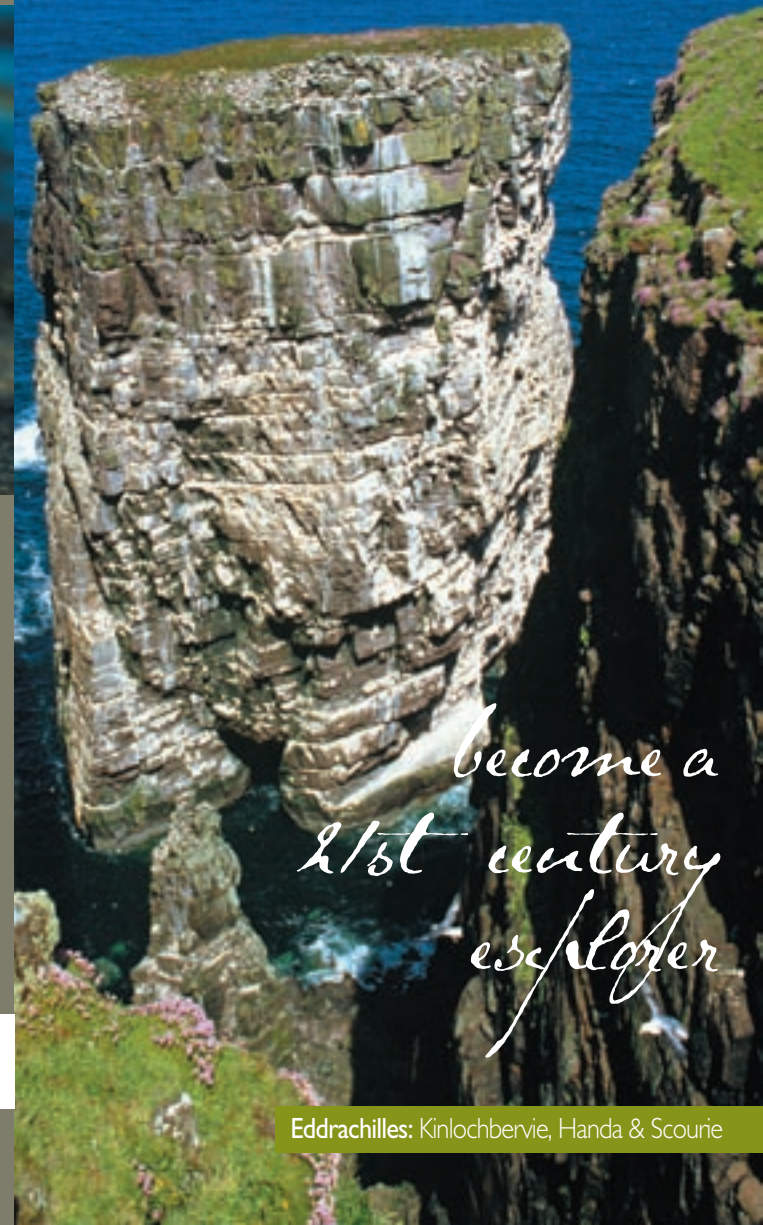




live the landscape



North West Highlands
GEOPARK
Iar-Thuath na Gàidhealtachd



The power of plants




Sweet gale or bog myrtle grows naturally in the Geopark and has a long history of human use. Vikings were reputed to have used it as a stimulant before battle, it's been used instead of hops to make beer and it's even said to cure ulcers, intestinal worms, aching muscles – and ward off insects. Now the antibacterial qualities of the plant's essential oils are being researched and developed to create skin products.

The geology of the north west Highlands provides the right conditions for certain rare plants to thrive. Limestone encourages the growth of mountain avens and globe flower while peatland areas such as the classic 'cnoc and lochan' landscapes found around Eddrachilles support sphagnum mosses, sundew, cranberry and bogbean.

