



Inchcailloch Island.

Welcome to the island of Inchcailloch.

There are two walking routes on the island – the Low Path and the Summit Path. They can be enjoyed separately or together. Each path takes 30-45 minutes, but take your time and enjoy the view. The Low Path is a gentle woodland walk with a few slopes. The Summit Path is more strenuous with a steep climb to the top of the island.

Please download this workbook and copy enough worksheets required for your group. A selection of resources and props are available to borrow by prior arrangement from the National Park Centre at Balmaha. The activities in this booklet can be supported by using the audio guides available on loan. Please call to discuss this with the Ranger Service prior to your arrival.

Cultural Heritage

Inchcailloch means “island of the old or cowled woman” the highest hill on the Island is called Tom na Nigheanan—hill of the daughter. These are important clues in its story. The Gaels arrived on Loch Lomond from Ireland around 1500 years ago bringing with them Christianity and the Gaelic language. In the early 8th century, an Irish missionary, St Kentigerna settled on the island. She died here in 734 and legend has it that a nunnery was established right here.

Loch Lomond National Nature Reserve has a wealth of cultural history, which can be seen in the many visible traces people have left of their presence on the Reserve over time. The church on Inchcailloch is now just a ruin, but it was built in the 13th century and was the parish’s first stone church. In fact, until 1621 the parish was named ‘Inchcailloch’ suggesting that the island was very much at the heart of the local community. The cultural importance of the church and its burial ground are now recognised and is the only Scheduled Ancient Monument in or around the Loch Lomond area.

The islands have a number of other interesting historical remains; the most notable are the crannog just off Clairinsh and the drying kilns and ruined farm on Inchcailloch.

For more island information please download a copy of the “Inchcailloch walking guide” from the National Park website http://www.lochlomond-trossachs.org/images/stories/Visiting/PDF/Inchcailloch/Inchcailloch_walking.pdf
Information panels are also available around the island.

After you disembark follow the stairs up the hill and take time to read the island information panel you will find at the start of the path network. To help set the scene for today's activities lead your group via the low path to the churchyard and then onto the farm ruins.

Churchyard based activities

In front of you are the ruins of a 13th century church dedicated to Kentigerna. Legend has it that the Irish princess Saint Kentigerna, daughter of an Irish King and mother of Saint Fillan, came to settle on Inchcailloch some time in the 700's. This was the golden age of saints and the rise of Christianity, when people of royalty dedicated themselves to a life of poverty and devotion to religion. Her presence here is remembered in the name of the island. Inchcailloch in Gaelic means the island of the cowled woman.

Later the Vikings invaded these lands and pillaged all signs of Christianity. By the 11th century life had settled down and Christianity was once again on the rise. Around the middle ages a new church was built on this site to commemorate the name of St Kentigerna. The stones under the protection of the shed are from this era.

For 400 years parishioners rowed across to the island every Sunday to worship here. Services were moved to a new church at Milton of Buchanan on the mainland in 1621, but the burial ground was used for many more years.

The last funeral took place here in 1947, but there's no headstone. Many Macgregors were buried here including the uncle of the famous Rob Roy Macgregor. The name you will see most in the graveyard however is Macfarlane, a clan which lived on the west side of the loch, but who chose to bury their dead on the island.

There is additional information on the interpretation board in the graveyard on the island. Please note – the burial ground is a scheduled ancient monument, please treat it with the respect it deserves.

Burial ground activity

Time— 30mins.

Location—churchyard

Aim– gathering information from original resources found in the churchyard

Resources required—download churchyard worksheet, clipboards, and pencils

Resources provided—audio handsets (optional)

