

# Be a responsible snorkeller

## Before you go

**Check the conditions:** be aware of tides, water temperatures, currents and weather forecasts before you leave.

**Take a friend:** never snorkel alone and always tell people where you are going.

**Know who to contact:** find out where the nearest medical and/or coastguard facility is and note down who to contact in an emergency.

## At the beach

**Know your surroundings:** check what the weather and tides are doing, and identify a landmark for reference.

**Use the right equipment:** only use good quality and well-fitting equipment – mask, snorkel and fins.

**Wear the right protection:** a wetsuit will keep you warm and protect you against jellyfish stings. If it's sunny, remember to cream up!

## In the water

**Follow the Snorkeller's Code:**

Do not remove seaweed or animals from the rock or from their homes.

Take care not to kick sealife with fins or stand on delicate animals.

Observe animals where they live and don't take anything away with you.

## WARNING:

Do not snorkel in rough weather

Do not enter the water during or 1-2 days after heavy rainfall, as water pollution may occur

Do not touch jellyfish and other wildlife

Never snorkel alone

Emergency Services: 999  
NHS 24: 111

Stornoway coastguard: 01851 702013

Torrion Medical Practice: 01445 791223

Gairloch Medical Practice: 01445 712229

Loch Carron Medical Practice: 01520 722215

Raigmore Hospital (Inverness): 01463 704000

For further information, visit:  
[scottishwildlifetrust.org.uk/snorkeltrail](http://scottishwildlifetrust.org.uk/snorkeltrail)

# Torrion Snorkel Trail

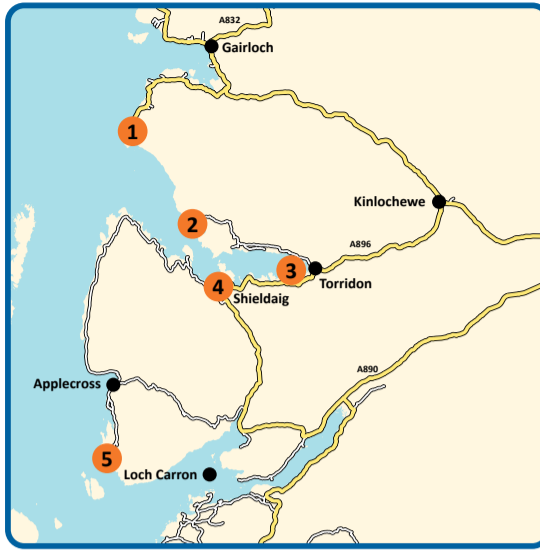
E [livingseas@scottishwildlifetrust.org.uk](mailto:livingseas@scottishwildlifetrust.org.uk)

W [scottishwildlifetrust.org.uk/snorkel-trails](http://scottishwildlifetrust.org.uk/snorkel-trails)

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**Torrion Ranger Service**  
National Trust for Scotland Rangers organise events to help you explore, learn about and enjoy these wild areas.  
[nts.org.uk/visit/places/torrion](http://nts.org.uk/visit/places/torrion)

**Loch Torrion Community Centre**  
Acts as a focal point in the local community, providing services for use by the community, businesses and visitors.  
[lochtorrioncentre.co.uk](http://lochtorrioncentre.co.uk)

