

Welcome Aboard!



Joining instructions and helpful information about your cruise on the MV Monadhliath.

Hebridean Adventures Ltd

22 North Beach, Stornoway, Isle of Lewis, HS1 2XQ, Scotland

Telephone: +44 (0) 7871 463755

Email: info@hebrideanadventures.co.uk



What's included in your cruise

- Full board and accommodation are included in the price of your holiday whilst on the boat, plus any hotel nights advertised.
- Drinks such as tea and coffee are included, as well as mineral water – please just ask your chef. Two complimentary bottles of wine will be placed on the table during the first evening meal, thereafter guests are welcome to purchase more from the bar. We shall keep a list of purchases made by guests to be settled at the end of the cruise please. We can only accept cash on board but there are cashpoints nearby in the harbours.
- Guests may bring their own favourite alcoholic or soft drinks within reason.
- All your meals plus snacks such as cakes, biscuits etc. are included. If you have any food allergies or strict dietary requirements, please let us know as soon as possible if you have not already. We are very happy to cater for these if you give us details in advance of your cruise so we can supply appropriately while in port.
- Bed linen is provided.
- You are not required to contribute towards boat expenses such as berthing fees, etc.
- If we visit an attraction such as a garden, museum, or castle where there is an entrance fee, this is generally not included in the price unless specified so you may wish to bring some extra cash just in case. It must be said, however, that this doesn't happen very often as we prefer to visit places that are "off the beaten track".

What to bring

- **Clothing** - Bring sensible layered clothing and footwear (such as walking boots or stout shoes) including waterproofs/windproofs and hats/gloves for shore visits, and for time spent on deck. Wellingtons are not essential unless you like to wear them for walking. Footwear may get wet during any beach landings, but you can always go ashore barefoot carrying shoes. Dress is informal (no dressing for dinner). Bring soft shoes or slippers for down below in the cabins. If you'd like to buy yourself a souvenir t-shirt or sweatshirt to remind you of your trip or to wear on it, please [click here to shop!](#)
- **Luggage** – Please do not bring hard-sided suitcases. Space is limited in cabins, and you'll have more space if you bring soft bags which will stow away more easily than suitcases.
- **Towels & Toiletries** – Make sure you bring your own towel please along with whatever toiletries you need on and don't forget your toothbrush!
- **Electronics** - You are welcome to bring laptops, cameras, and other devices. There are "regular" 240v power sockets in your cabin for charging batteries, etc. We don't have hairdryers, but feel free to bring your own which can be used whenever the engine/generator is running.
- **Binoculars** – We do have a selection of scanning binoculars on board for our guests plus a pair of top-quality Swarovski Optik binoculars that you will be able to try out and share with your fellow guests thanks to our partnership with this market-leading brand.
- **And...** - We have a small library aboard the Monadhliath including wildlife identification guides, books on Scottish Islands and maps, but feel free to [bring your own books, guides or maps](#), sketchbooks, paints, fishing rods (if they fold down) etc; whatever will enhance your holiday. Also consider sun lotion, sea-sickness tablets, midge repellent and sunglasses.

Where will we go?

You will have seen the itinerary for your cruise online when you booked, which outlines where we plan to visit, depending on the weather and other sea conditions. The skipper will brief you each day on the

possibilities for that day depending on the weather. Experience has shown that it is best to be flexible though we know you have been attracted by the destinations that we hope to visit on this cruise. You will certainly see some fabulous scenery, a variety of interesting and exciting sea life, wildlife and birds, venture on some "out of the way" walks and visit some beautiful places that are hard to reach by other means

Seasickness

A small number of guests do sometimes get seasick and as we want you to enjoy your holiday, we may alter our route if our original plans will force us into heavy seas. It's always a good idea to come prepared for possible seasickness. Bring tablets with you and then you probably won't need them! Most of our passengers seem to favour "Stugeron" or "Kwells", or for some people who may prefer avoiding over the counter medicines, they find the acupuncture wristbands available in chemists or the more expensive battery-powered acustimulation bracelets can work.

Midges

Midges are not a problem while at sea but during the summer months, you may encounter them if you go walking on any of the islands. Some islands are more prone to midges and the crew will advise you on this. You are advised to take suitable precautions such as covering up or applying repellent creams/lotions.

Contact with the "outside world"

- **Mobile phone signal** - You will pick up an occasional mobile signal in some areas, usually when we are closer to the mainland, and on some bigger islands. There is no signal on some of the more remote areas (including St Kilda) so you may be 2 or 3 days without any contact.
- **WiFi** – There is no WiFi on board. You may occasionally be able to use free WiFi on some islands.
- **Tracking our progress** – The Monadhliath is fitted with a ship tracking system, so your family and friends can follow your progress during your cruise by logging onto www.marinetraffic.com and typing "Monadhliath" in the search box. This will show the boat's precise location in real time.
- **Emergencies** - Feel free to give friends or relatives at home our contact numbers and tell them they may reach you via these numbers. In an emergency the vessel can also be reached via the Coastguard so make sure they have the name – **Monadhliath**. Should you be unexpectedly called home we will drop you at the nearest port where there is public transport or where you can get a taxi. In the unlikely event that this should occur, we will be as helpful as we possibly can be.

