



Skye and North West Highlands
Sea Kayaking

Doug Cooper



Skye and North West Highlands Sea Kayaking

Doug Cooper

PESDA PRESS

WWW.PESDAPRESS.COM

First published in Great Britain by Pesda Press 2017

Tan y Coed Canol

Ceunant

Caernarfon

LL55 4RN

Wales

Copyright © 2017 Doug Cooper

ISBN 9781906095574

The Author asserts the moral right to be identified as the author of this work.

All rights reserved. No part of this publication may be reproduced or transmitted, in any form or by any means, electronic or mechanical, including photocopying, recording or otherwise, without the prior written permission of the Publisher.

Contains Ordnance Survey data © Crown copyright and database right 2017

Maps by Bute Cartographic

Printed in Poland, www.lfbookservices.co.uk



© Gordon Brown

Foreword

Being a West Coast Boy, I am biased. The North West of Scotland is quite simply the best place to paddle a sea kayak in the world. I know that this is a big statement, but I can speak with reasonable authority having lived here, on the Isle of Skye, for over sixteen years, paddling almost every day and guiding people to many of the places featured in this guidebook. I've also paddled extensively around the world in the northern and southern hemispheres; nowhere else offers such variety. From gently rolling fields to monster cliffs, from sea stacks to fishing villages, and from historic ruins to exposed headlands, it has all of this and more, much more.

As a youngster, our family holidays were always in the out-of-the-way places you'll find within this guidebook, mostly by the water in order that my brother and I could kayak. I have kayaked on the sea, in these waters, for well over forty years and still find new things to keep my interest.

Ardnamurchan Point to Cape Wrath, the names of the headlands at either end of the area contained within these pages, even have their own section in the weather forecast. There are islands galore, hidden beaches, tide races, great places to enjoy the local seafood and amazing people to meet. All of this set within a fantastic, variable culture of Norse and Gaelic influence that go to make this an area you, the reader, will return to time and again. If you like traditional music keep a look out, or an ear tuned, for the many small ceilidhs that happen throughout the year in almost every village you will visit.

Of course there are some places described here that are not for everyone, but such is the beauty of our sport that there is something for everyone, no matter their level of skill or commitment. The wildlife is varied and abundant as is the weather, which can be very changeable in a short timescale.

Enjoy Doug's writing, enjoy the paddling and enjoy the North West of Scotland.

Gordon Brown
Isle of Skye



Contents

Foreword	3
Contents	4
How to Use the Guide	6
About the Author	8
Acknowledgments	9
Scottish Outdoor Access Code	10
Important Notice	11

FAR NORTH WEST 13

1	Cape Wrath	15
2	Loch Laxford	21
3	Handa Island	25
4	Scourie to Kylesku	29
5	Loch Glendhu & Loch Glencoul	33
6	Eddrachillis Bay & Oldany Island	39
7	Point of Stoer	45
8	Loch Inver & Achmelvich	49
9	Rubha Coigeach	53
10	Summer Isles – North	57
11	Summer Isles – South	61
12	Isle Martin & Loch Broom	65

WESTER ROSS 69

13	Cailleach Head	71
14	Gruinard Island	75
15	Greenstone Point & Loch Ewe	79
16	Rubha Rèidh	85
17	Loch Gairloch & Longa Island	89
18	Shieltaig & Torridon	93
19	Applecross Peninsula	97
20	Crowlin Islands	103
21	Plockton & The Black Islands	107

SKYE AND RAASAY 111

22	Inside Passage	113
23	Raasay and Rona	119
24	Kilt Rock	123
25	Rubha Hunish	127

26	Little Minch & the Shiant Islands	133
27	Fladda-chùain	139
28	Waternish Point & the Ascrib Islands	145
29	Loch Dunvegan	149
30	Dunvegan Head	153
31	Neist Point	157
32	Loch Bracadale	161
33	Talisker	165
34	Loch Scavaig & Soay – ‘Cuillin Magic’	169
35	Strathaird Peninsula & Spar Cave	173
36	Loch Eishort	177
37	Point of Sleat	181
38	Kyle Rhea	185

SOUND OF SLEAT TO ARDNAMURCHAN 191

39	Loch Duich & Eilean Donan Castle.	193
40	Loch Hourn	197
41	Loch Nevis	201
42	Sound of Sleat	205
43	Morar & Arisaig	209
44	Sound of Arisaig.	213
45	Loch Ailort	217
46	Eilean Shona & Castle Tioram	221
47	Ardnamurchan Point.	225

