

## Coilltean Loch Aillse The forests of Lochalsh



### Fàilte

Leig d'anail fhad 's a tha thu a' siubhal oirthir àlainn an taobh siar.

Chan fheum thu miontraigeadh fada gus faighinn air falbh bhon a h-uile càil. Tha na coilltean sìtheil timcheall Bhaile Mac Ara agus Loch Aillse nan àiteachan air leth airson fois a ghabhail. An seo gheibh thu slighean socair don teaghlach, badan bòidheach airson cuirm-chnuic, pailteas de dh'fhìadh-bheatha agus tòrr a bharrachd ri rannsachadh.

### Welcome

Take some time out as you travel the stunning west coast.

You don't have to venture far from the beaten track to get away from it all. The tranquil woodlands around Balmacara and Loch Alsh are perfect places to relax. Here you'll find quiet trails for all the family, pretty picnic spots, abundant wildlife and lots more to explore.

Photo: Colin Leslie

## 1 Coille Bhaile Mac Ara Balmacara Woods

Tha a' choille shitheil seo na h-àite air leth airson do sgìos a leigeil dhìot, picnic a ghabhail agus caochladh cheuman-coise don teaghlach air fad a mhealtainn. Gabh ceum am measg chraobhan de gach seòrsa, gabh a-steach seallaidhean farsaing gu ruige an t-Eilean Sgitheanach bho os cionn na coille agus miontraig nas fhaide a-mach don mhonadh air turas fad latha.

These tranquil woods are the perfect place to take a break, have a picnic and enjoy a range of trails for all the family. Wander among the varied trees, take in sweeping views to Skye from above the woods or venture further into the hills for a full-day adventure.

**Brùth beagan roide eadar do mheòir airson fàileadh milis leigheasach fhaighinn.** Bhathar ga cleachdadh gu traidiseanta gus meanbh-chuileagan a chumail air falbh – tha cho math dhut a feuchainn!

**Crush some bog myrtle between your fingers for a sweetly medicinal smell.** It was traditionally used as a way to keep midges at bay – it could be worth a try!



## 2 Coille an t-Sròim Strome Wood

Meal picnic os cionn Loch Carrainn no lean an ceum-coise uaigneach tron choille gu ruige seallaidhean iongantach thairis air beanntan na Comraich agus Chiseorn. Chan eil rian nach cuir rudeigin iongnadh ort sa choille choimhearsnachd bhreàgha seo air na sleibhte creagach os cionn a' locha – bho sheallaidhean àlainn gu tobhtaichean falaichte am measg nan craobh.

Enjoy a picnic overlooking Loch Carron or follow the secluded trail through the woods to stunning views over the mountains of Applecross and Kishorn. This lovely community woodland on the craggy slopes above the loch is full of surprises – from stunning views to hidden structures among the trees.



Photo: Colin Leslie

### Trail information

#### Strome Woodland Trail ○○○

Twist through mature Norway spruce and regenerating native birch and hazel for spectacular views over Loch Carron and the mountains beyond.

**Rough, narrow grass and earth paths. Some rocky and muddy sections. A long steep slope and several sets of uneven steps.**

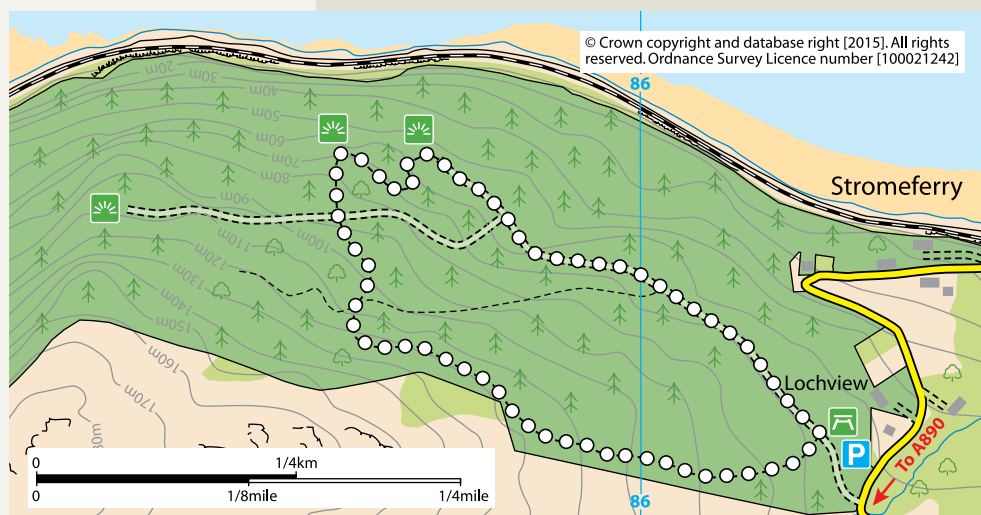


¾ mile / 1.2 km  
Allow ½ hr

strenuous

Tha dubhar na coille na fhasgadh math don raineach – agus tha sia seòrsachan deug dhith ann, a' toirt coltas annasach air a' choille. Coimhead gu dlùth ri tè dhiubh – 's ann a tha bòidheach toinnte nan lus an seo gu tric air a dhìochuimheachadh.