To find out more about rare species and the way plants have been used over centuries by communities in the Geopark, go to www.northwest-highlands-geopark.org.uk

Watch and wait

The diversity of wildlife within the Geopark is breathtaking. Ask local guides or consult our website to find out about the best places and seasons for watching animals and birds in their natural environment. You can also catch your own wild game such as salmon or brown trout – but make sure you obtain the necessary permits first. Animals and birds you may see around the Geopark:

-  badger, stoat, weasel, pine marten, fox, hare, otter, red deer and roe deer
-  whale species, porpoise, seal, basking shark and dolphin
-  golden eagle, peregrine falcon, osprey, heron, willow warbler, wren, redpoll, redwing, sandpiper, oystercatcher, black-throated diver

European Geoparks Network North West Highlands Geopark is part of a global network of territories defined by their outstanding geological features, forward-thinking local communities and unique natural and cultural heritage. www.europeangeoparks.org

www.pelican-design.com

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21st century
explorer*

www.northwest-highlands-geopark.org.uk



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Eddrachilles: Kinlochbervie, Handa & Scourie



To help you get around, North West Highlands Geopark is divided into four areas.

Some of the must see attractions in and around Kinlochbervie, Handa and Scourie:



anemone, snake blenny, sea cucumbers, heart-urchins, and beds of maerl.

Loch Stack and Arkle Arkle lies to the north of Loch Stack and owes its distinctive appearance to Cambrian quartzite rock. Loch Stack provides a habitat for birds such as the black-throated diver, greenshank, dipper, curlew and snipe. A 721m climb, Ben Stack offers fantastic views over Loch Stack and across to Arkle.

Kerrachar Gardens Tranquil and secluded, a trip by boat to Kerrachar Gardens is an education in how plant life can flourish in coastal areas. The croft land is part of an area managed by the Assynt Crofters Trust which pioneered community land ownership in the Highlands of Scotland.

Kinlochbervie & Oldshoremore Prehistoric archaeological sites, rare machair plants, spectacular mountain views and accessible beaches make the harbour town of Kinlochbervie an attractive year-round destination and the starting point for a trip to Sandwood Bay.

Sandwood Bay Enjoy the walk to secluded and stunning Sandwood Bay. Pass freshwater lochs populated by brown trout before arriving at a mile of perfect sandy beach.



Encompassing 2000 sq km of thriving bird, plant and animal habitats, North West Highlands Geopark offers one of the best opportunities to explore wildlife in Europe.

Wild world

A journey to the Geopark takes you right to the heart of one of the last great wilderness areas in northern Europe. Charter a boat or hire a kayak, travel by car, cycle, camper van or on foot and enjoy great landscapes, see unique geological formations and discover one of the best breeding sites for seabirds in the UK.

Handa Island Bird Reserve Catch the boat from Tarbet, and sail to a remarkable island where 200,000 seabirds come to breed. Guillemots, razorbills, puffins and great skuas fill the skies above Tomidonian sandstone cliffs. Handa Island is one of the UK's most important breeding grounds for a range of seabirds.

Loch Glencoul and Eas a' Chual Aluinn Waterfall Look out for seals and otters as you journey on foot from Loch Gainmhich or by boat from Kylescu to Eas a' Chual Aluinn waterfall. At 200m, this is the highest waterfall in Britain. Stop at the Rock Route viewing point for an insight into how the world famous Glencoul Thrust was formed.

Loch a' Mhuilinn National Nature Reserve The most northern remnant of native oak woodland in Britain, Loch a' Mhuilinn features grassland, peatbog, freshwater and seashore habitats populated by rare plants and plentiful wildlife including otters.

Loch Laxford The large shallow inlets of Loch Laxford are home to a multitude of marine species including

Rahayu

a raven swings and rolls
 crooning craw-croo
 soaring between layers
 of light and flow
 all we need to know
 the old man says
 is how to be rahayu
 grateful for this moment
 for silver clouds in the relentless sky
 and this black wheeling curve of bird

From Letting Light In by Mandy Haggith,
 a poet living in Achmelvich