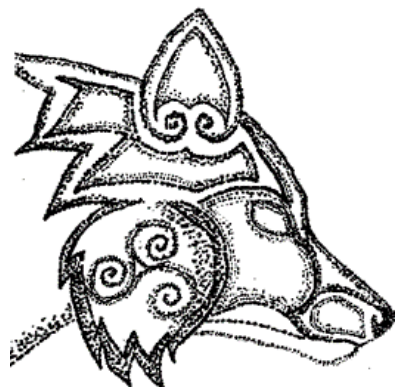
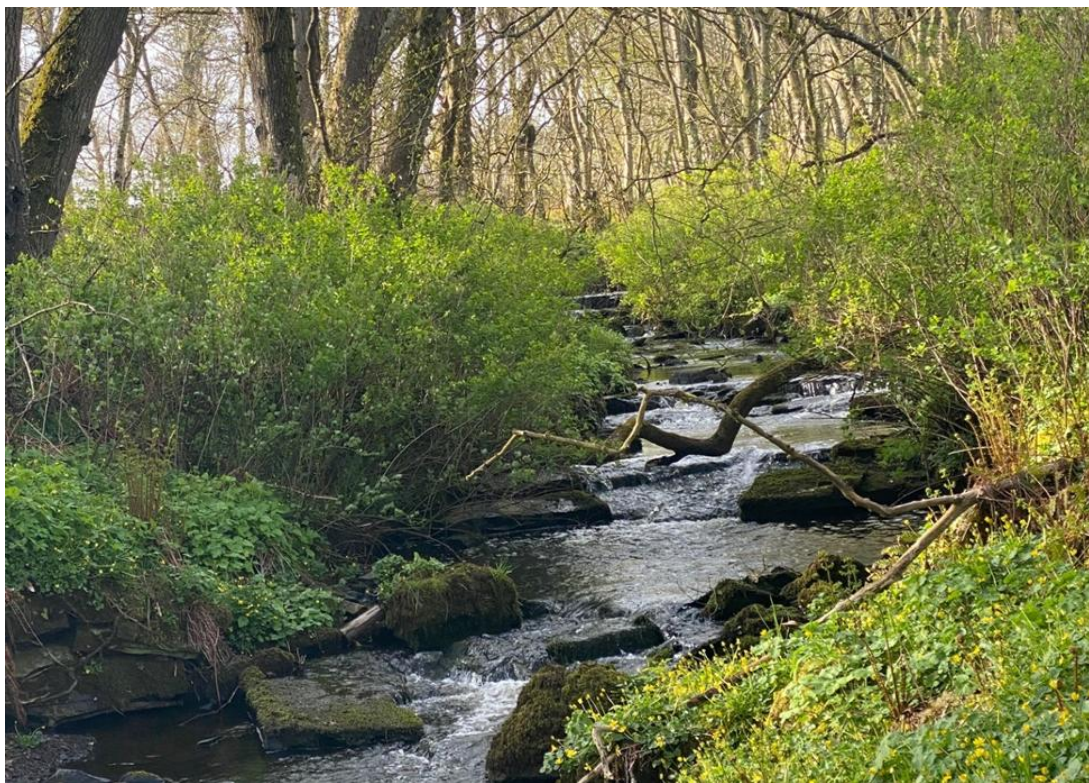
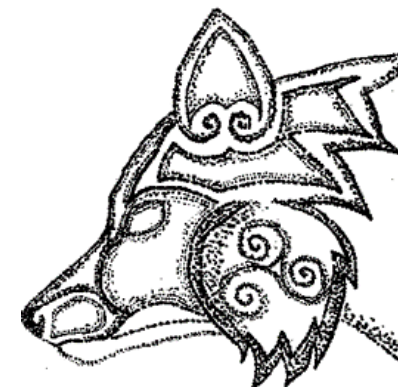
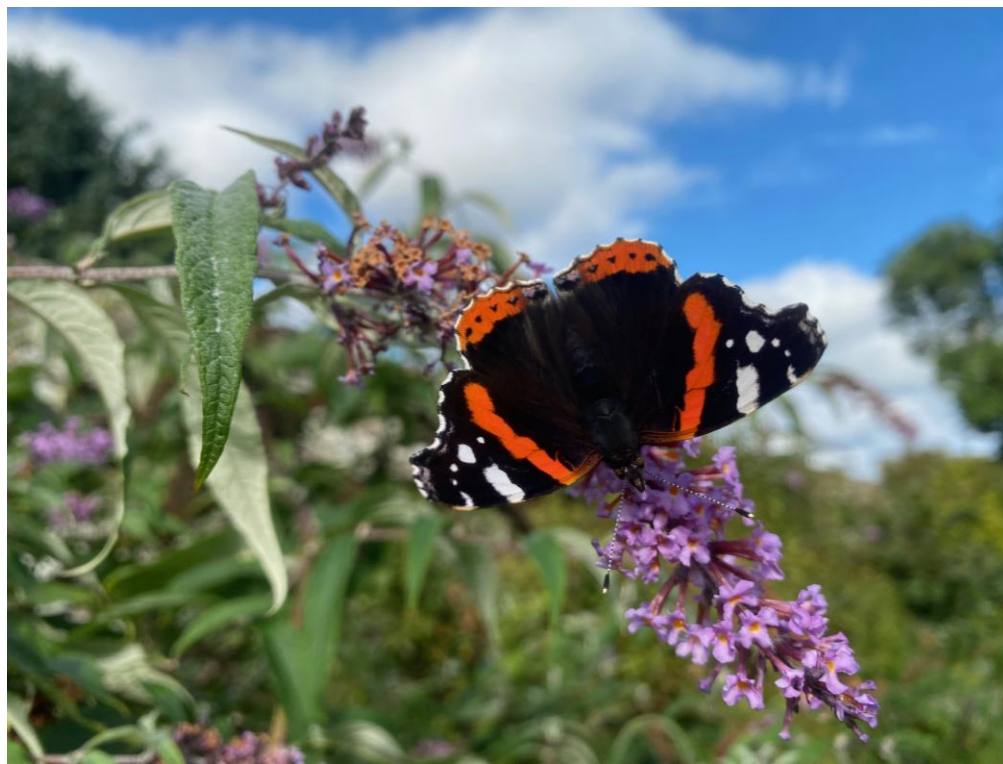




