A guide to Sandwood
(Seannabhat)
A John Muir Trust property
www.johnmuirtrust.org

INTRODUCING SANDWOOD
A special wild place of awe-inspiring coastal beauty and stunning Sandwood Bay
Sandwood covers 4,703 hectares (11,621 acres) of wild and crofted land just a few miles from Cape Wrath on the north west tip of the Hebrides. Sandwood Bay, Munadhag, Chiltidhag and
Bhradale (three small bays) are a delightful sequence of sandy beaches. Sandwood is the largest
Marshland (a low lying fertile plateau) in one of Europe’s rarest habitats. Unique to the north western
shores of Scotland and Finland, sandwash is the semi-flooded form of the dune systems on
marshland. The marshland between Olidaga and Oldshoremore is one of the two
remaining 2% of this habitat for mammal and country with more than 100 different species of
plants, including eight orchids.

The peatlands of Sandwood are among the most important wetland habitats in north-west
Scotland. Deep layers of peat take millennia to form and provide a home for a range of plants
and animals that have adapted to this arduous, waterlogged environment. Peatlands also
help to maintain good water quality and are an important carbon store. The peatlands are
protected under new rights (with the recent use of the ancient grazing rights) and work is
beginning on the restoration of one of the largest areas of machair in the UK.

Sandwood is an active, crofting estate
and the crofters are fully involved in the
management and conservation of the
landscape.

Sandwood is owned by the John Muir
Trust and the crofters are jointly responsible for managing and conserving the
landscape. This includes taking care of
important wildlife habitats such as the
sandwash and machair.

A four-mile path leads from the car park
at Sandwood Bay, crossing exposed
cliffs and a wide expanse of machair.

EXPLORING SANDWOOD
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