

Loch Gruinart and The Oa

Finding your way around

The Woodland trail

A 0.9 mile trail starting from the Hide car park, including short detours to two hides. Allow an hour, or two if you carry on to the Moorland trail.

Enjoy a stroll through ancient Atlantic woodland. Listen for corncrakes in the specially planted nettles and look out for brown hares and roe deer in the long grass. Spend time in the hides in spring to spot lapwing chicks and in winter see barnacle geese feeding right in front of you.

The Moorland trail

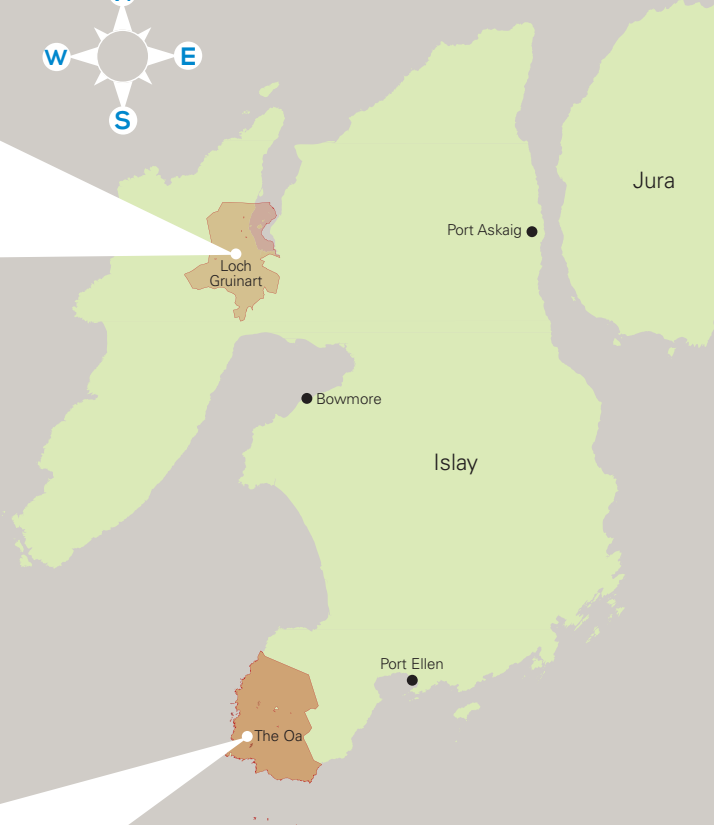
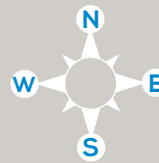
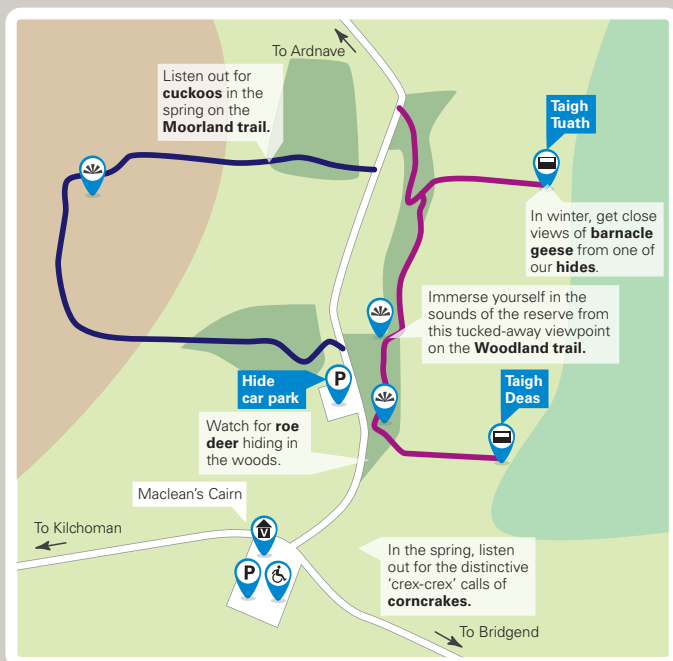
A 1.3 mile trail from the Hide car park, uphill through woodland and out onto open moorland. Allow an hour, or two if you carry on to the Woodland trail.

Follow this more challenging trail for amazing views of Colonsay, Mull and Jura. Gaze over Loch Gruinart to the far hills. The moorland is full of beautiful plants like sundews, orchids and bog asphodel. Look ahead to ruins of old farmsteads while hen harriers hunt nearby. Can you spot or hear a cuckoo?

The Oa trail

A 2 mile circular trail via the American Monument. Follow the marker posts from the Upper Killeyan car park. Allow two hours.

Scan the Oa's towering coastal cliffs for a stooping peregrine, nesting seabirds or a soaring golden eagle. From the monument, the panoramic view includes the west of Islay, Ireland, mainland Kintyre and the Paps of Jura. Keep an eye out along the grazed cliff tops and moorland for choughs, marsh fritillary butterflies and orchids. Look down to the bay from the viewpoint at the grey seals on the rocks; can you hear their howling songs?



Key

Sea	Visitor centre and toilets
Grassland	Parking
Woodland	Disabled parking
Cliff	Hide
Moorland	Viewpoint
Marsh	

- Both reserves are working farms with livestock and heavy machinery. The reserves are managed as a safe home for breeding wildlife and wintering birds, so please remain on the trails at sensitive times of year and keep dogs on a lead at all times.
- None of our trails are suitable for wheelchair users. There is limited access at Loch Gruinart: the viewing platform is accessible for wheelchair users from the nearby Hide car park. Mobility impaired visitors can take their vehicle to the south hide (Taigh Deas), but not the north hide (Taigh Tuath).
- For more information about the accessibility of RSPB Loch Gruinart and The Oa, please visit rspb.org.uk/lochgruinart or rspb.org.uk/theoa
- The Oa and Moorland trail are often wet underfoot so sturdy footwear is essential.