

Beinn Eighe The Mountain Above The Wood

Beinn Eighe The Mountain Above the Wood : the Story of the First Fifty Years of Britain's First National Nature Reserve Birlinn Publishers

The first modern history of Scottish woodlands, this highly illustrated volume explores the changing relationship between trees and people from the time of Scotland's first settlement, focusing on the period 1500 to 1920. Drawing on work in natural science, geography and history, as well as on the authors' own research, it presents an accessible and readable account that balances social, economic and environmental factors. Two opening chapters describe the early history of the woodlands. The book is then divided into chapters that consider traditional uses and management, the impact of outsiders on the pine woods and the oakwoods in the first phase of exploitation, and the effect of industrialization. Separate chapters are devoted to case studies of management at Strathcarron, Glenorchy, Rothiemurchus, and on Skye.

This guide is for those who wish to understand the interplay between rocks and scenery in a truly classic geology in Europe. Nowhere else in Britain is this link to be more clearly observed. Key geological localities that make the Scottish Highlands a unique region for the study of geology are linked together geographically in a series of journeys. The Western Highlands contain some of the oldest rocks in Europe in a landscape formed more than a billion years ago that has re-emerged from the depths. Geologists have been examining these rocks since the early nineteenth century and, in spite of intense research in this tiny fraction of the Earth's surface, major controversies still surround some of the rock formations. Many fundamentally important concepts in geology were first developed here and then applied elsewhere around the world. The region is an outstanding natural laboratory for the study of mountain building and folding, including the discovery that thick sequences of rocks have been turned completely upside down, and pushed sideways for over 100 kilometres. Representatives of all the major rock types are found here, and their ages span three-quarters of geological time since the Earth began, some four and a half billion years ago. The journeys and localities are detailed in chapters: Tongue to Lochinver; Lochinver, Assynt, Ullapool; Ullapool to Gairloch; Gairloch to Kyle of Lochalsh; Kyle of Lochalsh, Glenelg, Mallaig, Cluanie, Glen Roy; Fort William, Loch Eil, Glenfinnan, Lochailort, Ardnamurchan, Strontian; Fort William, Ballachulish, Kentallen, Oban, Easdale, Kilmartin, Tayvallich and Kilmory; Fort William, Ben Nevis and Glen Nevis, Ballachulish, Glencoe, Glen Etive, Glen Orchy and Loch Lomond. Excursions are easily accessible, along footpaths and the coast, with a few more challenging options, including Ben Nevis, Scotland's highest mountain.

Includes section "Mountaineering literature."

Scotland is justly famed for its magnificent scenery - mountains, lochs, islands, wild rocky places and sandy beaches. All this is evidence of an exciting geological history which began 3,500 million years ago and is still continuing. The sheer diversity of Scotland's rocks and landforms are the physical reminders of a fascinating journey through time. They reveal that the land that makes up Scotland today has travelled the world and has not always even belonged to one single continental landmass. At different times, too, continents formed and split apart, ancient volcanoes erupted vast quantities of lava and Ice Age glaciers shaped the landscape. Containing a huge amount of detailed information presented in clear, comprehensible language and enhanced throughout with specially commissioned illustrations, diagrams and photographs, this is an essential book for anyone interested in the world around them.

A guidebook to the best walking routes in the mountains of Torridon in the western Highlands of Scotland. Based around Shieldaig and Slioch, the 52 day walks include easy walks to routes up Torridon's best summits, including 9 Munros. This book makes Shieldaig its base and

covers the 200 square miles south west of Loch Maree and north of the Achnasheen - Achnashellach - Lochcarron road, as well as Slioch and its environs. The guidebook offers a wealth of routes of different grades and differing characters between 2 and 14 miles in length. It is also beautifully illustrated with Peter Barton's original drawings, alongside clear OS map extracts. Routes described include 11 easy walks, 11 long or high-level walks, ascents of 32 summits over 2000ft and 5 outline suggestions for major ridge walks. The mountains of Torridon rarely have clearly defined paths to their summits, but the many excellent stalkers' paths take walkers deep into wild territory and often give them a flying start. To explore this remote and much-loved area of the Highlands fully you need to be prepared to free-range over heather, grass, rock and marsh and this guide will help you find the best ways across the landscape.