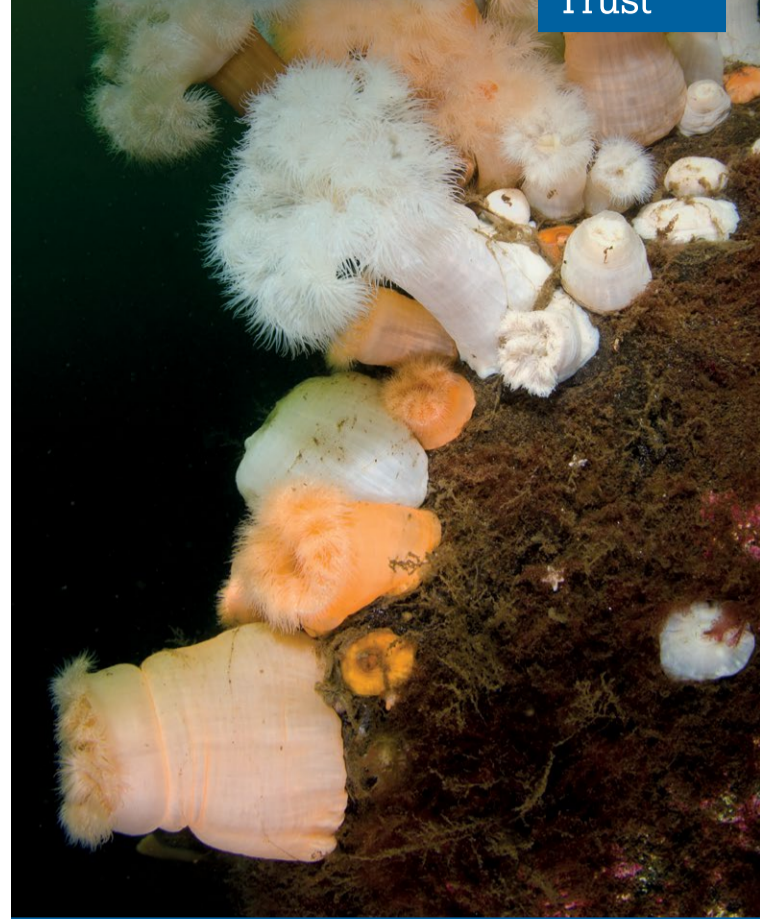


[scottishwildlifetrust.org.uk](http://scottishwildlifetrust.org.uk)

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# Dive in to Scotland's Living Seas!



## Snorkel Trail Torrion

In association with **TORRION OUTDOORS**

# Life under the waves

Torrion is home to a thriving marine environment. There are no guarantees as to what you might see whilst snorkelling (that's part of the fun!), but here are some common species to keep an eye out for:

|                    |  |   |   |   |           |  |   |  |  |   |  |  |  |
|--------------------|--|---|---|---|-----------|--|---|--|--|---|--|--|--|
| Fish               | <br>WHITING | <br>SAND EEL   | <br>BALLAN WRASSE        | <br>COMMON BLENNY     | Jellyfish | <br>LION'S MANE   | <br>MOON | <br>BARREL          | <br>COMB        |   |  |  |  |
|                    | Crustaceans  | <br>SHORE CRAB | <br>VELVET SWIMMING CRAB | <br>BROWN CRAB         |           | <br>HERMIT CRAB    | Starfish and Urchins  | <br>COMMON STARFISH | <br>BRITTLESTAR | <br>SPINY STARFISH | <br>COMMON URCHIN |  |  |
|                    |  | Molluscs  | <br>BLUE MUSSEL          | <br>GREAT SCALLOP      |           | <br>RAZOR CLAM      |   | <br>LIMPET           | Plants and Algae   | <br>KELP           | <br>BLADDER WRACK | <br>DULSE | <br>CHANNEL WRACK |
|                    |  |   | Other Invertebrates   | <br>STRAWBERRY ANEMONE |           | <br>PLUMOSE ANEMONE |   | <br>CUTTLEFISH        |  | <br>BEADLET ANEMONE | Also look out for...   | EURASIAN OTTER   | HARBOUR PORPOISE   |
| HARBOUR SEAL       |  |   |   | GANNET  |           |  |   |  |  |   |  |  |  |
| WHITE-TAILED EAGLE | ARCTIC SKUA  |   |   |   |           |  |   |  |  |   |  |  |  |

