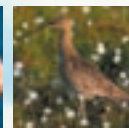
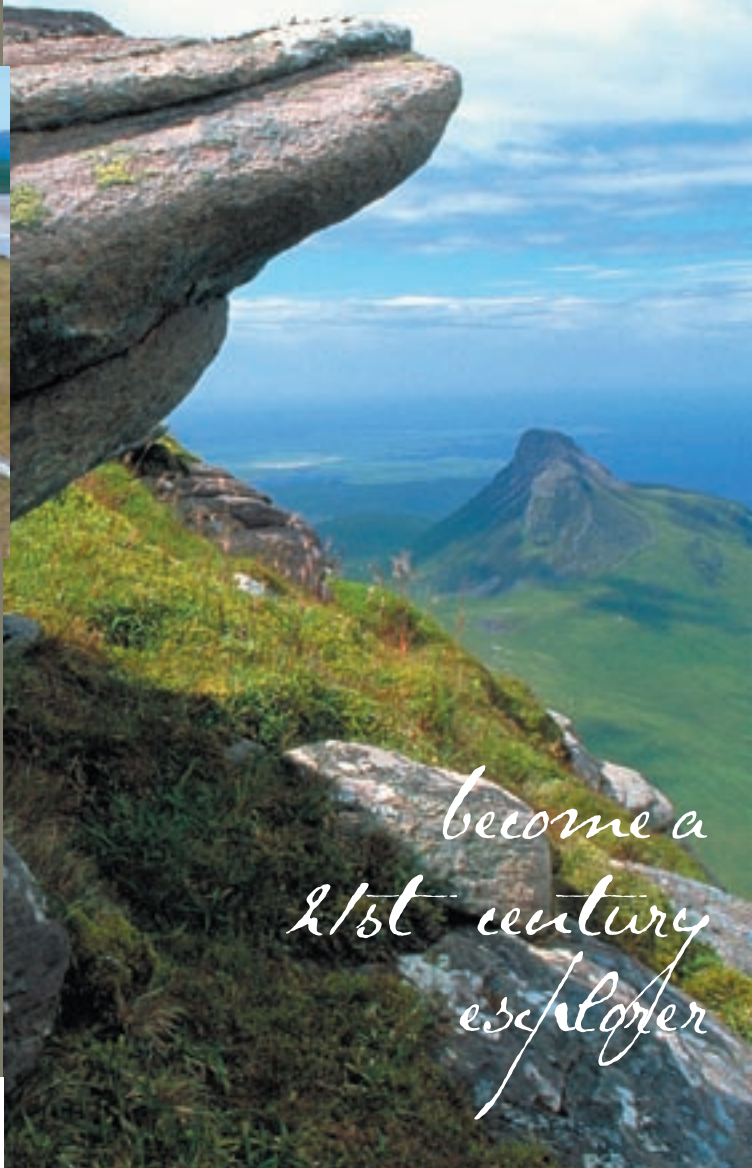




live the landscape



North West Highlands
GEOPARK
Iar-Thuath na Gàidhealtachd



*become a
21st century
explorer*

Sustainable futures

Throughout the Geopark, traditional ways of living and working are still very much a part of daily life. Crofting is fundamental to the area's heritage and a vital component in its future. A significant number of crofting communities retain strong links with Gaelic language and culture and traditional crofting practices offer many environmental benefits – the Geopark is one of the best places on the Scottish mainland to see the elusive comcrake. Creating the conditions for a sustainable future has seen the introduction of new technologies including renewable and green energy initiatives and energy efficient housing.

Learning from the past, looking to the future

Customs, culture, language, landscape – the rich natural and cultural heritage of the Geopark provides a strong basis for working out sustainable solutions to issues that stretch far beyond its boundaries. Explore the Geopark and you do much more than simply visit – you play an active role in supporting local communities and ensuring that the Geopark is looked after for future generations. Local communities invite you to discover the fascinating history and distinctive traditions of the area through heritage sites and local venues, lively cultural events and the work of individual writers, artists and musicians living and working in the Geopark.

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

www.northwest-highlands-geopark.org.uk



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Coigach: Achiltibuie, Stac Polly & the Summer Isles



To help you get around, North West Highlands Geopark is divided into four areas. Some of the must see attractions in and around Achiltibuie, Stac Polly and the Summer Isles:



Coigach Community Hall Find a wealth of information on local heritage and community events. Home to a café and the local library, Coigach Community Hall provides opportunities for indoor sports and hosts exhibitions and events.

Falls of Kirkraig A twisting single track road leads you through a complicated landscape formed of ancient Lewisian Gneiss. The 20m falls are accessed by a path which also acts as an approach for climbing the mountain Suliven. In July or August you may see salmon leaping in the gorge below as you head to the falls.

Ben More Coigach & Cul Mor Shaped by glaciers and scarred by wind and weather, these peaks dominate the landscape around Achiltibuie.

Knockan Crag Visitor Centre Rock art, rock trails and the turf-roofed rock room make this a great destination for discovering more about the geology and natural history of the Geopark. Let the rocks around Knockan Crag tell the story of 3000 million years of history.

The Postie Path Stretching from Ullapool to the communities of Coigach, this is a challenging coastal walk taking in the rugged slopes of Ben More Coigach. The route was used by a very hardy postman to deliver mail to the people of Coigach! Be aware that the Postie Path encompasses some difficult terrain.



Native woodlands...
Ancient settlements...
Clean sandy beaches
Mountain landscapes...

How do communities survive and flourish in one of the last great wilderness areas of northern Europe? North West Highlands Geopark offers a unique insight into life in an environment where the terrain is as beautiful as it is challenging.

Stac Polly Reach the 612m heights of Stac Polly by mountain path. Start from the car park on the banks of Loch Lurgainn and arrive among weathered sandstone pinnacles and gullies. Breathtaking views across the Minch. A circular path around the base of the cliffs offers an easier alternative route.

Inverpolly Forest Native woodland featuring birch, hazel and rowan species. Ideal area for bird and wildlife watching. From the path near Linnerainach, discover a diversity of habitats against the backdrop of Tomidonian sandstone mountains.

The Summer Isles A popular area for sea kayaking, diving and island cruises. Take a trip to Tanera Mor, the only inhabited island in the Summer Isles archipelago. There are no roads on the island – but you may be lucky and see otter tracks! Visit the post office famous for printing its own stamps since 1970.

Achnahaird Sands The perfect family camping site with views to the north, this long sandy beach lies close to the scenic village of Achiltibuie and the attractions of the Achiltibuie Smokehouse and The Hydroponicum. Sand dunes hide an important archaeological site while the coastline offers low level walks with interesting geological features.

Food for thought

Sampling good quality local food and drink is one of the highlights of travelling. If catching your own supper with a rod and line isn't your thing, or you simply fancy a change, why not browse the wide range of products available at outlets such as the Achiltibuie Smokehouse. Here, you can buy organic smoked salmon, smoked meat and game, delicious marinades and Scottish cheeses. Look out for locally grown fruit and vegetables as well as tempting jams and pickles at farmers markets and community shops. If you choose to stay in self-catering accommodation, ask about local vegetable box schemes and the availability of farm fresh eggs or locally reared meat.