Covid 19 protocols

To mitigate any risks of infection transmission, the following protocols are in place:

- It is recommended that all guests take a lateral flow test prior to joining the cruise.
- All crew will take regular Covid tests.
- All cabins will be sanitised after each cruise by our crew or cleaning teams.
- Regular hand washing is encouraged, and anti-bacterial hand sanitiser will be provided onboard for use by guests and crew.
- All surfaces of the boat will be wiped down with disinfectant, including saloon, galley, toilets, door handles and handrails, on a regular basis each day by the crew.
- Waste bins, especially paper hand towels, will be regularly emptied.

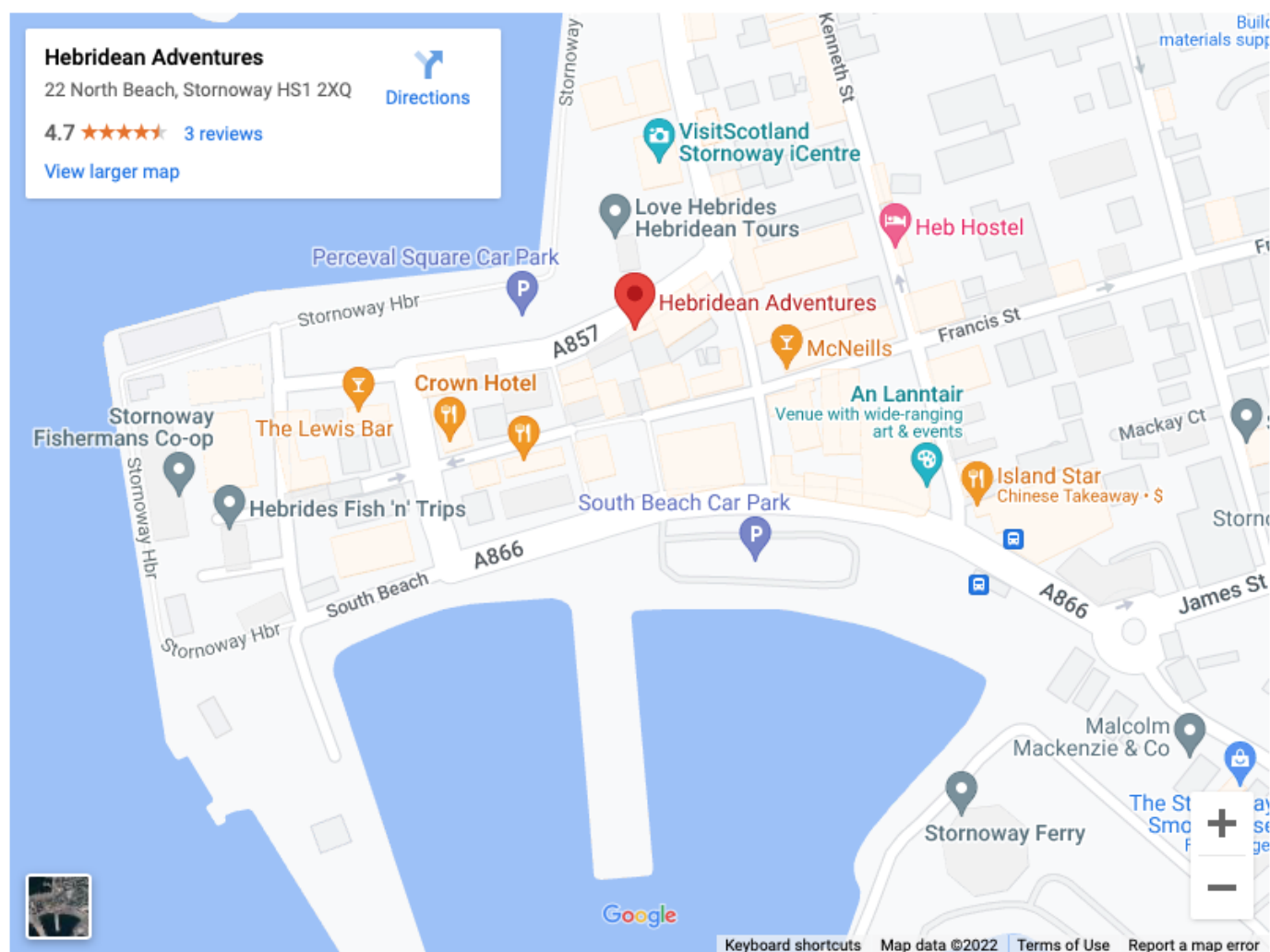
- All lifejackets will be sanitised before and after use. You will be allocated a numbered lifejacket by the crew at the start of the cruise to use throughout the cruise.
- Face masks are still recommended when entering many shops in Scotland if you go ashore but it is up to the individual, so please bring your own face mask if you feel you will need one.
- Guests will be reminded to follow relevant Scottish government guidance whilst ashore and respect that some small island communities are still cautious in welcoming visitors.