The shady woodland is the perfect home for ferns – sixteen varieties have taken root here, giving the woods an exotic feel. Look closely at a fern – these often overlooked plants are beautifully intricate.



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### Trail information

#### Tree-spotter Trail ●●●

A relaxing stroll through the varied trees of the former Balmacara campsite. Lime and cherry trees brush leaves with native oak, ash and birch here.

**Largely wide, firm gravel and tarmac surface with some slightly uneven sections. Includes short narrower grassy section alongside a gate. Some moderate slopes.**



¾ mile / 1.2 km  
Allow ½ hr

#### Skye View Trail ●●●

Oak and ash trees give way to heather-covered hillsides with sweeping views across Loch Alsh to the mountains of Skye.

**Long steep slopes and sections of rough, narrow rock and grass paths. Includes narrow kissing gates and a section along the road. Can be very muddy and wet in places.**



2 ¾ miles / 4.6 km  
Allow 2 hrs

strenuous



### Longer-distance routes

Balmacara is at the centre of a network of longer non-way marked trails connecting people and places.

#### Waterfall Route: 4 miles / 6.5 km

Take the forest road above Balmacara and before long the imposing scree-scarred peak of Sgurr Mor seems within touching distance and you're rewarded with beautiful waterfall views.

#### Loch and Fort / Coille Mhòr Route: 7 miles / 11.5 km

Carry on to Sean-Chreag Iron Age fort overlooking Loch Achaidh na h-Inich for a great full-day walk or mountain bike trip. Look carefully at what looks like a pile of stones in the loch below – this is actually what's left of a 3rd century crannog, a fortified dwelling on stilts.

#### Kirkton Loop

Follow the fingerposts east from the Skye View Trail for a steep, challenging hill and forest walk over to the old lochside village of Kirkton.



## 3 Tulach Àrd Ard Hill

Sin do chasan aig an stad bhreàgha seo air an rathad chun an Eilein Sgitheanaich. Gabh picnic no lean an ceum-coise gus seallaidhean-cladaich farsaing fhaighinn fad an rathaid gu Drochaid an Eilein. Seo àite sgoinneil airson fiadh-bheatha a lorg – cùm do shùilean fosgailte airson dòbhrain agus ròin san uisge, agus sionnach sa choille.

Stretch your legs at this lovely stop on the road to Skye. Enjoy a picnic or follow the trail for panoramic coastal views all the way to the Skye Bridge. It's a great place to spot wildlife – keep your eyes open for otters and seals in the water and foxes in the forest.



Tha Tulach Àrd na phàirt de 'stòiteachd na mòine' far a bheil creagan nas sine nan suidhe air muin creige nas òige. B' e an lorg seo a stiùir geo-eòlaichean don fhuasgladh nach eil uachdar na talmhainn stèidhichte – bidh creagan a' gluasad 's a' bualadh air a chèile agus à sin, gheibh sinn clàr na tìre.

Ard Hill is home to part of the 'moine thrust' – where older rocks sit on top of younger rock. This puzzle led 19th century geologists to work out that the earth's surface isn't fixed – rocks collide and shift to form our landscape.

### Trail information

#### Ard Hill Circular ●●●

This trail loops through the trees to skirt the coast overlooking Loch Alsh. Look out for otters, seals and pods of porpoise in the tranquil waters below and eagles and buzzards overhead.

