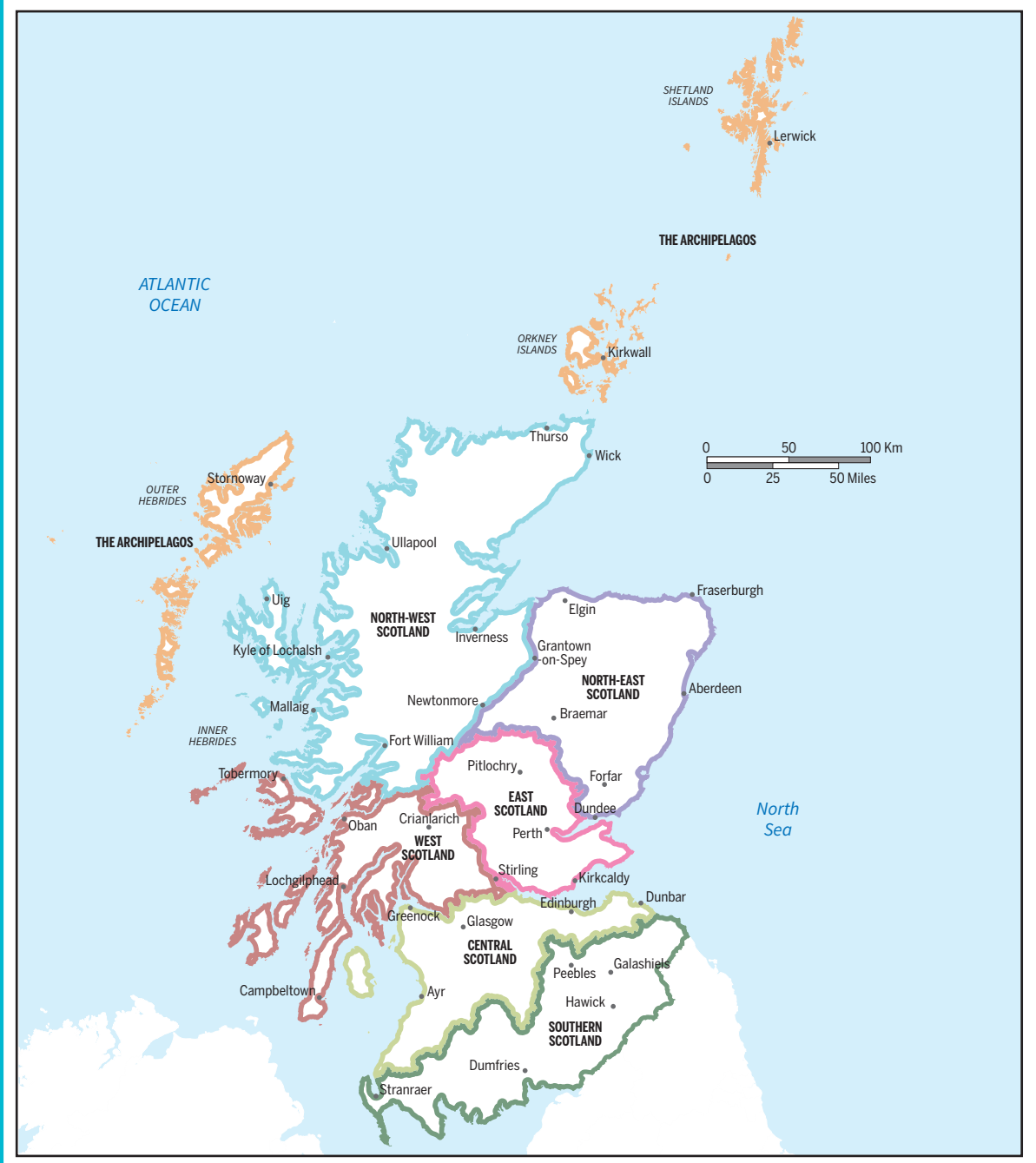


OUTSTANDING WALKS SCOTLAND



Ordnance
Survey



GLOSSARY OF GAELIC WORDS

Many of the place names in Scotland are Gaelic in origin, and this list gives some of the more common elements, permitting understanding of these terms and an appreciation of the relationship between place names and landscape features. Place names often have variant spellings, and the more common of these are given here.