If you enjoy walks in the countryside, Scotland should be on your list of places to visit, and you should bring this book as your guide. Anyone who has ever visited Scotland will mention the Highlands with its rolling hills and unspoiled landscape, and this book will guide you along some of the best routes the area has to offer. The routes are graded according to difficulty so walkers can easily choose a suitable route from the 50 included in the book. Put on your hiking shoes, and head for the hills with 50 Classic Routes on Scottish Mountains.

The best mountain, crag, sea cliff and sport climbing in Scotland. From the Foreword by Hamish MacInnes . "If you have an ambition to do all the climbs in these two Scottish Rock guides I think you'd better schedule time off in your next life. This labour of Gary's has been of gargantuan proportions. Those of you who use the guides will benefit by his dedication and the sheer choice offered; if you divide the retail price of these by the number of good routes you'll realise this is a bargain. Volume 1 covers a proliferation of Scottish crags up to the natural demarcation of the Great Glen. They are easier to access than most in Volume 2 and present infinite variety. I have been a long-time advocate of selected climbs and the use of photographs to illustrate both climbs and action. I'm glad that this principle has been used throughout these two volumes. It gives you a push to get up and do things. The list seems endless and if you succeed in doing half of them you'll be a much better climber and know a lot more about Scotland - have a good decade!"

Enjoy the local color and majestic scenery of the Scottish Highlands with this essential road trip guide along the scenic North Coast 500. Known as Scotland's Route 66, the North Coast 500 takes travelers on a winding journey across northern Scotland's breathtaking coastline.

Acclaimed Scottish travel writer Brigid Benson guides you on a journey that begins in the charming city of Inverness, then weaves westward to the historic village of Applecross and up the Atlantic coast to the most northerly points in Britain before heading back to Inverness along the North Sea. In addition to stunning mountains, moors, lochs and beaches, the route also features exquisite towns and villages, castles, distilleries and breweries. Benson divides the route into manageable daily itineraries, suggesting where to discover history, observe wildlife, meet great local characters, shop at quirky stores, taste outstanding food, drink in friendly bars and cafes, and stand in awe of amazing sights. She also recommends campsites, inns and other places to stay, along with places to picnic, swim, surf, walk and stargaze. "For Scottish travel it doesn't get better than North Coast Journey, an eco-friendly, common sensical, well-researched foray around the locale of the North Coast 500 and beyond." —The Scotsman, UK This book presents up-to-date information about Scotland's native woodlands. It draws upon professional experience of scientific research, survey and management, where the author has studied many important native woodlands in Scotland and beyond.

Come by The Hills follows Cameron McNeish's popular 2018 memoir, There's Always the Hills, and celebrates his life on the Scottish hills, his many friendships with hill-goers, writers, broadcasters and active people of all kinds.

Lonely Planet Scotland is your passport to the most relevant, up-to-date advice on what to see

and skip, and what hidden discoveries await you. Sip the water of life, whisky, in an ancient pub, trace the trails of the clanspeople fleeing Glen Coe, or play a round in St Andrew's, golf's spiritual home; all with your trusted travel companion.

This comprehensive book is an excellent planning resource for those who wish to venture into the Scottish mountains. Whether you are planning a walk, scramble, climb or ski tour this larger format guide has all the information the independent mountain lover needs. The guide covers all the mountainous areas of Scotland from south to north, divided into seven regions. Each regional chapter covers individual glens important for mountain-goers, groups of hills that form coherent massifs and individual hills of significance. However, this is not a route guide and detailed descriptions are not provided. The aim of the book is to inspire and entertain as well as inform; to show first-time visitors just what the Scottish mountains have to offer and provide a new perspective for those who have been before. In the descriptions author Chris Townsend has given his opinions as to the relative qualities of the walks, glens, lochs, mountains and the landscape in general and highlighted those he thinks are the best the area has to offer. Includes: Descriptions of all the Scottish mountains, area-by-area from south to north, to help you identify the best locations for hill walking, mountaineering, climbing and ski touring Classic ascents and walks described, from scrambles up Ben Nevis to ski tours in the Cairngorms A planning tool for long-distance treks

