to change due to circumstances beyond our control.

Travel Insurance

Travel insurance is strongly RECOMMENDED. Travel Insurance has not been included in the Conference costs.

