

# Oceans & Lochs

There's no avoiding the water in Uist! Sandwiched between the Little Minch to the East and Atlantic Ocean to the West, the island landscape is a patchwork of peat bog and lochs, with water making up over half the surface area.

The varied waterways provide a home for a vast array of wildlife. Rare carnivorous plants bloom on the squelchy bogland, uniquely adapted sticklebacks are concealed within freshwater lochs, while hardy ancient stonewort algae thrive in the changeable habitat of tidal sea lochs. The shores and tiny loch islands are important nesting sites for wading birds, divers, and even eagles.

Off the coast, dolphins, whales and basking sharks can be seen; take your time to watch the water from a rocky peninsula or book a boat trip for a different perspective.

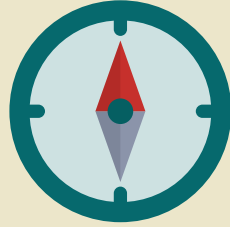
And whether you are near ocean or loch, keep your eyes peeled for charismatic otters; they tend to hunt in the sea but return to freshwater lochs for regular baths!



# Ranger tips

Familiarise yourself with your compass and map before heading out for a walk!

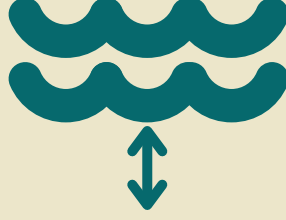
Stick to paths where possible. Keep an eye out for waymarkers!



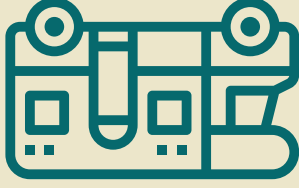
Take care of ground nesting birds and seals by keeping dogs on the lead or under close control. Please keep at least 50m distance from marine wildlife. For more information contact BDMLR Hebrides or SSPCA.



Remember to keep an eye on tides when exploring the islands! Tide timetables can be found online at [www.tidetimes.org.uk](http://www.tidetimes.org.uk)



Choose designated parking areas where possible to protect the environment!



# Machair & Crofting



The gaelic word machair describes a rare habitat of fertile low-lying grassy plains that only occurs in Scotland and Ireland! The formation of sandy ground, made primarily of calcium-rich shells, and historical land use called crofting has shaped this special landscape along the western coast of Uist. It supports nationally rare species such as the great yellow bumble bee, Irish lady's-tresses and corncrake.

The Machair land is part of the traditional agricultural system of crofting, and the low input techniques used by crofters help maintain the habitat. Traditionally, crofting includes rotating land-use between crops, as well as using seaweed as fertiliser! This allows more species to thrive and increases biodiversity.

Increasing numbers of visitors on Uist has become a major pressure on this fragile habitat. The sandy soils are vulnerable to erosion, which is caused by traffic and camping. Please help us to take care of this special environment and enjoy it responsibly!





## Not just a stepping stone

Uist provides an incredible variety of landscapes and biodiversity. Explore the paths off the main road and you will be rewarded with unique views and experiences that shape these beautiful islands. Incredible white beaches stretch for miles along the west coast. Hidden among moorland and machair are historical sites of archaeological interest that speak of times past. And many artists have a home here, creating unique crafts connected to the land. We welcome you to take your time to explore Uist and make memories that last!

*Find out more about places to explore responsibly with the map included.*

## Emergency contacts

### Emergency Services

Call 999 in case of emergency. Download the app what3words in advance as phone signal can be patchy and locations can be hard to pinpoint!