1

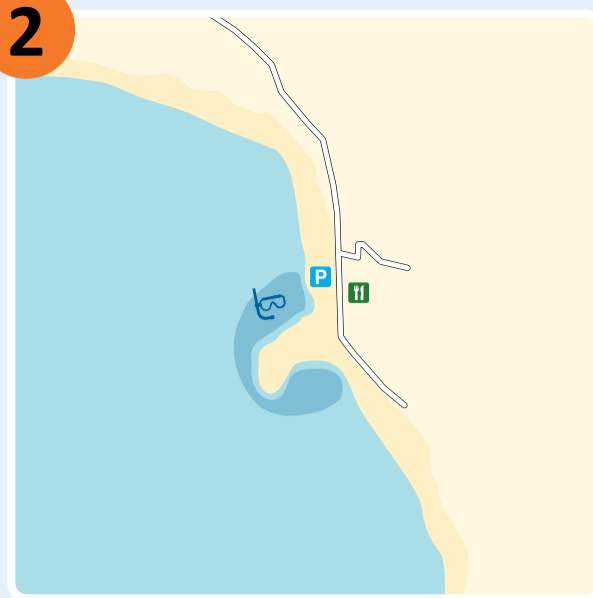


### Redpoint

**P** MAP: OS Explorer 361, NG732688  
**NEAREST VILLAGE:** Gairloch (12 Miles)

A beautifully remote beach, surrounded by sand dunes and with stunning views across to Skye and the Outer Hebrides. The beach is a short walk across fields and over the hilly sand dunes, west of the car park. The rocky outcrop on the north side of the beach provides perfect shelter for an abundance of marine wildlife.

2



### Diabaig

**P** MAP: OS Explorer 361, NG798599  
**NEAREST VILLAGE:** Torridon Village (9 miles)

**T** Diabaig (Deep Bay) beach and pier both offer easy access to the water. Take care on the pier's rocky steps, which can be slippery when wet and when seaweed is exposed, and be aware of boat traffic. On the pier's northern side, spot schools of fish hiding among kelp forests and on the southern side, explore deeper sandy waters. Cafes and toilets can be found in Torridon Village.

3



### Upper Loch Torridon

**P** MAP: OS Explorer 361, NG884544  
**NEAREST VILLAGE:** Torridon (2 miles)

**T** A short walk through the Torridon Resort and beyond their kitchen garden brings you to a rocky headland near a collection of small islands. Amongst the rock pools are strawberry anemones, on the rocks an abundance of mussels and on the sandy bottoms are velvet swimming crabs and plumose anemone.

4



### Shieldaig Village

**P** MAP: OS Explorer 361, NG814545  
**NEAREST VILLAGE:** Shieldaig (0 miles)

**T** Next to the school, walk along the small road signposted 'pedestrians only' for about two minutes until you reach the old church at the end. Here, turn left next to the wall at the gate (don't go through the gate). Access is straight ahead down by the rocks; swim right to find an abundance of crabs, sea anemones and if you're lucky, pipefish! Enjoy snorkelling by the coastal shelf and looking into the 'void', as the slope begins a steeper descent to the ocean floor.

5



### Toscaig, Applecross

**P** MAP: OS Explorer 361, NG710378  
**NEAREST VILLAGE:** Applecross (4 miles)

**T** The pier at Toscaig offers convenient parking and a home for a plethora of wildlife. The water can be easily accessed immediately north of the pier, towards the sheltered bay. Do not use the ladder on the pier itself, and take care to avoid any boat traffic or equipment near the pier. Once in the water, there are lots of nooks, crannies and kelp beds for mussels, common urchins, spiny starfish, and juvenile fish to hide.



## Torridon Outdoors

Reset your mind and body as you immerse yourself in the natural playground of the Torridon region.

A diverse range of mysterious marine habitats awaits as you explore snorkel sites around Loch Torridon, Loch Shieldaig and the Applecross peninsula. From stunning sandy beach to remote rocky coves, discover the many marine treasures that lie below as you are surrounded by ancient mountains above. Experience for yourself why the area is revered as an enchanting wilderness like no other.



Torridon Outdoors aim to help you get the most out of your time in the Torridon region. As a specialist team of outdoors leaders, instructors' expertise spans mountain guiding, snorkelling, sea kayaking, mountain biking, gorge scrambling, and much more. With tailored guidance for beginners through to advanced adventurers, be assured that you are in expert hands as you connect with the great outdoors.



Get in touch with Torridon Outdoors  
[thetorridon.com/torridon-outdoors](http://thetorridon.com/torridon-outdoors)  
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Snorkelling can be dangerous and these self-guided trails are used entirely at your own risk. It is your responsibility to check the conditions present on the day and assess whether it is safe to snorkel.

### Key

**T** Toilets **H** Harbour **R** Restaurant  
**P** Parking **C** Camping **S** Steps

**B** Beginner **A** Advanced

The information contained within this leaflet was correct at the time of publishing (October 2022). For further details, please visit [scottishwildlifetrust.org.uk/snorkeltrail](http://scottishwildlifetrust.org.uk/snorkeltrail)