



**WALKS
AROUND
THE FLOW**

7

South Ronaldsay

BURWICK TO SANDWICK





DISTANCE 4 MILES 6.5 KM **GRADE** EASY TO MODERATE **DURATION** 3 HOURS (ONE WAY)



SANDWICK BAY



SHEEP'S-BIT



SHAG

WHERE IS IT?

This walk around the western coast of South Ronaldsay follows the stunning cliffs and gives plenty of opportunities to enjoy local wildlife.

The walk is around 4 miles (6.5km) in length. The ground is uneven and wet in places, and great care needs taken along the cliffs.

This walk can either be started at Burwick, the southernmost tip of South Ronaldsay, or at the Bay of Sandwick. The walk from Burwick begins next to a stack of blocks to the south of the pier, and veers west along the cliff-top, past Castle Skerry, site of an ancient fort settlement, and onward via Green Head and Barth Head to Barswick. Continue on north along the cliffs, and eventually the walk comes down onto the beach at Sandwick.

There is easy parking adjacent to the pier at Burwick, where the John o' Groats passenger ferry docks in the summer. There is very limited space to park at the other end of the walk in Sandwick; please take care not to block any private access roads. If you begin the walk at Sandwick, use the beach to reach the coastal path, and follow it south along the cliffs.

WHAT WILL I SEE?

- Fantastic coastal scenery looking across the mouth of Hoxa Sound to Hoy and Walls, and across the Pentland Firth to Scotland
- A wide range of seabirds including gannets, fulmars (mallies), shags (skarfs) and black guillemots (tysties), can all be seen around the cliffs or in Hoxa Sound all year round
- Summer visitors include Arctic terns, guillemots, razorbills, kittiwakes and great skuas (bonxie)
- Common seals, which pup in June and July and grey seals which pup in October and November
- The very lucky might spot a visiting pod of killer whales or dolphins
- A variety of flowers including primrose, spring squill, thrift, eyebright and sheep's-bit
- The remains of a broch on the Castle Taing, a small headland just south of Sandwick
- This is a good walk for seeing butterflies in late summer with lots of small tortoiseshells, meadow browns and common blues

SMALL
TORTOISESHELL
BUTTERFLY

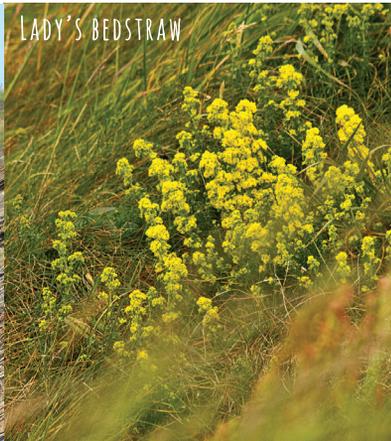


Anne Bignall

BARTH HEAD



LADY'S BEDSTRAW



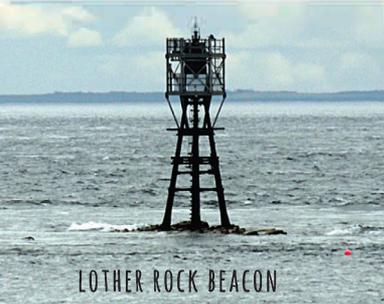
CAVES





WALKS AROUND THE FLOW

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



WHAT SHOULD I REMEMBER?

The walk is generally easy going, but there is some rough ground in places. 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!

