

Northern Isles Fibre Adventures

with Elizabeth Lovick

*Below are the DEFINITE DATES AND PRICES for 2010 Adventures.
I strongly suggest that if you are thinking about coming on any, you join the Yahoo group, where lots of useful info will be posted over the coming months, and discussion about the exact programmes will take place.*

<http://groups.yahoo.com/group/NIFA2010/>

PLEASE READ THIS NEXT BIT CAREFULLY!!

IF TRAVELING FROM ABROAD, YOU MUST HAVE A NIGHT ON THE SCOTTISH MAINLAND BEFORE CROSSING OCEANS – WEATHER HAPPENS AND FILGHTS GET CANCELLED IN SUMMER AS WELL AS WINTER.

The exact terms and conditions come later, but basically YOU are responsible for travel insurance....

I AM NOW TAKING FIRM BOOKINGS! If you know definitely which adventure you want to do, email me on lovick@freeuk.com and tell me exactly what you want to do and how many people.

NOTE THAT I WILL NOT BE ABLE TO BE DEFINITE ABOUT ISLAND DATES UNTIL THE NEW TIMETABLES. **The islands mentioned will be visited, but may be in a different order.**

The Old Harbour Master's House

The house, built in about 1660, has recently been completely refurbished to the highest specifications.

Facilities include:

a large library of knitting and spinning books
a shelf of books about Orkney and Shetland, past and present
5 or 6 spinning wheels
a (very) large collection of many types and sizes of spindle
knitting needles of all makes and sizes, including Signature Arts
three networked computers systems, all with internet access, plus WiFi throughout the house
a huge stash of all types of fibre and yarn

Knitting classes will tend to happen downstairs and the **spinning wheels** are upstairs. There is a **seating area** upstairs so you can knit while others spin. There is a **toilet** on each floor.

Northern Isles Fibre Adventures

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NIFA trips are adventures, not hotel tours! They are built for fibre fanatics, who want to visit the Northern Isles of Scotland, learn something of their fibre traditions, meet the locals and see the islands they have read about. **They are designed to be as flexible as possible** and where practical we will fit in anything special you want to do.

The NIFA trips for 2010 centre around a week in the 'Hope where there will be intensive workshops, led by Elizabeth Lovick with guest tutors. **Different weeks focus on different topics**, some being very specific, others being more open. Groups will be small, usually with no more than six in a class.

*Some of you are coming a long way and what to see more of the isles, so I have organised **additional extensions at the beginning and/or end of each workshop week**. Some of these are within Orkney and some to Shetland. I will be leading those within Orkney and **Kathy Coull** will be hosting the **Shetland Adventures**.*

These extensions are optional – you are welcome just to come for the workshop week.

Prices will vary depending on what you choose to do. If you are not sure what the total cost will be for your option, email me on lovick@freeuk.com telling me what you are thinking of doing and I will let you know the cost for you.

Exact details of the workshop timetables are listed separately. They will start on the Saturday evening with an introduction and decisions on who wants to do what when, and finish on the Friday evening. On 5 days there will be structured workshops while the sixth (probably the Wednesday, but weather dependent) will be free for you to go site seeing.

The Harbour Master's House will be available for you all day and in the evening, not only during the workshops. You will be able to come in and continue your work, browse the library, use the computers and WiFi etc.

Please note that all activities will be supervised by my Scottie and so the Adventures are not suitable for those with allergies to dogs. Sorry...

NIFA 2010 Dates

*The Main Week in the 'Hope will be sharply focussed on workshops.
The extensions will have plenty of time for relaxing and site seeing.*

See the other file for more details about the daily programme etc.

March Adventure

Focus: Traditional Knitting of the Northern Isles – lace, Fair Isle and ganseys

North Ron extension

Tuesday 16th, March arrive Kirkwall – night in the town

Wednesday, 17th fly to North Ronaldsay

Saturday, 20th fly to Kirkwall, bus down to the 'Hope

Main Week

Saturday 20th March to Saturday 27th March

Shapinsay Extension

Saturday, 27th March boat to Shapinsay

Monday, 29th boat to Kirkwall; overnight in Kirkwall

Tuesday 30th return home

Class Content

Sunday – Knitting Ganseys, including techniques and a chance to try 5 ply wool

Monday – Knitting Fair Isle, including techniques such as stranding and steeking

Tuesday – Knitting Shetland lace, including charting and using fine yarns

Wednesday – free time

Thursday – Continuing Fair Isle, including looking at colour and design

Friday Shetland – Continuing Lace, including design

The exact content of the classes – for example, how much history and/or designing – will depend on what the students want.