Scrambling is the highly popular pursuit which combines the freedom enjoyed by the hillwalker with the more immediate excitement of the rock climber. An essential guide to the best scrambling in Scotland, this book covers both the mainland and the inner hebrides, and is suitable for scramblers of all skill levels, from complete beginner to seasoned enthusiasts. This comprehensive guide contains: Maps and images for each scramble, as well as instructions for OS maps. An introduction to the art of scrambling, and to all equipment that may be necessary. Routes for all scrambles, and easy to follow grading and quality ratings, enabling the reader to pick a scramble for any ability level. Scrambles include mountain routes such as Aonach Eagach and the Cuillin Ridge, as well as the lesser known Northern Pinnacles of Liathach. In February 2019, award-winning writer Alex Roddie left his online life behind when he set out to walk 300 miles through the Scottish Highlands, seeking solitude and answers. In leaving the chaos of the internet behind for a month, he hoped to learn how it was truly affecting him – or if he should look elsewhere for the causes of his anxiety. The Farthest Shore is the story of Alex's solo trek along the remote Cape Wrath Trail. As he journeyed through a vanishing winter, Alex found answers to his questions, learnt the nature of true silence, and discovered frightening evidence of the threats faced by Scotland's wild mountain landscape.

'I watched the mirror for a last view, for now, of the frozen mountains of Glen Coe. As the road bent and the outline of Buachaille Etive Mor slid into sight, I did what I always did, and always would. I felt for that flutter of awe and that indefinable, unmistakable quickening of the pulse.' Most people think of Scotland as a country filled with kilt-wearing bagpipe players, but in fact, Scotland offers a wide array of choices for visitors, not only in the dramatic variety of landscapes, but also in the diverse options it offers, from cosmopolitan to secluded nature reserves. Tourism in Scotland has been on the rise for a few decades with no indication of slowing down. Time Out has commissioned local experts to divulge their favorite things about Scotland, ranging from the gastronomy and architecture to places off the beaten path. Adventure travel options abound, as well as golf courses, whiskey distillery tours, and ancient castles and monuments. There are festivals year-round, ranging from literary to the annual Fringe Festival.

"Gairloch in North-West Ross-Shire" by John H. Dixon. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited

and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

When Chris Townsend reached the summit of Ben Hope in Sutherland, he walked his way into the record books. After 118 days in which he had covered more than 1,700 miles and climbed over 575,000 feet, he had completed the first single continuous journey of all 277 Munros and 240 Tops in the Scottish Highlands. This is the story of that remarkable walk from the start on Ben More on the Isle of Mull through to the finish, the equivalent of climbing Mount Everest 18 times. For the author, the real enjoyment of the walk was not in counting up the summits or the miles but in spending week after week in the hills and living in the wilds. In *THE MUNROS AND TOPS*, Chris Townsend recalls the joys of observing the birds and animals, the trees and flowers, the changing shapes of the hills and the play of light on their slopes. He writes about the complexities of route-finding and the challenge of rugged terrain and of coping with often atrocious weather conditions. Illustrated with photographs taken during the walk, this is a stirring account of a unique achievement.