**Mostly firm, uneven gravel surface. Short earth and grass section may be muddy. Includes some steep slopes.**

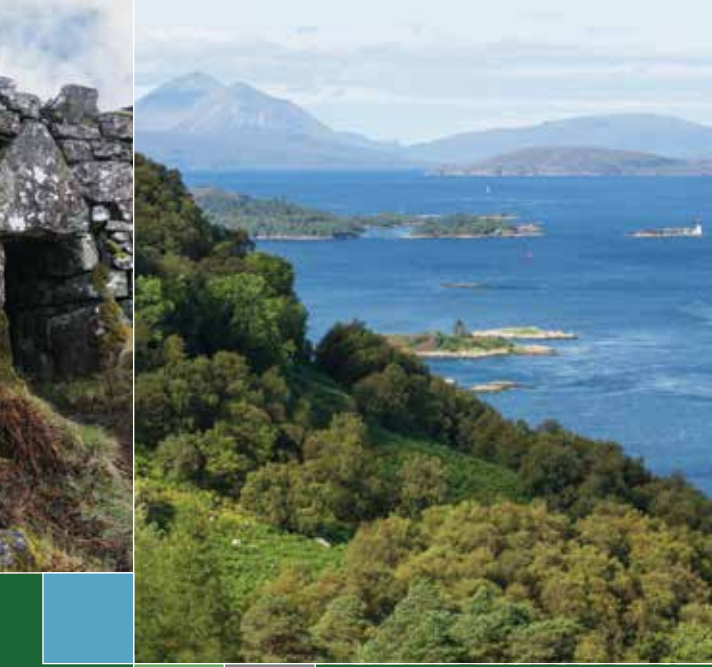


1 ¼ miles / 2 km  
Allow ¾ hr

moderate



Rannsaich, meal agus lorg  
Explore, enjoy and discover  
Coilltean Loch Aillse  
the forests of Lochalsh



Sùil air Coilltean Loch Aillse  
The forests of Lochalsh at a glance

- Baile Mac Ara**  
Gabh cuairt far-rathad gus seallaidhean iongantach agus coilltean sìtheil a lorg goidrid bhon cheum àbhaisteach.  
**Balmacara**  
Take a detour to discover stunning views and peaceful woodlands just off the beaten track.
- Tulach Àrd**  
Sin do chasan agus lorg pèileagan agus ròin bhon cheum seo an cois an locha.  
**Ard Hill**  
Stretch your legs and spot porpoise and seals from this loch-side trail.
- Coille an t-Sròim**  
Gabh picnic os cionn Loch Carrainn agus rach air shiubhal a-null cheuman-coille lusrach gu seallaidhean farsaing, mòra.  
**Strome Wood**  
Enjoy a picnic overlooking Loch Carron and wander lush woodland trails to sweeping views.
- Totaig gu Glinn Eilg**  
Cuir ort do bhrògan coiseachd air turais fad latha a tha a' rannsachadh teis-meadhain na sgìre maisich seo.  
**Totaig to Glenelg**  
Pull on your walking boots for a full-day adventure that explores the heart of this beautiful area.
- Slèiteadal agus Eas Victoria**  
Leig le sealladh-tìre na Gàidhealtachd drùidheadh ort bho cheuman-coise os cionn eileanan coillteach Loch Ma Ruibhe.  
**Slattadale and Victoria Falls**  
Revel in gorgeous highland scenery on trails overlooking Loch Maree's forest-clad islands.



**Achadh nan Seileach Achnashellach**

Na chachailleth do chuid de na beanntan as iomallaiche an Alba, far a bheil na coilltean giuthais Caileadonach as fhaide siar san Roinn-Eòrpa.

Gateway to some of the most remote mountains in Scotland, with Europe's most westerly Caledonian pine forests.

**Àite-seallaidh Loch Carrainn Lochcarron Viewpoint**

Ma tha thu gann de dh'ùine, stad greiseag gus seallaidhean locha is bheanntan a mhealtainn bho àite-seallaidh Loch Carrainn.

If you're short of time, stop off to enjoy loch and mountain views from Loch Carron viewpoint

**Gleann Seile Glen Shiel**

Fairich an eachdraidh sa ghleann dhrùidhteach seo, far an do chuir caidreachas de shaighdearan Seumasach 's Spàinnteach cath ri feachdan riaghaltas Bhreatainn an 1719.

Feel the history in this dramatic glen where an alliance of Jacobite and Spanish troops battled British government forces in 1719.

**Key to the maps**

Forestry Commission land	Main road	Car park
Forestry Commission woodland	Minor road	Viewpoint
Other woodland	Forest road	Picnic table
National Trust for Scotland land	Road/track	Other places of interest
	Path	
	Forest trails (colour waymarked)	

**KNOW THE CODE BEFORE YOU GO**  
SCOTLAND'S OUTDOOR ACCESS CODE  
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**Enjoy Scotland's outdoors responsibly**

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

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Email: invernessrossskye@forestry.gsi.gov.uk  
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Public enquiry line: 0300 067 6156



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**4 Totaig gu Glinn Eilg Totaig to Glenelg**