Going with the Forse of the Flows

















Loch Rangag – part of the Flow Country

A vast expanse of blanket bog, sheltered straths, moorland and mountain covers much of Caithness and Sutherland. Known as the Flow Country, it's one of Scotland's most important natural treasures.

The plants that do best in the cool, wet conditions here are mosses. They've been spreading across the landscape since the end of the last Ice Age some 11,000 years ago, building a blanket of peat deep enough to cover a double-decker bus.

This peat holds nearly three times the amount of carbon in all of the UK's woodlands put together. That makes the Flow Country a vital defence against climate change. It's also hugely important for wildlife, because it's home to species that depend on wild places with clean water and plenty of space. And for thousands of years, people have farmed the straths that run through the peatland, fished the seas around its edge, and built businesses and industries that depend on the land.

Common cotton grass
(*Eriophorum angustifolium*)
Image: Paul Turner, RSPB

Sphagnum moss
Image: Lorne Gill, SNH



1 Caithness Horizons This museum tells the story of Caithness, from the rocks that lie beneath it to the nuclear age. There's a display all about the Flow Country too.

2 Strathnaver Museum Discover stories of local life at this community-run museum, including how folk relied on peat for fuel and how the Highland Clearances drove them from the land.

3 Cnoc Craggie There's a fine view over mountains, peatlands and the lochs from this charming spot. It's a great place to picnic on a sunny day.

4 Moine House Mountains form a dramatic backdrop to the bog, and the shell of Moine House stands guard by the old road. A short all-ability trail takes you past peatland pools.

5 Crask An impressive viewpoint over peatland and forest, where you can find out more about the story of trees in the landscape.

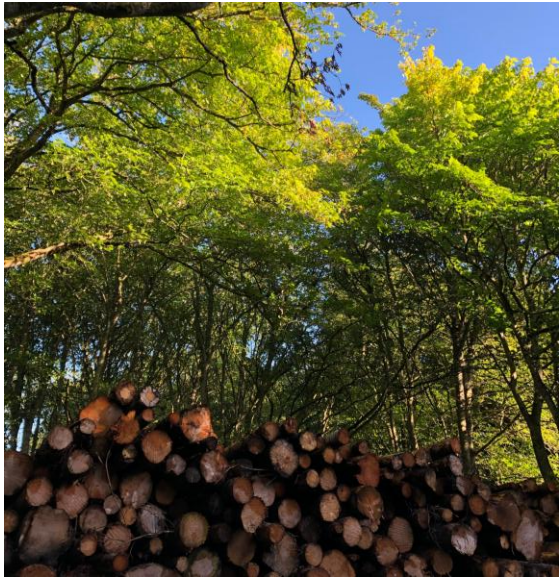
6 Forsinain A 4-mile (6.4 km) circular trail through farmland and peatland pools to a remote loch.

7 Forsinard Discover RSPB's Forsinard Flows Nature Reserve visitor centre. Follow the east Dubh-lochain Trail, then climb the Flows Lookout tower to a unique view over peatland pools.