Evan Mackenzie, newly Earl of Kildonan, returns to the beautiful, remote Highland mountains of his childhood with no intention of staying. Haunted by tragedy, he plans to sell the vast property and return to Edinburgh--until fate takes a hand. Stranded overnight on a snowy mountainside with a lovely Highland girl, he is honor-bound to marry her despite his plans. But Catriona MacConn has a secret mission to protect at any cost, and though the handsome, mysterious earl wins her heart, she will fulfill that promise--even if it means giving up the love of her dreams. **REVIEWS:** "With a little history, a little magic, and a lot of Highland charm, King has created another winner." ~Booklist "...engaging characters weave a subtle spell... a treat for King fans." ~Publishers Weekly *THE SCOTTISH LAIRDS*, in series order *Taming the Heiress* *Waking the Princess* *Kissing the Countess* *THE CELTIC NIGHTS*, in series order *The Stone Maiden* *The Swan Maiden* *The Sword Maiden* *Laird of the Wind* *THE BORDER ROGUES*, in series order *The Raven's Wish* *The Raven's Moon* *The Heather Moon* **OTHER TITLES** by Susan King *The Black Thorne's Rose*

In 2001, Beinn Eighe celebrates 50 years as Britain's first national nature reserve. Intertwined with the history of the reserve, which features a host of colourful characters dedicated to the conservation of the mountain, is the story of nature conservation in Britain and of the growth of public awareness in this area over the years. As well as an analysis of the pressures that have driven and directed change in our landscape, and of the conservationists' reaction to these pressures, this book is an celebration of one of the most impressive of all Scotland's landscapes.

This is based on our 592-page *Adventure Guide to Scotland*, but it zeroes in on the Highlands and the island of Skye. Also includes an extensive introductory section on Scotland as a whole. Comprehensive background information - history, culture, geography and climate - gives you a solid knowledge of each destination and its people. Regional chapters take you on an introductory tour, with stops at museums, historic sites and local attractions. Places to stay and eat; transportation to, from and around your destination; practical concerns; tourism contacts - it's all here! Detailed regional and town maps feature walking and driving tours. Then come the adventures - fishing, canoeing, hiking, rafting and more. Includes extensive lists of recommended outfitters, with all contact details - e-mail, website, phone number and location. The definitive guide to every aspect of the Highlands and Skye - the legends, the clans, the castles and romantic hotels, the Highland games and, of course, the whiskey. This long-time Scotland resident takes us to every site you will want to see.

"Mountain flowers are the most romantic in our flora, exquisite, enigmatic and, often, remote from human habitation. Michael Scott has not only seen them all but has roamed every part of the hill scenery of Britain and brings to his subject passion, learning and hands-on experience. This is field botany at its best, engrossing, exciting and full of wonder." **PETER MARRIN**

Britain's mountains and exposed sub-arctic regions of the far north are home to a remarkable range of specialist flowers, shrubs and ferns that are able to thrive on our islands thanks to a combination of conditions seldom found in mainland Europe. The peculiarities of their occurrence here, at unusually low altitudes for typically alpine species and uncommonly far south for arctic species, make their ecology especially intriguing. In this invigorating journey from the Lizard of Cornwall to Unst in Shetland, Michael Scott examines Britain's richest upland sites, bringing an important 21st-century perspective to our understanding of the flora along the way. Lavishly illustrated, *Mountain Flowers* has much to offer wild flower enthusiasts and botanists, including detailed profiles of over 150 of the plants most characteristic of our montane regions. It will prove an indispensable companion for hillwalkers and climbers wanting to learn more about the enigmatic species that are such an intrinsic part of the British mountain landscape. - Featuring over 150 mountain plants, with 20 extended profiles for the most enigmatic species - Illustrated with over 340 colour photographs of plants and their spectacular habitats - Jacket artwork by Carry Akroyd

In *Mountaineering in Scotland*, climber and mountaineer W.H. Murray vividly describes some of the most sought-after and classic British climbs on rock and ice, including the Cuillin Ridge on Skye and Ben Nevis. The book – written in secret on toilet paper in whilst Murray was a prisoner of war – is infused with the sense of freedom and joy the author found in the mountains. He details the hardship and pleasure wrung from high camping in winter, climbs Clachaig Gully and makes the second winter ascent of Observatory Ridge. Murray recounts his adventures in Glencoe and the mountains beyond – including a terrifying near-death experience at the falls of Falloch. Murray's first book, *Mountaineering in Scotland* is widely acknowledged as a classic of mountaineering literature. Its inspirational prose – as fresh now as when first published – is bound to make a reader reach for their tent and head for the hills of Scotland. He asserts, 'Seeming danger ensures that on mountains, more than elsewhere, life may be lived at the full.' This is classic mountain climbing literature at its best.