THE SMALL ISLES 229

48	Eigg & Muck	231
49	Rum.	237
50	Canna & Sanday.	243

APPENDICES 249

A	HM Coastguard and Emergency Services	249
B	Weather Information	249
C	Mean Tide Ranges	250
D	Glossary of Gaelic Words.	250
E	Trip Planning Route Card – User’s Guide	253
	Index of Place Names	257

How to Use the Guide

To use the guide you will need an up-to-date tide table for the relevant area, the appropriate Ordnance Survey maps and the knowledge to use them. For some of the open crossings the appropriate admiralty chart can be useful.

Each of the trip chapters is set out into seven sections:

Tidal & route information – A quick reference for all the ‘must know’ information with which to plan the trip.

Introduction – This is designed to give a brief overview of what to expect from the trip and to whet the appetite.

Description – This provides further detail and information on the trip including the coastline, launching/landing points, the wildlife and environment, historical information and places of interest to visit.

Tides & weather – Further information on how best to plan the trip, which takes the tides, weather and local knowledge into consideration.

Map of route – This provides a visual outline of the route’s start/finish points, landing places, points of interest, alternative start/finish points or paddling route and tidal information.

Additional information – This section provides further information (including admiralty charts and other useful resources) that will complement the trip, or be of interest in the local area.

Variations – This final section provides ideas for adapting the suggested route to work better in certain conditions, or so it can be extended or shortened to meet a group’s needs.

Using the Tidal & route information

Each route begins with an overview of pertinent details with the following information: grade of difficulty, trip name, route symbols, distance, required Ordnance Survey map number, and trip number.



Grade A | Relatively easy landings with escape routes easily available. Offering relative shelter from extreme conditions and ocean swell. Some tidal movement may be found, but easy to predict with no major tidal races or overfalls.



Grade B | Some awkward landings, and sections of coastline with no escape routes, should be expected. Tidal movement, tidal races, overfalls, crossings, ocean swell and surf may be found on these trips. They will also be exposed to the weather and associated conditions.



Grade C | These trips will have difficult landings and will have no escape routes for long sections of the trip. Fast tidal movement, tidal races, overfalls, extended crossings, ocean swell and surf may be found on all of these trips. They will be very exposed to the weather and sea state, therefore require detailed planning and paddlers competent in rough water conditions. The journey may require good conditions for the trip to be viable.

ROUTE SYMBOLS



Distance	Total distance for the trip.
OS Sheet	Number of Ordnance Survey 1:50,000 Landranger map required.
Tidal Port	The port for which tide timetables will be required to work out the tidal streams.
Start	map symbol, name and six-figure grid reference of starting point.
Finish	map symbol, name and six-figure grid reference of finishing point.
HW/LW	The high and/or low water time difference between local ports nearest to the trip and the tidal port.
Tidal Times	Location or area of tidal stream movement, the direction to which the tidal stream flows and the time it starts flowing in relation to the tidal port high water.
Max Rate Sp	The areas in which the tidal streams are fastest and the maximum speed in knots attained on the average spring tide.
Coastguard	Name of relevant Coastguard Station, their telephone number and when they announce the inshore weather forecast over the VHF radio on channel 16.

MAP SYMBOLS

	start & alternative start		areas of counter-currents / eddies
	finish & alternative finish		areas of rough water / overfalls
	landing place		lighthouse & light
	possible escape		beacon
	described route		ferry, passenger & car
	alternative route		bird reserve
	tidal stream direction		campsite
	time relative to Tidal Port HW		town / buildings
	Max Rate at Springs		castle
	High point		prohibited area at certain times
	major counter-current		car park

About the Author

Doug Cooper

Doug works at Scotland's National Outdoor Training Centre, Glenmore Lodge, where he works as a Level 5 Coach in Sea and White Water. He has the fantastic job of taking people to remote and spectacular coastlines and rivers, then helping them improve their paddling skills and understanding. Many of these days on the sea at work are based in the North West Highlands of Scotland, which provide a great office on work days and an even better playground on days off. When not out on the water, Doug can be found in the mountains at work as a Mountain and Ski Instructor or at play in search of new crags or fresh powder tracks.

As much as Doug loves introducing people to new environments and challenging their skills, it is his days off, personal adventures and expeditions that he lives for. He has sea kayaked extensively around the world including Greenland, Alaska, Iceland, Norway, Ireland, Corsica, Croatia, Sardinia and Greece, and has always got a new destination and adventure planned.