8 Loch Rangag A huge swathe of bog dominates the view from the lay-by off the A9. Access is via northbound traffic.



LOTTERY FUNDED





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The Flow Country

2010



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C.4,250YBP



Image: Huw Morrison



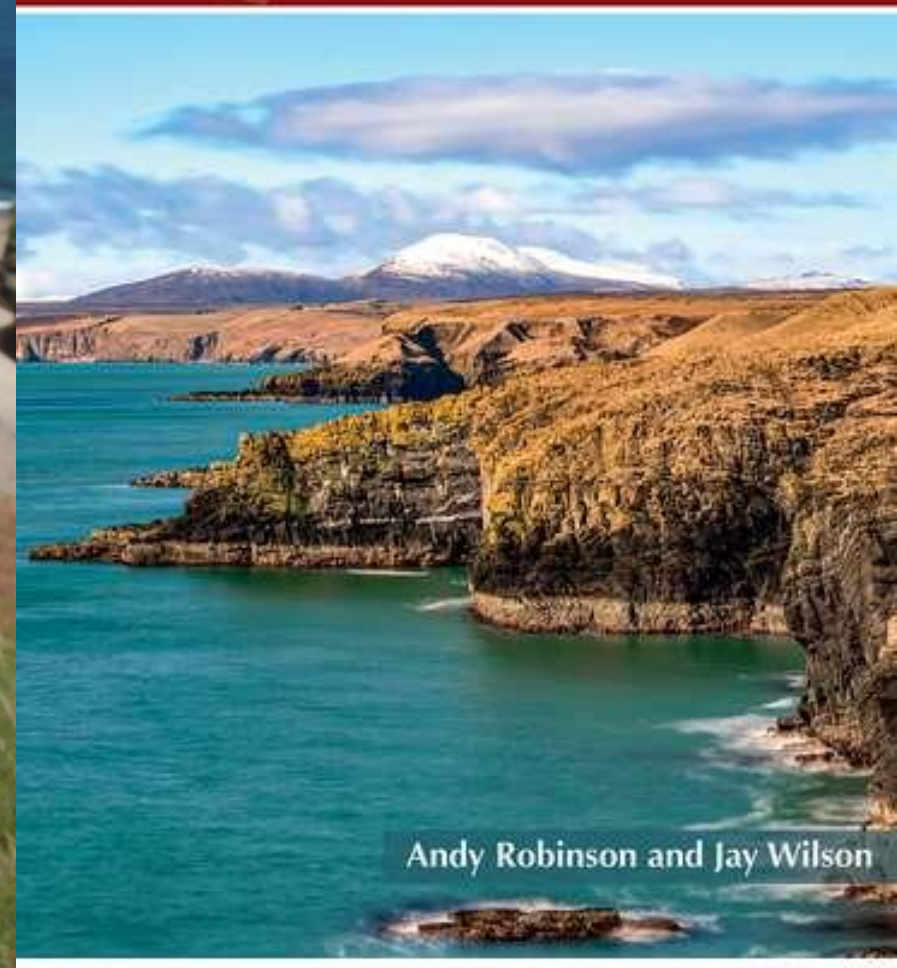




CICERONE

WALKING THE JOHN O' GROATS TRAIL

Coastal walking from Inverness to John o' Groats



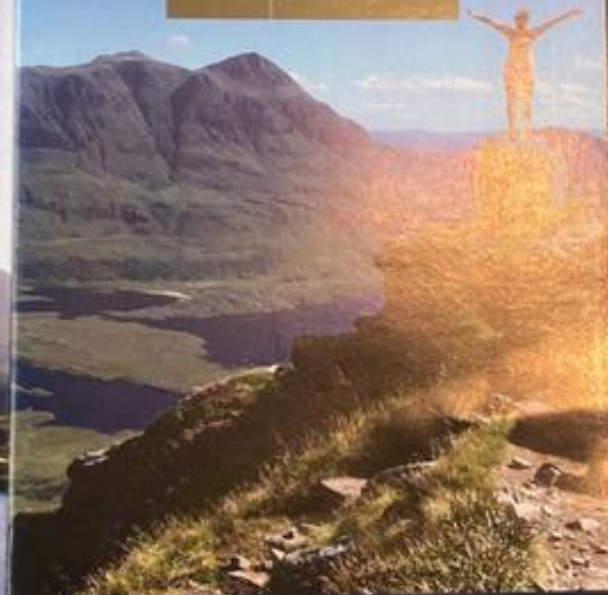
Andy Robinson and Jay Wilson





Scottish Natural Heritage

Explore for a day
Caithness & Sutherland



OFFICIAL MAP

www.northcoast500.com

A PECULIAR
MAP OF
CAITHNESS



TOURIST INFORMATION AND MAP
VENTURE NORTH
TOURISM FOR
CAITHNESS AND SUTHERLAND



Discover The Flow Country

Key sites

- 1 Caithness Horizons
- 2 Strathnaver Museum
- 3 Cnoc Craggie
- 4 Moine House
- 5 Crask
- 6 Forsinard National Nature Reserve
- 7 Loch Rangag

Routes and walks

- A836: Lairg to Tongue to Moine
- A897: Helmsdale to Forsinard
- A9 Helmsdale to Thurso
- 1 Forsinain Trail
- 2 Loch a'Mhuilinn Walk
- 3 Strathy Pools Walk
- 4 Munsary Reserve
- 5 Flows of Leanas
- 6 Cnoc an Alaskie Walk
- 7 Loch Meadie Walk



