

North West Seaboard

Places to visit for wildlife and landscapes in
Wester Ross and West Sutherland

Cladach An Iar-Thuath

Àiteachan le fiadh-bheatha is seallaidhean ann
an Ros an Iar, Asainte is Dùthaich MhicAoidh



North West Seaboard

Places to visit for wildlife and landscapes in Wester Ross and West Sutherland

Overview

The North West Seaboard landscape rivals any in Scotland for its grandeur, expanse and wildness. The southern half seems crowded with **mountains beanntan**; in the north they tend to rise isolated amongst small **hills cnuic** and lochans. The area encompasses exposed **promontories rubhaichean**, long steep-sided sea lochs and sheltered **bays camais**. Wooded **straths srathan** lead inland, and lochs of all sizes are widely scattered. Settlements are concentrated along the coast, and crofts, with fields running above and below houses and steadings, have produced one of the characteristics of the landscape.

The area is formed from three billion year-old Lewisian gneiss - the oldest **rocks creagan** in Scotland, Torridonian sandstone and the Cambrian series of **quartzite clach-èiteig** and Durness **limestone clach-aoil**. The wide range of rock types gives rise to a rich variety of flora and a diversity of scenery. Rainfall is high, summers are relatively cool and winters relatively mild. Species that normally grow at higher altitudes, such as arctic and alpine **plants lusan**, occur at lower levels because of the lower temperature of the northern latitude and the suitable bedrock.

The small areas of surviving Caledonian pinewoods are important habitats for some species. **Oak**

darach, now uncommon, was once managed to produce charcoal. Ash woodland is limited, whereas **birch beithe** woods of all sizes are common. All these **woodlands coilltean** have distinctive lichens, mosses and liverworts that thrive in the humid climate of the North West Seaboard.

The peatlands support the sundews and butterworts which trap insects to supplement the poor nutrient supply. Ragged-robin, **marsh marigold lus buidhe Bealltainn** and **meadowsweet crios Chù-chulainn** grow in less acidic marshy ground. Heathers, blaeberry and chickweed wintergreen are widespread in the hills and **glens gleanntan**. The heath spotted orchid is found on the **moors monaidhean** where the tiny lesser twayblade orchid also grows.

Red deer fèidh are numerous throughout the area, while roe deer and introduced sika deer inhabit woodland, as does the **pine marten taghan**. The mountain hare lives in the moors and mountains. **Wildcats cait-fhiadhaich** may be found where rabbits are plentiful. Reptiles include the **adder nathair-neimhe**, the common lizard and the slow worm.

Rivers aibhnichean are fast-flowing, and a wider range of species are present where they flow through a richer geology. Some lochs support significant numbers of the **black-**

throated diver learg dhubh which is breeding on the southern edge of its range; red-throated divers tend to nest on smaller lochs. **Brown trout bric** are widespread, as are **salmon bradain** and sea trout. Water voles survive in pockets and otter numbers are healthy. **Frogs losgannan**, toads and palmate newts are widespread and their spawn is seen in lochans and pools in early spring.

Machair machair - a coastal grassland rich in species, and one of the rarest habitats in Europe - is significant in West and North Sutherland. **Beaches tràighean** and sand dunes add to the diversity of habitat, as do salt-marshes. Around 100 kilometres/62 miles of cliffs, along with the many **islands eileanan** - some used by wintering and breeding geese, are home to seabird colonies dominated by guillemots and razorbills, fulmars, **shags sgairbh**, kittiwakes and puffins. Sea eagles hunt above both islands and mainland. Many dolphin and **whale muc-mhara** species have been recorded in the waters off the **coast cladach**. The tops of some sea cliffs have developed a coastal heath dotted with spring squill and the Scottish primrose, a plant unique to Scotland. Some sea lochs have a rich flora and fauna such as maerl, a red **seaweed feamainn** which lives unattached on the seabed and is known as 'Scottish Coral'.

The relationship between the **earth talamh**, **sea muir** and **sky adhar** of the North West Seaboard creates a landscape that can delight, excite or intimidate. It supports all of the species mentioned and many more

besides. Much of the countryside is little disturbed, so the careful observer stands a good chance of seeing native animals in their natural surroundings.

Gaelic/A' Ghàidhlig

The Gaelic language has been spoken in the North West Seaboard for about 1500 years. The vast majority of place-names in the area are Gaelic in origin and they often illuminate features of the landscape or use of the land. A number of words in the preceding Overview are followed by their Gaelic translation. It is hoped that this will add to the enjoyment of visitors, and make names that are seen in maps and on signs, as well as in this guide, a little more relevant and accessible. Comparison of the English and Gaelic versions of the text will give further Gaelic names, but sentences themselves are often not literal translations of one another.

In the following list, all the Gaelic words appear first in the form they do in the Overview, with an imitated pronunciation using English sounds. They are followed by the singular or plural of the word as appropriate, again with imitated pronunciation. Stress is usually on the first syllable. Please note that the imitated pronunciations are loose approximations of one way of saying the word – ask a fluent speaker for help if you get the chance!

English	Gaelic	Pronunciation
mountains	beanntan	byowntun
mountain	beinn	behn
hills	cnuic	kruik
hill	cnoc	krok
promontories	rubhaichean	rooikhun
promontory	rubha	rooa
bays	camais	kamash
bay	camas	kamass
straths	srathan	strahan
strath	srath	strah
rocks	creagan	kekun
rock	creag	kek
quartzite	clach-èiteig	klakh-aychik
limestone	clach-aoil	klakh-url
plants	lusan	loosun
plant	lus	looss
oak	darach	darrokh
birch	beithe	bayhuh
woodlands	coilltean	kulchun
woodland	coille	kulya
marsh marigold	lus buidhe Bealltainn	loos booya byaltin
meadowsweet	crios Chù-chulainn	kreess khoo khulin
glens	gleanntan	glaoontun
glen	gleann	glaoon
moors	monaidhean	moneeun
moor	monadh	monnug
red deer	fèidh	fayee
red deer (singular)	fiadh	feeug
pine marten	taghan	turghan
pine martens	taghain	turghin

English	Gaelic	Pronunciation
wildcats	cait-fhiadhaich	kahtch-eeaeekh
wildcat	cat-fiadhaich	kaht-feeaeekh
adder	nathair-neimhe	naher neevu
adders	nathraichean-neimhe	nahreechun-neevu
rivers	aibhnichean	avneechun
river	abhainn	aveen
black-throated diver	learg dhubh	lerag goo
black-throated divers	leargan dubha	leragun dooa
trout	bric	breek
trout (singular)	breac	brek
salmon	bradain	brahtin
salmon (singular)	bradan	brahtun
frogs	losgannan	loskanun
frog	losgann	loskun
machair	machair	mahker
machairs	machraichean	mahkreechun
beaches	 tràighean	traeeun
beach	tràigh	traee
islands	eileanan	illanun
island	eilean	illan
shags	sgairbh	skariv
shag	sgarbh	skaruv
whale	muc-mhara	moohk vara
whales	mucan-mara	moohkan mara
coast	cladach	klatokh
coasts	cladaichean	klateekhun
seaweed	feamainn	femin
earth	talamh	talav
sea	muir	mooir
sky	adhar	a-ar

Cladach An Iar-Thuath

Àiteachan le fiadh-bheatha is seallaidhean ann an Ros an Iar, Asainte is Dùthaich MhicAoidh

San fharsaingeachd

Tha dreach na tire air Cladach an Iar-Thuath cho sònraichte ri càil ann an Alba a thaobh mòrachd, farsaingeachd is iomallachd. Saoilidh tu nach eil càil gu deas ach beanntan is tuilleadh bheanntan; gu tuath tha iad nas buaitiche a bhith ag èirigh suas os cionn chnoc is lochan. San sgìre seo tha rubhannan fosgailte, lochan-mara le taobhannan casa agus bàghan fasgach. Tha srathan coillteach ann a bheir duine a-steach dhan dùthaich agus tha lochan beaga is mòra air feadh na sgìre. Tha a'mhòrchuid de bhailtean ris a' chladach, agus tha na croitean, le achannan a' ruith suas is sìos bho na taighean, agus na togalaichean air sealladh sònraichte a thoirt air an tìr.

Tha na creagan as sine ann an Alba, Lewisian gneiss a tha trì bìlleann bliadhna a dh'aois, san sgìre agus cuideachd clach-ghainmhich Thoirbheartain agus an t-sreath Chambrianach de chloich-èiteig agus de chloich-aoil Dhiùranais. Tha mòran lusan is sheallaidhean ann air sgàth na tha ann de sheòrsachan chreagan. Tha i a' dèanamh tòrr uisge san sgìre agus tha na samhraidhean an ìre mhath fionnar agus na geamhraidhean ciùin. Tha lusan as àbhaist a bhith a' fàs nas fhaide shuas, mar lusan Arctaic is Alpach, rim faotainn nas fhaide shìos air sgàth gu bheil teodhachd nas ìsle aig domhan-leud a' chinn a tuath agus gu bheil a' chreag as ìsle freagarrach.

Tha am beagan a tha air fhàgail de Choille-Ghiuthais na h-Alba cudromach airson cuid de sheòrsachan lusan. Chan eil an darach pailt a-nis, ach bha uair a bhathas ga chleachdadh airson gual-fhiodh a dhèanamh. 'S e glè bheag de choille-uinnsinn a tha ann ach tha coilltean-beithe pailt. Tha crotal, còinneach is lus an àirneig nan coilltean seo a' fàs gu math ris an aimsir thlàth a tha air Cladach an Iar-Thuath.

Tha ròs an t-solais agus bròg na cuthaig a' fàs air a' mhonadh. Bidh iad sin a' glacadh mheanbh-fhrìdean seach nach eil mòran mathachaidh dhaibh san talamh. Tha bròg na feannaig, lus buidhe Bealltainn agus crios Chù-Chulainn a' fàs ann an talamh bog nach eil cho searbh. Tha fraoch, braoileagan agus flìodh air feadh nam beann 's nan gleann. Tha am mogairlean mòintich pailt air na monaidhean agus tha mogairlean nas lugha ann cuideachd. Tha fèidh pailt anns gach ceàrnaidh agus tha earban agus fèidh Sika a thugadh a-steach anns na coilltean, agus an taghan cuideachd. Tha an geàrr gorm air na monaidhean agus na beanntan. Tha cait fhiadhaich far a bheil coineanaich pailt. Tha nathraichean ann, laghairtean agus laghairtean dall.

Tha na h-aibhnichean bras agus tha barrachd sheòrsachan lusan far a bheil iad a' sruthadh tro àite le geòlas nas beartaiche. Tha an deagh chuid de leargan mòra a' neadachadh air oir dheis



Sula Bheinn à Inbhir Phollaidh/Suilvan from Inverpolly

Lorne Gill/SNH

an àite; tha an learg chaol nas buaitiche bhith a' neadachadh air lochan nas lugha. Tha bric, bradain is bànanagan pailt. Tha radain-uisge ann an cuid de dh'àitichean agus tha àireamh nam biastan-dubha fallain. Tha losgairnean, muileacha-màg agus dearcana-luachrach pailt agus chithear an siol aca anns na lochain agus anns na pollagan tràth as t-earrach.