Doug is also co-author of *Scottish Sea Kayaking* and author of *North and East Coasts of Scotland Sea Kayaking*, *Sea Kayak Handling* and *Rough Water Handling*; all published by Pesda Press.

So if it involves discovering new remote parts of the world, having an adventure or helping friends and clients; Doug will have a smile on his face and most definitely be having fun.



📷 Doug Cooper

Acknowledgments

I would like to thank all those who have contributed photographs, shared local knowledge, accompanied me on paddling trips or just been part of my sea kayaking journey over the years. It is the time spent with many friends and clients out on the sea in the North West Highlands and Skye over many years that has evolved my love for and knowledge of this very special area.

Particular thanks need to go to my wife, Lara, who never falters in her support, is always there on the journeys and is always prepared to be in front of, or behind, the camera lens.

Thanks need to go to Pete Astles at Peak UK who has supported me for many years in ensuring I have the best equipment to wear while enjoying my sea kayaking and other paddling. I would also like to thank P&H Sea Kayaks who have made sure I have the world's best sea kayaks to take me on my journeys around the Scottish coastlines and beyond.

Finally, thanks are due to Franco Ferrero and his team at Pesda Press. Yet again, great support and a great book!

Photographs

A special thanks to those who helped with any of the photographs, whether that was in front of or behind the lens. Without these the book would not be what it is. All photographs are by Doug and Lara Cooper unless otherwise acknowledged in the accompanying captions.

Scottish Outdoor Access Code

Access to the outdoors in Scotland is encouraged; visitors and locals have a right of responsible access. Scottish Natural Heritage (SNH) is responsible for promoting and publicising the Scottish Outdoor Access Code (SOAC).

Areas to where you have the right of access are not shown on Ordnance Survey maps, or any other map in Scotland. The Scottish Outdoor Access Code deals with land and freshwater access. This is pertinent to the sea kayaker, as you have to gain access to the sea over land or down a river and then again land to camp, walk or rest. You are completely free to kayak on the sea.

The Scottish Outdoor Access Code is based on three principles, and these apply to the public and to land managers.

RESPECT THE INTERESTS OF OTHER PEOPLE

Acting with courtesy, consideration and awareness is very important. If you are exercising access rights, make sure that you respect the privacy, safety and livelihoods of those living or working in the outdoors, and the needs of other people enjoying the outdoors. If you are a land manager, respect people's use of the outdoors, and their need for a safe and enjoyable visit.

CARE FOR THE ENVIRONMENT

If you are exercising access rights, look after the places you visit and enjoy, and leave the land as you find it. If you are a land manager, help maintain the natural and cultural features which make the outdoors attractive to visit and enjoy.

TAKE RESPONSIBILITY FOR YOUR OWN ACTIONS

If you are exercising access rights, remember that the outdoors cannot be made risk-free and act with care at all times for people's safety.

GETTING MORE ADVICE AND INFORMATION

The Scottish Outdoor Access Code cannot cover every possible situation, setting or activity. Free information and advice on access rights and responsibilities, and on who to contact in your local authority, is available online at:

www.outdooraccess-scotland.com

In addition to this, further information about responsible use of the environment while sea kayaking can be found on the Scottish Canoe Association's website (www.canoescotland.org/where-go/protecting-environment) and Scottish Natural Heritage's website (www.snh.gov.uk).

Important Notice

As with many outdoor activities that take place in remote and potentially hostile environments, technical ability, experience and good planning are essential. The sea is one of the most committing and unforgiving environments; it should be treated with the constant respect that it deserves.

This guide is designed to provide information that will inspire the sea kayaker to venture into this amazing environment; however it cannot provide the essential ingredients of ability, experience and good planning. Before venturing out on any of the trips described in this book, ensure that your knowledge and ability are appropriate to the seriousness of the trip. The book is purely a guide to provide information about sea kayaking trips. For the additional essential knowledge of safety at sea, personal paddling skills, environmental considerations and tidal planning, the author recommends gaining appropriate training and advice from experienced and qualified individuals.