aber	<i>mouth of loch, river</i>
abhainn	<i>river</i>
allt	<i>stream</i>
auch, ach	<i>field</i>
bal, bail, baile	<i>town, homestead</i>
bàn	<i>white, fair, pale</i>
bealach	<i>hill pass</i>
beg, beag	<i>small</i>
ben, beinn	<i>hill</i>
bhuidhe	<i>yellow</i>
blar	<i>plain</i>
brae, braigh	<i>upper slope, steepening</i>
breac	<i>speckled</i>
cairn	<i>pile of stones, often marking a summit</i>
cam	<i>crooked</i>
càrn	<i>cairn, cairn-shaped hill</i>
caol, kyle	<i>strait</i>
ceann, ken, kin	<i>head</i>
cil, kil	<i>church, cell</i>
clach	<i>stone</i>
clachan	<i>small village</i>
cnoc	<i>hill, knoll, knock</i>
coille, killie	<i>wood</i>
corrie, coire, choire	<i>mountain hollow</i>
craig, creag	<i>cliff, crag</i>
crannog, crannag	<i>man-made island</i>
dàl, dail	<i>field, flat</i>
damh	<i>stag</i>

dearg	<i>red</i>
druim, drum	<i>long ridge</i>
dubh, dhu	<i>black, dark</i>
dùn	<i>hill fort</i>
eas	<i>waterfall</i>
eilean	<i>island</i>
eilidh	<i>hind</i>
eòin, eun	<i>bird</i>
failte	<i>welcome</i>
fionn	<i>white</i>
fraoch	<i>heather</i>
gabhar, ghabhar, gobhar	<i>goat</i>
garbh	<i>rough</i>
geal	<i>white</i>
ghlas, glas	<i>grey</i>
gleann, glen	<i>narrow, valley</i>
gorm	<i>blue, green</i>
inbhir, inver	<i>confluence</i>
inch, inis, innis	<i>island, meadow by river</i>
lag, laggan	<i>hollow</i>
làrach	<i>old site</i>

làirig	<i>pass</i>
leac	<i>slab</i>
liath	<i>grey</i>
loch	<i>lake</i>
lochan	<i>small loch</i>
màm	<i>pass, rise</i>
maol	<i>bald-shaped top</i>
monadh	<i>upland, moor</i>
mór, mor(e)	<i>big</i>
odhar, odhair	<i>dun-coloured</i>
rhu, rubha	<i>point</i>
ruadh	<i>red, brown</i>
sgòr, sgòrr, sgùrr	<i>pointed</i>
sron	<i>nose</i>
stob	<i>pointed</i>
strath	<i>valley (broader than glen)</i>
tarsuinn	<i>traverse, across</i>
tom	<i>hillock (rounded)</i>
tòrr	<i>hillock (more rugged)</i>
tulloch, tulach	<i>knoll</i>
uisge	<i>water, river</i>







DIFFICULTY ●●

START Coldingham Bay

DISTANCE 5.8 miles (9.4km)

HEIGHT GAIN 1,055 feet (320m)

APPROXIMATE TIME 3¼ hours

ROUTE TERRAIN Clear paths and tracks; cliff-edge route on the outward leg; pavement in St Abbs

GETTING THERE



Bus stops in Coldingham village, TD14 5NL, and St Abbs, TD14 5PH, for the 235 service between Berwick-upon-Tweed and St Abbs: bordersbuses.co.uk



Coldingham Bay car park, TD14 5PA, 0.75 mile (1.2km) east of Coldingham village, off the B6438

OS EXPLORER



346, Berwick-upon-Tweed



NT 914 664



Scan Me

LOCATION

7 St Abb's Head

Spectacular coastal scenery and ancient religious sites make for a memorable walk. It is a location that has been used for filming many TV programmes and movies, including the epic *Avengers Endgame* (2019) and the 2016 remake of *Whisky Galore!*. Starting at Coldingham Bay, with its popular sandy beach, the route passes St Abbs harbour and weaves along a progression of high sandstone cliffs that twist back from tiny coves and towering stacks.

St Abb's Head was designated a National Nature Reserve in 1984 to protect its coastline, seabird colonies, wildflowers and insects. Thousands of seabirds nest here in late spring: guillemots and razorbills crowd narrow ledges on the sheer cliffs, while kittiwakes and fulmars build individual nests on any flat spot; puffins hide their eggs in burrows above, while on the slabs below you are likely to see shags and herring gulls.