Tha machair air àrainn cho ainneamh 's a tha san Roinn Eòrpa. Tha e cudromach ann an iar-thuath na sgìre seo. 'S e talamh ris a' chladach a tha ann am machair agus tha mòran sheòrsachan ann. Tha tràighean, botaichean-gainmhich agus fideachan am measg nan àrainnean a tha ann. Tha mu 100 cilemeatar/62 mìle de bhearraidhean ann agus iomadh eilean. Bidh geòidh a' geamhrachadh agus a' neadachadh air cuid dhiubh. Tha eòin-dhubha an sgadain, coltraichean, fulmairean, sgairbh, fàireagan agus

buthaichean ann. Bidh iolairnean-mara a' lorg bidhe os cionn nan eileanan agus tìr mòr. Chaidh iomadh seòrsa leumadair is muc-mhara a chlàradh anns na h-uisgeachan far a' chladaich. Tha fraoch-cladaich air fàs air mullaich cuid de bhearraidhean agus chithear uinnean na mara agus an t-sòbhrag (nach eil ann an àite ach ann an Alba) a' fàs na mheasg. Tha mòran lusan ann an cuid dhe na lochan mar an fheamainn dhearg a bhios air grunn na mara agus ris an canar 'Corail na h-Alba.'

Tha an ceangal eadar an talamh, a' mhuir agus an t-adhar air cladach an iar-thuath air sealladh tìre a thoirt dhuinn a dh'fhaodas ar toileachadh, togail inntinn a thoirt dhuinn no, uaireannan, eagal a chur oirnn. Tha na lusan agus an fhiadh-bheatha air an tugadh iomradh ann agus gu leòr a bharrachd. Ma choimheadas duine gu faiceallach, tha cothrom ann beathaichean fhaicinn nan àrainn nàdarra.

Access

Visitors are welcome throughout the North West Seaboard, but all paths and trails require care at all times, and not all those mentioned here are suitable for all abilities. Similarly, cave entrances may be examined by the interested walker but should only be entered by those properly trained and equipped.

The land is managed in many ways that sustain jobs in the area, as well as contributing to the variety of wildlife. Please act with this in mind, and also keep dogs under close control everywhere, particularly during lambing in April and May, and when stalking is taking place between 1st July and 20th October (for stags) and 21st October and 15th February (for hinds). Information on access is usually available from Tourist Information Centres or Ranger Bases (please see below). Some sites display specific contact numbers. The Scottish Outdoor Access Code can be seen on the Scottish Natural Heritage web-site: www.snh.gov.uk

Enjoy the wildlife and landscapes of the North West Seaboard!

Further Information

Ranger Services are operated by the Highland Council. Rangers provide information for both visitors and local people and arrange guided walks and other activities. For further information please contact the closest Ranger Base from the following list:

Durness	01971 511756
Lochinver	01571 844654
Ullapool/Gairloch	01854 613904

Tourist Information Centres (TICs) are operated by Highlands of Scotland Tourist Board. They provide a wide range of information on attractions, activities and accommodation, amongst other things. Please contact the closest one from the following list:

Durness	01971 511259
Gairloch	01445 712071
Lochinver	01571 844194
Strathcarron	01520 722882
Ullapool	01854 612486

Other Villages and Towns on the North West Seaboard also have splendid opportunities to see wildlife, view landscapes, go on wildlife boat trips, and take local walks. They also offer other activities, facilities and services as well the chance to gain an insight into the culture and history of the area.

Luchd-Tadhail

Tha fàilte ro luchd-tadhail air feadh Cladach an Iar-thuath, ach feumaidh duine a bhith faiceallach air a h-uile ceum is cuairt fad na h-ùine. Chan eil a h-uile gin air a bheil iomradh an seo freagarrach dha gach duine is ire comais. Cuideachd, faodaidh a h-uile duine aig a bheil ùidh annta sùil a thoirt air beul nan uamhan ach cha bu chòir a dhol a-steach annta ach daoine le trèanadh agus uidheamachd cheart.

Tha an talamh air a riaghladh ann an iomadh dòigh a tha a' cumail obraichean san sgìre agus a tha cuideachd a' cur taic ri gach seòrsa fiadh-bheatha a tha ann. Cùm cuimhne air an seo mus dèan thu càil. Cùm smachd air coin cuideachd anns gach àite ach, gu h-àraidh, aig àm breith nan uan sa Ghiblean agus sa Chèitean, agus cuideachd nuair a bhios stalcaireachd a'dol eadar a' chiad latha dhen Iuchar and agus am 20mh dhen Damhair (airson dhaimh) agus eadar an 21mh dhen Damhair an 15mh dhen Ghearran (airson èillean). 'S àbhaist gum faighear fiosrachadh mu thadhal o Ionadan Fiosrachaidh an Luchd-Turais no o Ionadan nam Maor-Choille (faic gu h-iseal). Tha àireamhan sònraichte ann do chuid de dh'àitichean. Tha Còd Tadhail Blàr a-muigh na h-Alba air làrach-lìn Dualchas Nàdair na h-Alba: www.snh.gov.uk

Gu meal sibh an fhiadh-bheatha agus an dùthaich air Cladach an Iar-thuath!

Tuilleadh Fiosrachaidh

'S e Comhairle na Gàidhealtachd as àbhaist a bhith a' ruith **Seirbheis nam Maor-Choille**. Bheir na maor-choille fiosrachadh do luchd-turais agus do mhuintir an àite agus bidh iad a' cur chuid air eile air dòigh. Airson tuilleadh fiosrachaidh cuir fios chun an ionaid as fhaisge a tha aig na maor-choille on liosta seo:

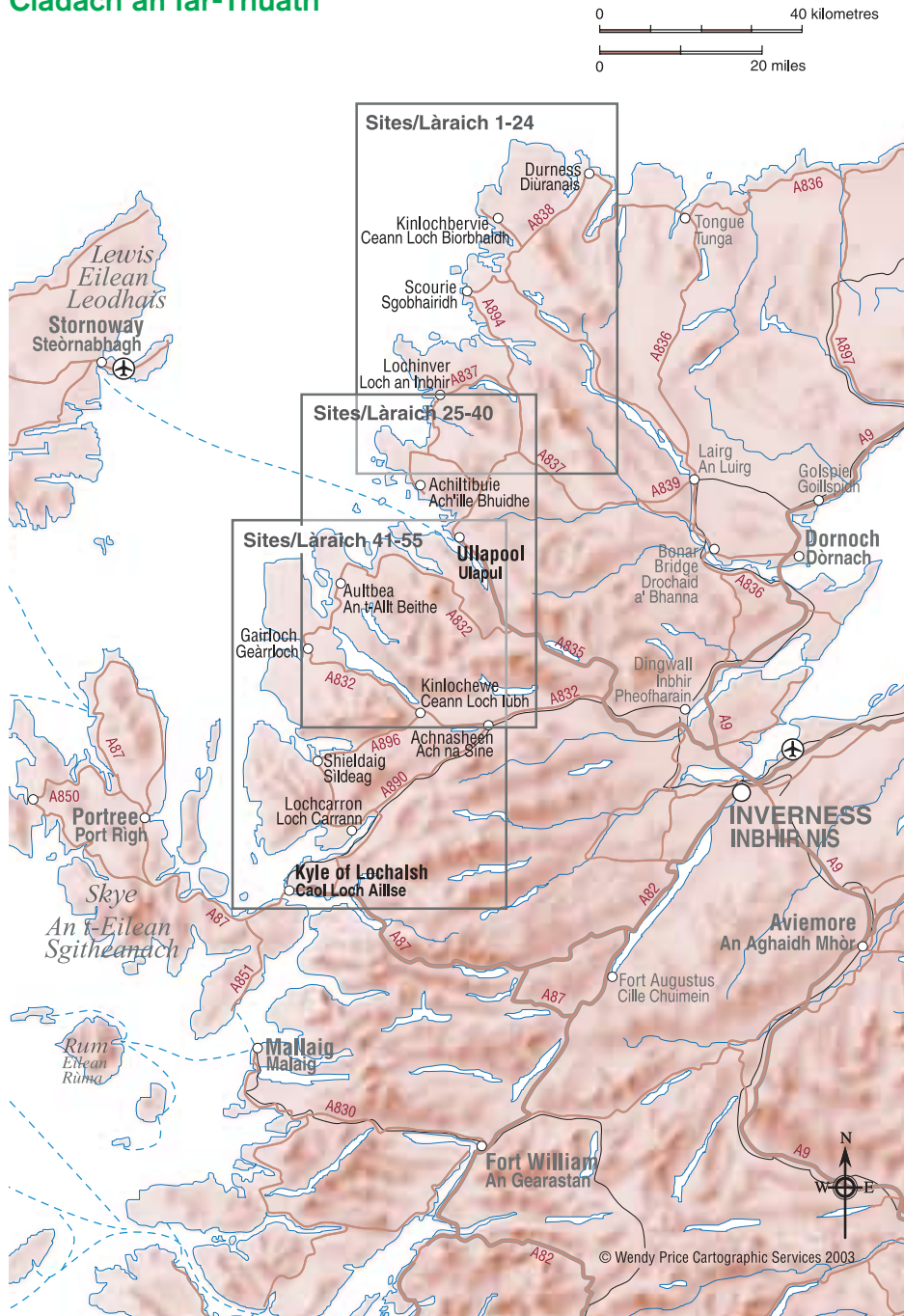
Diùranais	01971 511756
Loch an Inbhir	01571 844654
Ullapool/Geàrrloch	01854 613904

'S e **Bòrd Turasachd na Gàidhealtachd 's nan Eilean** a tha a' ruith Ionadan Fiosrachaidh an Luchd-Turais. (TICs) Bidh iad a' toirt fiosrachaidh air àitichean-tadhail, cur-seachadan agus àitichean-fuirich am measg iomadh rud eile. Cuir fios chun na h-oifis as fhaisge air an liosta seo:

Diùranais	01971 511259
Geàrrloch	01445 712071
Loch an Inbhir	01571 844194
Srath Carrann	01520 722882
Ullapool	01854 612486

Tha fìor chothroman cuideachd ann am **bailtean eile** air Cladach an Iar-thuath airson fiadh-bheatha fhaicinn, coimhead air seallaidhean, a dhol cuairt ann an eathar a dh'fhaicinn fiadh-bheatha agus airson coiseachd. Tha goireasan agus seirbheisean eile ann cuideachd agus rudan a dh'fhaodas duine a dhèanamh cho math ri cothrom beagan tuigse fhaotainn air dualchas is eachdraidh na sgìre.

