

The Highland Council has published a DVD  
which includes a new comprehensive guide  
**HIGHLAND SEASHORES FOR ALL**

Obtain your **FREE** copy from:  
[Janet.Bromham@highland.gov.uk](mailto:Janet.Bromham@highland.gov.uk)



**5 BACK OF KEPOCH** – The rocky-sandy beaches between Arisaig and Mallaig are terrific for seashore hunters. Seashells a speciality by Traigh.



**11-14 SLEAT OF SKYE & LOCHALSH** – Stunning biodiversity on numerous shores because of undisturbed habitats based on the chalky red seaweed 'maeri' (often erroneously called 'coral').



**20 LAIDE** – Vast sheets of shelving rocks with pools and deep, gloomy overhangs where we find painted top shells and purse sponges. Down the shore kelp 'forest' biodiversity is accessible at very low tides.



**23 BALCHLADDICH** – A north-west rock pool mecca. A wide expanse of golden sand plus seaweed-covered rocks full of fissures and cavities where marine animals live in variety and profusion.



**30 STRATHY BAY** – Just one of many beautiful north coast beaches, backed by species-rich sand dunes and fringed with rocks where biodiversity abounds.



**45 MILTON OF CULLODEN** – Estuarine mud flats of the Moray Firth attract vast flocks of migrant birds and support plant and animal species that thrive in low salinity (e.g. a rare seagrass and baltic tellins).



**41 EMBO PIER** – The east coast has many fine places for rock pool explorers, also notably at Balintore, Helmsdale and Dunbeath. Look out for fulmars on the cliffs and oyster plant on shingle.

**Where to find the best examples of HIGHLAND SEASHORE BIODIVERSITY**

- 1 Castle Stalker, Portnacroish
- 2 Doirlinn, Morvern
- 3 Sanna Bay, Ardnamurchan
- 4 Kentra Bay, Acharacle
- 5 Morar shores, Mallaig
- 6 Tarskavaig, Skye
- 7 Ord, Skye
- 8 Isleornsay, Skye
- 9 Tallisker, Skye
- 10 Claigan, Skye
- 11 Ardnish, Skye
- 12 Plock of Kyle, Lochalsh
- 13 Plockton shores
- 14 Eilean na Creighe Duibh
- 15 Carron Estuary, Lochcarron
- 16 Ardarroch, Kishorn
- 17 Sand, Applecross
- 18 Red Point
- 19 Rubha Réidh, Gairloch
- 20 Laide
- 21 Achmelvich, Assynt
- 22 Clachtoll, Assynt
- 23 Balchladich, Assynt
- 24 Scourie, Sutherland
- 25 Oldshoremore, Sutherland
- 26 Balnakeil, Durness
- 27 Torrisdale Bay, Betty Hill
- 28 Kirtomy 'Harbour'
- 29 Armadale Bay
- 30 Strathy Bay
- 31 Melvich Bay
- 32 Sandside Bay, Reay
- 33 Dunnet Bay
- 34 Ness of Duncansby
- 35 Freswick Bay
- 36 Sinclair's Bay, Keiss
- 37 Whaligoe Steps
- 38 Dunbeath
- 39 Helmsdale
- 40 Loch Fleet
- 41 Embo Pier
- 42 Dornoch Sands (north)
- 43 Portmahomack
- 44 Hilton, Balintore & Shandwick
- 45 Milton of Culloden
- 46 Culbin Sands, Nairn