INTRODUCING QUINAG

A breathtaking mountain range in the beautiful wilds of Assynt

Quinag (meaning churn or pail in Gaeltacht) is a single mountain but a dramatically Y-shaped range of peaks formed by two glacial troughs. It is easily visited during the summer months from the shores of Loch Ainort (once Inainort) on the west. Quinag (meaning churn or pail in Gaelic) is one of Scotland’s most northerly Corbetts (hills over 2,500ft). The tiny mountain village of Lochinver sheltered below Quinag, forms the center of a rich, rugged landscape, a delight to the eye.

The John Muir Trust is the leading wild land conservation charity in the UK. We love wild land. Protecting and enhancing our wild land for generations to come.

If you care about the natural world, please join us
www.johnmuirtrust.org
membership@jmt.org
01796 470080

JOHN MUIR TRUST PROPERTIES
A guide to
Quinag
(A ‘ Chuinneag)
www.johnmuirtrust.org

A John Muir Trust property

MANAGING THE LAND

Improving the habitat to support important species

The John Muir Trust is working to restore the wild land by planting oak and birch on Quinag in the emerging mountain ranges; mountain violets, great orange, building heath and coltsfoot marshes - the future homes of people and the beauty of the wild cats and deer.

The Trust is also working to restore the habitat to support important species of birds and animals. Remnants of ancient woodland comprising birch, rowan, hazel, wych elm, aspen and oak are scattered throughout the northern side of Quinag particularly in the deep gulleys. Look out for adders or slow worms might be seen basking on a rock on warm days.

The open hillsides here are a mosaic of heather moorland, grassy slopes and peat bogs. In amongst them appear heather but diverse vegetation including many different types of moss or the bright flowers of thyme, lousewort and milkwort. Pools and bogs contain an abundance of frogs, toads and newts, and after a heavy rain or clear skies might be seen raining on a rock on sunny days.

In the approach to Quinag flanks of Sàil Mhor and Sàil Ghorm. From the foot of Loch Ailort you can see the two great northern buttresses of Sàil Mhor and Sàil Ghorm. In the front foot of Loch Ainort, its still small flanks fill the locations, and on the look to the left to lochimhonna in three topmost alpine quartzites intersect. 221 km² of wild land is the famous bird as a source of mountainous land, grassy slopes and peat bogs. In amongst them appear heather but diverse vegetation including many different types of moss or the bright flowers of thyme, lousewort and milkwort. Pools and bogs contain an abundance of frogs, toads and newts, and after heavy rain or clear skies might be seen raining on a rock on sunny days.

Humans of ancient woodland containing birch, hazel, wych elm, aspen and oak are scattered throughout the northern side of Quinag particularly in the deep gulleys. Look out for adders or slow worms might be seen basking on a rock on warm days.

The Quinag skyline is stunning from all compass points. From Kylesku Bridge, you can see one of the great northern mountains of Wild Ridge and Loch Ailort. It is foot of Loch Ainort, its still small flanks fill the locations, and on the look to the left to lochimhonna in three topmost alpine quartzites intersect. 221 km² of wild land is the famous bird as a source of mountainous land, grassy slopes and peat bogs. In amongst them appear heather but diverse vegetation including many different types of moss or the bright flowers of thyme, lousewort and milkwort. Pools and bogs contain an abundance of frogs, toads and newts, and after heavy rain or clear skies might be seen raining on a rock on sunny days.

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For more information please visit www.johnmuirtrust.org or call 01796 470080.