The Mountains Are Calling is the exhilarating story of the runners who go to high places. From its wild origins in the Highlands, hill running in Scotland remains as pure and traditional as sport gets. Jonny Muir explores the history and culture of the sport, and meets the legends of hill running who are revered for their extraordinary endurance. As he discovers the insatiable lure of the hills, a calling leads him to the supreme test of mountain running: Ramsay's Round – a continuous loop of 23 of Scotland's highest mountains, to be completed within 24 hours.

Fifty Stories of Adventure and Exploration covers more than two hundred years of human history. The Great Horizon features those who set out to conquer new territories and claim world records alongside those who contributed to our understanding of the world all but accidentally. Published in association with the Royal Scottish Geographical Society, and with full access to their extensive records, the book includes unique images and insights from the RSGS archives, along with never-before seen material. *Expedition Diaries* is the journals and memoirs of a mountaineer. A mountaineer who had a dream, and then made that dream a reality. Through avalanche, storm, death, trials and tears he fought on to live his dream. After twenty years in the mountains, from the Welsh peaks of Snowdonia to the greater ranges of the Himalaya, Karakorum and the wilderness of Antarctica, this is a collection of his expedition diaries - as they were written. They include a first ascent of Workman Peak in Pakistan, The first Welsh ascent of Mount Vinson in Antarctica, the guiding of premiership football team manager Tony Pulis and the legend that is ex-England goalkeeper David Seaman during their attempt on Kilimanjaro in the worst conditions on the mountain for five years. The aim

of this book is to inspire you to go for your dreams and to make them happen. Only you stand in your way of making them a reality.

The Northwest Highlands is the Scotland of mist-shrouded glens, towering mountain peaks, windswept purple heather hillsides and brooding lochs. Explore this mysterious land with the aid of Footprint Focus, which will guide you to the best of the Northwest Highlands' accommodation, restaurants, tours, and tips on spotting the Loch Ness Monster. • Essentials section with useful advice on getting to and around the Northwest Highlands • Comprehensive, up-to-date listings of where to eat, sleep and seek adventure • Includes information on tour operators and activities, from dolphin cruises to mountain hiking. • Detailed maps for the Northwest Highlands. • Slim enough to fit in your pocket. With detailed information on all the main sights, plus many lesser-known attractions, Footprint Focus Northwest Highlands of Scotland (Includes Inverness, Fort William, Glen Coe, Wester Ross & Ullapool) provides concise and comprehensive coverage of Scotland's most wild and exhilarating region. The content of the Footprint Focus Northwest Highlands of Scotland (Includes Inverness, Fort William, Glen Coe & Ullapool) guide has been extracted from the Scotland Highlands and Islands Footprint Handbook.

