



WALKS
AROUND
THE FLOW

5

South Walls

AYRE TO CANTICK HEAD



WHERE IS IT?

This walk runs along the dramatic southern coast of South Walls passing wonderful geological features, interesting archaeological remains and amazing wildlife.

NORTHERN MARSH ORCHID AND
MEADOW BROWN BUTTERFLY



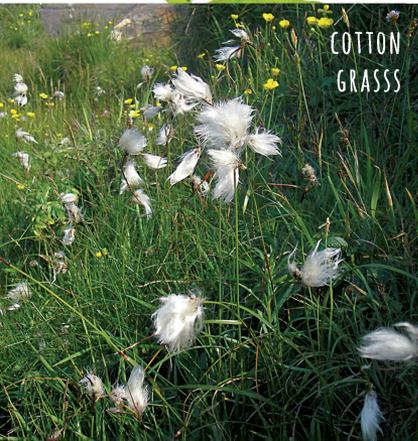
Anne Bignall

The walk is about 5 miles (8km) long from the car park by The Ayre, along the south coast and around Cantick Head and back to the car park at Osmundwall. An extra 3 miles (5km) along quiet roads turns the walk into a circuit.

From the Osmundwall car park, a path provides a short-cut between the cliffs and the road, enabling less time to be spent on the walk if necessary

WHAT WILL I SEE?

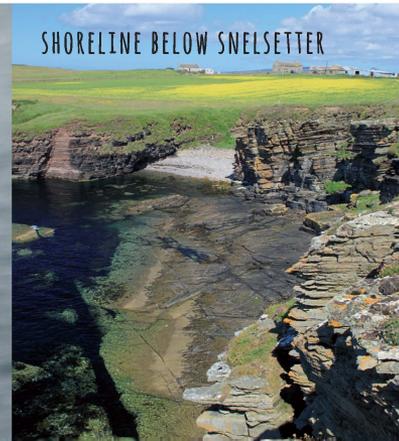
- Many natural arches, caves, geos (narrow cliff-lined bays), and gloups (inland ravines formed by collapsed sea caves)
- The Scottish Wildlife Trust nature reserve at Hill of White Hamars, with flowers including the rare Scottish primrose, perhaps better known as *Primula scotica*
- The remains of a broch at Hesti Geo and Neolithic tombs at Cantick Head
- Seabirds nesting on the cliffs include fulmars, shags, guillemots and razorbills. This is also one of the best areas in Orkney for butterflies with many meadow browns and common blues in good weather in late summer.
- Cantick Head Lighthouse, completed in 1858- one of dozens of lighthouses built by the Stevenson family around Britain's northern coasts
- The graveyard at Osmundwall has a poignant monument to the crew of the Longhope lifeboat, lost in a tragic accident in March 1969 while attempting to rescue the crew of a wrecked cargo boat.
- Kirk Hope was also the site of the conversion of Earl Sigurd in 995 AD, as recorded in the *Orkneyinga Saga*, and commemorated by a fine carved stone bench by the graveyard