WARNING

Sea kayaking is inherently a potentially dangerous sport. Users of this guide should take the appropriate precautions before undertaking any of the trips. The information supplied in this book has been thoroughly researched; however the author can take no responsibility if tidal times differ or if the information supplied is not sufficient for the conditions on the day. Conditions can change quickly and dramatically on the sea, and there is no substitute for good judgment and personal risk assessment during the planning stages of a sea trip, or out on the water. This guide cannot replace or diminish the need for these essential skills. The decision on whether to go out sea kayaking or not, and of the consequences arising from that decision, remain yours and yours alone.



📷 Enjoying Handa Island, the jewel in the crown of the Far North West

Introduction

Wester Ross takes in the coast from Ullapool down to Kyle of Lochalsh and is an area well known for its spectacular mountain scenery, along with remote coastlines, accessible bays and sea lochs cutting deep into the landscape. Rubha Rèidh is the standout headland of this area, with a stunning beach nestled into its northern coastline. Either side of this can be found the more sheltered open bays of Gruinard and Gairloch, both with a wealth of beaches and wildlife.

The whole area is overlooked by towering mountains. The Torridon mountains are arguably the most spectacular of the area, and a trip out of Shildaig into the relatively sheltered waters of Loch Torridon allows you to paddle right beneath these mighty giants.

The isolated and beautiful Applecross peninsula, south from here, has its own unique charm. If you are looking for sheltered islands, sandy beaches and otters aplenty, then Plockton and the Black Isles is a must.

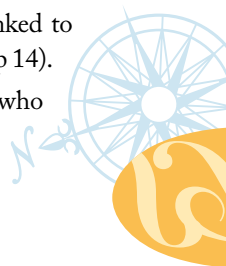
The area is full of human history as well, much of it, particularly around Loch Ewe, linked to wartime days. Gruinard Island also harbours a dark secret linked to the Cold War era (see Trip 14).

Having moved on from its past, the area thrives on tourism and ensures it welcomes all who visit. Around every corner there are cafés, pubs and restaurants to be enjoyed, with the villages of Gairloch, Shildaig, Applecross and Plockton at the heart of this.

Tides and weather

This area receives a reasonable amount of shelter from Skye and the Outer Hebrides, so unless the swell is running from the north, the coastline is not too badly affected. In windy conditions it is obvious where will be exposed, however the area offers a lot of options for more sheltered trips when conditions are unfavourable.

In general there is very little tidal movement in this area. Ruabh Rèidh would be the only notable exception, but on the whole the wind will usually be the dominant factor when planning trips in this area.





📷 Sheldag Island



Shieldaig & Torridon



18

Shieldaig & Torridon

No. 18 | Grade A | 20km | OS Sheet 24

Tidal Port Ullapool

Start  Shieldaig (NG 815 536)

Finish  Shieldaig (NG 815 536)

HW/LW HW/LW at Shieldaig is around 15 minutes before Ullapool.

Tidal Times In the narrows of Loch Shieldaig: The W going stream starts at about 20 minutes before HW Ullapool. The E going stream starts at about 6 hours and 20 minutes before HW Ullapool.

Max Rate Sp In the narrows of Loch Shieldaig 2 knots.

Coastguard Stornoway, tel. 01851 702013, VHF weather every 3 hours from 0710.

Introduction

The combination of the picturesque village of Shieldaig set on the shores of the sheltered loch with its own pine-covered island, alongside the towering Torridon mountains, makes for a stunning sea kayaking destination.



Loch Shildaig, Upper Loch Torridon and Liathach

18

Shildaig & Torridon

Description

The village of Shildaig is often cited as being one of the most picturesque in Scotland. The jetty on the south side of the village provides a perfect launch site and from the sea you will get the best views of this fantastic place. The white houses align the shore in perfect symmetry looking out onto the wooded island that takes the village's name. To start the trip, head across to Shildaig Island before heading north to the narrow channel that separates Loch Shildaig from Upper Loch Torridon.

Men for war, wood for ships

The village itself was founded in the 1800s with a view to training up seamen for the Royal Navy in the war against Napoleon. Grants were provided by the Admiralty to support housing and boat building, and Shildaig flourished. The village never really provided seamen for the navy due to Napoleon's demise in 1815. The village did prosper from its fishing fleet and the abundance of herring (from which the loch and the village's Viking name derives).

Shildaig Island is covered with mature Scots pine, planted in the 19th century with seeds taken from Speyside. The trees were grown to provide timber and spars for boats and fishing.

Shieltaig Island provides a home for much wildlife, including herons that provide the symbol for the village. Most noticeable are the resident sea eagles that are found on the west side of the islands, occupying a former herons' nest. These huge birds with their wingspan of up to 2.5 metres are an incredible sight.

