

INTRODUCTION

Jura
Islay
Colonsay

Getting to the Southern Hebrides
Getting between the islands
Maps and route finding
Safety and emergencies
What to take



JURA

Walk 1 The West Coast Walk

Day 1 Kinuachdrachd to Glengarrisdale
Alternative: Road End to Glengarrisdale

Day 2 Glengarrisdale to Shian Bay

Day 3 Shian Bay to Cruib Lodge

Day 4 Cruib Lodge to Glenbatrick Bay

Alternative: Glenbatrick Bay to the A846 via Glen Batrick

Walk 2 Tarbet to Cruib Lodge bothy

Walk 3 Glengarrisdale to Cruib across Jura's northern hills

Walk 4 Walking the Paps of Jura

Walk 5 Evans' Walk to Glenbatrick Bay and return



SCARBA

Walk 6 Cruach Scarba

ISLAY

Walk 7 Rhuvaal and the north-west coast

Walk 8 An Cladach–Beinn Bheigier circuit

Walk 9 The Oa peninsula

Walk 10 Sanaigmore to Kilchiaran

Walk 11 Ardnave to Sanaigmore



COLONSAY

Walk 12 South Colonsay coast and Oronsay

Walk 13 Lower Kilchattan to Kiloran Bay
Walk 14 Kiloran Bay to Scalasaig around the coast
Walk 15 Scalasaig to Kiloran Bay along the Old Road

APPENDIX A Route summary table
APPENDIX B Walks on other islands
APPENDIX C Accommodation
APPENDIX D Other useful contacts
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