COTTON
GRASS



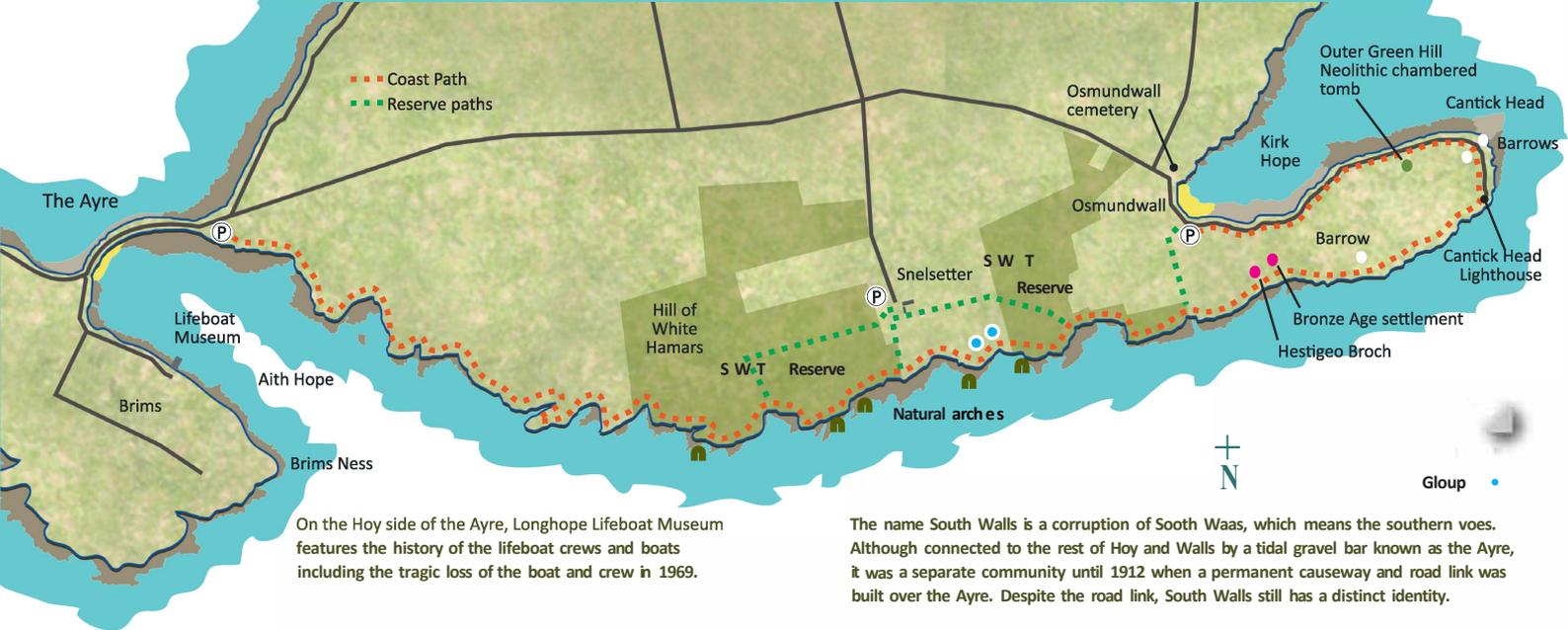
FULMAR



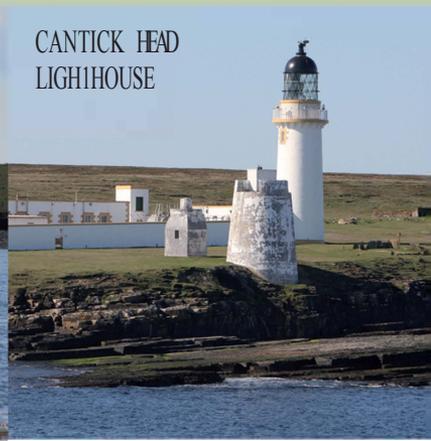
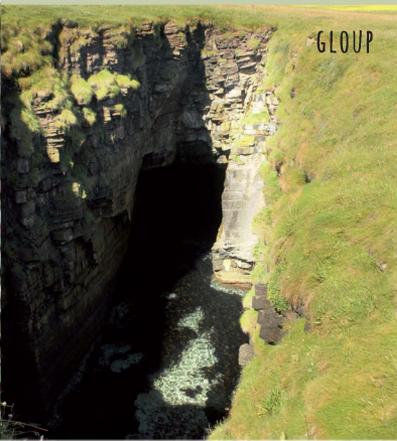
SHORELINE BELOW SNELSETTER



PRIMULA SCOTICA



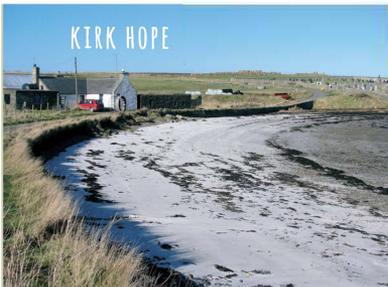
DISTANCE 5 MILES 8KM GRADE MODERATE DURATION 3-4 HOURS (ONE WAY)



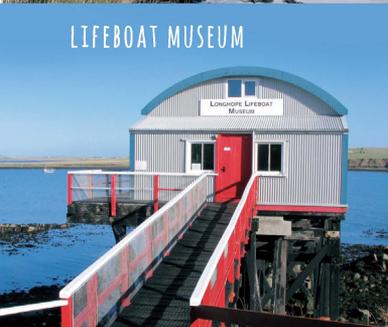


WALKS AROUND THE FLOW

EIGHT WALKS AROUND THE FLOW ·
TAKE THESE TRAILS TO ENJOY A SPECIAL LANDSCAPE
RICH IN WILDLIFE AND HISTORY



KIRK HOPE



LIFEBOAT MUSEUM



LONGHOPE
LIFEBOAT
MEMORIAL

WHAT SHOULD I REMEMBER?

The walk is quite long and remote in places, with uneven ground and damp area. Much of the walk runs along steep cliffs, with ghoups also being striking hazards to look out for. Follow the Scottish Outdoor Access Code –

www.outdooraccess-scotland.com

- Keep dogs under control at all times
- Wear suitable footwear and be prepared for variable weather
- Let someone know your route and when you will return
- Avoid disturbing livestock or crops
- Leave gates as you found them
- Respect wildlife and take special care in the breeding season
- Bring your litter away with you - leave only footprints, take only memories!