In summer, wildflowers such as thrift, thyme and purple milk vetch carpet the grassland atop the cliffs. Kirk Hill, which has the remains of an ancient religious settlement, is a protected habitat for the rare northern brown argus butterfly, whose caterpillars feed on rock-rose, a low-growing plant with five-petalled yellow flowers. The route passes Mire Loch, an artificial freshwater lake that provides habitat for swans, ducks and damselflies.

With turbulent currents below the headland, the sea here is rich in marine life, including grey seals, bottlenose dolphins and minke whales. A fishing station was established in Pettico Wick Bay in 1880, as the headland provides a natural trap for salmon as they swim down the coast.

Left: Looking towards St Abb's Head.



PICTURE PERFECT

- 13 Hughie Macleod creel fishing, Oban.
- 14 Cruising across Loch Lomond from Inversnaid.
- 15 Langoustines.
- 16 Glen Kinglass.
- 17 Bunnahabhain Distillery, Islay.
- 18 The Pier Café, Stronachlachar.



THE WALK HIGHLIGHTS



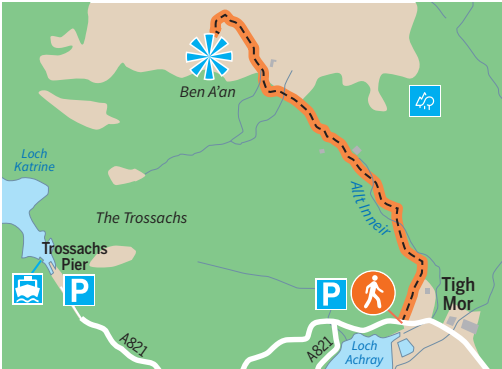
Set amid rocky hills, sparkling Loch Katrine remains a popular tourist destination. Nearby Trossachs Pier is home to the *Sir Walter Scott* steamship and the cruiser *Lady of the Lake*. Sightseeing cruises take in Ellen's Isle, named after Scott's heroine, and other notable landmarks. A longer trip visits Stronachlachar at the far end, from where it is possible to walk or cycle back on a private road along the north side of the loch – a distance of 13.6 miles (21.9km).



Loch Katrine is the source of Glasgow's water supply. In Victorian times the water level was raised by a dam, and an underground pipeline was constructed from the loch to the city. Another aqueduct runs beneath Ben A'an and adds water from Glen Finglas Reservoir in the neighbouring valley. The scheme gave Glaswegians clean water, which transformed the health of the population. It was hailed as one of the world's greatest feats of engineering when Queen Victoria and Prince Albert came to open it in 1859. They sailed to Victoria's Cottage, specially built for their visit, but this was immediately rendered uninhabitable when the sound waves from a 21-gun salute smashed all the windows!

From Ben A'an, many remnants of what was once continuous natural

tree cover are visible along the valley sides. This whole area, stretching 30 miles from Loch Lomond to Callander, is now part of the Great Trossachs Forest, a huge woodland restoration project. The project partners, who include the RSPB, Woodland Trust and Forestry and Land Scotland, planted more than two million native trees in the first ten years of the 200-year project.



“Sightseeing cruises take in Ellen’s Isle, named after Scott’s heroine, and other notable landmarks.”



Opposite page top: Loch Katrine.
Opposite page bottom: Highland cattle play an important role in the Great Trossachs Forest.
Above: Sir Walter Scott on Loch Katrine.
Left: The path back down to the car park.

DON'T MISS

The National Wallace Monument

Satnav: FK9 5LF



Discover the life and times of William Wallace, Scotland's hero of the Wars of Independence, on three floors of this tower, as you climb to the balcony at The Crown for exceptional views of Stirling and the Ochil Hills. The 220-foot (67-m) tower, opened in 1869, stands on wooded Abbey Craig and has an enormous statue of Wallace on one corner.





Website: nationalwallacemonument.com

OS Explorer: 366; NS 809 956

Directions: Off B998, Hillfoots Road, Causewayhead, Stirling

Car parking: The National Wallace Monument

  Shuttlebus to the hilltop

Bus: travelinescotland.com; 52, 324, 326, MA3

Train: scotrail.co.uk; Stirling Station

Falkland Palace

Satnav: KY15 7AN



Lying at the foot of the Lomond Hills in Fife, Falkland Palace was the royal hunting lodge of Scottish monarchs, including Mary, Queen of Scots. The Renaissance palace has beautiful gardens and one of Britain's oldest real tennis courts. It is surrounded by Falkland Estate, with miles of paths and a pretty village packed with cafés and old pubs.