North West Seaboard
Cladach an Iar-Thuath



Creag a' Chnocain/Knockan Crag

Lorne Gill/SNH



Primrose/Sòbhrach

Lorne Gill/SNH

Sites/Làraich 1-24



1 Loch Eriboll and Strath Beag

Loch Eriboll is an impressive deep sea loch once used as a naval anchorage. There is rich limestone grassland on the east side and more acid vegetation on the quartzite of the west. There are many archaeological sites in the region and at the head of the loch lies Strath Beag with rich native woodland remnants on the crags.

2 Smoo Cave

This limestone cave with its entrance 30m/100ft wide has formed at the head of a narrow coastal inlet. Hart's-tongue fern and other limestone plants are found in the outer cave. An ancient midden indicates that Stone Age man may once have lived here. A wooden pathway extends into the cave and allows viewing of the second inner chamber where Allt Smoo falls from an opening in the roof. Boat tours are available to the inner cave and waterfall throughout the summer.

3 Balnakeil and Faraid Head

The Balnakeil area is outstanding for its outcrops of Durness limestone and associated plants. Faraid Head, behind



Smoo Cave/Uamh Smudha

Lorne Gill/SNH

Balnakeil beach, is a narrow headland with dunes, coastal grasslands and steep cliffs. In summer the headland reveals many beautiful, and some rare, flowers such as the Scottish primrose and grass of Parnassus. A Ranger Service operates from Durness Tourist Information Centre.



Balnakeil/Baile na Cill'

Lorne Gill/SNH

1 Loch Eireabol agus Srath Beag

'S e loch-mara domhainn a tha ann an Loch Eireabol a bha uair air a cleachdadh mar acarsaid dhan chabhach. Tha feur bho chloich-aoil bheartaich air an taobh an ear. Air an taobh an iar tha a' chlach-èiteig a'ciallachadh gu bheil barrachd searbhaig anns na tha a' fàs. Tha iomadh làrach arceòlais san sgìre. Tha An Srath Beag aig ceann an locha far a bheil beagan de choille dhùthchasaich fhathast air na bearraidhean.

2 Uamh Smudha

Tha an uamh seo de chloich-aoil aig ceann bàgh cumhang. Tha 30m/100troigh de leud san t-slighe a-steach innte. Tha raineach agus lusan eile a tha measail air aol san uamh as fhaide muigh. Tha seann lagais ann cuideachd. Mar sin dh'fhaodadh gun robh daoine a' fuireach an seo ri Linn na Cloiche. Tha staran fiodha a' dol a-steach dhan uamh agus chi duine a-steach dhan dara seòmar far a bheil Allt Smudha a' tighinn tro tholl sa mhullach. As t-samhradh tha eathar a' toirt dhaoine air chuairt dhan uamh agus chun na h-easa.

3 Baile na Cill' agus Ceann Fharaid

Tha Baile na Cill' sònraichte airson na tha ann de chloich-aoil Dhiùranais agus na lusan a tha co-cheangailte rithe. Tha Ceann Fharaid, air cùl tràigh Bhaile na Cill'. 'S e rudha cumhang a tha seo le botaichean, feur-cladaich agus bearraidhean casa. As t-samhradh chithear iomadh dìthean àlainn, cuid a tha gu math tearc, mar sòbhrag na h-Alba agus gealag nan àirnean. Tha Seirbheis nam Maor-Choille ag obair à Ionad an Luchd-Turais ann an Diùranais.



Sòbhrag na h-Alba/Scottish Primrose Lorne Gill/SNH



Loch Eireabol/Loch Eribol

Iain Sarjeant



Sandwood Bay/Bàgh Sheannabhaid

Lorne Gill/SNH

4 Cape Wrath

A range of coastal plants is found on the Cape Wrath coastline. Clò Mòr is the highest vertical sea cliff in mainland Britain and has immense seabird breeding colonies. The beautiful sandy Kervaig Bay is frequented by otters. The Cape Wrath peninsula is used as a bombardment range and is reached by a passenger ferry from Keoldale and mini-bus - the latter only operates during the summer months and when the range is closed. Full information on ferry times and access restrictions can be obtained from the Post Office or the Tourist Information Centre in Durness.

5 Sandwood Bay

The 6.5km/4 miles footpath to the beautiful Sandwood Bay, on the northernmost John Muir Trust estate,

which is only accessible by foot, leaves the public road at Blairmore and crosses peatland where moorland plants and animals can be seen. Sand dunes and machair surround the loch, and peaty soils are influenced by blown sand. Here, uncommon plants such as the Royal fern and mountain avens flourish.

6 Oldshoremore, Oldshorebeg and Sheigra

The machairs of these bays are among the richest in mainland Britain, supporting over 200 different species of flowering plant, and are especially colourful in early summer. These plant communities co-exist with the traditional low intensity farming methods of local crofters.

4 Am Parbh

Tha iomadh lus-cladaich a' fàs timcheall air A' Pharbh. 'S e Clò Mòr an stac dìreach as àirde air tìr mòr Bhreatainn agus tha an t-uabhas eòin-mhara a' gintinn air. Chithear a' bhiast-dhubh sa Bhàgh Chearbhaig. Tha an rubha mun Pharbh ga chleachdadh mar raon airson toirm-shligean. Gheibh duine ann air aiseig à Cealldail agus air bus beag ged nach eil am bus a' ruith ach as t-samhradh agus nuair a tha an raon dùinte. Gheibhear fiosrachadh air uairean an aiseig agus air bacadh inntidh o Oifis a' Phuist no o Ionad an Luchd-Turais ann an Diùranais.

5 Bàgh Sheannabhaid

Tha ceum 6.5 cilemeatar/4 mìle gu bàgh àlainn air a bheil Bàgh Sheannabhaid, air an oighreachd as fhaide tuath aig Urras Iain Mhuir.

Chan eil dòigh air faighinn ann ach le coiseachd. Tha an ceum a' fàgail an rathaid mhòir aig a' Bhlàr Mhòr agus tha e a' dol tarsainn na mòintich far am faicear lus is ainmhidhean na mòintich. Tha botaichean agus machair timcheall an locha agus tha siaban a' toirt buaidh air talamh na mòintich. Tha lus nach fhaicear tric a' fàs an seo mar an raineach rioghail agus machall-monaidh.

6 Aisir Mòr, Aisir Beag agus an Seigra

Tha na machraichean mu na bàghan seo air feadhainn cho beartach 's a tha air tìr mòr Bhreatainn. Tha còrr is 200 seòrsa dithean a' fàs an seo agus tha a h-uile seòrsa dath ann tràth as t-samhradh. Tha na lus seo a' tighinn beò le na seann dòighean àiteachais a tha aig croitearan na sgìre.



Clò Mòr

Lorne Gill/SNH



Handa Island/Eilean Shannnda

Lorne Gill/SNH

7 Laxford Braes and Loch Laxford

Road improvements in this area have exposed folded patterns in the Lewisian gneiss. These rocks, originally laid down billions of years ago in horizontal layers, have become twisted, broken and folded through the intense pressure and movements of the earth's crust. The fascinating river estuary has a wealth of wildlife providing good opportunities to watch common and grey seals. Otters often frequent the beaches here, as do many wading birds.

8 Loch Stack and Arkle

Arkle is largely composed of Cambrian quartzite. It is these rocks which give it its distinct white appearance. Birds such as the black-throated diver, greenshank, dipper, curlew and snipe may all be seen on, or close to, Loch Stack.

9 Handa

It is possible to visit Handa and see the spectacular seabird colonies. 30 or so bird species breed there including razorbills, guillemots, kittiwakes, fulmars, puffins, arctic and great skuas. All are visible from the well-maintained paths. Access is via a small boat from Tarbet during spring and summer (except on Sundays).



Coltraiche/Razorbill

Lorne Gill/SNH

7 Bràigh Chamas Bhradan agus Loch Chamas Bhradan

Nuair a chaidh rathaidean na sgìre a leasachadh, chunnacas pàtarain taisgte san Lewisian Gneiss. Chaidh na creagan seo a leagail an toiseach o chionn iomadh billean bliadhna ann am fillidhean còmhnaidh, ach tha iad a-nis air fàs càmh agus air briseadh air uachdar a chèile air sgàth bruthadh dian agus gluasad ann an rùsg na talmhainn. Tha mòran ainmhidhean rim faicinn aig beul na h-aibhne agus chi thu ròin gu leòr. Bidh biastan-dubha agus iomadh seòrsa eun-grunnachaidh an seo cuideachd.

8 Loch Stac agus Arcaill

'S e clach-èiteig Chambrìanach as motha a tha ann an Arcaill. 'S e na creagan seo as coireach ris an tuar gheal a tha air. Tha eòin mar an learga dhubh, an deoch-bhiugh, an gobh'-uisge, an guilbneach agus an naosg air, no faisg air, Loch Stac.

9 Eilean Shannnda

Faodaidh duine tadhal air Eilean Shannnda airson na tha ann de dh'eòin-mhara fhaicinn. Tha mu 30 seòrsa a' gintinn ann le coltraichean, eòin-dhubha an sgadain, fàireagain, fulmairean, buthaidean, feasgadairean mhòra agus feasgadairean an t-sneachda. Tha ceuman matha ann om faic thu iad. Gheibh thu ann air eathar beag on Tairbeart as t-earrach agus as t-samhradh (ach a-mhàin Là na Sàbaid).

10 Scourie Bay

The Scourie Bay area offers outstanding vistas of ancient Scourie gneiss, and geological dykes are clearly visible at the surface and shoreline. Fine views can be had from the bay's headland across to Handa Island, west to the Isle of Lewis and south to the sandstone and quartzite topped mountains of Assynt. The waters of the bay itself are often visited by both red- and black- throated divers.

11 Loch a' Mhuilinn National Nature Reserve

This woodland reserve situated on the coast contains the northernmost remnant of native oak woods in the British Isles. It is dominated by birch but has rowan, hazel, aspen and willow, as well as a rich plant and animal life – including 177 species of lichens. Access is by foot from the main road.

12 Loch Glencoul

A delightful wooded walk (0.8km/ 0.5 mile) around the back of Kylesku village gives good views of Loch Glencoul and Kylesku Bridge. The Stack of Glencoul, clearly showing the line of the Moine Thrust and the Glencoul Thrust can be viewed from a lay-by near the Unapool Childhood Museum. Thrusts are where older rocks have been heaved upwards, by tremendous forces within the earth, and come to rest on top of younger rocks.



Loch Glencoul/Loch Gleann Cùil

Lorne Gill/SNH



Rowan and aspen/Caorann agus critheann Lorne Gill/SNH

10 Bàgh Sgobhairidh

Tha seallaidhean sònraichte à Bàgh Sgobhairidh air seann gneiss Sgobhairidh. Tha tomult de chreig theinntich ri fhaicinn mun chladach. Tha seallaidhean brèagha o rudha a' bhàigh a-null gu Eilean Shannda, dhan iar gu Eilean Leodhais agus deas gu beanntan Asainte le mullaich de chloich-ghainmhich is de chloich-èiteig. Bidh leargan mòra is leargan dubha glè thrìc sa bhàgh.