Previous Experience needed:

You need to be comfortable with the basics of knitting – knit, purl, cast on, cast off, increase, decrease.

April Adventure

Focus: General spinning and knitting with some dyeing – your choice

North Ron extension

Tuesday 13th, April arrive Kirkwall – night in the town

Wednesday, 14th fly to North Ronaldsay

Saturday, 17th fly to Kirkwall, bus down to the 'Hope

Main Week

Saturday 17th April to Saturday 27th April

Shetland Extension

Saturday, 24th April fly to Shetland to be met by your host, Kathy Coull

*Based in Lerwick until Monday, 3rd May with 5 days in Fair Isle during this time, weather permitting.
(6 people max)*

Class Content

This will be totally up to you! As the number of people will be low, **everyone can concentrate on their own fibre fun.** I will be emailing you before the week to find out roughly the sort of things you might like to do, and we can make the final arrangements on the first evening. Because I have all my dyeing, spinning and knitting materials here you can also change your mind part way through!!

Experience knitters might like to plan and knit a bag or start a sweater or shawl. Or you might like to **start stranded work or lace** etc. You may like to **learn to spin** with a spindle or wheel, or to **try new fibres** (eg silk, bison, banana) or techniques (eg fine yarns or novelty yarns).

And there will be the chance to **dye your fibres** using Omega dyes.

Previous Experience needed:

This week is suitable for those who want to **learn to spin**, either with a wheel or a spindle. It is also suitable for those who want to try a **variety of traditional knitting techniques**, or to concentrate on one – say to design and start the knitting of a vest or shawl etc.

May Adventure

Focus: Fine Spinning and Lace Knitting Guest Tutor Margaret Peterson from Unst

Main Week

Saturday, 22nd May to 29th May

North Ron and Papay Extension

Saturday, 29th May fly to Papa Westray
Tuesday, 1st June fly to North Ronaldsay
Friday, 4th fly to Kirkwall, overnight Kirkwall
Saturday, 5th June home

Class Content

This week is a little different. **Margaret Peterson has agreed to come down from Shetland to teach with me.** She is well known as a spinner and knitter of fine Unst lace, having been taught by the famous Mary Jane Peterson!

You will be able to spend all your time spinning or all your time knitting, or some of each.

In the morning you will choose between **Spinning Wool Fine** OR **Knitting Shetland Lace**, and in the afternoons you will choose between **Spinning Luxury Fibres** OR **Designing your own Shetland Lace** scarf (or shawl).

Evening activities will include a session on **different lace traditions**.

Previous Experience needed:

For knitting, you need to be comfortable with the basics of knitting – knit, purl, cast on, cast off, increase, decrease – and have done some ‘yarn overs’.

For spinning, you need to be comfortable with controlling the wheel (or spindle) spinning wool.

You do not need to be experts before you start!!

July Adventure

Focus: Growing and Using Wool

North Ron and Papay Extension

Saturday, 10th July arrive Kirkwall, over night

Sunday, 11th fly to North Ronaldsay

Wednesday, 14th fly to Papa Westray

Saturday, 17th fly to Kirkwall, bus down to the 'Hope

Main Week

Saturday 17th July to Saturday 24th July

Shetland Extension

Saturday, 24th July fly to Shetland to be met by your host, Kathy Coull

*Based in Lerwick until Monday, 2nd August with 5 days in Fair Isle during this time, weather permitting.
(6 people max)*

Class Content

This week will **focus on wool**, rather than other fibres, but within that it is **another do-as-you-please week!** You may want to **learn to spin**, or to **spin finer yarns**. You may want to **explore microwave dyeing** of fibre or yarn, or to **expand your knitting repertoire**.

Evening activities will include a visit to a sheep farm and a session on assessing fleece.

Previous Experience needed:

This week is suitable for those who want to **learn to spin**, either with a wheel or a spindle. Alternatively, if you have only ever spun merino or BFL tops you might like to **explore other breeds and spinning from fleece and roving**.

