

Inhoudsopgave

INTRODUCTION

Geology
History
People, language and culture
Wildlife
Plants and flowers
Getting to the islands
Getting around
When to go
Access, camping and bothies
Safety and emergencies
What to take
Maps and route-finding
Mountain weather
River crossing
Biting beasties
Using this guide

THE ROUTES

Islay

Walk 1 Rhuvaal and northwest coast
Walk 2 An Cladach and Beinn Bheigier
Walk 3 Ardnave Point

Jura

Walk 4 The west coast of Jura
Walk 5 The Paps of Jura
Walk 6 Ardlussa to Corpach Bay and Tràigh a' Mhiadair
Walk 7 Evans' Walk to Glenpatrick Bay (and return)

Scarba

Walk 8 Cruach Scarba

Colonsay

Walk 9 South Colonsay Coast and Oronsay
Walk 10 Lower Kilchattan to Kiloran Bay
The Garvellachs
Walk 11 Garbh Eileach

Mull

Walk 12 Ben More
Walk 13 Beinn Talaidh via Glen Forsa
Walk 14 Carsaig Arches
Walk 15 Dùn da Ghaoithe

Ulva

Walk 16 Ormaig and the south side

Iona

Walk 17 Around Iona

Coll

Walk 18 Coll's western tip

Tiree

Walk 19 Around the coast of east Tiree

Walk 20 Tiree's west coast and three highest points

Rum

Walk 21 A Round of the Rum Cuillin

Walk 22 Kinloch to Harris Bay around the coast

Walk 23 The Guirdil Horseshoe

Eigg

Walk 24 An Sgùrr and Grulin

Canna

Walk 25 Around the coast of Canna

Muck

Walk 26 Gallanach Bay and Beinn Arien

Skye

Walk 27 The Beinn Deargs

Walk 28 Marsco

Walk 29 Blà Bheinn

Walk 30 Elgol to Camasunary

Walk 31 Loch Coruisk

Walk 32 Bruach na Frithe

Walk 33 Glen Ollisdal, Idrigill Point and Macleod's Maidens

Walk 34 The Trotternish Ridge traverse

Raasay

Walk 35 Dùn Caan, Hallaig and the southern coast

Barra

Walk 36 The Barra watershed

South Uist

Walk 37 Hecla, Beinn Mhòr and South Uist's wild east coast

North Uist

Walk 38 Eaval

Walk 39 Around the Udal peninsula

Berneray

Walk 40 Around Berneray

Harris and Lewis

Walk 41 Roineabhal and Rodel

Walk 42 The Clisham Horseshoe

Walk 43 North Harris mountains and moorland wilderness backpack

Walk 44 Huiseabhal Mòr, Oireabhal and Huiseabhal Beag

Walk 45 Circuit of Tòdun from Urgha

Walk 46 The Uig Hills

Walk 47 Uig Hills and coast backpack

Walk 48 West side coastal path

Walk 49 Tolstadh to Port Nis heritage walk

St Kilda

Walk 50 The hills and sea cliffs of Hirta

Appendix A Route summary table

Appendix B Glossary

Appendix C Useful contacts

Appendix D Further reading