11 Ionad Tèarmainn Nàdair Loch a' Mhuilinn

Tha an tèarmann coillteach seo ris a' chladach agus 's ann ann a tha an fhuigheall as fhaide tuath de choille dharaich dhùthchasaich ann am Breatainn. 'S e Beithe as motha a

tha ann ach tha Caorann, Calltainn, Critheann is Seileach ann cuideachd, a bharrachd air pailteas lusan is ainmhidhean – nam measg 177 seòrsa crotail. Thèid agad air coiseachd ann on rathad mhòr.

12 Loch Gleann Cùil

Tha cuairt-coise thaitneach tron choille timcheall cùil Baile a' Chaolais Chumhaing le seallaidhean matha thar Loch Gleann Cùil agus Drochaid a' Chaolais Chumhaing. Tha Stac Gleann Cùil a' sealltainn loidhne Sàthadh na Mòine. Chithear Sàthadh Gleann Cùil o ionad-stad faisg air Taigh-Tasgaidh na h-Òige ann an Unabol. 'S e sàthadh far an deach seann chreagan a shadail suas le neart mòr taobh a-staigh na talmhainn agus an cur air uachdar chreagan nach eil cho sean.



Kylesku/Caolas Cumhang

Lorne Gill/SNH

13 Eas a' Chual Aluinn

At 200m/650ft this is the highest waterfall in Britain (though in summer it is often reduced to a trickle). It is best viewed from the boat trip from Kylesku, or it can be reached by a path leading from the lay-by at Loch Gainmhich.

14 Ardvar Woods on the Kylesku to Drumbeg Road

Beside the road near the village of Nedd are sheltered birch woods - remnants of the once extensive north-western forests. Birch is mixed with rowan, hazel, aspen, wych elm and oak. The humid glens and gorges provide ideal conditions for many moss and lichen species. The undulating hills, rocky ridges and numerous lochans dominated by the mountain Quinag are typical of the scenery formed on Lewisian gneiss.

15 Drumbeg

The viewpoint at Drumbeg gives magnificent vistas northwards including Ben Stack, Handa Island and the small islands of Eddrachillis Bay. Red-throated divers feed at sea and can be seen flying back and forward, and sightings of white-tailed sea eagles are becoming quite regular.

13 Eas a' Chual Àluinn

Seo an t-eas as àirde ann am Breatainn aig 200m/650troigh. Ach glè thrìc as t-samhradh cha bhì ann ach sruthan. 'S ann air cuairt air bàta às a' Chaolas Chumhang as fheàrr a chì thu e. Gheibh thu thuige cuideachd air ceum on ionad-stad aig Loch Gainmhich.

14 Coille Àird Bhàrr air an rathad eadar an Caolas Cumhang is an Druim Beag

Tha coille-bheithe ann am fasgadh ri taobh an rathaid faisg air An Nead – fuigheall na coille a bha uair a' còmhachadh cuid mhòr dheniar-thuath. Tha Caorann, Calltainn, Critheann, Leamhan agus Darach a' fàs còmhla ris a' bheithe. Tha taiseachd nan gleann is nam bealach a' freagairt gu math air iomadh seòrsa còinnich is crotail. Tha cruth luasganach nam beann, na dromannan creagach agus na lochain le Beinn Chuinneig os an cionn bitheanta mar shealladh 'Lewisian'.

15 An Druim Beag

A' coimhead gu tuath on Druim Bheag tha seallaidhean iongantach de Bheinn Stac, Eilean Shannda agus na h-eileanan beaga ann am Bàgh Eadar Dhà Chaolais. Tha an learg mhòr a' faighinn gu leòr bidhe sa mhuir agus chithear i a' sgiathalaich air ais 's air adhart. Tha an iolair'-mhara ri faicinn gu math tric cuideachd a-nis.



Slighe Chreige Iar-Thuath na Gàidhealtachd/North West Highland Rock Route

Lorne Gill/SNH

16 The Old Man of Stoer

The Torridonian sandstone cliffs of Stoer are markedly different from the surrounding Lewisian Gneiss coastline. The tall cliffs with stacks, caves and arches are used by a variety of breeding seabirds. Whales, dolphins and porpoises are regularly seen from the lighthouse car park. There is a 3km/1.5 miles walk from near there to the Old Man of Stoer, a 61m/200ft seawall.



Clachtoll/Clach Toll

John Charity

17 Clachtoll Beach

Clachtoll is a crofting township with a beautiful secluded sandy beach and a machair which is managed for wild flowers. It is a great place for exploring rockpools. Once a salmon netting station, the bothy and icehouse have been carefully restored. A short walk (1.6km/1 mile) along the north coast leads to Clachtoll Broch, an Iron-age fort. Information about the area can be obtained from the Ranger Service hut in the beach car park.

18 Achmelvich

The bay at Achmelvich is a good place to see black-throated and red-throated divers throughout the year, and sometimes great-northern divers in winter. Minke whales can be seen from the shore, and porpoises reside in the harbour in the summer. From the camp site, there is a beautiful coastal walk to the ruined meal mill at Altanabradhan. Frog, fragrant and northern marsh orchids are just a few of the flowers along the coast. There is a Ranger Service hut in the beach car park.



Achmelvich/Achadh Mhealbhaich

John Charity

16 Bodach an Stòir

Tha bearraidhean an Stòir de chloich-gghainmhich Thoirbheartain agus gu tur eadar-dhealaichte o Lewisian Gneiss a' chladaich timcheall. Tha mòran eòin-mhara a' gintinn sna bearraidhean mòra le na stacan, na h-uamhan is na stuaghan. Tha mucan-mara, leumadairean agus pèileagain tric rim faicinn o phàirc nan càraichean aig an taigh-sholais. Tha cuairt coise de 3 cilemeatar/1.5mile às an seo a-null gu Bodach an Stòir, stac-mara a tha 61 meatar/200 troigh de dh'àirde.

17 Tràigh Chlach Toll

'S e baile croitearachd a tha ann an Clach Toll le tràigh àlainn agus machair làn dhithean. Tha e sgoinneil airson a bhith a' lorg sna pollagan. Bha uair a bha stèisean lin bhradan ann agus tha am bothan agus taigh na deighe a-nis air an leasachadh. Ma choisicheas tu

1.6 cilemeatar/mile air a' chladach a tuath, thig thu gu Broch Chlach Toll, dùn o Linn an Iarainn. Tha fiosrachadh mun sgìre ri fhaotainn on bhothan aig Seirbheis nam Maor-Choille ann am pàirc nan càraichean aig an tràigh.

18 Achadh Mhealbhaich

Tha am bàgh ann an Achadh Mhealbhaich math airson leargan dubha agus leargan mòra fhaicinn fad na bliadhna agus uaireannan leargan fairge sa gheamhradh. Chithear mucan-mara minke on chladach agus tha pèileagain sa chala as t-samhradh. Tha cuairt-coise àlainn on ionad campachaidh gu seann mhuileann mine aig Allt nam Bradan. Tha corra sheòrsa de mhogairlean, mar bog a' mhonaidh agus lus taghte, am measg nan dithean a tha a' fàs ris a' chladach. Tha bothan aig Seirbheis nam Maor-Choille ann am pàirc nan càraichean aig an tràigh.



Leumadair/Dolphin

Lorne Gill/SNH



Otters/Biastan-dubha

Laurie Campbell/SNH

19 Culag Woods, Lochinver

A series of paths wander through the delightful mixed woodland of Culag Woods behind Lochinver. These include a sculpture trail and the 'Are-You-Brave-Enough Trail'. Pine martens live here and otters might be seen on the White Shore.

20 Kirkaig

The path from the bridge over the River Kirkaig runs along the riverside, through ancient woodland of birch, rowan, hazel and aspen, and out to the open moorland. About 4km/2 miles along the walk are the dramatic 18m/60ft Falls of Kirkaig. Dippers, wagtails and common sandpipers feed along the river; tree pipits, wood warblers and pine martens live in the woods, and breeding dunlin and greenshank can be heard every spring higher up the path.

21 Little Assynt

Little Assynt Estate, owned by the local community, is a mixture of moorland, bog with scattered trees, and many lochans. It has been planted with native trees. Paths include an all-abilities path and a circular walk which takes in the old cleared township of Beannach where ruins lie amongst lazy beds and other evidence of past cultivations. Today, in the shadow of the pinnacles of Quinag, the remote landscape is home to otters, badgers and golden eagles. There are two car parks beside the A837.



Badger/Broc

Laurie Campbell

19 Coille Chùlaig, Loch an Inbhir

Tha iomadh ceum a' dol tro Choille Chùlaig air cùl Loch an Inbhir. Tha cuairt shnaidheadaireachd ann agus cuairt thapachd. Tha taghain a' fuireach an seo, agus dh'fhaodadh gum faicear biastan-dubha air a' Chladach Bhàn.

20 Circeig

Tha ceum on drochaid thairis Abhainn Chirceig a' leantainn na h-aibhne tro sheann choille de bheithe, caorann, calltainn is critheann agus a-mach gu monadh fosgailte. An dèidh 4 cilemeatar/2 mhìle de chois eachd, chì thu Eas Chirceig a tha 18 meatar/60 troigh de dh'àirde. Bidh an gobh'-uisge, breac an t-sil agus trilleachan-tràghad ag ithe ri taobh na h-aibhne; tha gabhagan, ceilearaichean coille agus taghain sa choille, agus, as t-earrach, aig àm gintinn, cluinnear an gille-feadaig agus an deoch-bhiugh nas fhaide shuas.

21 Asainte Bheag

Buinidh Oighreachd Asainte Bheag dhan choimhearsnachd. 'S e monadh a tha ann le boglaichean, beagan chraobhan is iomadh lochan. Chaidh craobhan dùthchasach a chur air cuibhreann mhòr dheth. Faodar cuairt a ghabhail timcheall air Beannach às an deach na daoine fhuadach o chionn fhada. Tha cuairt ann do dhaoine le diofar chomasan am measg ceuman eile cuideachd. Tha rudan mar na tobhtaichean sna feannagan nam fianais gun robh daoine a' fuireach an seo uaireigin. An-diugh, tha biastan-dubha, bruic is iolairan a' còmhnaidh san sgìre iomallaich seo fo sgàil binneanan Chuinneig. Tha dà phàirc chàraichean ri taobh an A837.



Loch Assainte agus Cuinneag/Loch Assynt and Quinag

Lorne Gill/SNH



Inchnadamph/Innis nan Damh

Lorne Gill/SNH

22 Loch Assynt

The ruins of Ardvreck Castle stand on the shores of Loch Assynt, which was carved out by glaciers in the last ice-age. Its small islands are covered in Scots pine trees and it is a favourite trout and salmon loch with visiting anglers.

23 Inchnadamph and the River Caves

This plateau between Loch Assynt and Ben More Assynt is of great geological and landform interest and is also well known for its rich and varied plant life including mountain avens, globeflower and holly fern. Its limestone scenery, such as cave entrances (belonging to the biggest system in Scotland), disappearing rivers and limestone

pavements can be seen best by walking up Traligill glen. Cars can be left at the car park near the hotel. From here walkers can gain access to Assynt's only Munros: Ben More Assynt and Conival.

