

# Visit Coigach




For information on attractions, things to do, shops, accommodation, and places to eat and drink visit our website [visitcoigach.com](http://visitcoigach.com)

## Emergency numbers

Assynt Medical Practice	01571 844755
Ullapool Medical Practice	01854 612015
Vets, Conanvet, Conan Bridge	01349 861203



With thanks to VisitCoigach members who made this publication possible.





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## Mountains

The distinctive mountains of Stac Pollaidh (Stac Polly 613m *below right*), Cul Beg (769m), Sgurr an Fhìdhleir (The Fiddler, 703m) and Ben More Coigaich (743m) rise steeply from the landscape appearing like solitary islands. Their ancient rock formations of Lewisian gneiss and Torridonian sandstone have influenced flora and fauna. Look out for mossy cyphel, dwarf cornel, cloudberry (*below left*), arctic bearberry and ancient fir clubmoss.

## Beaches

Coigach and the Summer Isles are fringed with beautiful beaches. Some, including those around freshwater lochs are only revealed when exploring whilst others are clearly visible and accessible from the roadside.

Acheninver (*below right*), Badentarbet, Altandu, Reiff, Garvie Bay and Badenscallie are often combined with a coastal walk. Achnahaird (*below left*) with its wide expanse of sand, craggy rock pools and undulating dunes is the largest.




## Walks

Coastal and hill walking routes offer a voyage of discovery for all tastes and abilities. There are coastal paths, circular walks, high level walks and climbing routes to explore.



See map inside for walk locations

The Coigach Geotrail is an award-winning trail which takes you on a series of geologically focused excursions around the peninsula.

Full details of the Geotrail and other walks are available online at [visitcoigach.com](http://visitcoigach.com).

You can also purchase a copy of the *Walker's Guide to Coigach and Assynt* in our local shops or online at [nwhgeopark.com/shop](http://nwhgeopark.com/shop).




## Respect

Coigach is a vibrant living landscape, and we are proud to share it with you. As a visitor in Scotland, you are welcome to explore the land but please familiarise yourself with the Scottish Outdoor Access Code first online at [outdooraccess-scotland.scot](http://outdooraccess-scotland.scot).

SCOTTISH OUTDOOR ACCESS CODE

[outdooraccess-scotland.scot](http://outdooraccess-scotland.scot)



In particular we ask that you keep motorised vehicles to constructed roads and ensure that dogs are kept under control around the livestock which graze freely across the peninsula.

Although we are part of the mainland, it can feel very much like an island here as there's just one road in and out. This road is our lifeline, and we use it for travelling to hospital appointments, work, school, you name it! If you see another vehicle coming up behind you, please pull into the next nearest passing place and give a wave. You're likely to be met with a grateful smile.

#Respect #Protect #Enjoy

## Accommodation

Where ever you stay in Coigach you will enjoy coastal or mountain views. Whether you are there for a flying visit or extended period there is something for everyone. Luxury hotel and self-catering accommodation, glamping pods, lodges, cosy stone cottages and hostel facilities are all available to book. Combine with an area renowned for fresh local seafood and artisanal foods and crafts and you are on to a winner!

# Visit Coigach



## An Island of the Mainland



# Welcome to the Coigach Peninsula

The Coigach Peninsula has a wild, wonderful, rich and diverse landscape.

It has one of the lowest population densities of Western Europe and yet you will feel a connection; with the landscape, elements, nature and community.

The area inspires a sense of space and freedom. Immense skies full of weather roll over the island-speckled sea and ancient hills. The sun and clouds play on the water and bare rocks with black gneiss, soft pink sandstone, white quartzite and lemony limestone creating a myriad of moods. The light and colours of sea and landscape change constantly throughout the day and with the seasons.

Deep dark lochs line the base of glacier-sculpted glens and when mirror-calm, reflect the majestic peaks around them. Amongst the hills and hummocks smaller

freshwater lochans freckle the landscape and are lined with reeds and water lilies. The hillsides are full of micro-delights including ruby-and-emerald sphagnum moss; sundew, butterwort, bog asphodel and the nodding heads of cotton grass.

Everyone is welcome here to enjoy a wild adventure, be it with a local professional to guide you or to enjoy at your leisure. Gentle walks on well-made paths, thigh-burning hill climbs, fishing, climbing, kayaking, canoeing, paddle-boarding, sailing, kite-surfing, wild swimming, craft and geology trails are just some of the activities that await. Explore with binoculars, a camera lens, paint brush or sit peacefully; take time to breathe and be captivated by the surroundings of the Coigach Penninsula. There is nowhere else quite like it!