This book provides an appealing and informative overview of the outstanding landforms and landscapes of Scotland. Scotland is internationally renowned for the diversity of its geology, landforms and landscapes. The rock record spans most of geological time, from the Archaean to the Palaeogene, and represents the outcome of tectonic plate movements, associated geological processes, and sea-level and climate changes. Scotland incorporates primeval gneiss landscapes, the deeply eroded roots of the Caledonian mountain chain, landscapes of extensional tectonics and rifting, and eroded remnants of volcanic complexes that were active when the North Atlantic Ocean opened during the Palaeogene. The present relief reflects uplift and deep weathering during the Cenozoic, strongly modified during successive episodes of Pleistocene glaciation. This striking geodiversity is captured in this book through 29 chapters devoted to the evolution of Scotlands scenery and locations of outstanding geomorphological significance, including ancient palaeosurfaces, landscapes of glacial erosion and deposition, evidence of postglacial landscape modification by landslides, rivers and wind, and coastal geomorphology. Dedicated chapters focus on Ice Age Scotland and the associated landscapes, which range from alpine-type mountains and areas of selective glacial erosion to ice-moulded and drift-covered lowlands, and incorporate accounts of internationally renowned sites such as the Parallel Roads of Glen Roy, the Cairngorm Mountains and the inselbergs of Assynt. Other chapters consider the record of postglacial rock-slope failures, such as the famous landslides of Trotternish on Skye, and the record of fluvial changes since deglaciation. The sea-level history of Scotland is addressed in terms of its raised and submerged shorelines, while several chapters discuss the contrasting coastal landscapes, which range from the spectacular sea cliffs of Shetland and Orkney to the beaches and dunes of eastern Scotland. The role of geoconservation in preserving Scotlands outstanding geomorphological heritage is outlined in the final chapter. The book offers an up-to-date and richly illustrated reference guide for geomorphologists, other Earth scientists, geographers, conservationists, and all those interested in geology, physical geography, geomorphology, geotourism, geoheritage and environmental protection.

Includes Proceedings of the Institute's meetings.

With several thousand miles of coastline and nearly 800 islands, Scotland has the most diverse coast of the United Kingdom. From the wild waters around Cape Wrath to the serene beaches of the Silver Sands of Morar, via one of the world's largest whirlpools at Corryvreckan, this new book journeys around the varied shorelines of Scotland to complete the most comprehensive survey ever taken. Stuart Fisher, bestselling author of the similarly comprehensive Canals of Britain, visits all the places of interest along the entire coastline of Scotland: from rugged countryside edging the Highlands to modern cities, via firths and sea lochs, exploring history and heritage, striking architecture and dramatic engineering, wildlife, wonderful flora and fauna, art and literature. His journey takes him from industrial hubs to small villages and fishing communities, providing a keen insight into what makes each stretch of Scotland's shoreline unique and special. Evocative and often dramatic colour photographs help capture the great variety of the coast, and maps, book covers, stamps and local artefacts help convey the character of each area. This comprehensive and absorbing survey is a treasure trove of interest and knowledge for walkers, cyclists, boaters, holidaymakers and indeed anyone with an interest in coastal Scotland.

DK Eyewitness Travel Guide: Scotland will lead you straight to the best attractions this unique country has to offer, from the streets of Edinburgh to the wind-swept highlands and lochs, from golf trips and whiskey tours to impromptu ceilidhs in cozy pubs. The fully updated guide includes unique cutaways, floor plans, and reconstructions of the must-see sights, plus street-by-street maps of cities and towns. Detailed listings will guide you to hotels, restaurants, bars, and shops for all budgets. What's new in DK Eyewitness Travel Guides: -New itineraries based on length of stay, regional destinations, and themes. -Brand-new hotel and restaurants listings including DK's Choice recommendations. -Restaurant locations plotted on redrawn area maps and listed with sights. -Redesigned and refreshed interiors make the guides even easier to read. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that brighten every page, DK Eyewitness Travel Guide: Scotland truly shows you this destination as no one else can. Now available in PDF format.

Are you ready to tackle The Ultimate Mountain Trivia Quiz Challenge? This is a quiz book for people who love the mountains and the outdoors. It will put your brain through its paces on a wide range of topics including the world's mountains, camping, weather, history, films... Add cryptic clues, anagrams and a whole pot pourri of teasers and twisters and there's something here for everyone. The author of 100 Best Routes on Scottish Mountains and The Ultimate Guide to the Munros series brings his quizzing skills and encyclopaedic knowledge of the outdoors to a book that will both inform and delight. Whether you're sitting by the campfire or in an armchair, the result is a thoroughly interesting and entertaining collection, as challenging as any mountain. Have fun but be warned that quiz-surfing can become addictive. Please surf responsibly.

