



## Quinag guided walks programme 2016

**30 May** – A look at woodland regeneration and signs of badgers and otters near the coastline. Meet at lay-by on B869 above river at Torr a' Ghamhna, grid ref. NC214323. 11am-2pm. *This walk is part of the North Coast 500 Wildlife Festival.*

**8 June** – Gaelic in the landscape with local Gaelic tutor Clarinda. Explore place names and landscape features through the Gaelic language while walking a short distance near Quinag. Meet at Quinag car park north of Skiag Bridge, grid ref. NC233274. 11am-1pm.

**13 June** – Discover the secrets of Gleann Leireag. Visit ancient dwellings and a mill. Meet at layby above house on hill. Grid ref. NC,150314 two miles east of Drumbeg. 11am-3pm.

**4 July** – Walk an old route along the south side of Quinag and explore the wildlife and plants with local naturalist Ian Evans. Meet at Layby on A837, grid ref. NC202260. 11am-1pm.

**16 August** – Mountain walk up Quinag. Join Highland Council Rangers for great views and possible sightings of ptarmigan and eagles. Meet at car park north of Skiag Bridge, grid ref NC233274. 10am-5pm. Bookings taken for this walk; please contact Andy Summers on 01571 844654 or email [andy.summers@highland.gov.uk](mailto:andy.summers@highland.gov.uk). Highland Council rates for guided walks apply.

**24 September** – Mountain walk up Spidean Coinich led by John Muir Trust property manager Don O' Driscoll. This walk offers spectacular views and possible sightings of red deer, mountain hare, golden eagles it explores the ecology, flora and fauna. Meet Quinag car Park A894, grid ref NC233274. 11am-3pm.

**3 October** – Nut collection walk. Working with our partners at Coigach-Assynt Living Landscape (CALL) join us on a foraging walk, collecting seed sources for the native tree nursery. Meet at Lochinver car park next to church/bus stop, grid ref NC094227 10am-3pm.

All walks are led by John Muir Trust staff. Please remember you are responsible for your own safety and that of your children. Please dress appropriately for changeable Highland weather and bring good sturdy shoes/boots and packed lunch/snack. Donations welcome towards these walks except the Highland Council Ranger walk on 16 August. For further information, contact: Romany Garnett on 07947 872226 or Email [Romany.Garnett@johnmuirtrust.org](mailto:Romany.Garnett@johnmuirtrust.org) or go to [www.johnmuirtrust.org/events](http://www.johnmuirtrust.org/events)