Website: nts.org.uk

OS Explorer: 370; NO 253 075

Directions: Falkland

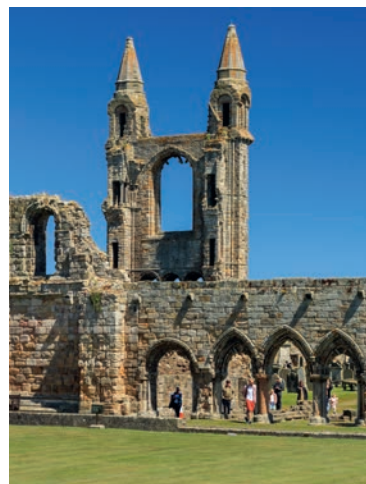
Car parking: Back Wynd (close to palace)

    Contact NTS

Bus: travelinescotland.com; 36/36A and 64/64A

St Andrews Cathedral

Satnav: KY16 9RQ



On the east coast of Fife, lying at the heart of this ancient university town, is the ruined cathedral where the relics of St Andrew were brought in the 700s. It was the centre of the medieval Scottish Church. St Andrew's diagonal cross was adopted for the Saltire, Scotland's national flag. St Andrews Castle is just along the shore.



Website: historicenvironment.scot

OS Explorer: 371; NO 513 166

Directions: St Andrews

Car parking: Parking bays along The Shore

  Visitor Centre;   Cathedral

Bus: travelinescotland.com; 9/9B, 64, 90A, 91A to St Mary's College stop

Train: scotrail.co.uk; St Andrews Station

Scone Palace

Satnav: PH2 6BD



This stately home of Gothic grandeur was built on the site of Scone Abbey, where Scottish kings were crowned. Outside the Chapel is a replica Stone of Scone, the original is in Perth Museum and was used at King Charles III's coronation. You can tour the lavish interiors of the palace, wander the parkland, or lose yourself in the Murray Star Maze.



Website: scone-palace.co.uk
OS Explorer: 369; NO 113 265

Directions: Perth

Car parking: Scone Palace

  Palace, self-propelled wheelchairs only;  Gardens

Bus: stagecoachbus.com; 3 and 58 to Scone Palace from Perth

Train: scotrail.co.uk; Perth Station

Queen's View

Satnav: PH16 5NR




When Queen Victoria was taken to this viewpoint, which lies west of Pitlochry, near Allean Forest, in 1866, she assumed that it was named after her; but it was famous long before, the name originating with Queen Isabel, the wife of Robert the Bruce. A short, wheelchair-accessible walk leads to the panoramic viewing area, looking over Loch Tummel to Schiehallion.



Website: forestryandland.gov.scot
OS Explorer: OL49; NN 863 598

Directions: Off B8019, 6.5 miles W of Pitlochry

Car parking: Queen's View

  Path from car park to viewpoint

Bus: elizabethyulecoaches.co.uk; 82 Pitlochry–Kinloch Rannoch

Blair Castle

Satnav: PH18 5TL



Magnificent Blair Castle, set amid vast estates, is the ancestral seat of the Dukes of Atholl. Step through seven centuries of history as you tour the grand rooms of the dazzling white, turreted castle and explore the walled garden, church ruin, deer park and Diana's Grove, a woodland of record-breaking conifers. Blair Atholl Watermill and Atholl Country Life Museum are nearby.



Website: atholl-estates.co.uk
OS Explorer: OL49; NN 866 662

Directions: Off B8079, Blair Atholl

Car parking: Blair Castle

  Castle ground floor;  Gardens

Bus: elizabethyulecoaches.co.uk; 87 Pitlochry–Struan

Train: scotrail.co.uk; Blair Atholl Station

LOCATION

51 Balnakeil Bay and Faraid Head

Faraid Head points northwards from Durness, just east of Cape Wrath, the north-west tip of Scotland. With its one mile of pristine sand, Balnakeil Bay stretches down its west side. The base of the peninsula is low-lying grassland, and its middle part contains some of the finest sand dunes in the Highlands. In the north and east it rises to impressive cliffs with several sea stacks. The highest point is inaccessible, as it is occupied by Ministry of Defence buildings used to monitor naval gunnery and aerial bombardment exercises in the sea off Cape Wrath.