24 Inchnadamph Bone Caves

Caves above Allt Nan Uamh are among the most interesting in Scotland. Excavations have revealed bones of the animals that inhabited this part of Scotland during the last ice age, some 11,000 years ago. They include brown bear, polar bear, arctic fox, reindeer, lynx and lemming. There is a good 2km/1 mile path to the Bone Caves from the car park situated 4km/2 miles south of Inchnadamph.

22 Loch Asainte

Tha tobhta Caisteal Àird Bhric air cladach Loch Asainte a chaidh shnaidheadh le eighr'-shruthan san Linn Deighe mu dheireadh. Tha an giuthas Albannach a' còmhach nan eileanan beaga agus tha iasgairean a' bhric is a' bhradain glè mheasail air an àite.

23 Innis nan Damh is Uamhan na h-Aibhne

Tha an t-àrdchlar seo eadar Loch Asainte agus Beinn Mhòr Asainte san tèarmann. Tha an sgìre cudromach a thaobh geòlais is cruth na talmhainn. Tha i cuideachd ainmeil airson na tha ann de lusan le machall-monaidh, gealag nan àirnean agus raineach chuilinn nam measg. 'S e an dòigh as fheàrr air seallaidhean de chloich-aoil fhaicinn, mar na slighean a-steach do dh'uamhan, nach eil an samhail ann an Alba, aibhnichean a tha a' dol à sealladh agus cabhsairean de chloich-

aoil, coiseachd suas Gleann Tràiligil. Faodar càraichean fhàgail ann am pàirc nan càraichean faisg air an taigh-òsta. 'S ann bhon sgìre seo a gheibh luchd-coiseachd chun an dà Mhunro ann an Asainte: Beinn Mhòr Asainte agus Cona Mheall.

24 Uamhan nan Cnàmh, Innis nan Damh

Tha na h-uamhan os cionn Allt nan Uamh cho inntinneach ri gin ann an Alba. Lorg arceòlaichean cnàmhan nam beathaichean a bha san sgìre seo de dh'Alba rè na Linn Deighe mu dheireadh, 's dòcha o chionn 11,000 bliadhna. Nam measg bha am mathan donn, am mathan bàn, sionnach an t-sneachda, fiadh na còinnich, lioncs agus an radan-uisge. Tha ceum math 2 chilemeatar/mìle a' dol gu Uamhan nan Cnàmh o phàirc nan càraichean 4 cilemeatar/2 mhìle deas air Innis nan Damh.



Uamhan nan Cnàmhan, Innis nan Damh/Bone caves at Inchnadamph

Lorne Gill/SNH



Stac Pollaidh

Iain Sarjeant



25 Knockan Crag National Nature Reserve

This is one of the most important sites for understanding how the landscape of northern Britain was formed. The Moine Thrust Plane shows an unusual situation where older Moine rocks have come to lie over much younger Durness limestone because of the folding and overthrusting of rock layers. There is an unmanned visitor centre, open all hours throughout the year, with information and interactive displays on the landscape and geology of the area, two circular trails for different abilities, a car park and toilets.



Knockan Crag/Creag a' Chnocain

Lorne Gill/SNH

26 Inverpolly

This landscape is dominated by the sandstone peaks of Cul Mor, Cul Beag and Stac Pollaidh. Habitats include seashore and marine islands, scree and barren mountain tops, streams, numerous lochs, bogs, and a scattering of birch, hazel and rowan woodlands. They support a great variety of wildlife including the most northerly colonies of wood ants on the west coast. Golden plover, wheatear, ring ouzel, greenshank and curlew all breed on the damp moorland, and ptarmigan on the tops. There is a good path from Loch Lurgainn up to and around the summit of Stac Pollaidh.



Guilbneach/Curlew

Lorne Gill/SNH

25 Tèarmann Nàdair Nàiseanta Creag a' Chnocain

Tha an làrach seo cho cudromach ri gin a tha ann airson a bhith a' tuigsinn mar a chaidh an tìr ann an ceann a tuath Bhreatainn a chruthachadh. Tha am blàr le Sàthadh na Mòine annasach seach gu bheil seann chreagan na Mòine air uachdar clachan-aoil Dhiùranais nach eil cho sean. Tha seo air sgàth sreathan de chreig a bhith gam filleadh agus gan sàthadh thairis orra. Tha ionad fiosrachaidh ann le taisbeanadh eadar-ghnìomhach mu shealladh na tìre agus geòlas na sgìre. Tha e fosgailte fad na bliadhna ged nach eil duine ag obair ann. Tha dà chuairt ann do dhaoine le diofar chomasan, pàirc chàraichean agus taighean beaga.

26 Inbhir Phollaidh

Tha an sgìre seo air a chuartaichadh le beanntan de chloich ghainmhiche Cuthail Mhòr, Cuthail Bheag agus Stac Pollaidh. Tha iomadh àrainn an seo eadar cladaichean, eileanan mara, sgàirneach agus mullaich loma nam beanntan, uillt, lochan, boglaichean agus beagan de choilltich le beithe, calltainn agus caorann. Tha iomadh seòrsa ainmhidh a' fuireach an seo agus 's ann ann a tha an cruinneachadh as fhaide tuath de mhialan-coille air an taobh an iar. Tha an fheadag bhuidhe, am brù-geal, druid a' mhonaidh, an deoch-bhiugh, agus an guilbneach a' gintinn air a' mhonadh thais, agus an tàrmachan air na mullaich. Tha ceum math o Loch Lurgainn suas gu, agus timcheall, Stac Pollaidh.

27 Achnahaird

Access to Achnahaird Sands is from a carpark at the end of a single-track road. At low tide an extensive tidal estuary of sand flats and salt marsh is exposed, fringed on the west side by dunes, beyond which is machair. These habitats, assisted by grazing, support a diversity of mosses, liverworts and the rare petalwort. Lapwings find the wetter parts of the dune grasslands a good nesting area. There are some interesting archaeological sites amongst the dunes.

28 Rubha Coigeach Peninsula Coastal Walk

This peninsula is edged by sandstone sea cliffs which in late spring are busy

with nesting sea birds. The panoramic views are superb. Dippers can often be seen in the shallows of the inland lochans in search of prey. Access is from Achnahaird Sands car park or the road end at Reiff.

29 Summer Isles

The Summer Isles can be viewed from the mainland and explored by boat. Special boat tours are also available from Badentarbat Pier or Ullapool. Viewers are offered a landscape of rugged sea cliffs dotted with roosting or nesting sea birds, sea worn crevices, caves and rock arches. In the more sheltered waters basking seals favour sandy beaches and low rock shelves.



Lapwing/Curragag

Lorne Gill/SNH



Na h-Eilean Samhraidh/Summer Isles

Iain Sarjeant

27 Ach na h-Àird

Gheibh duine gu tràigh Ach na h-Àird o phàirc nan càraichean aig ceann rathad singilte. Nuair a tha an làn a-muigh, chithear oitirean agus boglach mhara san inbhir. Tha botaichean an iar orra agus machair air cùl sin. Tha na h-àrainnean seo, le cuideachadh o ionaltradh, math airson iomadh seòrsa de chòinnich agus de lus an àirneig, cuid dhiubh a tha gu math tearc. 'S fheàrr leis a' churracag a' chuid as fliche dhen roan feòir as giorra airson a bhith a' neadachadh ann. Tha làraich am measg nam botaichean a tha intinneach a thaobh airceòlais.

28 Cuairt mu Rubha na Còigich

Tha bearraidhean de chloich-ghainmhich mun cuairt an rubha

seo agus tha mòran eòin-mhara a' neadachadh orra fada dhen earrach. Tha seallaidhean sònraichte an seo. Chithear an gobh'-uisge glè thrìc ann an tanalach nan lochan air an dùthaich 's iad an tòir creich. Gheibh duine ann bho phàirc nan càraichean aig Tràigh Ach na h-Àird no bho cheann an rathaid aig An Rif.

29 Na h-Eileanan Samhraidh

Chithear na h-Eileanan Samhraidh o thìr mòr agus gheibhear thuca le eathar. Tha bàtaichean a' dol air chuairt ann bho Chidhe Bhad an Tairbeairt no bho Chidhe Ulapuil. Chithear bearraidhean le eòin-mhara orra, sgoran, uamhan is stuaghan. Far a bheil uisge fàsagach, 's fheàrr le na ròin a bhith air a' ghainmhich agus air sgeirean iseal.

30 Ben More Coigach

The sandstone mountains forming the Coigach massif dominate the skyline of the Loch Broom and Achiltibuie area. A wind-scoured, arctic tundra-type landscape tops the rocky summits and from below, this glacially sculptured mountain massif is an impressive sight. Golden eagles may occasionally be seen in this area.



Ullapool Harbour/Cala Ulapuil

Lorne Gill/SNH



Ben Mor Coigach/Beinn Mhòr Chòigich

Iain Sarjeant

31 Ullapool and Isle Martin

Boat trips from Ullapool sail round Isle Martin to view seals and seabirds, which nest there. A boat from Ardmair run by the Isle Martin Trust, allows access to the island itself on specific days during the summer. The island offers tranquil walking, and is undergoing conservation and recreational development. As well as other wildlife boat trips from Ullapool, there are number of attractive walks in and around the village itself.

32 Leckmelm Garden

The 12 acre arboretum at Leckmelm was laid out in the 1870s. A path network leads the visitor through a wood where native ferns grow luxuriantly beneath fine exotic trees and shrubs.



Common Seal/Ròn

Lorne Gill/SNH

30 Beinn Mhòr Chòigich

Tha beanntan na Còigich de chloich-ghainmhich agus tha iad a' coimhead sìos air sgìre Loch Bhraoin agus Ach'ille Bhuidhe. Tha a' ghaoth daonnan a' sèideadh air na mullaich chreagach a tha coltach ris an tundra. 'S e sealladh iongantach a tha ann nuair a choimheadas tu suas air na beanntan seo a chaidh an cumadh le eighr'-shruth o chionn linntean. Chithear uaireannan an iolaire-bhuidhe san sgìre seo.

