

Exploring Moorlands

Although bleak looking, moorlands offer the chance to see a number of natural wonders—not to mention the archaeological and geological features present within the area. These features are detailed in many other, local publications.

It is rough walking and can be wet. Suitable footwear is recommended.

If you're walking during the summer please be aware that most deer stalking takes place in Summer and Autumn. Check with the Estates before venturing out. Visit www.outdooraccess-scotland.scot select "Practical guide for all", "Heading for the Scottish Hills", "Area 2 Northern Highlands" then download the PDF file. Contact information for this area is under the heading: North of the A835 (Garve-Ullapool road).

Ticks are common in moorland areas and can carry Lymes disease. When you come off the moor please remember to check yourself for ticks. For more information visit www.thebmc.co.uk and enter "ticks" into the search box.

Materials

Keep your eyes open and see how many different creatures and plants you can see.



West Sutherland Fisheries Trust
Gardeners Cottage, Scourie, IV27 4SX
www.wsft.org.uk



Bog asphodel



Day flying six-spotted burnet moth



Cross-leaved heath



Common hawker dragonfly
(with its broad hind wings spread when at rest)



Sphagnum moss



Heather



Adder



Round-leaved sundew

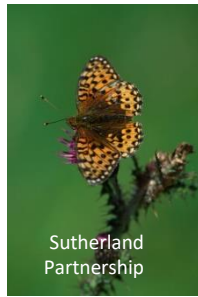


Fly agaric
(poisonous)





Bog cotton



Dark-green fritillary



Oblong-leaved sundew



Slow worm



Common frog



Emperor moth caterpillar



Grasshopper



Damsel fly
(with 4 wings that fold in at rest)



Otter latrine
(fertile, green hump)