## Geology

Coigach looks so distinctive thanks to its underlying rocks.

Our mountains, including Stac Pollaidh are all carved from Torridonian sandstone. A rock formed 1.2 billion years ago from river and lake sediments washed down from a long gone mountain chain. Once we were connected to North America, but when the Atlantic Ocean formed, we began to drift apart. Glaciers painted the Summer Isles and scoured 3-billion-year-old-gneiss smooth.

Today Coigach is part of the North West Highlands UNESCO Global Geopark. This status is awarded for geological heritage important to the world, but also because the local community manages this heritage for sustainable development. Visit Coigach has produced a geotrail to explore the peninsula's astonishing geology.

More information available online at [nwhgeopark.com](http://nwhgeopark.com).



*A glacially transported boulder known locally as the 'Piggy Rock'.  
Can you see why?  
An example of the communities sense of fun!*

## Archaeology

A rich and precious history is there to be discovered.

Dotted amongst the landscape, evidence that people have been living along the Coigach Penninsula for millennia. Pre-historic hut circles are abundant and an Iron Age Broch is sited at Achlochan. The area around Badentarbat features extensive lazy-beds used for arable cultivation with the remains of over 30 buildings and fanks left unpopulated since the Highland Clearances. Along the coast remnants of old fishing boats and salmon bothies hint at the previous occupants who once made a living from land and sea.



## Night Sky

There are few darker night skies than in Coigach.

During the winter is the best time to gaze at an unimaginable canopy of stars, marvel at the northern lights or go for a walk in the moonlight.

In high summer the night sky resembles day, and you may have to remind yourself to go to bed!

The Wester Ross Biosphere arranges dark sky events each autumn. Book online at [wrb.scot/sustainable-development/dark-skies-festival](http://wrb.scot/sustainable-development/dark-skies-festival).



## Social History

The people of Coigach are welcoming, entrepreneurial, creative and resilient.

The Coigach Community Hall and Achiltibuie Stores are at the heart of our community. The store is a hub for local information and the hall hosts an eclectic programme of events.

Fishing is still an important occupation along with other traditional crofting activities including livestock and vegetable production. Many also run and work in small scale tourism, off-croft activities and creative roles.

Gaelic, whilst not spoken as part of the everyday language, is still culturally embedded through music, song and place names.

It wasn't too long ago that the population of the area was five times what it is today; but emigration, the Highland Clearances and World Wars took their toll.

During those clearances in the 1800s a group of Coigach women successfully led a resistance movement disarming sheriff officers in order to prevent further evictions.

Find out more about our thriving social history online at [candatrail.com/coigach](http://candatrail.com/coigach).

There is also a free audio guide mobile phone app. You can download it at [nwhgeopark.com/local-guide-to-coigach-and-assynt/](http://nwhgeopark.com/local-guide-to-coigach-and-assynt/).





# Visit Coigach

Coigach is a place where the landscape and often challenging weather encourage resourcefulness and creativity. A mentality which fosters innovation and a proud community spirit. This is a place with a strong connection to its rich history, but it is not a museum. Visitors may perceive this place as 'living on the edge' – but to those for whom it is home, this is the centre of the world.

Please use this map to help you explore our immersive landscapes, island mountains, beautiful beaches and wild shores responsibly.

### WALKS

- 1 Stac Pollaidh
- 2 Enard Bay
- 3 Reiff to Rubha na Còigeach
- 4 Fox Point
- 5 Polbain Peat Road & Mast Hill
- 6 Achlochan Coastal Path
- 7 Achduart & Culnacraig
- 8 Dùbrach Chuire Round
- 9 Ben More Coigach
- 10 The Postie's Path

### BEACHES

- 1 Garvie Bay
- 2 Achnahaird
- 3 Reiff
- 4 Isle Ristol
- 5 Badentarbet Bay
- 6 Badenscallie
- 7 Achiniver

### HILLS

- 1 Ben Mor Coigach
- 2 Sgurr an Fhìdhleir (The Fiddler)
- 3 Cùl Beag
- 4 Stac Pollaidh (Stac Polly)
- 5 Cùl Mor

**Emergency?**  
If you are in an emergency situation on the water or in the mountains, call 999 and ask for the police.

Parking

Toilets

Fuel

Store

Gift Shop

Old Pier

Cave/Arch

Archaeology

Viewpoint

Camping

Achiniver Hostel

Playpark

Litter Bin

Glass Recycling

Chemical Waste Disposal (£)

Village Hall

Post Office

Library

Church

Health Centre

Police Station

Fire Station

Road

Track

Dotted line"/> Rough Path

one mile

two kilometres

NORTH