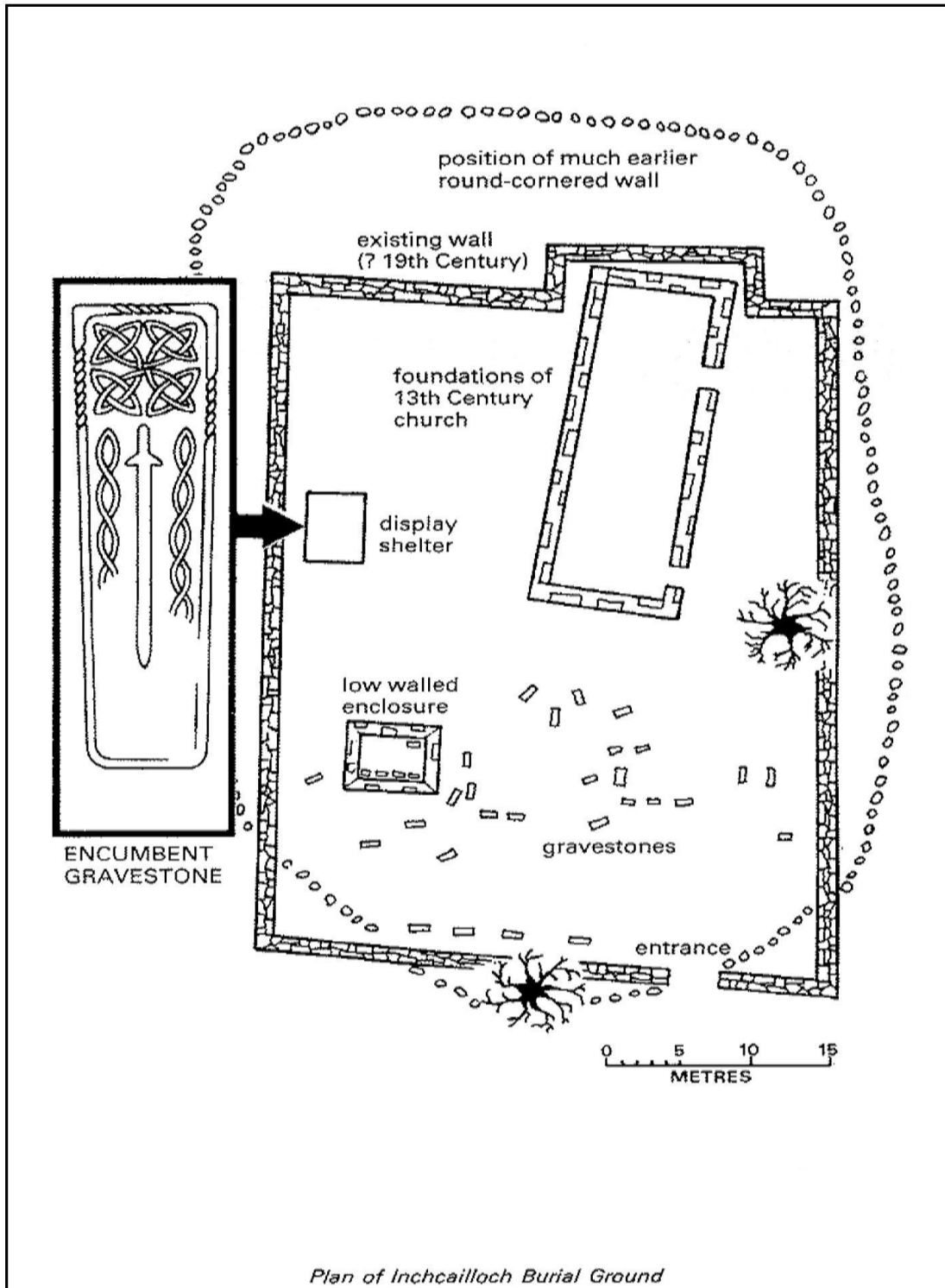
How to run the activity–

Enter the church yard and have the group form a semi circle in front of the interpretation panel.

Set the scene by using the audio guides (section 6). Alternatively have a leader or volunteer from the group read out the background information on the island.

Hand out the Burial ground worksheets, pencils and clipboards. The children will be able to complete the sheets from the information available on the gravestones and the interpretation panel.

Plan of Inchcailloch Burial Ground



Burial ground Worksheet

1. What does "Inchcailloch" mean?

I _____ d of the _____

2. "Inchcailloch" what language is this? (Circle the correct answer)

A. French

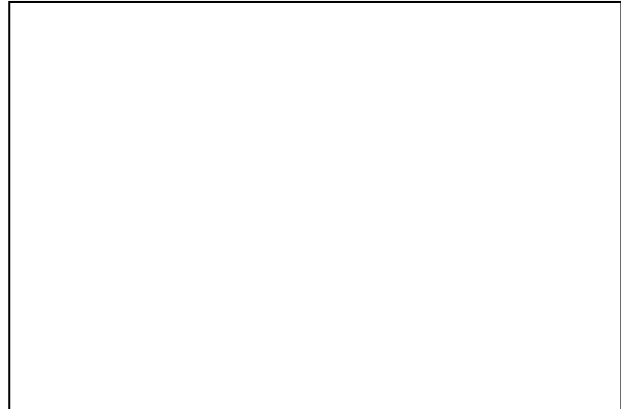
B. Gaelic

C. English

3. Look at the information board and find headstone number 35 on the map. Go to the headstone and answer the following question.