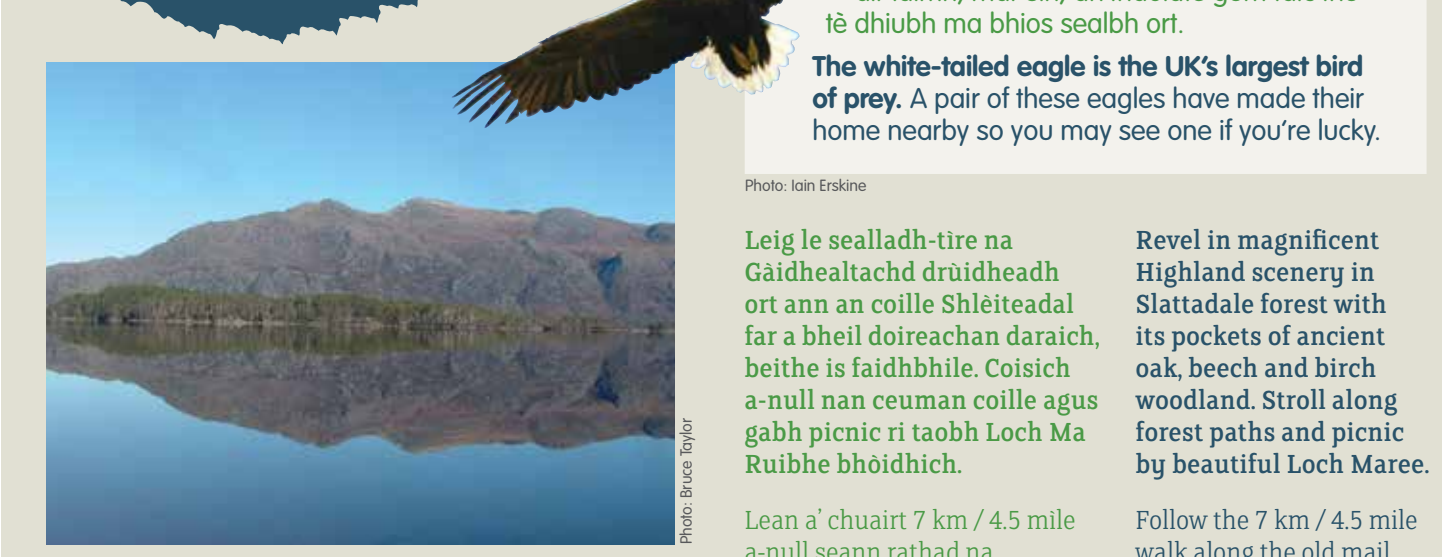
Coisich gu Slighe Oirthir na h-Alba air ceum fada a tha na chuairt latha air leth. Tòisich aig Totaig gus oirthir gharbh timcheall chladaichean Loch Aillse a rannsachadh gu baile beag bòidheach Ghlinn Eilg. Feumaidh an ceum 11 km / 7 mile aon-rathad seo beagan planaidh - fàg carbad aig Glinn Eilg no cuir libht air doigh ro laimh gus tilleadh gu Totaig an deidh an turais.

Join Scotland's Coastal Path on a long-distance trail that makes a fantastic day walk. Start at Totaig to explore the rugged coastline around the shores of Loch Alsh to the pretty village of Glenelg. This one-way 11 km / 7 mile walk needs a bit of planning - leave a vehicle at Glenelg or arrange a lift back to Totaig after your day's adventure.



**Falbh far a' cheuma gus Brugh Totaig** (no Caisteal Ghruagraig), a tha air an deagh ghleidheadh fhathast, os cionn Loch Aillse a rannsachadh.  
**Branch off the track to explore the well-preserved Totaig Broch** (or Caisteal Ghruagraig) overlooking Loch Alsh.

**5 Slèiteadal agus Eas Victoria Slattadale and Victoria Falls**



Leig le sealladh-tìre na Gàidhealtachd drùidheadh ort ann an coille Shlèiteadal far a bheil doireachan daraich, beithe is faidhbhile. Coisich a-null nan ceuman coille agus gabh picnic ri taobh Loch Ma Ruibhe bhòidhich.

Lean a' chuairt 7 km / 4.5 mile a-null seann rathad na postachd gu Tollaidh a tha faisg air làimh. Tha am frith-rathad corrach agus bog ann an àiteachan dheth ach 's fhìach an oidhirp airson nan seallaidhean iongantach thairis air an loch.

Revel in magnificent Highland scenery in Slattadale forest with its pockets of ancient oak, beech and birch woodland. Stroll along forest paths and picnic by beautiful Loch Maree.

Follow the 7 km / 4.5 mile walk along the old mail route to nearby Tollie. The track is rough and boggy in places but it's worth the effort for stunning views over the loch.



Tadhail air Eas Victoria airson lùib ghoirid gu ruige àite-seallaidh os cionn an easa.

Thadhail Banrigh Victoria an-seo ann an 1877 agus sgrìobh i na leabhraan-latha gun robh 'eas fìor bhòidheach' ann. Chaidh na craobhan mòra a bha timcheall an easa a leagail le stòirm an 2005, ach tha na bunan a-nis a' toirt fasgadh do mhòran bhiastagan agus fasaich a' choille a-rithist ri tìde.

Visit nearby Victoria Falls for a short loop to a viewing area overlooking the falls.

Queen Victoria visited here in 1877 and wrote in her journal of the 'very pretty' waterfall. The towering trees that once framed the falls were flattened by a storm in 2005, but the tree stumps are now home to lots of insects and the forest will grow again in time.