



#### guídance for vísitors

Please remember:

- To take care on the cliffs as they can be dangerous
- To avoid disturbing nesting birds
- To keep dogs under control at all times
- To take your litter home with you
- To not pick wild flowers
- To respect private property

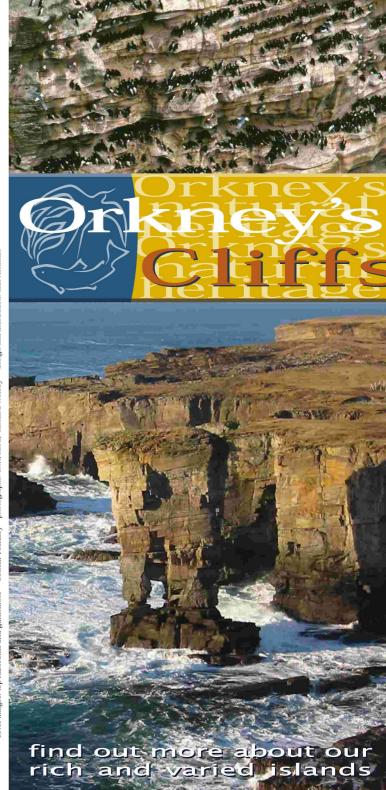




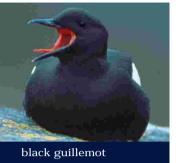




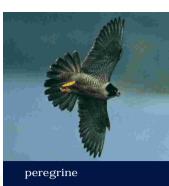








Black Guillemot (tystie)
Tysties nest in nooks or
crannies in the rock-face or
under boulders at the foot of
the cliff, avoiding the precarious
perches of their guillemot
cousins. They eat a wide variety
of sea creatures including
butterfish, rockling and
crustaceans.



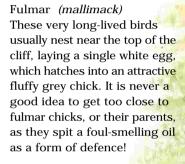
Peregrine
There is plenty of prey on the
sea cliffs for this powerful falcon,
which takes its prey on the wing,
stooping steeply with closed
wings and at great speed.
On impact it knocks out its prey
with its feet.

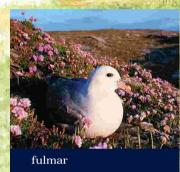
Acrtic Skua *(scootie allen)*These agile, graceful birds are the pirates of the seas, feeding by stealing fish from other birds, especially terns and kittiwakes. Like arctic terns these birds winter in the southern hemisphere, returning to Orkney in mid-April to breed on the maritime heath.





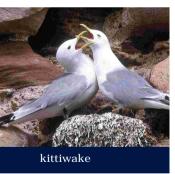
Great Skua *(bonxie)*The bonxie is a more powerful but less agile version of the arctic skua. It has the same thieving habit of stealing fish from other birds, even from birds as big as gannets, but it will also kill other seabirds and steal eggs and chicks.



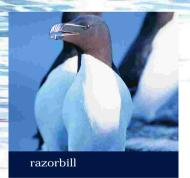


Arctic Tern (pickie terno)
These slender, swallow-like birds
nest in colonies on the heath and
are fiercely protective of their
chicks, attacking any intruders
with their sharp pointed bills.
They feed their chicks exclusively
on sand eels and the availability
of this fish is crucial to their
breeding success.

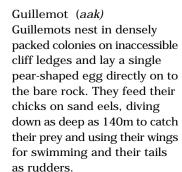




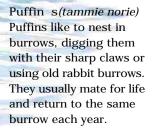
Kittiwake (kittick)
Kittiwakes, like guillemots, nest on precarious ledges in vast colonies, building a small nest for their 2 spotted eggs. In April and May they can be seen collecting nest materials from lochs and grassy cliff tops.



Razorbill *(aak)*At first glance razorbills look quite similar to guillemots, until you look at their bills. Razorbills have a much heavier, deeper bill with conspicuous white lines.









Shag (skarfie)
Look out for skarfies standing on rocks with their wings held out to dry. Their feathers have been modified to allow air to escape and water to penetrate the plumage, which makes for more efficient underwater swimming. However it also means the feathers become waterlogged and must be spread out to dry.



