

ROYAL SCOTSMAN

A BELMOND TRAIN
SCOTLAND



ROYAL SCOTSMAN, A BELMOND TRAIN, SCOTLAND UNVEILS FIRST HOLISTIC HIGHLANDS RETREAT IN COLLABORATION WITH DIOR

MARCH 2025 – Following the launch of the Dior Spa Royal Scotsman in 2023, The Royal Scotsman, A Belmond Train, announces its inaugural travelling wellness retreat from 20 to 23 June 2025 through the Scottish Highlands in collaboration with Dior. Hosted by Dior Wellness Experts, Bryony Deery and Rose Ferguson, the exclusive four-day, three-night retreat is inspired by the raw beauty of Scotland and promises an unparalleled journey of relaxation and rejuvenation amidst the country's breathtaking landscapes.

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A TRANSFORMATIVE JOURNEY THROUGH THE HIGHLANDS

As the train weaves through the awe-inspiring peaks and valleys of Scotland, guests will immerse in a personalised experience that connects nature, culture and holistic well-being through a curated programme to engage the mind and body. The Royal Scotsman General Manager, Fredrik Laseen comments:

"We're thrilled to introduce this wellness retreat, an extension of our collaboration with Dior having launched the Dior Spa Royal Scotsman to much success, in 2023. This new offering extends the unique opportunity to unwind and revitalise from not only onboard the train but also our wellness-focused activities offboard, elevating both guest experiences."

Dior's Pilates & Mindful movement expert, Bryony Deery will guide guests through mindful movement classes inspired by her own personal recovery and self-discovery journey. Rooted in the six principles of wellness Pilates, her approach to wellness encourages balance and harmony, in keeping with Monsieur Dior's vision of enhancing not just beauty, but inner joy. Her philosophy offers guests the chance to embrace the present moment and reconnect with body and mind.

To complement the movement programme, Dior's Nutritional Expert and renowned nutritionist specialising in functional medicine and naturopathy, Rose Ferguson offers expert guidance on conscious nutrition. Known as the "queen of reset," Rose has meticulously crafted each menu served onboard, drawing on her extensive nutritional expertise in collaboration with Royal Scotsman's Head Chef, Mark Tamburrini, to help guests achieve their health goals using mindful eating.

Throughout the retreat, guests will enjoy meaningful moments of connection onboard, including nutritionally balanced afternoon teas, lively entertainment, and time in the Observation Car, where they can unwind and take in Scotland's breathtaking landscapes. Other onboard activities allow guests the opportunity to truly unplug, including breathwork sessions and luxurious spa treatments in the Dior Spa.

Offboard, adventurers are invited to explore the natural beauty of the Scottish Highlands, alongside the Dior Wellness Experts, with activities from wild swimming to forest bathing in the ancient Rothiemurchus Forest or a private hike. Each experience is crafted to help guests reconnect with the natural world. Other highlights include yoga sessions, scenic boat rides to observe wild seals, and the opportunity to savour locally foraged seasonal delicacies.

Nicola Herbert, Global Director of Wellness and Guest Experience at Belmond, comments, *"This retreat marks a new chapter in our commitment to redefining luxury rail travel. By integrating wellness experiences throughout our journeys, we're offering an enriching experience that fosters a deeper connection with nature, culture, and well-being, all while embracing the philosophy of slow travel."*

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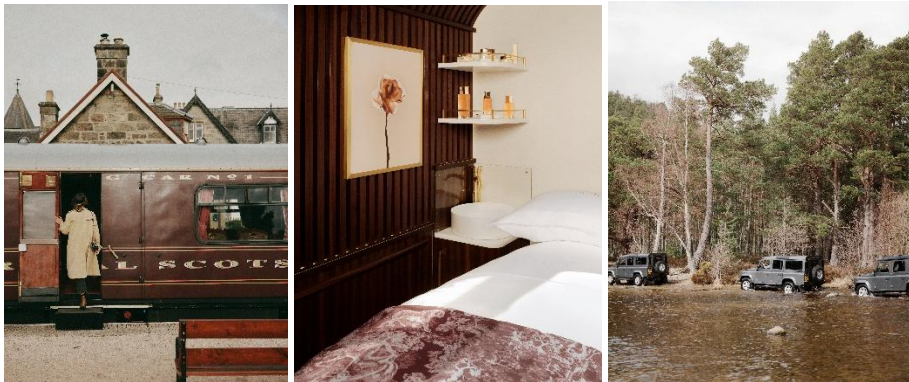
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By the end of the retreat, guests will leave with a renewed sense of vitality and well-being, ready to carry the calm and rejuvenating energy of the journey into their everyday lives.

Prices starts from £14,000 per passenger based on a double cabin. This includes a 3-night itinerary, excursions, meals, wine and alcoholic beverages on board. For reservations and more information, please contact reservations.trs@belmond.com or visit the web page [here](#).

ENDS



NOTES FOR EDITORS

Images can be downloaded [here](#).

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ABOUT ROYAL SCOTSMAN, A BELMOND TRAIN, SCOTLAND

Royal Scotsman, A Belmond Train, Scotland boasts interiors marrying Edwardian elegance with country-house comfort, with capacity for 38 guests in 20 twin, single, double and – joining the rake in Spring 2025 – the two Grand Suite cabins. Journeying from Edinburgh, the train travels across pine-clad mountains and mirror-clad lochs in the Highlands, offering a range of themed trips from 2 to 7 nights. Some itinerary highlights include visits to historical sites such as Rothiemurchus Estate in the Cairngorms National Park and the Culloden Battlefield. For the great outdoors, guests can visit Loch Lomond, Ben Nevis, and the Isle of Bute, and for experiential moments there is a Scotch Malt Whisky Tour and a journey along the West Highland Line, considered to be one of the most beautiful railways in the world. Back onboard the train, guests can enjoy relaxing treatments on Europe's only spa on rails, the Dior Spa Royal Scotsman with two lacquered treatment rooms. For dining, settle into the two restaurant carriages named Raven and Swift, then to the Observation Car where guests can enjoy the comfort of the interior or take a breath of fresh air from the exhilarating open veranda. At night, the train comes to life with traditional ceilidhs, musicians and storytellers, over cocktails and an assorted of over 50 whiskies, curated by the onboard connoisseur.

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ABOUT BELMOND

Belmond was born from a passion for connecting discerning travellers with the world's most remarkable properties, locations and journeys.

From hotels and trains to river cruises and safaris, Belmond curates incomparable experiences and crafts unforgettable stories. With a legacy spanning over 45 years, since the acquisition of Hotel Cipriani in Venice in 1976, Belmond has grown into a global collection of 47 properties spread across 28 countries and territories. Exceptional destinations connected by legendary journeys are the very soul of Belmond, where the path that brings you to a place is as important as the destination itself. As a pioneer of slow travel, Belmond has been operating the Venice Simplon-Orient-Express since 1982. The group later expanded to include pristine beach resorts, such as Maroma on the Riviera Maya, historic hideaways such as Villa San Michele in the Florentine foothills, urbane icons, such as Copacabana Palace in Rio de Janeiro, and gateways to UNESCO world heritage sites, such as Hotel das Cataratas in Brazil's Iguassu National Park. As proud custodians of storied properties, Belmond is committed to building on the past to create a new legacy: the heritage of the future. Working with communities and local talents, together with the world's most respected chefs, designers and artists, Belmond continues its purpose of perpetuating the legendary art of travel. Since 2019, Belmond has been part of the world's leading luxury group, LVMH (Moët Hennessy Louis Vuitton).

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