



Macleans Bakery Speciality food: perfect for wedding guests, party people or those occasions that demand the best presentation for finger food. A wide range of delicious breads, confectionery and crisp handmade oat cakes made to traditional recipes. This small independent bakery prides itself on the quality of its products. Shop open: Mon to Fri 8am - 3pm Sat 8am - 2pm. Produce also available by mail order & through local stockists. The bakery is just off the main A865, so call in for high quality fresh baking. Tel: 01870 602659

The Stepping Stone is an exciting new restaurant in Benbecula... modern and bright, unique to the Uists, serving deliciously prepared local produce in a spacious, light environment and hosted by the Maclean brothers who have a long-established reputation for excellence. NEW OPENING TIMES: Monday - Friday: 9am to 9pm, Saturday: 11am - 9pm, Sunday: 12pm - 9pm. Reservations are recommended to guarantee a table. Tel: 01870603377 www.stepsingstone10.tripod.com

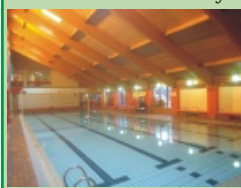


Linclate Sports Centre is located on the south of Benbecula on the B892 and is part of the school. The centre has a fitness suite with the following equipment - 2 treadmills, 2 elliptical trainers, 2 rowers, 1 arm crank, 3 cycles and 5 pieces of

resistance equipment. The fitness suite is open to the public during the day, evenings and weekends. The other facilities are open after school hours during term time, and from 12 noon in school holidays. There is also



a Games Hall - available for football, badminton, basketball and a 25 metre swimming pool, sauna, and outside football pitch. A new running track is due for completion this summer. A café serves light snacks, meals and hot and cold drinks. Special activities for the summer period including childrens classes. Tel: 01870 603526 www.cne-siar.gov.uk/lsc/index.asp



Isle of South Uist Places to visit (map on page 8)

South Uist is a stunningly beautiful island of crystal clear waters with white powder beaches to the west, and heather uplands dominated by Beinn Mhor to the east. The 20 miles of machair that runs alongside the sand dunes provides a marvellous habitat for the rare Corncrake, and Golden Eagles, Red Grouse and Red Deer can be seen on the mountains slopes to the east.



Ormaclait Castle was one of the shortest lived castles in Scotland being completed in 1708 and then being burned down in an accidental fire in 1715. It was built as the home of the Chief of the Clanranald but was never rebuilt or restored after the fire. Although well worth a visit, please note that the castle walls are unsafe and the internal structure is unstable, so please keep a safe distance.



Lochboisdale, once a major herring port, is the main settlement and ferry terminal on the island with a population of approximately 300. The island is one of the last surviving strongholds of the Gaelic language in Scotland and the crofting industries of peat cutting and seaweed gathering are still an important part of everyday life. Birthplace of Flora Macdonald. Wildlife wonderland. Archeologists paradise. Historian's dream. In the far south is the Isle of Eriskay, with its famous ponies.



Orasay Inn is set in an area of outstanding natural beauty at the north end of the Isle of South Uist. Owned and managed by Isobel & Alan Graham, this small, intimate hotel and restaurant serves some of the finest food in the Hebrides. Orasay Inn is the ideal location for a special Hebridean holiday.



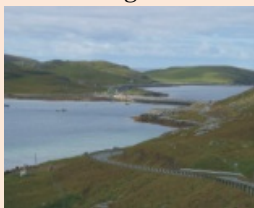
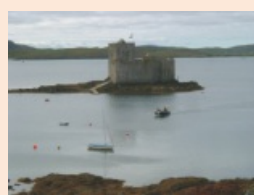
Whatever type of activity you prefer, we provide a warm, friendly and relaxed atmosphere, with the best of fresh, local cuisine, as an end to the perfect day. Tel: 01870 610298 www.orasayinn.co.uk



Visit the Hebridean Jewellery shop and workshop at Iochdar, selling a wide variety of jewellery, giftware and books of quality and good value for money. This quality hand crafted jewellery is manufactured on South Uist in the Outer Hebrides. The shop in South Uist has a coffee shop close by the beach, where light snacks are served. If you are unable to visit our shop, please visit us on our online store. Tel: 01870 610288 www.hebrideanjewellery.co.uk

Isle of Barra Places to visit (map on page 8)

The Isle of Barra is one of the most attractive little islands in Britain and recently came first in a 'Most Beautiful Island' competition. Its tranquillity, distinctive culture and fascinating history make any visit to Barra a memorable one. It is also an ideal starting point for visiting and exploring the Uists and Benbecula. The island is only 8 miles long and 4 miles wide, has beautiful white sand beaches and seven lochs which provide great fishing for brown and sea trout. The population is approximately 1300, many of whom still speak Gaelic. Traigh Mhor at the north end of Barra is the islands' airport. The white expanse of the cockle shell beach provides the island with daily air services to Glasgow and Benbecula. Timetable dependent on tides, the Twin Otter lands in all weathers and the beach is recognised as the only beach runway in the world providing a scheduled air service. Vatersay is now reached by causeway and there are beautiful beaches, an ancient Dun and the monument to the hundreds emigrants lost when the ship the Annie Jane foundered there more than a hundred years ago. Also lying below the road is the wreckage of a Catalina which crashed into the hillside during world war two. Regarded by the Islanders as a monument to those airmen who lost their lives, there is now a commemorative plaque and access path to this site. Vatersay Walk. This is a walk of approximately 3 hours of easy to medium going with one short, fairly steep climb to Dun Vatersay. The walk begins at the small car park across the road from the 'Annie Jane' monument. It is a circular walk of about 4 miles, (continued in next column)



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taking in Bagh Siar (West Bay), Bagh a Deas (South Bay), Eorisdale and Baigh Bhatarsaigh (Vatersay Bay). The machair land running along the entire west coast of Barra and Vatersay is fringed with beautiful beaches and is also carpeted with wild flowers throughout the spring and summer months. Sea kayaking, wind surfing, power kiting, rock climbing are all developing around these islands as interest grows in outdoor activities. Remote islands are accessible with boat trips, running on a regular basis, to see the birds, marine wildlife and spectacular cliffs off the Barra Head Islands.



Chille Bharra at Eoligarry is a complex of early monastic buildings, with one of the chapels having been re-roofed and providing shelter for four Norse grave stones, which for centuries had lain in the graveyard. It is presumed that they were brought centuries ago, perhaps from the mainland or from Iona.



Barra Heritage Centre, located close to the centre of Castlebay, is a treasure trove of historical documents, artefacts and photographs relating the story of the Herring fishing industry, The Clearances and the emigration which ensued after The Clearances.

Castlebay Community Swimming Pool (20 metres by 9 metres) with sauna, is situated next to Castlebay School and can be used in term time after 4pm and in the holidays from 2pm. It is open on Sundays from 2pm - 4pm. A new fitness suite is due to be opened in May 2009, with top of the range equipment. The games hall may be booked for badminton, football or basketball. For enquiries and bookings, please phone: 01871 810321 www.cne-ciar.gov.uk/csc/index.asp

