

# WALKING ON UIST AND BARRA

40 coast, moorland and mountain walks on all the isles of Uist and Barra

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The Uists and Barra, in the Outer Hebrides, offer a superb remote walking environment teeming with wildlife and peppered with ancient monuments.

This guidebook offers routes on all the major islands from Berneray to Vatersay but also the smaller offshore islands such as Eriskay and Mingulay. The 40 routes described vary from short, low-level beach walks to serious excursions across wild, mountainous terrain requiring sound navigational skills.

Approached by air or sea, the variety of terrain in this 100km cluster of islands is apparent, from endless white beaches in the west to the inland lochs and the mountains in the east. Rugged hills, shell sand beaches, awesome sea cliffs, caves and arches, moors and lochs all wait to be explored.

## Key marketing points

- First guide to cover wilder areas and longer routes on these islands
- Unique birdwatching and archaeological sites
- Less than an hour's flight from Glasgow and well served by ferries from other islands and the mainland

## About the author

Mike Townsend's love of hills and wild places began when, as a teenager, he spent walking holidays in the Lake District and Snowdonia. He moved to the Outer Hebrides in 1980 to work as a Geography teacher on Barra, and relocated to Uist in 1988. He has spent prolonged periods exploring the hills and coastlines of the islands, particularly the more remote and unfrequented areas.

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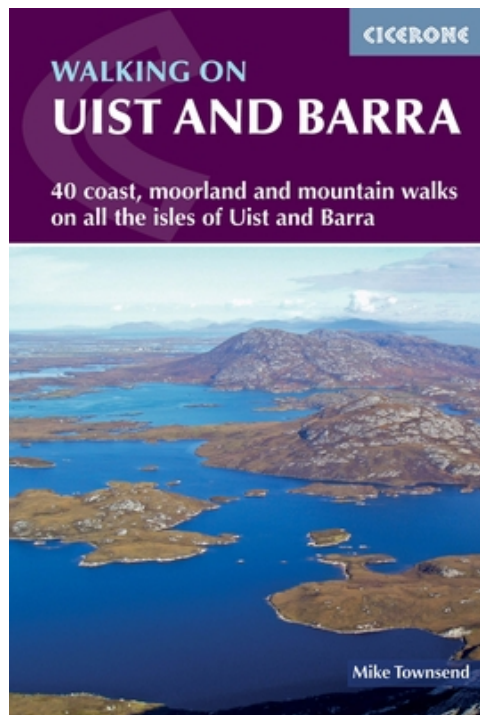
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