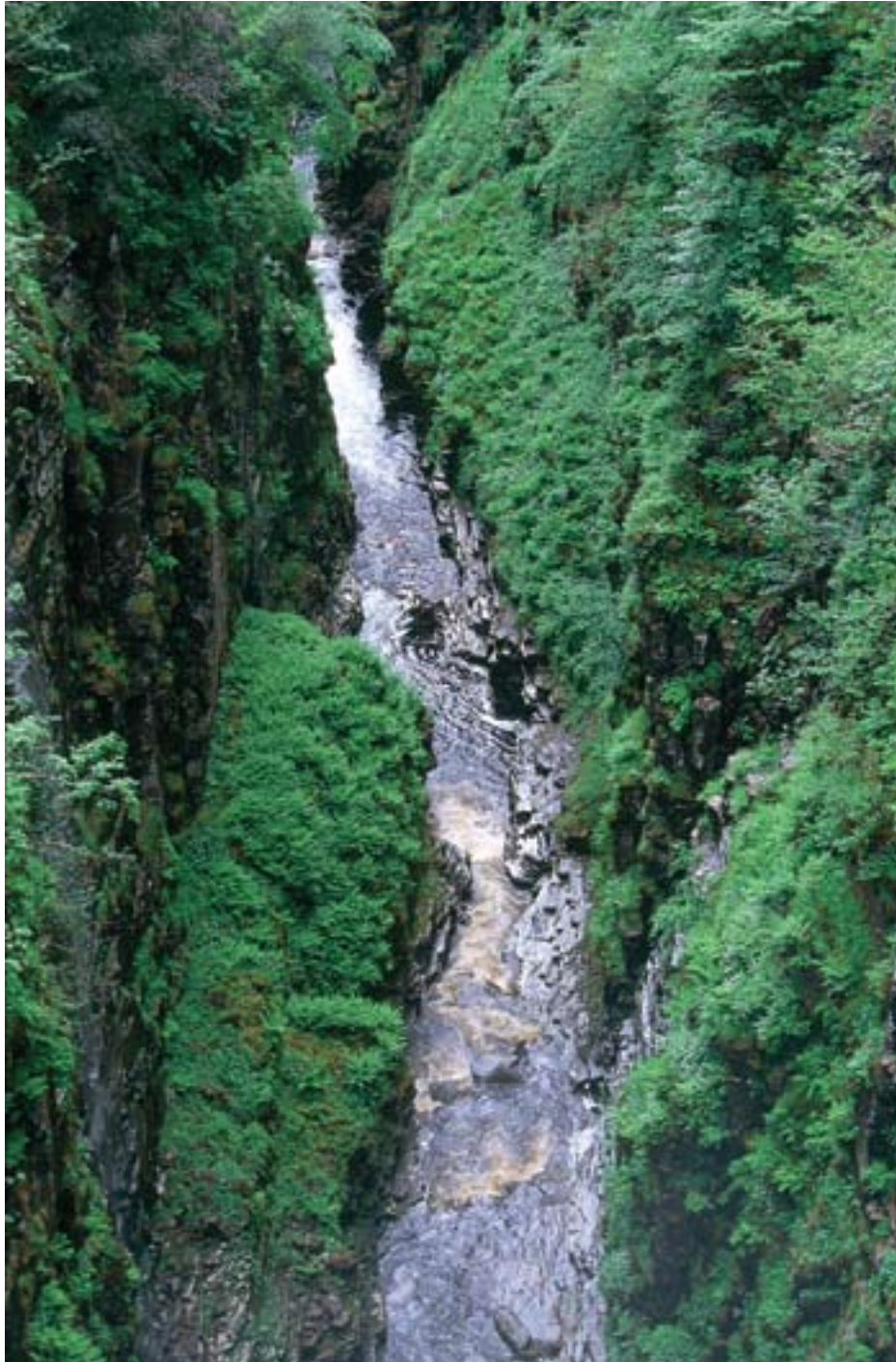
31 Ulapul agus Eilean Mhàrtainn

Tha bàtaichean a' falbh à Ulapul agus a' seòladh timcheall Eilean Mhàrtainn far am faighear sealladh air na ròin agus, cuideachd, na h-eòin-mhara a tha a'

neadachadh ann. Tha Urras Eilean Mhàrtainn a' ruith bàta às Àird Mhèar air làithean àraidh agus faodaidh duine tadhal air an eilean as t-samhradh. Tha an t-eilean math airson coiseachd shitheil agus tha obair glèidhteachais is leasachadh chur-seachadan a' dol ann an-dràsta. A bharrachd air cuairtean eile air bàtaichean a dh'fhaicinn fiadh-bheatha, tha corra chuairt thaitneach timcheall a' bhaile fhèin.

32 Lios Leac Mhailm

'S e craobh-lios de 12 acaire a chaidh a dhèanamh sna 1870an a tha ann an Leac Mhailm. Tha ceuman tron choille far a bheil rainnich dhùthchasach pait fo chraobhan 's fo phris annasach.



Corrieshalloch/Clais a' Choire Shalaich

Lorne Gill/SNH

33 Lael Forest Garden

Situated 16km/10 miles south of Ullapool on the A835, this forest garden boasts a fine collection of mature, and some rare, tree specimens. There is a network of paths allowing easy access and enjoyment of the garden itself, and graded walks in the forest surrounding it.

34 Corrieshalloch Gorge National Nature Reserve

The river Droma descends dramatically over the Falls of Measach into the impressive gorge, 1.25km/0.75 mile long and 60m/200ft deep. This was formed initially by glacial melt waters excavating a channel through rock already weakened by vertical fractures. The ungrazed gorge sides support various mosses, ferns and liverworts. Access is from the car park on the A832 Gairloch road near Braemore Junction.

35 An Teallach

This spectacular mountain dominates the landscape along the A832 in the vicinity of Little Loch Broom. The splendour of the mountain and its glacial features can be observed from the Fain moorland south of Dundonnell and from the viewpoint overlooking Little Loch Broom west of Badcaul.



An Teallach

Iain Sarjeant

33 Lios Coille Làthail

Tha an lios seo 16 cilemeatar/10 mile deas air Ullapool air an A835 agus tha mòran sheann chraobhan ann, cuid dhiubh a tha gu math tearc. Tha ceuman matha ann agus faodaidh duine toileachadh fhaighinn san lios fhèin no air cuairt sa choillidh.

34 Tèarmann Nàdair Nàiseanta Clais a' Choire Shalaich

Tha abhainn Droma a' dòrtadh thairis air Easan na Miasaich dhan chlais a tha 1.25 cilemeatar/0.75mile de dh'fhaid agus 60 meatar/200 troigh ann an doimhneachd. Chaidh seo a chruthachadh bho thùs le eighr'-shruthan ag aiteamh agus a' cladhach dhan chreig a bha mu thràth air a lagachadh le sgàinidhean o mhullach gu bonn. Chan eil beathach ag ionaltradh air cliathaichean na claise agus tha iomadh seòrsa còinnich, rainnich is lus an àirneig pailt ann. Gheibhear thuige bho phàirc nan càraichean air rathad Gheàrrloch, an A832, faisg air ceangal a' Bhlàir Mhòir.

35 An Teallach

Chithear a' bheinn iongantach seo ag èirigh suas faisg air an Loch Bheag on A832. Tha sealladh math de bhuaidh na h-eighr'-shruth air a' bheinn seo bho mhonadh nam Fèithean deas air Achadh Dà Dhòmhnail agus bhon ionad seallaidh a' coimhead thairis air an Loch Bheag an iar air Bada Call.

36 Badrallach Road

The single-track road to Badrallach, a few miles east of Dundonnell, travels through beech woods and then runs high above the eastern shore of Little Loch Broom, before ending at the small crofting settlement itself. From here a lovely coastal walk of 5km/3 miles leads to the community of Scoraig.

37 Ardessie Waterfalls

On the A832, approximately 3km/2 miles on the Poolewe side of the Dundonnell Hotel, the Ardessie river descends from An Teallach to Little Loch Broom in a series of spectacular waterfalls. The last of these can be seen from a bridge on the south side of the road - there is a car park about 50m west of it. A rough, boggy path leads up the east side of the river allowing a view of the entire series of falls.

38 Gruinard Bay

This sheltered bay attracts a variety of wildfowl and waders, particularly in the winter. Oyster catchers, ringed plovers and sandpipers are sometimes successful in nesting on the dunes in the summer. Sea eagles can often be seen quartering the ground on Gruinard Island. Steps opposite the car park lead down to sandy beaches.

36 Rathad a' Bhad Ràillich

Tha rathad singilte a' dol gu Bad Railleach a tha beagan mhilltean an ear air Achadh Dà Dhòmhnail. Tha e a' dol tro choille-bheithe agus an uair sin a' dìreadh suas os cionn taobh an ear an Loch Bheag mus tig e gu ceann sa bhaile croitearachd. Tha cuairt àlainn a' leantainn a' chladaich airson 5 cilemeatar/3 mìle gu Sgoraig.

37 Eas Àird Easaidh

Air an A832, mu 3 cilemeatar/2 mhìle air taobh Pholl Iùbh de Thaigh-Òsta Achadh Dà Dhòmhnail, tha abhainn Àird Easaidh a' taomadh a-nuas on Teallach dhan Loch Bheag, eas an dèidh easa. Chithear am fear mu dheireadh dhiubh o dhrochaid air taobh deas an rathaid. Tha pàirc chàraichean mu 50 cilemeatar/55 slat an iar air. Tha ceum bog nach eil ro mhath a' dol suas gu taobh an ear na h-aibhne far am faicear na h-easan gu lèir.

38 Bàgh Ghruinaird

Tha am bàgh fasgach seo a' tarraing eòin fhiadhaich is eòin ghrunnachaidh, gu h-àraidh sa gheamhradh. Bidh an gille-brìde, an trilleachan tràghad agus an trilleachan uaireannan a' neadachadh sna botaichean as t-samhradh. Glè thrì chithear an iolair'-mhara a' sealg air Eilean Ghruinaird. Tha ceuman a' dol sìos bho phàirc nan càraichean gu tràighean.



Eas Àird Easaidh/Ardessie Waterfalls

Iain Sarjeant

39 Laide Wood

The community-owned Laide Wood is situated to the left hand side of the A832 going south, just after the village of Laide. It is open all year round and is a great place to enjoy a vast array of wildlife and spectacular views. The natural features which make the wood such a pleasurable experience are good walks, the deep water courses, two lochans and a cascading waterfall which feeds Loch na Creige.

40 Mellon Udrigle

There is all-abilities access to the sheltered sandy beach at Mellon Udrigle. Divers can often be seen feeding within the bay. There is a lovely coastal walk and sometimes you can see gulls and gannets - and occasionally by dolphins - hunting shoals of fish. In the winter, many waders are attracted to the estuary at Opinan which is part of the coastal walk.



Inverewe Garden/Lios Inbhir lùbh

John Charity

41 Inverewe Garden and Estate, Poolewe

Inverewe Gardens support 20 hectares (50 acres) of exotic plants and native species. The National Trust for Scotland Ranger Service ensures that the wider estate can be enjoyed by organising countryside events (including some particularly for families and children), and guided walks to see wildlife and archaeological remains.

