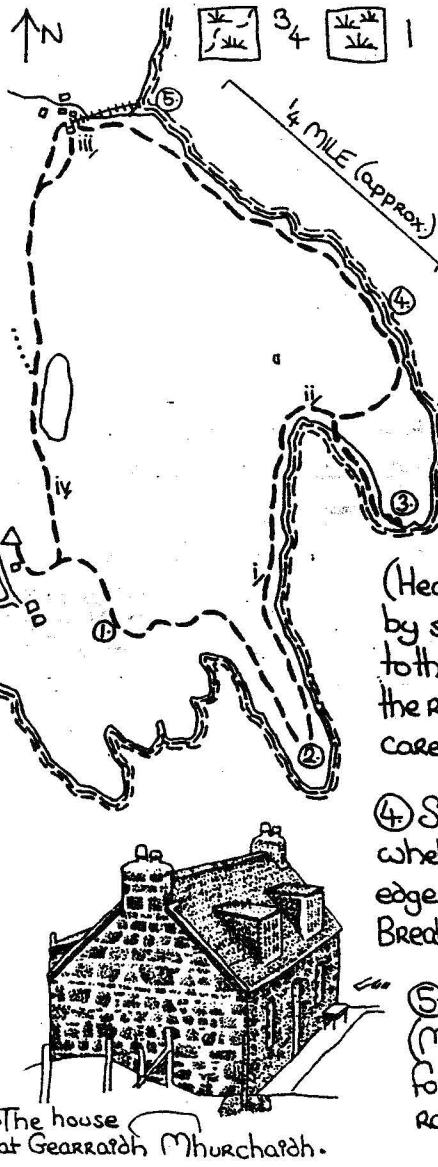


THE CAVES, THE BREATHING STONE, AND THE ROLLERCOASTER.

1 3/4 MILES



① Strewn about the hill at this point, lie the remains of the radio-telephone that used to serve the village.

② Ard Caol (Thin Peninsula) is a very good place from which to view the land, and gain a different perspective on Reingeadal, and the caves (③).

③ Rubha na h Uamha (Headland of the Cave) is skirted by steep cliffs, limiting access to the caves to a traverse of the rocky shore at low tide. Take care, and check the tides tables.

④ Somewhere amongst the whelk colonies, on the rocky edge of a very deep loch, is the Breathing Stone.

⑤ Gearraidh Mhurchaidh (Murdo's Field): five houses - four in ruins - and a rollercoaster...

This is a short walk, perfect for one of the endless evenings of summer, though it must be said that the whole area can get pretty boggy. This walk stays clear of most of the steeper slopes, which can be difficult to descend when they are slippery.

- Leaving the hostel, walk along the path towards the warden's house, pass through the gate onto the open hill, turn left and follow the fence uphill.
- There is no path to follow, but head south-east towards Ard Caol, passing the scattered pieces of the Radio telephone, before making your way down to Ard Caol.
- Leaving Ard Caol, walk north, keeping close to the shore. Shortly after crossing a fence (at i), you will find a fragmented path that leads (from i, to ii), to Rubha na h Uamha.
- If the tide is out you may wish to visit the caves. You should allow at least 40 minutes, and note that the only easy return route is the way back along the shore.
- Cut across Rubha na h Uamha, passing some of the many lazybeds in this area and, above the shore, turn left, staying fairly close to the loch. If the tide is half in, for a time you may hear the Breathing Stone. It would be very elusive indeed if you went looking for it when it was holding its breath at the extremes of the tide, but at the right time, if you are quiet...
- Staying by the shore, you will eventually arrive - after navigating numerous lazy-beds - at Gearraidh Mhurchaidh. The rollercoaster was built to haul heavy materials, delivered by boat, up to the holiday cottage during its construction.
- Between iii, and iv, lies the path back to Reingeadal, the first bit could usually be described politely as being a bit boggy, in places it is quite firm under foot though, until it vanishes (iv)...