First published in 2009, Cairngorm John: A Life in Mountain Rescue is universally recognised as a classic mountaineering book. Sandstone Press now presents a 10th anniversary edition which will include a substantial new section entitled Ten Years After, which will include chapters on changes to the helicopter service and

the addition of drones, go-pros, apps, new means of transport to the mountain rescue service, and mountain safety. There will also be an additional plate section and a number of glossaries and appendices.

Lonely Planet's Scotland's Highlands & Islands is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Sip the water of life, whisky, in an ancient pub; walk the West Highland Way (or a little bit of it) for some of the country's finest scenery; and join a ceilidh for an evening of Scottish dancing. All with your trusted travel companion.

David R. Ross not only shows us his Scotland but he teaches us it too. You feel as though you are on the back of his motorcycle listening to the stories of his land as you fly with him up and down the smaller roads, the 'desire lines', of Scotland. Ross takes us off the beaten track and away from the main routes chosen for us by modern road builders. He starts our journey in England and criss-crosses the border telling the bloody tales of the towns and villages. His recounting of Scottish history, its myths and its legends is unapologetically and unashamedly pro-Scots.

The diversity of Scotlands mountains is remarkable, encompassing the isolated summits of the far northwest, the serrated ridges of Skye, the tor-studded high plateau of the Cairngorms and the rolling hills of the Southern Uplands. Born on ancient continents and uplifted by tectonic forces, the mountains of Scotland have been sculpted by successive ice sheets, landslides, frost, wind and running water. This book explains the geological evolution of Scotlands mountains, and how this has produced an unparalleled variety of mountain forms. It outlines the effects of successive ice sheets on mountain scenery, and explains the dramatic changes in climate that terminated the Ice Age only 11,500 years ago. In non-technical terms it explains the effects of frost action in forming the rubble that mantles many mountain summits, and how such debris has slowly migrated downslope by freezing and thawing of the ground. The dramatic effects of deglaciation and earthquakes in triggering catastrophic landslides and downslope displacement of entire mountainsides are described, along with accounts of more recent events involving the rapid downslope flow of saturated debris. The book also outlines how Scottish mountains experience frequent gale-force winds, and their impact of wind in scouring plateaus and depositing expanses of windblown sand on lee slopes. The role of floods in eroding upland terrain and depositing floodplains, terraces and fans of sediment is described in the context of possible human influence on river regime through forest clearance. Written in clear, non-technical language and abundantly illustrated, this book is designed to provide an essential guide to landforms for all those who walk, climb, live and work in the mountains of Scotland.

50 great mountain walks in Scotland. Some of the routes described in this larger format book are well known classic challenges such as the Lochaber Traverse, the Mamores and Cairngorms 4000-ers while others approach a favourite mountain from a new angle or combine several in a testing way. Each one can be

crammed into a single, long day or backpacked over two to spend a little longer in this rugged and addictive landscape. The collection spans Scotland, right across its magnificent upland areas and dramatic peaks. Routes range from 12 to 25 miles and many would make a good two-day adventure. Some can be approached by kayak or mountain bike. Over 270 ranges and summits feature in settings as varied as the snowbound Cairngorm plateaus and the land-sea jigsaw of the Hebrides, where rugged peaks rise from clear water. Few walking destinations are better suited to routes at the longer, tougher end of the scale. Sandison's Scotland is a wonderful collection of stories and tales about some of the country's most wild and evocative places. From dark Loch Ness to the turbulent waters of the Pentland Firth, join Bruce on the path less travelled as he goes behind the scenes of Shetland's Up Helly Aa festival and the raucous Kirkwall Ba' Game, played for generations by the people of Orkney. There are also stops in remote townships - Helmsdale in the east, distant Glenelg in the west - visiting the crofts and castles that make Scotland so special. Throughout these exceptional tales, Bruce Sandison's love for his native land shines through as he brings the people, culture and history of Scotland to life. Sandison's Scotland is full of hidden gems and is a book for all times and all seasons. It will captivate, amuse and delight anyone with a love for Scotland.

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