At high water it is possible to paddle through the narrow gap that separates Eilean a' Chaoil and the mainland in the channel that links Loch Shieltaig and Upper Loch Torridon. Here you will find a small boat shed and house above, only accessible by foot or from the sea.

Entering Upper Loch Torridon you may experience a small amount of tidal flow. The views into the loch and the mountains that surround it are stunning; Beinn Alligin, Liathach and Beinn Eighe are the three tallest and most dramatic mountains rising out of the north side of the loch. The pretty shore-side hamlet of Inveralligin provides a good place to head to, the quaint houses all nestled into the hillside at the foot of the towering Beinn Alligin. There is a jetty here with easy landing.

From here, head back to Loch Shieltaig following the remote and rugged northern coastline. Just past the narrows there is a landing spot at the small promontory called Rubha na h-Àirde Glaise. Ruins of an old settlement can be found here. Follow the coastline on towards Loch Diabaig; along the route you will pass a few remote houses that are well maintained and clearly used as holiday getaways, not a bad place to escape to for a while.



The headland that forms Loch Diabaig rises nearly 150 metres out of the loch; although a steep hillside as opposed to cliffs, it still makes for a dramatic gateway into the loch. The hamlet of Diabaig really is at 'the end of the road', clinging to the shores of this steep-sided fjord-like loch. The hillsides are steep and craggy, with very good rock climbing on the crags. If you land at the jetty it is well worth considering visiting the perfectly situated Gille Brighde Café and Restaurant which offers fantastic locally-sourced food and drink.

Leaving Diabaig it is time to head back to Shildaig. Paddling across to Àird and along the south side of Loch Shildaig, with its sheltered pine-clad coastline and islands to weave in and out of, is recommended. Keep an eye out for the resident sea eagles, particularly as you paddle down the west side of Shildaig Island to finish the trip. On landing in Shildaig the only thing left to do is to spend some time enjoying this wonderful village and a visit to the great little café called Nanny's is the best place to start.

Tides and weather

There is some tidal movement in the narrow channel that separates Loch Shildaig from upper Loch Torridon. This can be easily paddled against if necessary by using the eddies that form along both of the shores. The majority of this trip is sheltered from the worst of the winds and any swell, however if heading out as far as Diabaig it becomes exposed to any winds and swell from the west.

Additional information

Shildaig has public toilets at its northern end as well as a pub, café and basic campsite. When parking at the jetty please be mindful of other users. Inveralligin has no amenities, but Diabaig has a fantastic café/restaurant that is worth making the time to enjoy. In nearby Torridon village there is a selection of pubs and cafés as well as a visitor centre and public toilets with showers.

Variations

This trip can be made as long or as short as required, whether it is just an hour around Shildaig Island or a weekend exploring the lochs more thoroughly. To extend the trip further, then heading to Craig (NG 774 638), which was once the UK's most remote youth hostel and is now a mountain bothy, makes for a good overnight trip.



Applecross Peninsula



19

Applecross Peninsula

No. 19 | Grade B | 61km | OS Sheet 24

Tidal Port Ullapool

Start  Shieldaig (NG 815 536)

Finish  Ardarroch (NG 837 396)

HW/LW HW/LW at Applecross is around 10 minutes before Ullapool.

Tidal Times In the narrows of Loch Shieldaig: The W going stream starts at about 20 minutes before HW Ullapool. The E going stream starts at about 6 hours and 20 minutes before HW Ullapool.

In the Inner Sound: The S going stream starts at about 5 hours and 5 minutes after HW Ullapool. The N going stream starts at about 55 minutes before HW Ullapool.

In Caolas Mòr: The SE going stream starts at about 5 hours and 50 minutes after HW Ullapool. The NW going stream starts at about 10 minutes before HW Ullapool.

Max Rate Sp In the narrows of Loch Shieldaig 2 knots. In the Inner Sound and Caolas Mòr 1 knot.

Coastguard Stornoway, tel. 01851 702013, VHF weather every 3 hours from 0710.

Introduction

The isolated Applecross peninsula has all the ingredients for a fantastic journey, which should be savoured over a few days. It has stunning mountain scenery and views across the Inner Sound



The coral beaches at Coilegillie

to the Isle of Skye and beyond. Add a remote coastline with cliffs and beaches, wildlife, a picturesque village with waterside pub halfway around, and it all adds up to make for a perfect trip.