42 Kernsary

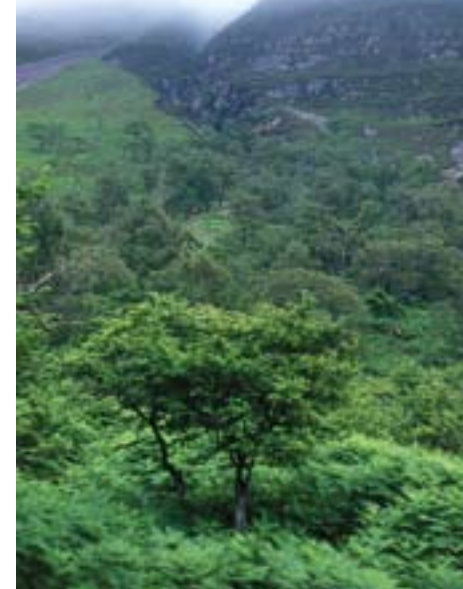
Just south of the entrance to Inverewe Gardens is a walk that crosses the north-east shore of Loch Kernsary and gives spectacular mountain and coastal views. It takes in a variety of habitats and exits on to a track at Kernsary farm. This can be followed back to Poolewe, giving a circular walk of about 10km/6 miles. Parking is available at Inverewe Gardens or in the car park on the east bank of the River Ewe in Poolewe village.

39 Coille an Leothaid

Buinidh Coille Leothaid dhan choimhearsnachd. Tha a' choille ri taobh an rathaid A832 air an làimh chli a' dol gu deas beagan as dèidh An Leathad. Tha i fosailte fad na bliadhna agus 's i àite shònraichte airson fiadh-bheatha is seallaidhean fhaicinn. Gheibhear deagh chuirtean, uillt domhainn, dà lochain agus eas na dhòrtadh a-steach do Loch na Creige.

40 Meallan Udraigil

Tha ceum airson gach comas ann do dh'fhasgadh thràigh ghainmhich Mheallain Udraigil. Chithear leargan mòra glè thric sa bhàgh. Tha cuairt-coise bhreagha a' leantainn a' cladaich agus faodar eòin ghrunnachaidh a' tighinn do dh'inbhir nan Òbaidhnean sa gheamhradh.



Cèarnasair/Kernsary

SNH

41 Lios agus Oighreachd Inbhir lùbh, Poll lùbh

Tha 20 heactair (50 acaire) de lusan coimheach is dùthchasach ann an Lios Inbhir lùbh. Tha Seirbheis nam Maor-Choille aig an Urras Nàiseanta na h-Alba a' dèanamh cinnteach gum faigh daoine toileachadh air an oighreachd gu lèir le bhith a' cur rudan air dòigh air an dùthaich le rudan do theaghlachan 's do chloinn nam measg. Bidh cuairtean aca le neach-iùil agus chi daoine fiadh-bheatha agus làraich àrsaidheil.

42 Cèarnasair

Direach deas air an t-slighe a-steach à Lios Inbhir lùbh tha cuairt a tha a' dol thairis air a' chladach an ear-thuath air Loch Chèarnasair. Tha seallaidhean àlainn an seo dhe na beanntan 's dhen chladach. Tha iomadh seòrsa àrainn ann agus thig thu a-mach air frith-rathad aig tuathanas Chèarnasair. Faodar cumail ris an rathad seo a ghabhail air ais timcheall a Pholl lùbh agus bidh a' chuairt mu 10 cilemeatar/6 mìle. Tha pàirc chàraichean aig Lios Inbhir lùbh air a' bhruaich an ear de dh'abhainn lùbh ann am Poll lùbh.

43 Tollaidh to Slattadale

The path to Slattadale climbs steadily for 2.5km/1.6 miles to a viewpoint that overlooks Loch Maree, its islands and their fine Scots pine, as well as the mountains of Letterewe and Torridon. Loch Maree provides a sheltered, undisturbed location for the black-throated diver to nest. The descent to Slattadale crosses moorland, enters a forest and follows the lochside giving closer views of the islands. Return is by the same route. A car park is almost opposite the start of the walk.

44 Rubha Rèidh

The B8021 north from Gairloch gives awe-inspiring views over the Minch to Skye and the Outer Hebrides. A fine walk from the car park at Melvaig goes along the private road to the Rubha Rèidh lighthouse where there is a visitor centre that is open all year. Sheep paths lead along the coast east of the lighthouse to give views of sea stacks,



Loch Maree and Slioch/Loch Maruibhe agus Sleaghach

Lorne Gill/SNH

the beautiful beach of Camas Mòr and a rock arch where a variety of sea birds can be seen.

45 Flowerdale, Gairloch

From the car park situated on the north side of the Flowerdale river, opposite the Gairloch Harbour road, a path network through Flowerdale may be reached. This glen, because of its sheltered situation and good soils, allows an abundance of trees and other flora to thrive. Woodland birds are plentiful and the dawn chorus in the springtime is worth getting up early for. There is also a way-marked route that takes you from Flowerdale round the back of An Groban, across the open moorland to the Red Stable at Loch Bad an Sgalaig. A great walk for seeing species and habitats associated with the open moorland and possibly golden eagles. From Gairloch Harbour there is the opportunity to take a variety of marine wildlife watching trips.



Learga Dhubh/Black-throated Diver Laurie Campbell/SNH

43 Tollaidh gu Slèiteadal

Tha an ceum gu Slèiteadal a' dìreadh airson 2.5 cilemeatar/1.6 mile gu ionad-seallaidh a tha a' coimhead thairis air Loch Maruibhe, na h-eileanan air an loch far a bheil an giuthas Albannach a' fàs, agus chithear cuideachd beanntan Leitir Iùbh is Thoirbheartain. Tha Loch Maruibhe na àite-neadachaidh socair, fàsach dhan learga-dhuibh. Airson a dhol gu Slèiteadal, feumaidh duine cromadh agus a dhol tarsainn a' mhonaidh, tro choille agus gabhail sìos ri taobh na locha far am faicear sealladh math dhe na h-eileanan. Feumar an aon shlighe a ghabhail san tilleadh. Tha pàirc chàraichean cha mhòr mu choinneimh far a bheil a' chuairt a' tòiseachadh.

44 Rubha Rèidh

Tha seallaidhean iongantach dhen Chuan Sgith agus a-null chun an Eilein Sgitheanaich agus chun nan Eileanan Siar on rathad B8021 tuath à Geàrrloch. Tha fìor chuairt-coise o phàirc nan càraichean ann am Mealbhaig air rathad priobhaideach gu taigh solais an Rubha Rèidh far a bheil ionad fiosrachaidh is tha e fosgailte fad na bliadhna. Tha ceuman chaorach ris a' chladach an ear air an taigh sholais.

Chithear stacan, an tràigh aig Camas Mòr, stuagh creige agus mòran eòin-mhara an seo.

45 Am Baile Mòr, Geàrrloch

Bho pàirc nan càraichean tuath air an abhainn, mu choinneimh an rathaid a tha a' dol gu cidhe Gheàrrloch, tha ceuman air am faod daoine cuairt a ghabhail. Seach gu bheil an gleann fàsach agus talamh math ann, tha craobhan is lus an eile pailt ann. Tha eòin-choille pailt cuideachd agus 's fhiach èirigh tràth as t-earrach airson an cluinntinn a' ceilearadh tràth sa mhadainn. A bharrachd air seo, tha slighe air a comharrachadh a tha a' dol bhon Bhaile Mòr, air cùlaibh A'Ghrobain agus tarsainn air a' mhòintich dhan Stàball Dearg aig Loch Bad na 'sgalaig. 'S e deagh chuairt a tha sea airson gnèithean is àrainn na mòintich fhaicinn - agus is dòcha an iolaire-bhuidhe. Tha caochladh chothroman ann a dhol cuairt eathair a dh'fhaicinn fiadh-bheatha nan mara bhon chidhe Gheàrrloch.



Rubha Rèidh

Lorne Gill/SNH

46 Red Point

Passing through woodland and crofting townships, the B8056 follows the coast to Red Point. A beach to the north can then be reached on foot through a magnificent dune system. On the south side beach, salmon netting used to take place during the summer. The public right of way from Red Point to Diabaig takes just over three hours.

47 Bad na Sgalaig

The start of a footpath through the indigenous Bad na Sgalaig woodland planting scheme starts opposite a car park east of Loch Bad na Sgalaig. At the end of the planting, the path continues between the magnificent mountains of Baosbheinn and Beinn an Eoin to Loch na h-Oidhche. Additional circular way-marked routes take you off

the main path and provide panoramic views from Meall Ghlas Leothaid.

48 Beinn Eighe National Nature Reserve

This Reserve contains the best remaining areas of western Scots pine woodland, which includes birch, rowan, holly and other native trees. Higher slopes are clad by dwarf juniper, and the spectacular ridge of Beinn Eighe affords stunning views. Animal life includes golden eagle, crossbill, pine marten and a wide range of dragonflies. Quartzite screes give the peaks a snow-covered appearance, even in summer. The Reserve has mountain, woodland and all-abilities trails, along with an award-winning visitor centre with information for all ages.



Beinn Eighe

John MacPherson/SNH

46 Rubha Dearg

Tha an rathad B8056 a' leantainn a' chladaich agus a' dol tro choille agus tro bhailtean croitearachd gus an ruig e an Rubha Dearg. Tha an uair sin tràigh gu tuath agus faodaidh duine coiseachd thuice tro na botaichean. Air an taobh dheas chleachd lion-ghlacadh bhradan a bhith a' dol air adhart as t-samhradh. Tha Còir na Slighe aig a' Phoball bhon Rudha Dhearg gu Diabaig agus bheir e beagan is trì uairean a thide.

47 Bad na Sgalaig

Tha ceum a' tòiseachadh mu choinneimh pàirc nan càraichean an ear air Loch Bad na Sgalaig agus a' dol tro choille sa bheil sgeama a' dol a tha a' cur lusan dùthchasach. Far a bheil an cur a' sgur, tha an ceum a' cumail a' dol eadar Badhais Bheinn agus Beinn an Eòin gu Loch na h-Oidhche. Bhon phrìomh cheum, tha cruinn-slighean air an comharrachadh is iad a' toirt

a-steach seallaidhean sònraichte bho Mheall Ghlas Leothaid.

48 Tèarmann Nàdair Nàiseanta Bheinn Eighe

'S ann san Tèarmann seo a tha a' chuid as fheàrr dhe na tha air fhàgail air an taobh an iar de choille le giuthas Albannach. Tha beithe, caorann, cuileann agus craobhan dùthchasach eile ann cuideachd. Air na leòidean as fhaide shuas tha lusan beaga a' fàs agus tha seallaidhean àlainn air druim Beinn Eighe. Chithear cuideachd an iolair-bhuidhe, an camgob, an taghan agus iomadh seòrsa tarbhan nathrach. Saoilidh duine gu bheil sneachda an-còmhnaidh air na mullaich, fiù 's as t-samhradh air sgàth sgàirneach de chloich-èiteig. Choisinn Ionad an Luchd Tadhail duaisean agus gheibhear fiosrachadh ann mun tèarmann dha gach aois. Tha cuairtean beinne is coille do dhaoine dhe gach comas ann.



Visitor Centre/Ionad an Luchd Tadhail, Beinn Eighe

John MacPherson/SNH



Torridon/Toirbheartan

Lorne Gill/SNH

49 Torridon – Coire of the Hundred Hills

The Coire of the Hundred Hills of Torridon is the best example in Scotland of a natural phenomenon created when debris carried by receding glaciers was deposited, forming a multitude of hummocks of sand and gravel ('hummocky moraine'). A footpath opposite the car park on the A896 approximately 10km/6 miles from Kinlochewe leads through this amazing terrain.