It is also suitable for those who want to try a **variety of traditional knitting techniques**, or to **concentrate on one** – say to design and start the knitting of a vest or shawl etc.

NIFA 2010 Prices

Note that different sections of the Adventures include different things

Please read them carefully. In particular, note that some parts include accommodation and full board, whereas others do not include any accommodation, or are bed and breakfast only.

Note that the key element is always the week in the 'Hope.

The other sections are optional add-ons. ***You cannot sign on to any of the add-ons without signing up to the 'Hope week.*** This is because the numbers for the islands are strictly limited.

Note that only the transport shown is included.

Transport to and from your home to Orkney is not included, nor is any transport between Orkney and Shetland.

Prices on extensions are based on people sharing rooms.

If you are coming on your own, but are willing to share, you will be put in with another member of the group and pay the basic price. **If you want a single room there will be a supplement.**

Main Workshop Week in the 'Hope

£300 per person for the workshops

including all materials etc, tea and coffee during the day and evening, use of The Harbour Master's House, computing and workshop facilities throughout the week.

Note that there is no charge for non-participating friends/relatives etc

Extras

Evening activities may incur an extra charge for materials, transport etc, and there may be optional visits which you can sign up to which will incur a further fee. Travelling companions are welcome to join us for these.

Food

Food (except coffee and teas) during the day is not included. See a separate file for more details.

Prices of Extensions

Please read CAREFULLY AS EXACTLY WHAT IS INCLUDED VARIES!

North Ronaldsay Extensions

3 nights on North Ronaldsay and 1 night in Kirkwall

£350 per person - **No reduction for travelling companions**

What is included:

bed and breakfast on Tuesday night in Kirkwall
dinner, bed and breakfast on Wednesday, Thursday and Friday nights on North Ronaldsay
flights to and from the island
transport on the island (either taxi or car hire)
all visits etc, including to the mini mill which spins the island's wool clip.

Shapinsay Extension

2 nights on Shapinsay and 1 night in Kirkwall

£300 per person - **£220 for travelling companions**

What is included:

full board on Saturday and Sunday nights on Shapinsay
bed and breakfast on Monday night in Kirkwall
ferries to and from the island
transport on the island
all tuition, materials etc,

North Ronaldsay and Papay Extension

3 nights on North Ronaldsay, 3 nights on Papa Westray, 1 night in Kirkwall

£750 per person - **No reduction for travelling companions**

What is included:

dinner, bed and breakfast for 3 nights on North Ronaldsay
full board for 3 nights on Papa Westray
bed and breakfast on Friday night in Kirkwall
flights to and from the island
transport on the island (either taxi or car hire)
all visits etc, including to the mini mill on North Ronaldsay which spins the island's wool clip.

Shetland Extension

To be arranged.

Kathy Coull will be your host for this part of the adventure. There will be about 5 nights in Lerwick and (weather permitting) 4 nights on Fair Isle at Kathy's croft. Kathy is still up to her ears in accommodating the workmen building the new Bird Observatory and will get details as soon as feasible!

Accommodation in The 'Hope

Bed and Breakfast accommodation can be booked for you at about £240 per person for the week. If you are coming on your own I can arrange for you to share a twin room with another member of the group. **If you want a single room there may be a supplement.**

Hostel accommodation in the village may also be available at about £120 per person for the week. This is self catering, and has mainly twin rooms. **This will be available for the March Adventure, but will not be for later in the year** as they have block bookings.

Payment for accommodation will be payable directly to your hosts, in Sterling. (You can get cash in the village – see the file on money!)

Payment of Course Fees

Deposits

This can be paid by Paypal or cheque made payable to Elizabeth Lovick

'Hope Week £50.00 per person participating (no deposit for travelling companions)

North Ronaldsay Extension £50.00 per person travelling

Shapinsay Extension £50.00 per person travelling

North Ronaldsay and Papay Extension £50.00 per person travelling

The balance

to be paid in Sterling (cash or cheque) four weeks before the start date. If you are travelling from abroad and do not have access to a Sterling account it may be possible to pay the balance when you arrive – email me to sort this out. None of us want the banks to get huge cuts of our hard-earned money!!

