



TRAVEL PROGRAM MEDIA GUIDE

Scottish Isles and Norwegian Fjords

We hope you find the following list of resources—books, maps, video recordings, audio recordings and websites—relating to your travel program helpful. The book titles listed should be available at local public or university libraries; most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

◆ **GUIDEBOOKS AND MAPS**

Cunningham, Dougie. *Photographing Scotland: A Photo-Location and Visitor Guidebook*. FotoVue Limited. 2017. In this extensive photo-location and visitor guidebook, award-winning Scottish photographer Dougie Cunningham explores and describes the most beautiful places in Scotland to visit and photograph.

Colin Baxter Photography. *The Scotland Visitor Guide, The Ultimate Guide to Scotland's Attractions*. Globe Pequot Press. 2008. This beautifully illustrated guide covers Scotland's best, from castles and ancient monuments to gardens and wildlife parks.

DK Eyewitness Travel: Scotland. DK Eyewitness Travel. 2016.

This compact, visual travel guide features a region-by-region synopsis of Scotland's attractions accompanied by color photography, floor plans and visitor information for major museums, excellent maps, guided walking tours and reviews of the most authentic places to eat and drink.

Fodors Essential Scotland. Fodor's. 2018.

An updated and easy-to-navigate guidebook which covers Scotland's most visited attractions in addition to more off-the-beaten-path destinations. Comprehensive chapters on the great cultural cities of Edinburgh and Glasgow are complemented by well-researched background information and tips on visiting the nation's archaeological sites, storied castles, lochs and glens and whisky distilleries.

Lonely Planet Scotland. 2017.

An in-depth guide to Scotland with cultural insights on the nation's preeminent sights, curated itineraries, regional highlights, honest reviews of the best pubs and restaurants, travel tips and resources, accompanied by color photography and detailed maps, including an Edinburgh pull-out map.

Lonely Planet: Pocket Copenhagen. Lonely Planet. 2018.

This compact, illustrated guide from the popular series features favorite attractions in Copenhagen as well as a pullout map

The Rough Guide to Scottish Highlands & Islands. 2017.

In-depth coverage of Scotland's majestic frontiers, from atmospheric moorlands to medieval castles, with special attention paid to history, art, architecture and literature. Published in the UK, the Rough Guide series is known for its historical depth, cultural insights and perceptive presentations of contemporary life.



Steves, Rick. *Snapshot Norway*. 2018.

The public television travel host highlights Norway's most captivating towns, cities and landscapes as he delves into Viking history at a raft of museums, traverses breathtaking mountains and fjords and dips into local rituals, from shopping in the local fish market to strolling the atmospheric streets of spectacularly sited hamlets.

Haas, Robert B. *Through the Eyes of the Vikings, An Aerial Vision of Arctic Lands*.

National Geographic. 2010. In this captivating collection of oversized aerial photographs, Haas (*Through the Eyes of the Gods*) reveals the surprising diversity of color and life in the arctic landscape, including Norwegian fjords, Alaskan tundras and Swedish waterscapes.

Haywood, John. *Penguin Historical Atlas of the Vikings*. Penguin Putnam. 1995.

The history of the Vikings told through a series of innovative maps and excellent photographs. This book traces the routes of the ninth-century Viking merchants and explorers throughout Europe and onto the New World.

Norway Map. Michelin Travel Publications. 2012.

With an index, area maps and table of driving times and distances at a scale of 1:1,250,000 on one side of the sheet.

Soper, Tony, and Dan Powell (Illustrator). *Wildlife of the North Atlantic: A Cruising Guide*.

Bradt Publications. 2008. This compact, illustrated guide covers the many petrels, ducks, gulls, terns and other seabirds, as well as the rich abundance of life existing under the waves, that populate the vast Atlantic region from the British Isles to Newfoundland.

Scotland Map. Michelin Travel Publications. 2015.

With an index, area maps and table of driving times and distances at a scale of 1:400,000 on one side of the sheet.

Tartans Map of Scotland. Harper/Collins UK. 2017.

A beautifully illustrated map with more than 245 tartans with clan names and territorial maps.