### Coastguard

If you see someone in difficulty on or around the shore DIAL 999 and ask for the Coastguard

### BDMLR Hebrides (British Divers Marine Life Rescue Outer Hebrides)

In case of marine wildlife emergency contact Head Office 01825 765546 or Area Lead Coordinator Sara directly on 07531910952

### Scottish SPCA (Scotland's animal welfare charity)

In case of any animal emergency 03000 999 999



# WELCOME TO UIST

A ranger's guide for visitors to the islands

Map inside

Scan me for a digital copy



## FÀILTE GU UIBHIST







# Explore Uist...



## Cafés

- Berneray Shop and Bistro
- The Wee Cottage Kitchen, Malacleit, North Uist
- The Dunes Cabin, Balranald, North Uist
- Taigh Chearsabhagh Café, Lochmaddy
- Claddach Kirkibost Café, North Uist
- Ceann na h-Àirigh, Grimsay
- NAMARA Seafood Café, Grimsay
- Hebridean Jewellery Café, Eochar, South Uist
- Kildonan Café, South Uist
- Croft and Cuan, Lochboisdale
- Skydancer Roastery and Art Café, Lochboisdale
- Kilbride Café, South Uist



## Public Toilets

- Berneray Ferry Terminal
- Berneray Harbour
- Lochmaddy Ferry Terminal
- Taigh Chearsabhagh, Lochmaddy
- Balranald Nature Reserve
- Balivanich Hall
- Liniclate Sports Centre, Benbecula
- Kildonan Museum, South Uist
- Lochboisdale Marina
- Eriskay Ferry Terminal



## Camping and Touring Sites

- Balranald Hebridean Holidays, North Uist
- The Tractor Shed Bunkhouse, Paible, North Uist
- Moorcroft Holiday, Cairinis, North Uist
- The Creel Yard, Grimsay
- Otters Edge Campsite, Liniclate, Benbecula
- Gleanndal Campsite, North Glendale, South Uist
- Kilbride Campsite, West Kilbride, South Uist

If you're camping or in a motorhome, please book into organised campsites or overnight spots and get rid of your waste at chemical disposal sites

If you have to wild camp, please don't stay near the road or houses, only stay one night per spot and leave no trace of litter or fire debris

Please never park in passing places, in front of gates, or on the fragile machair!



## Chemical Toilet Disposal

- Berneray Ferry Terminal (free)
- Lochmaddy Ferry Terminal (free)
- Balranald Campsite (charge, organic)
- Moorcroft Campsite (Site users only)
- Otter's Edge Campsite (Site users only)
- Lochboisdale Public Toilets (free)
- Eriskay Ferry Terminal (free)



## Showers

- Berneray Harbour
- Berneray Ferry Terminal
- Lochmaddy Ferry Terminal
- Liniclate Sports Centre, Benbecula
- Lochboisdale Marina, South Uist
- Eriskay Ferry Terminal

Opening hours of small businesses can be variable, please check ahead to avoid disappointment!



## Pubs and Restaurants

- Westford Inn, North Uist
- Hamersay House, Lochmaddy
- Lochmaddy Hotel
- Langass Lodge, North Uist
- Temple View Hotel, Cairinis, North Uist
- Charlie's Hebridean Bistro, Benbecula
- Stepping Stone, Balivanich
- The Chinese Takeaway, Balivanich
- Dark Island Hotel, Benbecula
- Isle of Benbecula House Hotel
- Orosay Inn Restaurant, South Uist
- Borrodale Hotel, South Uist
- Lochboisdale Hotel
- Burnside Chip shop, South Uist
- Polochar Inn, South Uist
- Am Politician, Eriskay



## Fuel

- Lochmaddy Shop
- Bayhead Shop, North Uist
- Westside Fuel, Balivanich
- Creagorry Motors, Benbecula
- McAulay Askernish, Lochboisdale
- Burnside Filling Station, South Uist



## Museums and Craft Shops

- Coralbox giftshop, Berneray
- Sollas Bookbinding, North Uist
- Taigh Chearsabhagh Museum and Shop, Lochmaddy
- Environment Centre, Lochmaddy
- Shoreline Stoneware, Locheport, North Uist
- Hebridean Candles, Grimsay
- Grimsay Boat Haven
- Uist Wool, Grimsay
- Uist Yarn Studio, Benbecula
- MacGillivrays Gift Shop, Benbecula
- North Uist Distillery Co, Benbecula
- Puffin Studio Crafts, Benbecula
- Hebridean Jewellery, Eochar, South Uist
- Kildonan Museum and Shop, South Uist
- Uist Gifts and Information, Lochboisdale
- The Hebridean Woolshed, South Uist
- Eriskay Community Shop

