

# The Rock Route



**10 Kylestromo** Enjoy a stunning view over the mountains of Assynt, discover the story behind their names and find out how they helped us understand our planet.



**8 Loch Assynt** Meet some of the oldest rocks on the planet and discover how the landscape they formed was lost through time.



**6 Stronchrubie** The forces that shaped this landscape are still at work. Look for evidence of the erosion caused by glaciers and water over many thousands of years.



**5 Bone Caves** Take a hike to the Bone Caves and see where geologists found the remains of some of Scotland's 'lost animals'. Bears, wolves and reindeer once roamed here.



**3 Stac Pollaidh** A mountain that the weather is gradually wearing down - enjoy it before it disappears!



**1 Ullapool** Look out over the loch and trace the marks left by mountain building, glaciers and changes in sea levels.



**12 Rhiconich** Look for the boulders on the skyline. An ice sheet lifted these some 20,000 years ago and moved them many miles before setting them down again.



**11 Laxford** Admire a slice through time, revealed in the strange patterns and colours that lie hidden beneath your feet.



**9 Unapool** The mountains across the loch carry the scars of two major thrust planes, where the Earth moved in a big way. Admire the view and see if it moves for you!



**7 Inchnadamph Hotel** World-famous geologists stayed at this hotel as they explored the mountains, trying to understand how they were formed. Stand where they stood!



**4 Elphin** Different rock types leave their own unique 'signature' on the landscape. Discover the tell-tale signs and look for them elsewhere around the area.



**2 Strathcanaid** An immense sheet of ice once flowed like a river over this land, carving the mountains before you. One day the glaciers will return!



Find out about the amazing rocks and landscapes of this area along the Rock Route. At the places on the map you'll find great views and panels explaining the stories behind the stunning scenery. Use this leaflet to help you find your way round.