◆ HISTORY AND CULTURE

Beattie, Andrew. *The Scottish Highlands: A Cultural History*. Interlink Publishing Group. 2015.

An exploration of the past and present of the Scottish Highlands, from the first Celtic settlements to their transformation into Scotland's modern mining capital.

Chapman, M. *The Celts: The Construction of a Myth*. Palgrave Macmillan. 1992.

Chapman considers the origins and the myths attached to the Celts, who are widely considered one of the great civilizations of Europe for their continuum of racial, cultural and linguistic genealogy, which dates from the Iron Age to the modern-day "Celtic fringe." The author provides a chronological sweep of over 2000 years of Celtic history and considers the Celts place within Europe's dominant cultural and political traditions.



- Crawford, Barbara E. *The Northern Earldoms, Orkney and Caithness from AD 870 to 1470*. Dufour Editions. 2013. Crawford, a scholar known for her work on the history of Viking Scotland, investigates medieval earldoms from early settlement up to the Middle Ages, emphasizing and exploring how the contrasting societies of the northern Scottish mainland and the Northern Isles persevered under a single lordship for six centuries.
- Cunliffe, Barry W. *The Celts: A Very Short Introduction*. Oxford University Press. 2003. A reigning authority and popular writer, Cunliffe presents a fascinating social history of the Celts, exploring trade, migration, linguistics, archaeological artifacts and the evolution of Celtic traditions, supported by a tremendous range of evidence.
- Foster, Sally M. *Picts, Gaels and Scots*. Batsford. 1996. From the fifth to the 10th century, Scotland was home to a variety of peoples and cultures competing for land and supremacy, yet by the 11th century it had become a single, unified kingdom, known as Alba. At the heart of this mystery lies the extraordinary influence of the Picts and their neighbors, the Gaels. Drawing on recent archaeological evidence and historical research, this book examines the origins of the Picts and the Gaels, and how they became Scots.
- Herman, Arthur. *How the Scots Invented the Modern World: The True Story of How Western Europe's Poorest Nation Created Our World & Everything In It*. Broadway Books. 2002. Herman charts Scottish History to reveal Scotland's hand in many of the staples of modern life and contemporary culture, from American democracy to James Bond.
- Howarth, David. *The Shetland Bus: A WWII Epic of Escape, Survival and Adventure*. Lyons Press. 2008. The little-known story of a fleet of fishing boats that regularly journeyed across treacherous waters from the Shetland Islands to Norway, to bring relief and fortifications to Norwegians under Nazi attack.
- MacLean, Fitzroy, and Magnus Linklater (Contributor). *Scotland, A Concise History*. Thames & Hudson. 2012. This richly illustrated survey brings Scottish history up to the present through its romantic figures and bloody battles. With 250 well-integrated illustrations, this revised fourth edition includes a newly added chapter on Scotland's place in the 21st century.
- Oliver, Neil. *A History of Scotland: Look Behind the Mist and Myth of Scottish History*. Phoenix. 2011. A star BBC presenter and revered archaeologist and historian, Neil Oliver examines how Scotland's historical memory, from Celtic times to the Roman and Stuart era, is forever entwined, for better and for worse, with England. Oliver underpins his narrative with the popular figures of William Wallace, Robert the Bruce, Robert Burns, Mary Queen of Scots and Bonnie Prince Charlie and portrays them as genuine people who must come to terms with conflicted passions, convictions and choices.
- Pye, Michael. *The Edge of the World: A Cultural History of the North Sea and the Transformation of Europe*. Penguin Books. 2016. A fascinating chronicle of the early modern thought, science and ways of life incubated along the waters and shores of the North Sea during Europe's dark ages.



Yeats, W. B. *The Celtic Twilight: Faerie and Folklore*. Dover Publications. 2011 (reprinted).

Though best known for his poetry, Yeats was a devout student of Celtic folklore and mythology. *The Celtic Twilight* ventures into the eerie and puckish world of fairies, ghosts and spirits, and consists of stories recounted to the poet by his friends, neighbors and acquaintances. Yeats's faithful transcription of their narratives includes his own visionary experiences and commentary.

Yilek, John A. *History of Norway*. Wasteland Press. 2018.

