

## INTRODUCTION

How the Hebridean Way came into being

Planning your trip

Selecting a schedule

When to walk

Getting there

First and last nights



Accommodation

Facilities

Money matters

Baggage transfer

What to take

Planning day by day

Using this guide

Maps

Waymarking

Weather forecasts

Phones and Wi-Fi

Emergencies

All about the Outer Hebrides

Geology

Plants and flowers

Wildlife

The history of the Outer Hebrides

Economy



#### THE HEBRIDEAN WAY

Stage 1 Vatersay to Ardmhor

Stage 2 Eriskay to Howmore

Stage 3 Howmore to Baile nan Cailleach

Stage 4 Baile nan Cailleach to Lochmaddy

Stage 5 Lochmaddy to Berneray

Stage 6 Leverburgh to Horgabost Township

Stage 7 Horgabost Township to Tarbert

Stage 8 Tarbert to Aline

Stage 9 Aline to Laxay

Stage 10 Laxay to Stornoway



Additional stages to the Butt of Lewis

Stage 11 Stornoway to New Tolsta

Stage 12 New Tolsta to the Butt of Lewis

Appendix A Useful contacts

Appendix B Accommodation

Appendix C Common Gaelic and Norse name elements

Appendix D Further reading