50 Torridon - Coire Mhic Nobuil and Lowland Trails

Torridon Estate includes the sandstone massif of Liathach. The mountains afford views of some of the wildest parts of Britain, whilst the lower walks around the head of Loch Torridon weave through salt marsh scenery. Otters can be seen here at the shore edge, and

wigeon and redshank are often around in winter. The walk between Liathach and Beinn Alligin, which follows the Coire Mhic Nobuil River, begins in pine woodland, gradually changing into open scenery. Ptarmigan live on the very high tops. Car parking is available at the National Trust for Scotland Visitor Centre, and other car parks around the property.

51 Diabaig

The road from Torridon to the settlements of Diabaig traverses the side of Beinn Alligin, a majestic mountain made up of layers of red Torridonian sandstone, giving fine views over Loch Torridon. It climbs steeply to Bealach na Gaoithe and then passes through a landscape dominated by rocky crags and fresh water lochans. A steep descent leads through the crofting settlement of Upper Diabaig to the sheltered harbour of Lower Diabaig.

49 Toirbheartan – Coire nan Ceud Bheinn

'S e Coire nan Ceud Bheinn ann an Toirbheartan an t-eisimpleir as fheàrr ann an Alba de mhiorbhailean nàdair far an robh eighr'-shruthan a bha a' dol air ais a' toirt leotha sprùilleach as an dèidh a' cruthachadh àireamh mhòr thoman de ghainmhich is de ghrinneal. Tha ceum a' tòiseachadh mu choinneimh pàirc nan càraichean air an A896 mu 10 cilemeatar/6 mìle à Ceann Loch Iùbh agus a' dol tron àite iongantach seo.

50 Toirbheartean Ìseal

'S ann de chloich-aoil a tha Liathach agus tha i air oighreachd Thoirbheartain. Gheibhear seallaidhean air na beanntan an seo de chuid dhe na h-àitichean as iomallaiche ann am Breatainn. Tha cuairtean nas isle timcheall ceann Loch Thoirbheartain thairis air na fideachan. Tha biastan-dubha rim faicinn aig oir an locha agus an glas-

lach agus a' ghlùineach mhòr glè thric sa gheamhradh. Tha a' chuairt eadar Liathach agus Beinn Ailiginn, a tha a' leantainn abhainn Coire Mhic Nobuil, a' tòiseachadh ann an coille-ghiuthais, agus an uair sin, tha i air talamh fosgailte. Tha tàrmachain air na mullaich àrda. Tha pàirc chàraichean aig Ionad Luchd-Turais an Urrais Nàiseanta na h-Alba. Tha àitichean eile ann cuideachd far am faodar càr fhàgail.

51 Diabaig

Tha an rathad eadar Toirbheartan agus Diabaig a' dol tarsainn cliathaich Bheinn Ailiginn, beinn mhòr dhen chloich-ghainmhich dheirg Thoirbheartain. Tha sealladh brèagha ann air Loch Thoirbheartain. Tha an rathad a' dìreadh gu cas gu Bealach na Gaoithe agus, as dèidh sin, tha mòran chreagan is lochan ann. Tha cromadh cas an uair sin gu baile croitearachd Dhiabaig an àird agus gu acarsaid fhasgach Dhiabaig a' chàdha.



Diabaig

Iain Sarjeant



Bealach nam Bò

Lorne Gill/SNH

52 Shildaig

The distinctive pine trees on Shildaig Island, which is situated on the south side of Loch Torridon, were planted over 100 years ago to provide poles for drying fishermen's nets, but now provide a nesting site for a pair of sea eagles. The island can be easily viewed from the road along the front of Shildaig village. From here common seals can be seen at close quarters, along with eiders, red breasted mergansers, oystercatchers and shags. From the north of the village there is a good path that takes you up past the school and along the west side of the Shildaig peninsular where you can enjoy dramatic views across to Applecross and north to Torridon. Marine wildlife watching tours can be taken from the pontoon to the south of the village.

53 Applecross Village and Path Network

Organised walks, given by members of the local community, can be taken around the Applecross footpath network. The woods in the area are home to a variety of birds, while the bay is a popular feeding area for wildfowl and waders. Just before the harbour at Toscaig, a small road leads off in an easterly direction to a footpath over a sandstone plateau with its abundance of hill lochs and great views of Skye. (9km/5.5 miles with lots of ascent/descent).

54 Bealach nam Bò

The views from Applecross to Loch Carron over Bealach nam Bò meaning the Cattle Pass (and shown as Bealach na Bà on some maps) are awe inspiring. The road traverses a bleak sandstone plateau ending in precipitous cliffs at the high point before a series of hairpin bends drop down to the strath below.

52 Sildeag

Tha Eilean Shildeig air an taobh dheas de Loch Thoirbheartain. Tha na craobhan giuthais a tha air an eilean furasta an aithneachadh agus chaidh an cur o chionn còrr is 100 bliadhna ach am biodh pòlaichean aig na h-iasgairan air an tiormaicheadh iad na lin. O chionn ghoirid bha an iolair-mara a' neadachadh annta. Chithear an t-eilean on rathad ri aghaidh baile Shildeig. Chithear ròin gu math faisg an seo, agus cuideachd lachan mòra, lachan fiacailleach, gillean-bride agus sgairbh. The deagh cheum a' fàgail an taobh tuath a' chlachain, seachad ar an sgoil agus air an taobh siar an leth-eilein Shildeig far a chithear seallaidhean iongantach dhen Chomraich is de Thoirbheartan. Faodar cuairt a gabhail ann an eathar a tha a' falbh bhon phontùn ann an ceann-a-deas a' chlachain gus fiadh-bheatha na mara fhaicinn.

53 A' Chomraich agus Ceuman mun cuairt

Faodar cuairtean a ghabhail timcheall cheuman na Comraich còmhla ri daoine a bhuineas dhan àite. Tha iomadh seòrsa de dh'èoin sna coilltean san sgìre seo agus bidh èoin fhiadhaich agus èoin ghrunnachaidh ag ithe sa bhàgh. Direach mus tig duine chun a' chala aig Toghsaig, tha rathad beag a' dol chun an ear gu ceum thairis air àrd-chlàr iom-fhillte de chloich-ghainmhich far a bheil lochain gu leòr agus seallaidhean brèagha dhen Eilean Sgitheanach. (9 cilemeatar/5.5 mìle le tòrr diridh/cromaigh).

54 Bealach nam Bò

Tha na seallaidhean on Chomraich a-null gu Loch Carrann thar Bealach nam Bò dìreach sònraichte oir tha an rathad a' dol thairis air àrd-chlàr gruamach de chloich-ghainmhich le bearraidhean casa aig a' chuid as àirde mus tèid e sìos na lùban eagallach dhan t-srath gu h-iseal.



A' Chomraich/Applecross

Lorne Gill/SNH



Rassal/Rasal

SNH

55 Rassal Ashwood National Nature Reserve

Rassal is the site of the most northerly ashwood in Britain. The limestone rocks support a wide variety of plants, including wild strawberry, dark-red helleborine and melancholy thistle. On sunny days, small pearl bordered fritillary and speckled wood butterflies may be seen in the woodland glades. The reserve has a network of informal paths. Access to the site is via a gate near a small car park, adjacent to A896.

56 Loch Carron

Beneath the waves of Loch Carron lie hidden natural gems - the narrows at Strome create strong tidal races, resulting in rich marine communities, such as horse mussel beds. In sheltered bays free-floating seaweed, called 'Crofters Wig' rises up and down

as the tides ebb and flow. Beds of kelp and knotted wrack provide good feeding areas for otters. Sometimes bottle-nosed dolphins and harbour porpoises can be seen in the loch. The road along the north shore, towards Ardaneaskan, passes through interesting remnants of old oakwood.

57 Achnasheen Terraces

The large terraces on the hillside to the west of Achnasheen were formed at the end of the last ice age, around 11,000 to 12,500 years ago. As the last glaciers melted, a large block of ice dammed the glen forming a loch. Meltwaters drained from the glaciers into the loch, and large flat-topped terraces of sand and gravel formed. As the ice dam itself melted, the loch levels dropped and new terraces formed at these lower levels.

55 Tèarmann Nàdair Nàiseanta Coille Uinnseann Rasail

'S ann an Rasal a tha a' choille uinnseann as fhaide tuath ann am Breatainn. Tha iomadh seòrsa lus a' fàs am measg nan creagan-aoil, nam measg sùbh-làir, eilibear agus cluas an fhèidh. Air latha grianach, chithear dealbhan nan neamhnaid agus dealbhan breac na coille sna doireachan. Tha iomadh ceum neo-foirmeil san tèarmann. Gheibh thu ann tro gheata faisg air pàirc bheag chàraichean faisg air an A896.

56 Loch Carrann

Tha iomadh annas nàdarra am falach fo na tuinn ann an Loch Carrann – tha an caolas aig an t-Sròm Dhearg a' dèanamh shruthan làidir san làn. Tha seo a' ciallachadh gu bheil muir-bheatha bheartach an seo, mar imirean de dh'fheusgain mhòra. Tha feamainn ris an canar 'Gruag a' Chroiteir' a' seòladh sna bàghan fasgach, ag èirigh 's a' dol fodha a rèir lionadh is tràghadh

a' mhuir-làin. Tha ceilp is feamainn-bhalgann gu leòr ann dha na biastan-dubha. Uaireannan, bidh leumadairean is pèileagan san loch. Tha an rathad a tha a' leantainn a' chladaich a tuath, a dh'ionnsaigh Àird an Easgann, a' dol tro dhe na tha air fhàgail de choille-dharaich agus tha e gu math inntinneach.

57 Uchdaich Ach na Sine

Tha uchdaich mhòra air slios na beinne an iar air Ach na Sine a chaidh a chruthachadh nuair a chrìochnaich an linn deighe mu dheireadh o chionn 11,000 is 12,500 bliadhna. Mar a bha eighr'-shruthan ag aiteamh, dhùin cnap mòr deighe an gleann agus chaidh loch a chruthachadh. Thraoigh an t-uisge aiteimh bho na h-eighr'-shruthan dhan loch agus chaidh uchdaich mhòra le mullaich chòmhnard a chruthachadh à gainmhich is grinneal. Mar a thàinig aiteamh air a' chnap deighe fhèin, leagadh doimhneachd an locha agus chaidh uchdaich ùra a chruthachadh aig na h-irean sin a bha a-nis na b'isle.



Dealain nan Neamhaid/Small Pearl Bordered Fritillary

Lorne Gill/SNH



Scottish Natural Heritage Dualchas Nàdair na h-Alba

All of nature for all of Scotland
Nàdair air fad airson Alba air fad

www.snh.gov.uk

ISBN: 978-1-85397-668-1

Print code TCP4K1010



This booklet is printed on Revive Pure Silk.