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The Outline Programme

See the individual weeks for details of the class content

Saturday

Arrive during the day and settle in to your accommodation. In the evening, buy a **fish supper** from the van in the square and come to the Harbour Master's House to talk about the week ahead! (Fish supper is what we call fish and chips North of the Border. The fish is local and they do other things as well – I'll put up a menu nearer the time!) *(For alternatives see food – below! but the van is really good and is only here on Saturdays....)*

This will be a chance for **folk to meet and to start get to know each other**. At this point we will finalise the exact times etc to suit the participants (and their travelling companions). **I will have plenty of 'tourist information' about Orkney and things like bus timetables etc.**

We will have a first look at the **fibres and/or yarns for the week**, and you will take back your 'homework' for tomorrow's classes.

Sunday, Monday, Tuesday, Thursday, Friday.

The basic time table will be:

9.30 to 12.30 morning class

1.30 to 4.30 afternoon class

7.30 to 9.30 evening activity (optional and travelling companions welcome)

There may be slight differences to accommodate those travelling in by bus etc.

Wednesday

Free Day.

You might want to take **the day trip round the major sites** which leaves from the top of the 'Hope' about 10.15 and gets back about 6 pm. (Exact times won't be known until May.) Or you may want to take a **bus into Kirkwall or on to Stromness**. Or we might all want to take **a trip together by minibus**. It might also be possible for you to take **a day trip to North Ronaldsay**. These things will incur an additional charge.

Or you may just wish to work on in the house.....

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Travelling to Orkney

*Some may say it of Rome, but when trying to put this together
I have decided that all roads lead to Orkney.*

There are 4 main ways to travel - plane, train, coach and car.

In general, coach is the cheapest and most lengthy.

File 418 (12) 4592 08 24 (6) (j) 7107776 (T) (F) 31-0-08 (4) 811-0 (6) 210 (C) (K) (T) 2519-2-

Rail

There are through trains from London to Inverness and Aberdeen, including overnight sleepers. The journey from **Inverness to Wick or Thurso** is scenic but slow - stunning views of all sorts of scenery. There is a bus from Thurso station to the ferry terminal at Scrabster (for Northlink Ferries to Stromness). It is also possible to get a taxi from Thurso or Wick to Gill's Bay for the ferry to the 'Hope'.

There are good rail links from **Glasgow and Edinburgh to Inverness**, through beautiful scenery.

Trains - all UK

<http://ojp.nationalrail.co.uk/en/s/planjourney/query>

Scotland - including from Inverness to Thurso and Wick (This is actually more expensive and slower than the coach)

<http://www.firstgroup.com/scotrail/index.php>

Coach

There is a through overnight coach from **London Victoria to Inverness**, and one from **Heathrow with an easy change in Glasgow**. There are good coach links from **Glasgow and Edinburgh to Inverness**.

From **Inverness there is the Orkney Bus to Kirkwall**, via John o'Groats and Burwick. A through ticket is cheaper than the bus and the ferry separately, and a return is cheaper than 2 singles. **This is the easiest way to get to the 'Hope if you are coming by public transport and not flying**. The bus goes past the top of the 'Hope. But it only runs from 1st May, so is no good for a March trip.

All UK - National Express

including overnight from London and Heathrow to Aberdeen and Inverness

<http://www.nationalexpress.com>

Stagecoach and Rapsons

coaches and buses all over the UK including from Inverness to North of Scotland

<http://www.stagecoachbus.com/>

Scotland - City Link - coaches between Scottish towns

<http://www.citylinkonlinesales.co.uk/CitylinkWeb>

Car

The road up from Edinburgh and Inverness is the A9 and it is very scenic in places. There are several small towns en route with good cafes. If you are doing this it is worth stopping off in Golspie for a Capaldi's ice cream: ask for details nearer the time.

As the ferries are expensive, and car hire in Orkney more reasonable than mainland UK, consider coming some other way and hiring a car when you get here, either for the whole time or for a day or two.

<http://www.orkneycarhire.co.uk/> is Peace's and <http://www.orkneycarrental.co.uk/> is Tulloch's. Both are in Kirkwall and are very good.

Ferries

There are 4 routes in to Orkney by sea.

John o'Groats Ferries, running to Burwick, South Ronaldsay, is passenger only, and is the one folk taking the Orkney bus will use. It takes about 45 minutes. They will drop you at the top of the village, about 10 minutes walk downhill to my house.

