

## General Information

**While exploring please respect the country-side code at all times, and observe the following local guidelines for access**

Carry protective clothing and wear suitable boots/shoes - weather can change suddenly

Please do not climb fences or stone walls

Always use stiles and gates even if a detour is necessary. Keep to paths and roads where possible

Please leave all gates as you find them

Please respect islanders' privacy and property at all times especially on croft land

Avoid all crops and gardens, and not trample ungrazed grass in the crofts - it may be hay even if is short

Bright green spots often disguise bogs - beware, they can be deep!

Please stay back from cliff edges - the grass can be slippery, the edge can be crumbly, and the wind direction can change suddenly

Beware of bonxies and Arctic Skuas swooping to protect their nests - they may hit you. Carry a stick above your head and walk away quickly

Please take your litter home with you, or use the airstrip litter bin, or skips on the pier



**Do not disturb nesting birds or pick wild flowers**

### Medical assistance

Resident community nurse cottage on South side of Voe below Post Office 01595 - 753238 Pager 07623954172

**Walls doctor** 01595 - 809352  
**NHS 24** 111



### Shops

No local shop on Foula. Post cards are available at the Post Office. Knitting yarn can be purchased online from [www.foulawool.co.uk](http://www.foulawool.co.uk)

**Public Toilets** Airstrip Shelter

**Public Telephone** Airstrip Shelter, mobiles work in a few spots only

### Post Office

Below the telephone aerials, South of Ham Voe, open Mon/Wed/Fri 9am-11am

**Church** Top of airstrip road

### Accommodation

Leraback (Bryan Taylor 01595 - 753226)  
Ristie Self Catering ([kennygear@hotmail.com](mailto:kennygear@hotmail.com))  
Burns Self Catering ( [www.selfcateringfoula.co.uk](http://www.selfcateringfoula.co.uk) )

### Ferry bookings

BK Marine 01595840208  
Ferry info 01595 - 743976

### Direct Flight bookings

Tingwall Airport 01595 - 840246

**The ranger service is funded by Scottish Natural Heritage and Foula Heritage and is a member of the Scottish Countryside Rangers Association.**



## FOULA HERITAGE *Ranger service*



## Welcome to Foula

Our part-time ranger service is available free of charge from 15th April to 15th October to help you enjoy to the full what our unique and beautiful island has to offer.

## Ranger Services

The Foula ranger service administered by Foula Heritage, has three part-time rangers. Fran Dyson Sutton (tel.01595753207) is the visitor's first point of contact on arrival at the airstrip. Sheila Gear can be contacted at the Post Office (tel. 01595 753236); and Magnus Holbourn lives beside the harbour ([admin@foulaheritage.org.uk](mailto:admin@foulaheritage.org.uk)). The role of the ranger service is to assist visitors to the isle and promote general environmental awareness.

## Guided and self guided walks

Guided walks can be arranged and information provided for self-guided walks - via the website [www.foulaheritage.org.uk](http://www.foulaheritage.org.uk) or contact Sheila Gear.

While you are enjoying your visit we would ask you to be aware that protective environmental legislation covers the whole island, and there will be some 'no-go' areas at certain times of the year.

Foula has 4 environmental designations with appropriate protective legislation:

*The whole island is covered by a Special Protection Area (SPA) for birds under the European Habitats Directive.*

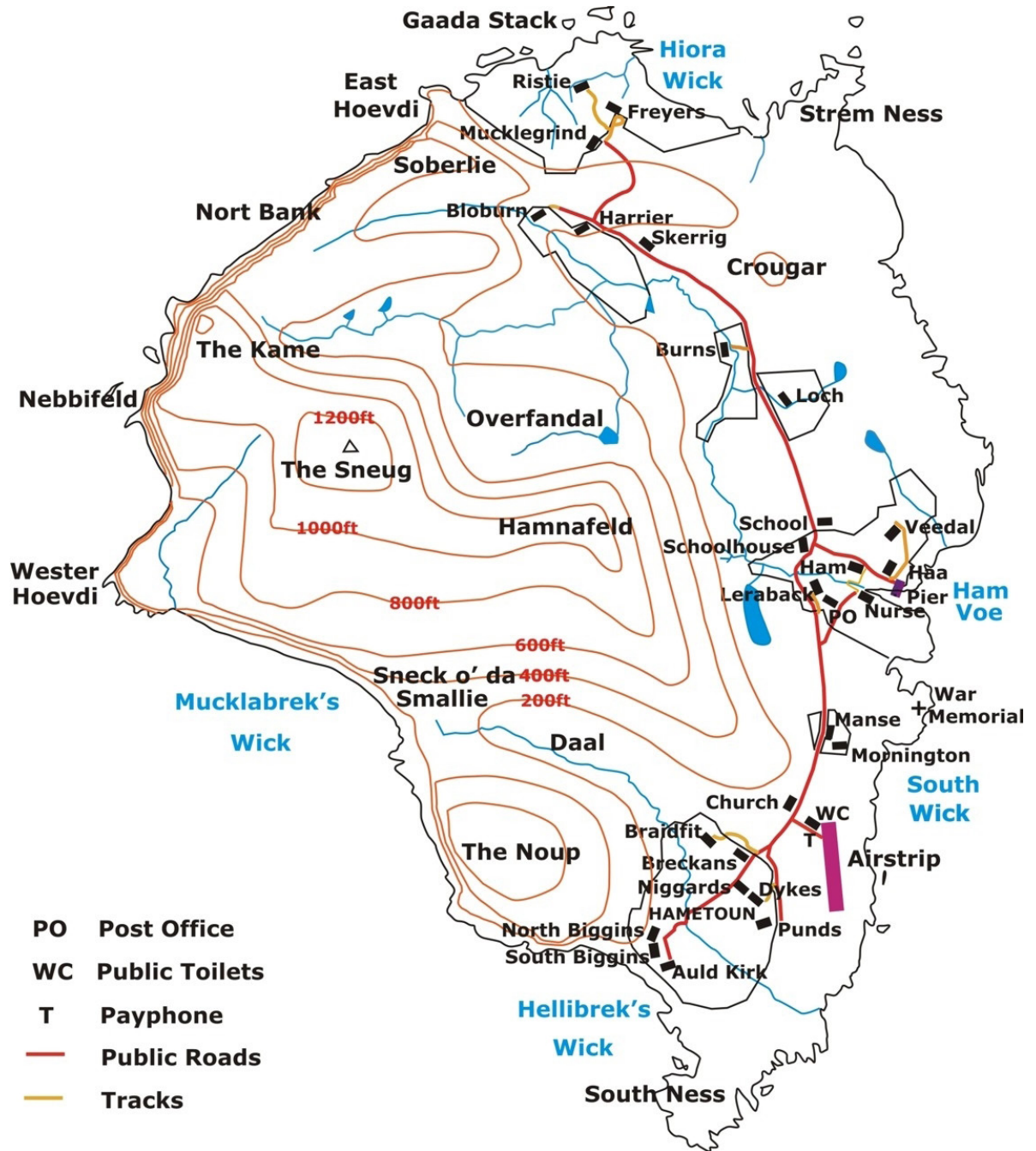
*The whole island is designated by the UK as a Site of Special Scientific Interest for its bird colonies.*

*The whole island carries the UK designation of National Scenic Area.*

*The coastline is covered by a separate Site of Special Scientific Interest for its geomorphology.*



Gada Stack



- PO Post Office
- WC Public Toilets
- T Payphone
- Public Roads
- Tracks