Description

The Gaelic name for the Applecross peninsula is a' Chomraich, which means 'the sanctuary'; an apt name for this very special place. The journey starts at the jetty on the south side of the attractive village of Shieldaig and sheltered paddling leads you away from the village past Shieldaig Island. Look out for the resident sea eagles as you pass the island, they occupy a former heron's nest on the west side of the island. Loch Shieldaig is a beautiful place and as you paddle across it the dramatic Torridon mountains that overlook it will become ever more visible.

After passing Àird you enter the more open Loch Torridon; on a clear day the distant Outer Hebrides can be seen on the horizon. The small island of Eilean Mòr is home to numerous sea birds, which will be making themselves heard as you pass. If you need a rest there are plenty of places to stop as you explore this coastline, as is the case for the whole of this trip.

Rubha na Mòine is the next obvious feature, this has some of the best cliffs of the trip so far. When you reach the northern tip of the Applecross peninsula the views across the Inner Sound unfold. The Island of Rona with its distinctive lighthouse stands out, with Skye forming the backdrop. The bay called Ob na h-Uamha (bay of the cave) is well worth exploring. The cave from which the bay gets its name is up above the shore and clearly has been used as a shelter for many years. At the back of the bay a stream cascades off a rocky ledge, and there are usually plenty of common seals for company. The beach marked on the maps at Ob Chuaig is a bit of an





Applecross village

anti-climax, so continue on just past Rubha Chuaig to a much better sandy beach. This provides a perfect resting place or a campsite.

The coastline continues with low-lying cliffs and views of the Cuillin mountains of Skye.

Just before you reach the spectacular beach at Sand you pass the naval base that monitors underwater activity in the Inner Sound, a strange sight on such a remote coastline. It is well worth spending some time at the spectacular beach at Sand; at its northern end there is some great camping as well as an unlocked shelter. This was home for the TV presenter Monty Halls during his popular TV series 'Great Escape' in 2009. As it is the halfway point of the trip it makes a logical place to spend the night.

Not far beyond Sand is the picturesque village of Applecross. The village sits along the shore of the bay with steep hillsides rising up behind it to the infamous mountain pass called the Bealach na Bà. If time allows it is well worth having a look around. With a pub offering great food and refreshments it might just be too good to miss!

South from Applecross the coastline has numerous islands and inlets to explore. The unique coral beaches found at Ardban and Coilegillie should not be missed; they are a stunning place to land and enjoy for a while. As you paddle between the Crowlin Islands and the peninsula look out for Uags bothy, which is another great place to take a rest or spend a night if required.

The final part of the journey leads into Loch Kishorn. The spectacular Cuillin mountains will now be behind and the view will be replaced with the many mainland mountains. It is well worth the effort of exploring the Kishorn Islands on the way to the finish at Ardarroch, as these are



home to plenty more wildlife in a beautiful setting. Approaching the finish, the Bealach na Bà will be seen taking its improbable route over the mountains; to the north of this is Beinn Bhàn with its impressive high mountain corries. The landing at Ardarroch is at the north-eastern corner of the beach where the road is very close – at low water it may be quite a walk so plan for this.

A cave for a home

One of the caves north of Sand was once home to a lady who came from the Isle of Barra many years ago. She could only exit the cave at low water and she made her living by gathering shellfish and then carrying them into Applecross to sell. She was later given land in the bay in order to build a place to live in; the place is named Re-Aulay and can still be seen today.

Tides and weather

There is very little tidal movement on any of this trip, so the main consideration is the wind and the swell. Although the road is never too far away and there are plenty of landing places, it would be awkward to escape from many parts of this trip; so look for lighter winds to enjoy the trip. If a northerly swell is forecast this can funnel down the Inner Sound.



📷 Sand and the Isle of Raasay

19

Applecross Peninsula

Additional information

Shieldaig has public toilets at its northern end as well as a pub, café and basic campsite. When parking at the jetty please be mindful of other users. Applecross has public toilets as well as a campsite. The Applecross Inn is well renowned for its food, and if time allows the Potting Shed café in the walled garden of Applecross House is also well worth a visit. At Ardarroch there are no amenities, however be sure not to miss the Kishorn Seafood Bar just up the road which has an amazing selection of local seafood.

Variations

From Ardarroch a short day out to explore the relatively sheltered Kishorn Islands is well worth considering. The trip can be extended by exploring the Crowlin Islands as well, see Trip 20 for more information.