

# Hoy

## Finding your way around

### Old Man of Hoy

Start at Rackwick for this spectacular 5 mile (8 km) out-and-back walk. Head out on the hill path across the moorland, enjoying a glimpse of Berriedale's ancient woodland and then sweeping views of Rackwick bay.

At 137 metres, the Old Man of Hoy is the tallest stack in Britain. Scurvy-grass, sea mayweed and sea campion cling to its vertical faces and nesting fulmars occupy the ledges. Look out for puffins on the surrounding headlands and dolphins and whales out to sea.

### Old Post Road

This rough track wends its way through beautiful moorland for 2.5 miles (4 km). You'll pass trickling streams and pockets of hardy trees at the heart of the reserve before emerging on the road to Rackwick.

Keep an eye out for peregrines, merlins and hen harriers as well as orchids and dragonflies in summer. Along the way you'll pass between Orkney's two highest hills – Ward Hill to the east and Cuilags to the west – while fulmars wheel and circle above the crags.

### Dwarfie Stone

A wooden boardwalk leads from the car park to the Dwarfie Stone, 500 metres away. This rock-cut tomb was hollowed out by Neolithic people around 5,500 years ago and is the only one of its kind in Britain.

Three species of heather flower in the surrounding moorland – ling, bell heather and cross-leaved heath – alongside carpets of the delicate heath spotted orchid and golden spikes of bog asphodel.

## Key

- Heathland
- Woodland
- Beach

- i Information point
- ♿ Toilets
- P Car park

- The weather can deteriorate quickly, so remember wind- and waterproof clothing.
- Avoid cliffs in high wind.
- You will need a detailed map and compass to explore off the trails.

- Please don't light fires as these can very quickly get out of control on moorland.
- Please keep dogs under close control and don't enter fields with lambs or calves.