General Safety

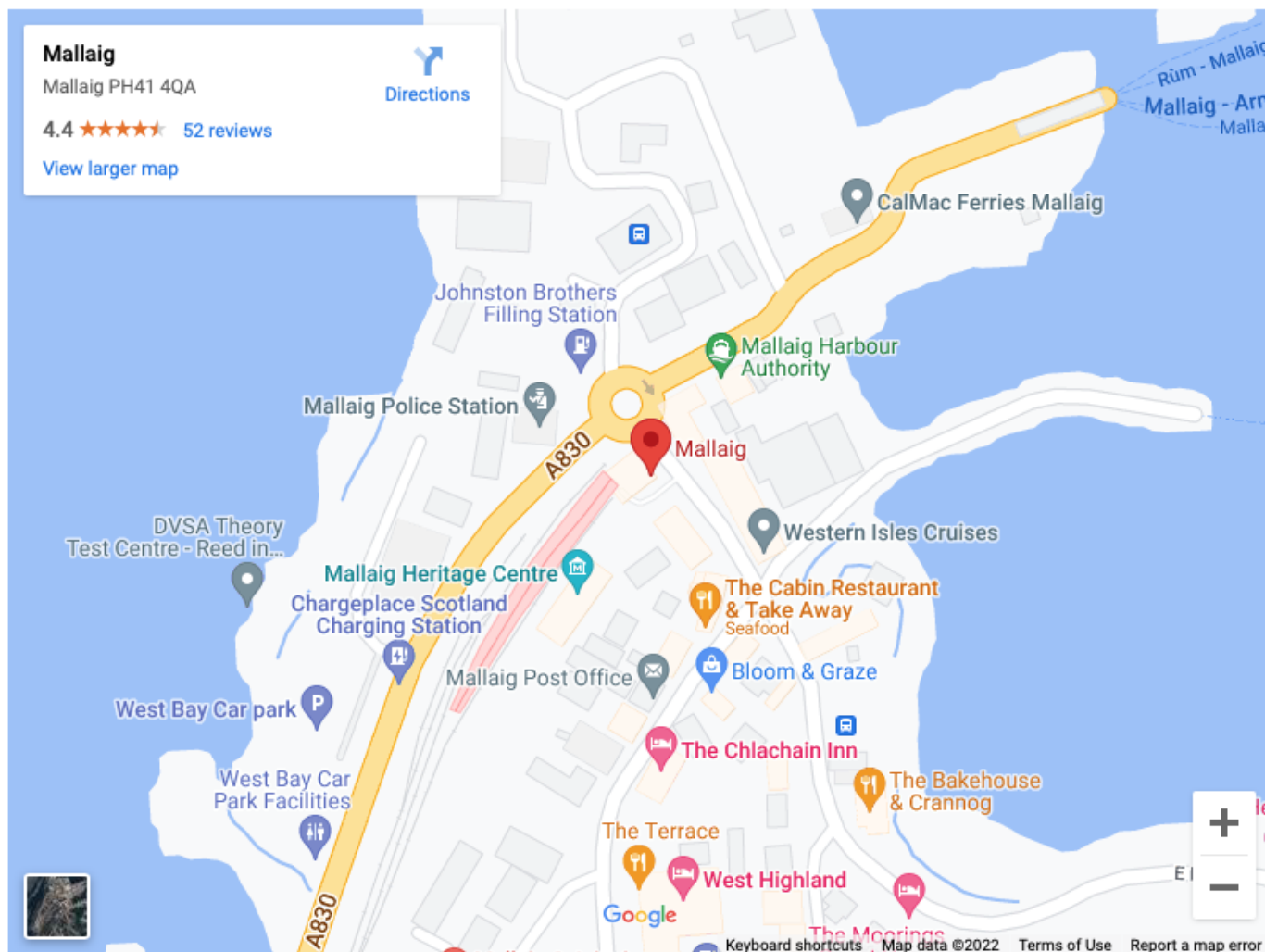
- It is very important that everyone has a responsibility to act safely when on board the boat and to respect other passengers and crew during our trips.
- Please let our crew know if you see anything that might cause concern while onboard immediately, so that it can be addressed.

Meeting Points

Departures from Stornoway - Guests are asked to meet our guide at our small shop on 22 North Beach, Stornoway, HS1 2XQ for 2pm on departure day.



Departures from Mallaig - Guests are asked to meet our guide outside Mallaig train station for 2pm on departure day.



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