Our islands offer great opportunities to explore the outdoors, with walks providing you with the chance to get close to nature, history and heritage of our islands or just to get out, enjoy the fresh air and get fit.

Choose coastal walks around the Outer Hebrides or opt for wildlife walks, such as hiking through the nature reserves or walks to spot eagles, deer and other exciting island inhabitants.

History lovers can choose the Bonnie Prince Charlie trail walks in Uist, while a selection of hiking trails take in historic sites and monuments providing ample points of interest along the way.

Whether you are looking for leisurely strolls along island beaches, or challenging hikes through rugged mountain terrain, walking on our islands gives you a chance to really connect with the outdoors and keep fit at the same time.

Outdoor Safety
Staying safe whilst walking is mostly a matter of common sense:
- Check the weather forecast before you set out
- Wear appropriate clothing and footwear
- Always tell your accommodation owners what time you expect to arrive
- Always bring a map and compass with you – and know how to use them
- Take bus timetables and phone numbers for local taxis in case you have problems on the walk or return
- Ticks are often found in the heather, dress appropriately to avoid them hitching a lift! Cover your arms and make sure your trousers are tucked into your socks and check yourself after walking. Further advice can be found at: www.nhs.uk/Conditions/Lyme-disease
- Similarly, midges are prevalent at certain times of year. Wear repellent and they will be less likely to bother you!

Scottish Outdoor Access Code
Scotland has some of the best access laws in the world - you have the right to walk on most land, provided you behave responsibly and respect the rights of others. Full information on access rights and responsibilities can be found at: www.outdooraccess-scotland.com

If you keep to the following guidelines you won’t go far wrong:
- Do not disturb livestock or wildlife
- Keep dogs under control, especially at lambing time
- Leave gates as you found them
- Take all your litter home
- Park your car without blocking access for other vehicles.

For more information and to download other walking and cycling routes, visit: www.visitouterhebrides.co.uk
Drive across the bridge from Harris and discover the thriving island of Scalpay.

Along this walk you will discover Ceann a’ Bhaigh, Lag na Laire, Beinn Scorabhaigh with breathtaking views North and South across the Outer Hebrides and towards Skye and the mainland. The highlight of the walk is undoubtedly the magnificent red and white Eilean Glas Lighthouse to the south east of the island.

An Acarsaid a Tuath

1 Walk along the road around South Harbour, and follow the pleasant winding road to Ceann a’ Bhaigh. The village is centred around both North and South Harbours that provide safe natural anchorage for boats. The discovery of flint arrowheads at North Harbour in 1903 demonstrates that this area was favoured for settlement since earliest times. More recently, settlers came to Scalpay from Pabbay in the South of Harris, from St Kilda, and from the mainland of Harris. In the early days the entire Scalpay fleet was moored here, until the present pier was built in the 1960s.

Ceann a’ Bhaigh

2 As you walk out of Ceann a’ Bhaigh (Kennavay), a clear view of Skye can be seen at the road end. The ‘Golf Star’, an Antiguan-registered cargo ship, which ran aground in October 1995, lies beneath the waves. By the roadside and on the way to Lag na Laire in summer you will see a rich profusion of moorland flowers – Tormentil, Bog Asphodel and Devil’s-bit Scabious amongst them. Shortly before the road end, follow the waymarkers slightly uphill on the left past Bonnie Prince Charlie’s cave at Lag na Laire.

Lag na Laire

3 Here, marked with a yellow pole, is a cave which is said to have once been occupied by Bonnie Prince Charlie while he was on Scalpay seeking refuge. Whilst on the run after Culloden, Prince Charlie arrived via North Harbour on Scalpay and stayed in a house on the site of the old manse with the local tacksman Donald Campbell. When his whereabouts were discovered he was forced to flee, and according to Scalpay tradition Campbell directed him to this cave where he hid until the coast was clear.

Legend also has it that the cave goes right under the Minch to Skye! Indiscreet remarks from one of his helpers after a glass or two too many meant a hasty exit south to Uist. From there, Flora MacDonald rowed Prince Charlie across the Minch – this is the origin of the popular ballad “Over the sea to Skye”.

Continue to follow the waymarkers around the indented coastline.

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Beinn Scorabhaigh

5 Leave Eilean Glas by the main path, where you have the option of taking the newly built path back to Outend or by turning right immediately outside the wall, continue on the longer path and follow the wall almost to the end. Then follow the waymarkers uphill to the left, and continue to the top of Beinn Scorabhaigh.

It is thought locally that a Viking settlement was once situated near the lighthouse on a seam of talc rock. As you leave Eilean Glas breathtaking views of the standstill, so the local tacksman of the time secretly obtained the blueprints and hired local labour to construct it himself! Next summer, a passing ship reported the activity to Edinburgh and officials hurried across to discover the work half completed. The work had been done to such a high standard that they were paid the going rate for their work, but the lighthouse was finished by skilled workmen. It was finally lit up in October 1789. Now everything has been automated and its light can be seen at the Royal Museum of Scotland, Edinburgh.

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