Durness, the only village for miles, is a popular stop on the North Coast 500; it has a petrol station, shops, cafés and a range of accommodation from hotels to a campsite.

The walk starts at Balnakeil Bay – its considerable history is described on information boards around the car park. Features include an ancient graveyard and ruined church, an old mill and Balnakeil House, which dates from 1744 and was the home of the Mackay clan chiefs.

The route comprises two loops (5 miles/8km and 3 miles/4.8km), which can be done separately or together. The northern loop is best avoided in high winds, due to flying sand, and at extreme high tides when the beach is covered. Sheep and cattle range freely on the dunes, so dogs need to be kept under close control. The southern loop runs through long, linear croft fields into Durness village and returns past Balnakeil Craft Village.

Right: Balnakeil Bay.



DIFFICULTY ●●

START Balnakeil, Durness

DISTANCE 8 miles (12.9km)

HEIGHT GAIN 925 feet (280m)

APPROXIMATE TIME 4¼ hours

ROUTE TERRAIN Beach and dunes; close-cropped turf and clifftop grassy tracks; lanes

GETTING THERE



Limited bus services to Durness: 803 from Thurso, 805 from Inverness and 806 from Lairg, with nearest bus stop at the Balnakeil Craft Village, IV27 4PT, 0.5 mile (0.8km) south of thedurnessbus.com



Balnakeil Bay car cark, IV27 4PX; 1 mile (1.6km) north-west of Durness

OS EXPLORER



446, Durness & Cape Wrath



NC 391 686



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THE WALK HIGHLIGHTS



Above: Jarlshof wheelhouse.

Opposite top: Looking south along West Voe to Sumburgh Head Lighthouse and Visitor Centre.

Opposite middle: A trough quern and rubbing stone.

Opposite bottom: Shetland ponies.

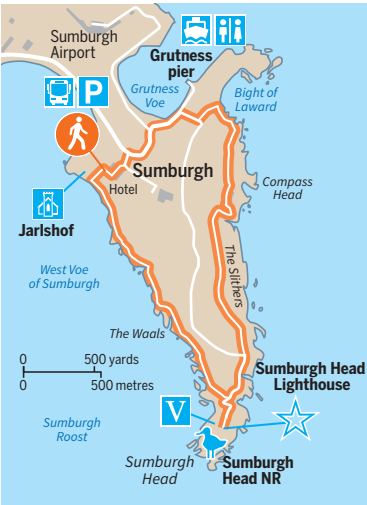
Jarlshof is considered 'one of the most remarkable archaeological sites ever excavated in the British Isles', with remains including oval-shaped Bronze Age houses, Iron Age wheelhouses and a broch, Viking long houses, and a laird's house dating from the 1500s. This manor house was seen by Sir Walter Scott and he called it 'Jarlshof' in his novel *The Pirate*. The name, which is Norse for 'Earl's house', went on to become attached to the whole site.

The prehistoric remains were only discovered in 1897 by the Bruce landowners after a violent storm stripped away sand and soil revealing intriguing structures. Protected as an ancient monument from 1925, it was excavated over four years around 1950. Now in the care of Historic Environment Scotland, it has extensive interpretation and an entry fee.

The Sumburgh Head Lighthouse complex is run by Shetland Amenity Trust, which is reliant on ticket sales and donations. The nature reserve is free to visit while entry to the visitor centre, museum and marine life centre is by ticket. Seasonally open, it includes an Observatory, with refreshments, an Engine Room, Smiddy, Radar Huts, Foghorn and Marine Life Centre. The lighthouse was designed by Robert Stevenson, one of many generations of Stevensons to

design lighthouses and grandfather to author Robert Louis Stevenson. Constructed in 1821, it was the first lighthouse in Shetland and Stevenson's eighth.

Grutness pier is a convenient stop as it has toilets. The passenger ferry *Good Shepherd IV* sails fortnightly from here to Fair Isle; the trip to the remote island, midway between Shetland and Orkney, takes 2½ hours.



“
... one of the most remarkable archaeological sites ever excavated in the British Isles ...
”



SOME OF THE SPECIAL PLACES FOUND INSIDE THIS BOOK

Portsoy, Glencoe, Goatfell,
Loch Tummel, Kinnoull Hill,
Ring of Brodgar, The Kelpies



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