There are some amazing spots for a cold-water dip on Uist! For safety tips check [www.rnli.org/safety](http://www.rnli.org/safety)



## Groceries and Local Food

- Berneray Shop and Bistro
- Co-op, Sollas, North Uist
- Lochmaddy Shop, North Uist
- Bayhead Shop, North Uist
- Hebridean Smokehouse, Clachan, North Uist
- MacLean's Bakery, Benbecula
- MacLennans, Balivanich
- Lovats, Balivanich
- Co-op, Creagorry, Benbecula
- Lovats, Carnan, South Uist
- Salar Smokehouse, Lochcarnan, South Uist
- Co-op, Daliburgh, South Uist
- Eriskay Community Shop



## Recycling and Waste Points

- Berneray Ferry Terminal
- Co-op, Sollas, North Uist
- Taigh Chearsabhagh, Lochmaddy, North Uist
- Clachan, North Uist
- Bayhead Shop, North Uist
- Market Stance, Benbecula
- Balivanich, Benbecula
- Isle of Benbecula House Hotel
- Lay-by off main road nr Howmore, South Uist
- Angus MacDonald Joinery, Daliburgh, South Uist
- Lochboisdale Hotel, South Uist
- Eriskay Hall
- Eriskay Ferry Terminal

## Medical Facilities

- Hospital
- Doctors
- Vet

Please help keep Uist clean: bin your litter or take it home. And remember: reduce, re-use recycle!

## Wildlife Trails

- Whale Trail sites ([www.whaletrail.org](http://www.whaletrail.org))
- Bird of Prey Trail sites ([www.visitouterhebrides.co.uk](http://www.visitouterhebrides.co.uk))

## Ranger Recommendations

Enjoy exploring Uist responsibly and stick to the Scottish Outdoor Access Code, visit [www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com) for full details, including tips on low impact wild camping

- 1-Berneray explorer circular walk take in the island's beautiful beaches and highest point
  - 2-Dun an Sticer investigate the remains of an impressive Iron Age broch
  - 3-Udal Peninsula walk enjoy the machair, monuments and beaches from every angle
  - 4-Vallay Island walk explore the ruins on this uninhabited island and race the tide home!
  - 5-Scolpaig Crater walk check out the dramatic crater (careful not to slip!) and watch for whales
  - 6-Hosta Beach relax on this white sandy beach, with a good chance of waves - beware of riptides!
  - 7-RSPB Balranald a great spot for wildlife watching, for birds, otters and cetaceans
  - 8-Trinity Temple a short walk from the road to the remains of Scotland's oldest University
  - 9-Baleshare Beach a beautiful long beach on a tidal island with good parking
  - 10-Eaval walk to North Uist's highest point on a clear day for stunning views
  - 11-Langass Woodland a rare opportunity to wander through the trees on North Uist!
  - 12-Barpa Langass discover the 5000-year-old burial chamber and stone circle beyond
  - 13-Rueval an easy walk with great views of the surrounding moorland and lochs
  - 14-RSPB Loch Druidibeg woodland, lochs and moorland with a good chance of spotting eagles
  - 15-Lochskipport a historic port, wild ponies and the start point to several big walks
  - 16-Tobha Mhor Ancient Chapels a remarkable collection of ruined churches and chapels
  - 17-Arinaban Woodland a lovely patch of woodland with lots of paths to explore
  - 18-Rubha aird a'Mhuile the most westerly point on South Uist, good for spotting cetaceans
  - 19-Cladh Hallan an archaeological site where Britain's only mummies were discovered!
- The Hebridean Way walk or cycle from Vatersay to Lewis, see [www.visitouterhebrides.co.uk](http://www.visitouterhebrides.co.uk)