<http://www.jogferry.co.uk/>

Pentland Ferries run from Gill's Bay, near John o'Groats, to the 'Hope. This is the cheapest route if you have a car. The ferry, a catamaran launched last year, is cheap and cheerful - no luxury here, but it only takes just over the hour. And the pier is about 10 minutes walk from my house.

<http://www.pentlandferries.co.uk>

Northlink have **two routes** and fairly new, luxurious ferries. **Scrabster (near Thurso) to Stromness** takes an hour and a half, and the car journey from Stromness to the 'Hope is about three quarters of an hour. **Aberdeen to Kirkwall** goes overnight getting in to Kirkwall just before midnight. Kirkwall to the 'Hope is about half an hour.

<http://www.northlinkferries.co.uk/>

Travel within Orkney

The 'Hope has a sensible bus service to Kirkwall, and you can go in for a morning or an afternoon. There is also a taxi firm based in the 'Hope.

In the summer there are **specific tourist buses** going to Skara Brae etc. I will have details here for you.

There is an extensive **inter-island air service**, and you can do many islands in a day. Orkney

Ferries runs **se0.0, Tj. Tc (s) Tt I. Feli(l) Tj-0.08448 Tc (and) Tj-0.24 Tc (s)e0.0, Tj. Tc (s) Ttecs, (i) Tj-0.24 Tc (s) Tj**

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How to Book

Make sure that you have read the info carefully – there is a lot of detail there!

Step One

Once you have decided what you would like to do, **email me** on lovick@freeuk.com to **check that there is space.**

Step Two

When I have replied, I need **the booking form and the deposit.**

You can get the booking info to me in three ways:

- a) print off the form and send by post
- b) fill in the form and send by email as an attachment
- c) write out the info in the body of an email

The deposit can be sent in two ways:

- a) as either a cheque or money order in Sterling made payable to Elizabeth Lovick
- b) through Paypal to lovick@freeuk.com

Note that Paypaoscool.aoscooughooscool.aoc (o) Tj-0.8448 Tc (be) Tj0.0hj0.07776 Tc(c) Tj-0.24 Tc (k) 8 Tc

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Booking Form and Information Sheet 2010

I may have some of this information already, but I would be grateful if you would put it here so that it is all in one place. Thank you.

Name(s) of workshop participants

Names and number of travelling companions

Dates of trip

Nationality

Passport Number

Date of Birth

Home Address (including country)

email address

Home phone number

Next of Kin – name, address, phone number

How are you getting to Orkney? Please give any details you have including things like flight numbers and times if you have them. If you do not have them now, **please forward them to me when you get them.**

I strongly advise taking out insurance.
I cannot be held responsible for changes of plan due to
the weather, airline changes etc.

Are you going to / have you taken out:
medical Insurance
personal insurance (baggage etc)
travel insurance

Medical Conditions:
Have you been in hospital in the past 2 years?
If so, please give details.

Are you on any medication?
If so, please give details.

Do you have any dietary restrictions (including vegetarian, diabetic etc)
If diabetic, UK or US type of diabetic diet?

Have you travelled outside home country before?

Have you travelled to the UK before?

What are your main fibre interests?

What are your main non-fibre interests?

Are you a car driver?

Data Protection Act (UK)

Are you happy for me to keep these details on a computer and on paper for use in organising this trip? They will not be used for any other purpose.

Money

What is the price of your adventure? If you are not sure email me for your total.

Please send non-returnable deposit now :
by cheque or international money order to Elizabeth Lovick
by bank transfer IBAN GB06CLYD82660230434120
by Paypal to lovick@freeuk.com

*Please note that Paypal is acceptable for the deposit
but NOT for the final payment.*

Note that fuel surcharges, changes in airport taxes etc, are not included in the price. If there are any of these, I will collect them at the start of your adventure. These are unlikely, but you never know....!!

If for any reason I call the trip off before it starts, I will refund your money LESS any monies needed to cover costs already incurred (like bank charges). Note I am not responsible for any transport costs you may have. (Another reason for having travel insurance – which WILL pay up!!)

If for any reason YOU call the trip off before it starts, you will be responsible of paying the full fee. (Travel insurance again....)

***By signing this form
you agree to the terms and conditions above***

Signed:

Date:

**Elizabeth Lovick
The Old Harbour Master's House, Front Road
St Margaret's Hope
Orkney KW17 2SL, United Kingdom**