Often a person's job would be shown on a headstone. Draw the animal you see and describe the job.

Job: _____



4. Next grave along belongs to Duncan Mitchell what was his job?

How old was this person when they died? _____

5. Select your favourite headstone. What is the name of the person buried here?

Write down the date they died and the date they were born. Now work out what age they were when they died.

Died _____

Born _____

Age _____

Were they older or younger than Duncan Mitchell _____

By how many years older or younger were they? _____

7. Are there any other members of this family buried here and what are their names?

YES NO

Name _____

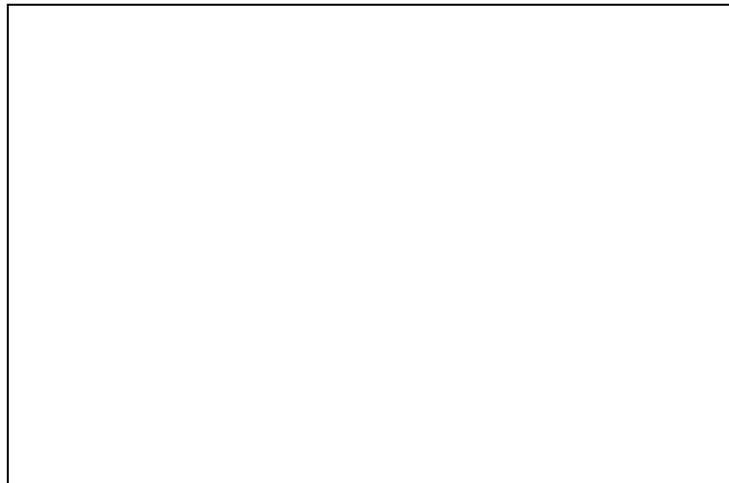
Go back to the information board to answer the questions below.

8. Which clan was traditionally buried here?

9. Which grave holds the cousin of the famous Rob Roy McGregor?

He lies in grave number _____

10. Draw the McGregor coat of arms.



11. What was the McGregor motto and what did it mean?

12. What did they find in 1903 under a slab of white sandstone?

13. Who was St Kentigerna?

She was _____

14. Who was St Kentigerna the daughter of?

Headstone Activity

Time -30mins.

Location—churchyard and burial ground

Aim— gathering information from original resources found in the churchyard

Resources required—headstone worksheet, clipboards, pencils

Resources provided—audio handsets (optional)

Delivering the activity—

Divide a large group into smaller groups. Select five headstones for the groups to visit.

Using the worksheet supplied, ask the group to write down the names of the people on the headstone, their birth and death dates. Calculate their age when they died.

Finally, using a calculator ask the group to work out the average age of those buried.

Questions to reinforce the activity -

What is the average age of people buried here? Is this above or below the average life expectancy today? Is there a reason for any difference, i.e. quality of life, access to medical care, diet etc?

Is there a surname that is found on more than one of the headstones? What could be the reason for this?

When did the last burial take place on the island?

Follow up activities and time fillers –

Creative writing –

If there is spare time, or as a follow up activity back at school ask the group to write a short paragraph of how the time spent at the burial ground made them feel.

Consider how this burial ground differs from those the group may have visited before or others they may know about. Did the island setting make a difference to the mood of the burial ground? Give some thought to how burials were conducted at the time. Although the original church building is now in ruins, how might it have looked?

Word count –

If you have a few minutes when you are waiting for the ferry you could ask the group to come up with as many words they can to describe the island and their visit today.

Headstone Worksheet

Name of person on headstone.	Year person was born	Year person died	Age when they died.
<i>E.g. John smith</i>	<i>1850</i>	<i>1910</i>	<i>60</i>
No.1			
No.2			
No.3			
No.4			
No.5			
Average Age (use a calculator)			