# where the land meets the sea

The wind and the sea have shaped the coasts of Orkney over millennia, giving us some of our most spectacular scenery in the form of sheer cliffs and craggy headlands.

A clifftop walk is special at any time of year, with rough seas and huge waves breaking on the cliffs in winter and thousands of seabirds nesting in the summer.

### cliff scenery

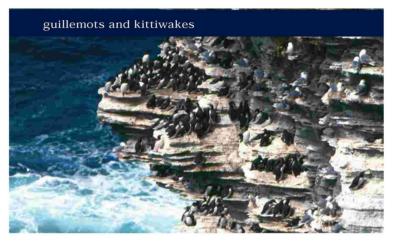
The Old Red Sandstone rocks of Orkney have been sculpted by the sea and carved into an impressive array of sheer cliffs, geos, arches, stacks and caves. The layers of rock vary in hardness and composition and these differences have been shaped by the sea to give us our dramatic cliff scenery. Some of the horizontal layers have been tilted and twisted, but where they remain level erosion has created ledges, which make perfect nesting sites for seabirds.



Ravine-like geos, like Ramnageo 1 near Yesnaby, can be so steep and narrow that sunlight hardly reaches the bottom. Stacks and arches abound along Orkney's coasts, the most famous being the Old Man of Hoy 2 which stands 137m high on its hard basalt base. The Castle of Yesnaby, and North Gaulton Castle 3 are two impressive stacks on the mainland. For a truly spectacular arch you should visit the Vat of Kirbister on Stronsay 4.

## cliff vocabulary

Local words have developed to describe cliff scenery. A 'geo' is a narrow inlet, while 'nev', or 'nevi', is an old norse word for nose and means a headland. 'Noup' is also a headland, usually a very steep one. 'Taing' and 'ness' both refer to a point of land, while a 'gloup' is a dramatic opening in the cliffs.



#### seabird cities

In summer, Orkney's cliffs are like natural skyscrapers in a huge seabird city. Narrow ledges on otherwise vertical cliff faces attract thousands of breeding seabirds. Two of the largest colonies are at Marwick Head 5 and Noup Head on Westray 6, where every available ledge and crevice is occupied by nesting birds from May onwards. At Marwick Head, more than 25,000 guillemots and almost 5,000 pairs of kittiwakes are crowded into less than a mile of coastline. The high cliffs of Noup Head support up to 40,000 guillemots and both seabird cities also contain a variety of other species.

Almost every Orkney island has its seabird cliffs with a mixture of guillemots, razorbills, kittiwakes, fulmars, shags and black guillemots. Puffin enthusiasts should visit the Castle o' Burrian on Westray 7 for a close-up view of this attractive bird.

Amongst the hoards of seabirds on the cliffs there may be a few 'land' birds, such as peregrine falcon, jackdaw, raven and rock pipit.



# maritime heath and grassland

Exposure to Atlantic gales, huge waves and salt spray make clifftops a difficult place for plants to grow. A special type of habitat, called maritime heath and grassland, can withstand these harsh conditions. The heather is very low-growing and mixed with grasses, sedges and wild flowers. *Primula scotica*, a tiny member of the primrose family, is especially associated with maritime grassland. It flowers in May and again in late July and is only found in Orkney and along the north coast of Scotland.

Close to the cliff edge it is too salty for heather to grow and here you get salt-tolerant plants such as thrift and buckshorn plantain, which have thick fleshy leaves to reduce water loss.

#### birds of the maritime heath

Many seabirds nest on the maritime heath close to the cliffs. Arctic terns arrive here in the first week of May, after a 20,000 mile round trip to Antarctica and back. There are especially large tern colonies at North Hill in Papa Westray 8

and Noup Head on Westray 6. Watch out also for the dive bombing great and arctic skuas, which breed on the heath and defend their nests by trying to hit human intruders on the head with their feet! A walk up to the Old Man of Hoy 2 gives visitors a good opportunity to see these birds, but be prepared for some highly aggressive nest defence!