Billed as the first start-to-the-present history of Norway to be produced by an American in decades, John Yilek presents a clear and illuminating presentation of Norway's history from the Stone Age to contemporary oil and gas economy. The acclaimed author draws on a wealth of research and historical evidence to evoke in vivid detail the nation's storied protagonists, from the Vikings to Hanseatic merchants, while elucidating the seminal moments in the nation's evolution, including the Reformation, polar explorers and the Norwegian resistance during World War II.

Yilek, John A. *Stories of Norway*. Wasteland Press. 2018.

Yilek's entertaining and compelling historical narrative is woven with the fascinating stories and major events that defined Norway from pre-Viking times through the Second World War. Yilek considers skaldic verses and other historical writings as he examines the day to day lives of kings and princesses, farmers and fishermen, merchants and privateers, emigrants and resistance men and women in this rare and unique exploration of Norway's history and culture.

Westwood, Jennifer and Sophia Kingshill. *The Lore of Scotland: A Guide to Scottish Legends*.

Random House. 2011. Scotland's rich past and varied landscape has inspired an intriguing array of legends, tales and beliefs—from St Mungo's miracles in Glasgow to the events that inspired *Macbeth*—uncovered in this account, which ranges the breadth of the country and its history. This text offers endlessly intriguing insight into Scotland's storytelling heritage.

◆ LITERATURE AND TRAVEL MEMOIRS

Boswell, James, and Samuel Johnson. *A Journey to the Western Islands of Scotland and The Journal of a Tour to the Hebrides*. Penguin. 1984. Written in 1773 when Johnson was 63 and Boswell 32, these twin travel journals were the result of a three-month journey, during which Johnson observed Scotland, and Boswell observed Johnson.

Burns, Robert. *The Complete Poems and Songs of Robert Burns*. Waverly Books. 2012.

An essential collection of the national poet of Scotland's widely celebrated work.

Orkneyinga Saga: The History of the Earls of Orkney. Penguin. 1981. A fusion of myth and legend by an unnamed Icelandic author, this powerful story of Viking battle and conquest is the only medieval chronicle to have Orkney as its central theater of action.

Shakespeare, William. *Hamlet*. Originally published in 1603.

Set in the kingdom of Denmark, Shakespeare's *Hamlet* is a tangled, psychological story of revenge, family, royalty, murder and war. It is among the most influential and much-debated tragedies in the English canon and still is the most widely performed play of Shakespeare's works, with powerful symbolism, allegory and imagery.

Shakespeare, William. *Macbeth*. Originally published in 1623.

The tragedy of *Macbeth* unfolds across the verdant landscape of Scotland, where a military



general, influenced by his calculating wife and the foul play of three evil witches, mercilessly pursues the crown to devastating effects.

Starr, William W. *Whisky, Kilts, and the Loch Ness Monster*. University of South Carolina Press. 2011. Beginning and ending in Edinburgh and making stops at Glasgow, Culloden, Loch Ness, the Isle of Skye and more, William Starr follows hilariously in the footsteps of 18th-century writers James Boswell and Samuel Johnson across Scotland.

Undset, Sigrid, and Tina Nunnally (Translator). *Kristin Lavransdatter: The Wreath, The Wife, The Cross*. Penguin. 2005. A masterful historical epic by the Nobel Prize-winning author, published in 1927, that follows the life of one woman from birth to death in devoutly Catholic 14th-century Norway. A cornerstone of Scandinavian literature, the trilogy is a powerful introduction to the medieval society.

Watkins, Paul. *The Fellowship of Ghosts, Travels in the Land of Midnight Sun*. Picador USA. 2006. A captivating travel memoir in which novelist Paul Watkins interweaves his own experiences in Norway with those of early eccentric visitors. Along the way, Watkins offers vivid, evocative accounts of the country's majestic mountains, dramatic landscapes and expansive snowfields.

Woolf, Virginia. *To the Lighthouse*. Harcourt Books. 1989.
Woolf's modernist classic, in which the Ramsay family goes on holiday in the Hebrides, is drawn from memories of childhood trips to Cornwall.

