



GUIDELINES **FOR VISITORS TO INCHCAILLOCH,** **LOCH LOMOND NATIONAL NATURE RESERVE**

Please respect the special qualities of the National Nature Reserve and follow the key principles of the Scottish Outdoor Access Code:

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment

Getting There

There are a number of Waterbus services who provide access to Inchcailloch. MacFarlane's Boatyard, Balmaha, 01360 870214 offer a service every 15min from Balmaha or Cruise Loch Lomond, 01301 702356 who operate 4 times a day from Luss. More information can be found via our website: www.lochlomond-trossachs.org

Ferries do not normally operate beyond early evening. Large parties should book the crossing in advance.

The National Park is not responsible for Ferry bookings or waterbus bookings.

WATER

There is no supply of drinking water on the island. Water may be obtained at MacFarlane's Boatyard in Balmaha using your own containers.

JETTIES

The jetties at Port Bawn and North Pier are to allow access for ferries/waterbuses, National Park and emergency craft and to provide all ability access. The National Park Authority operate a 'No Tying Up' Policy'. Please anchor private boats in Port Bawn Bay or beach your vessel if feasible.

VISITOR CONDUCT

Visitors are requested to respect the special qualities of the island. Facilities provided are shared, please be considerate to other users. Please keep noise to a level that avoids disturbance to wildlife and other visitors.

ADULT SUPERVISION

School and youth groups must ensure that adult supervision of children and young people meets the requirements of current legislation and your Local Authority guidelines. For other groups please ensure that children and young people are adequately supervised – best practice guidance can be obtained from the Adventure Activity Licensing Authority, www.aala.org, Tel: 029 2075 5715.

Under-16s should not be left overnight without adequate adult supervision. Please note that the Rangers are not always on site.

FACILITIES

Shared facilities such as picnic tables are available on a first come first served basis. Since there are no BBQ facilities on the island visitors should bring their own stove, BBQ and fuel and leave the area clean for others. Only place disposable barbeques on BBQ Trays that are at the end of the tables, or on stones or gravel so they do not cause damage once they are alight.

TOILET

There are public composting toilets on the island. If camping, please ensure that the toilets are kept in a clean and tidy condition. Please do not put any inorganic material down the toilets.

CAMPING

The campsite is at Port Bawn (the opposite end of the island from where the ferry from MacFarlane's drops people off). It is small and can facilitate no more than 12 people in total per night (this includes children). Please do not camp outside the designated area. If there is more than one group using the campsite please pitch your tent with consideration for other campers' privacy. On your day of departure please be courteous and vacate the camping area by 11.30am at the latest. Please do not arrive expecting to pitch your tent before 12 noon at the earliest. Please make sure you have a copy of your camping permit with you for inspections by the rangers should they ask to see it.

FIRES

If you are intending to have a fire, please bring your own firewood. Damaging living trees is an offence and deadwood forms an important habitat on the reserve. Fires are only permitted in designated areas. Please use the half-barrels or fire-pits provided and ensure your fire is extinguished when you leave.

WEATHER

As the weather can be changeable, we would recommend that you check the weather forecast in advance of your visit as well as bringing warm, weatherproof clothing, as there is no shelter on the island other than tree canopy.

LITTER

There is no refuse collection on the island, please take ALL your litter and disposable BBQs home. There are recycling facilities and bins in the Balmaha car park.

DOGS

Dogs may be brought to the island but must be kept under close control or on a short lead. Please ensure that your dog is not a nuisance to wildlife or other visitors and please bag up any dog mess and take it off the island.

FOOTPATHS

There are 3 footpaths connecting the north and south jetties: -

1. The Central Valley path is approximately 1 km in length and gently climbs across the middle of the island. The path is easy walking and takes 15 – 20 minutes.
2. The Low path is approximately 2 km in length and follows the western shoreline. The path has steps and is a little more demanding than the Central Valley path and takes approximately 30 minutes.
3. The Summit path is approximately 2 km in length and follows the island's eastern ridge. The path has steps and is more difficult in places and takes approximately 45 minutes to an hour.

WILDLIFE AND PLANTS

Inchcailloch is a designated Nature Reserve. Please avoid disturbance to wildlife by keeping to the footpaths, particularly during the bird-breeding season. It is an offence to pick wild flowers, please leave them for others to enjoy.

RANGER SERVICE

Loch Lomond & the Trossachs National Park Ranger Service work throughout the year on the island. They run a series of guided walks and can assist you with any questions you may have. If camping, they will ask to check your permits so please make sure you have them with you.

FOR YOUR COMFORT

Please note that you may encounter midges when the weather is warm, wet and calm. These insects are not dangerous but can be a nuisance. It is recommended that you take appropriate steps to deter them.

Due to the deer population, ticks are also present on Inchcailloch. These are best avoided by staying on the paths and wearing long trousers.

GUIDELINES

These guidelines are in place for the benefit of visitors on the island. Failure to follow them may result in you being asked to leave.

CONTACT DETAILS

If you have any comments or queries please contact the National Park at:

Loch Lomond and the Trossachs National Park,
Carrochan, Balloch G83 8EG
Tel: 01389 722600 (Mon-Fri)
Tel: 01389 722100 (Sat-Sun).
www.lochlomond-trossachs.org

We hope that you enjoy your visit to Inchcailloch.