

## Cycle to Kishorn, Artists' studios, seafood bar

Cycle south towards Lochcarron. This route is mostly on single track road and takes you through some open, beautiful, wild spaces. Loch Coultrie – large loch to your left has water lilies in summer and often a pair of swans nest here.

Just past Couldoran is Raasal Ashwood, on the left – a limestone outcrop with different flora and fauna to our acid loving norm. In the spring this national nature reserve is a fantastic place to visit – primroses galore, violets, alpine strawberries and a carpet of bluebells in late spring. It's a short round circuit so a spring walk is a real treat, later in the year the bracken grows rather high and any moisture on foliage leaves you soaking wet!



The roadside beyond Tornapress is lined with yellow flags at the height of summer (Loch Kishorn on right) – interesting road sign. A short incline takes you through a narrow portion of road, beyond which is a right turn (with artists signboards at the junction). If you want to visit the artists' studios head down the dead end road to Achintraid.

Come back up to the main road and continue for a short distance where you come to the Kishorn Seafood Bar, just beyond the Kishorn shop. Kishorn shop has a mixture of local postcards, interesting books, local crafts and some fair-trade & Highland Wholefood provisions. Sometimes they do sandwiches. This is where you can make dream catchers in a yurt (need to book).

The seafood bar opens seasonally – but is usually open lunchtimes and Friday evenings in season. At the peak of July, August and September they are also open in the evenings. The views around Kishorn across to the Isle of Skye are beautiful.

The way back is the way you went – with a bit more downhill on the return leg. Do watch out for lambs particularly in early summer when they are small – if they are 1 side of the road and mum the other, they will do a last minute dash to her side, very unnerving if you have got a bit of speed up going downhill.

If you get back into the village in the afternoon you will have deserved a pint down in the bar and it may even be nice enough to sit outside in the suntrap down there. The sun is lost later in the evening as it goes behind the island.