◆ FOOD

Goldstein, Darra. *Fire and Ice: Classic Nordic Cooking*. Random House. 2015.
Over 100 recipes with cultural commentary, showcasing the best of Scandinavian cooking.

◆ DOCUMENTARIES AND FILMS

Listed below are films, documentaries and travel programs featuring Scotland, Norway and Denmark. All should be available on DVD and/or Blu-ray at your local library and/or bookstores, or may be ordered online.

Celtic Britain - Mysterious Britain, Scotland Forever, Wales - A Nationhood. Kultur Video. 2006.
Featuring extensive re-enactments filmed on location, this multi-disc series explores the significant events, ancient myths and major historical figures that shaped the nations of England, Scotland and Wales throughout history.

The Celts: Rich Traditions and Ancient Myths. BBC Video. 1987.
This six-part documentary explores 2000 years of Celtic history and heritage, from the Roman Empire to the present.

Hamlet. 1996. Directed by Kenneth Branagh.
The only unabridged film version of *Hamlet*, updated to the 19th century, this 1996 adaptation received wide acclaim and stars Kenneth Branagh in the titular role. It also features Julie Christie, Billy Crystal, Gérard Depardieu, Robin Williams and Kate Winslet.



Macbeth. 2015. Directed by Justin Kurzel.

Starring Michael Fassbender in the title role and Marion Cotillard as Lady Macbeth, Kurzel's well-received adaptation is "awash in gorgeous carnage" (Manohla Dargis, *New York Times*).

Rosencrantz & Guildenstern Are Dead. 1990. Directed by Tom Stoppard.

Directed and written by prolific and well-regarded playwright Tom Stoppard, this 1990 film follows Rosencrantz (Gary Oldman) and Guildenstern (Tim Roth) as they ramble obliviously through Elsinore Castle while the events of William Shakespeare's *Hamlet* unfold around them.

Skyfall. 2012. Directed by Sam Mendes.

Part of the iconic James Bond franchise, *Skyfall* sees Bond—a native of Glencoe, Scotland—in the cinematically rendered Highlands.

Rick Steves' Travel the World—Scandinavia: Denmark, Sweden and Norway. 1998.

Steves, the archetypal inveterate traveler, visits Bergen, Copenhagen and Stockholm in this informative narrative.

Rick Steves' Europe Online Television Episodes

Join ubiquitous television personality Rick Steves on a journey throughout Scotland, Norway and Denmark. In this this list of online episodes, Steves travels to many places we will visit during our travel program, including the following episodes:

- *Copenhagen*
- *Denmark Beyond Copenhagen*
- *Edinburgh*
- *Norway's West: Fjords, Mountains and Bergen*
- *Scotland's Islands and Highlands*

These episodes can be accessed from:

www.ricksteves.com/watch-read-listen/video/tv-show

◆ MUSIC AND AUDIO RECORDINGS

www.worldmusic.net

The Rough Guide and the *World Music Network* publish a variety of Scottish, Norwegian and Danish music as well as superbly researched book guides to international music generally.

<http://www.last.fm/tag/scottish>

A listing of classical to contemporary Scottish music artists.

◆ WEBSITES

www.airpano.com

Virtual tours and 360-degree photos of destinations all over the world.

www.cbp.gov/travel

U.S. Customs and Border Protection (CBP) website.

www.cdc.gov

United States Department of Health and Human Services Centers for Disease Control and Prevention website. Provides information on immunizations and vaccinations and tips for staying healthy when traveling abroad.



www.iec.ch/worldplugs

Information on international electric current and plug types.

www.nytimes.com/section/travel

The New York Times Travel Section features an array of basic travel-related information, multimedia presentations and links to newspaper articles from recent years.

<http://www.oanda.com/currency/converter>

Online currency converter tool and information on currency exchange rates.

www.state.gov/r/pa/ei/bgn

Basic background information for Scotland, Norway and Denmark from U.S. Department of State.

www.timeanddate.com

Information on time zones and time conversions.

www.travel.state.gov

United States Department of State website; details on how to obtain or renew a passport.

www.tsa.gov

Transportation Security Administration website. Provides information on air travel security, including permitted/prohibited items for carry-on luggage.

www.weather.com

Current weather and extended forecasts around the world.