



**BEACHES** are a huge attraction on North Uist and Berneray. Traigh Lingeigh has a huge expanse of pure white shell sand, crystal clear waters and a safe shallow sandy bay suitable for swimming and snorkelling. There are also picnic tables and benches. The West Beach on Berneray is a three mile stretch of wide, clean and often deserted sand. Behind all of the beaches is the machair - green grassy plains covered in a mass of amazing wild flowers in the spring and summer.

**TRINITY TEMPLE** is a historic ruin listed as of European significance and possibly Scotland's oldest University. The building is the remains of a medieval monastery and college founded by Beathag, daughter of Somerled. The building has been extended up to the 16th century but destroyed after the Reformation. Again restored in the 16th Century by Dotair Ban and recently renovated in 2011.



The village has a shop and café, Berneray Shop and Bistro (57) (page 8) a picturesque fishing harbour, a post office and the Caledonian MacBrayne pier for the connection to the Isle of Harris. On the north of Berneray is a very scenic walk, with views towards the hills of Harris. For more information about Berneray and its history, the island has a very good museum and historical centre (see picture on the right).



**NORTH UIST** is a landscape of fresh and salt water lochs, with miles of sandy beaches, and cultivated crofts, popular with walkers, bird watchers, motor homers and cyclists. On the west side of the island, the road follows the machair (fertile coastal grassland bordering the sand dunes) and passes the Balranald R.S.P.B Nature Reserve. The eastern side is mainly a water world, and is a fisherman's and bird watcher's paradise. Beaches are a huge attraction on North Uist and Berneray.

**LOCHMADDY** is the largest village in North Uist and is also the port where the ferry arrives from Uig on Skye. The Loch itself is designated a European marine site (special area of conservation) giving recognition to the wonderful marine landscapes and diverse wildlife. Facilities in the village include a very good museum and heritage centre called Taigh Chearsabhagh. The village also has a number of serviced accommodation providers and places to eat.



**BAYHEAD SHOP AND FUEL:** Licensed convenience store with Post Office & petrol station. Our wide range of fresh foods & groceries features local products. Newspapers & fresh baking available daily. Open Monday - Saturday 8.00am - 6.00pm. You can find us on Facebook for any updates. Tel: 01876 510257. On B865 at Bayhead, HS6 5DS.

**R.S.P.B. NATURE RESERVE** at Balranald. Balranald is famous for its corncrakes, now one of Europe's most endangered species. The circular nature trail through the croft land of the reserves is 3 miles (4.5 km) and takes 2-3 hours. The trail goes through wildflower-rich machair and round a bird-rich headland. A wide selection of wildlife can be seen, from wading birds to the elusive otter.



Isle of Benbecula - see map on Page 8



**THE STEPPING STONE RESTAURANT:** Serving snacks and hot meals throughout the day, using fresh local produce where possible. Evening meals available from 6.30 to 9pm daily. Opening times: Monday to Saturday 11.00am - 9.00pm, Sunday 12.00 - 8.00pm. Dinner reservations are recommended. Tel: 01870 603377.

**CHARLIE'S HEBRIDEAN BISTRO:** Exciting new venue in Benbecula for fine food and wine, promoting healthy eating and the freshest local products and ingredients. Fresh, local shellfish and seafood. **Open** Mon - Fri: 9.00am - late and Saturdays 10.00am - late. Closed on Sundays. Balivanich, Isle of Benbecula, HS7 5LA. Tel: 01870 603242. Further details on Facebook. Web: charlies-hebridean-bistro.business.site



**BENBECULA** in Gaelic is Beinn na Faoghla which means Mountain of the Ford. This is a very apt name for the island and its solitary hill, Rueval, which is in fact a stepping stone between North and South Uist. The islands are connected by a series of causeways, but once upon a time crossing to the Uists would mean fording the dangerous stretches of tidal sands. The temptation to bypass most of Benbecula by taking the direct road through the island is



always there; however, Balivanich and the coast road is worth the detour. The main town is called **BALIVANICH**, and is situated on the north west of the island. The airport is located in Balivanich, as is the military base, hospital, fuel station, post office and a selection of shops, housing and businesses. Benbecula is one of the best locations to shop, with supermarkets, a bakery, and good places to eat and have cups of coffee.



**MUSEUM NAN EILEAN (UIBHIST & BARRAIGH):** Discover the history and culture of the Outer Hebrides. Always something new to see! Enjoy engaging temporary displays including island heritage and national touring exhibitions. Next door to the Public Library within Sgoil Lionacleit Community School. Museum Open Tuesday - Saturday, 10am - 1pm and 2pm - 5pm. Late night opening on Tuesday till 7pm. Tel: 01870 603692. Email: museumU&B@cne-siar.gov.uk

**MACLEANS BAKERY & BUTCHERS:** Run by the MacLean brothers since 1987, we are a small independent bakery based in Uachdar, Benbecula, just off the main A865. Our delicious breads, rolls, pastries, savouries, oatcakes & biscuits are freshly made every day using traditional methods. Shop open: Mon 9.30-1pm, Tues-Fri 9.30-5.30pm & Sat 9.30-1pm. Tel: 01870 602659. Email: enquiries@macleansbakery.co.uk



**THE HEBRIDEAN WAY** is a classic 185 mile cycle route, starting at Vatersay to the south of Barra, and finishing at the Butt of Lewis, crossing 10 islands, linked by ferries and causeways. Following the official National Cycle route 780, it provides spectacular scenery and awesome coastlines. Along the west side of Benbecula, the cafes, restaurant and supermarket make it an ideal staging point. See maps on page 5 & 8.