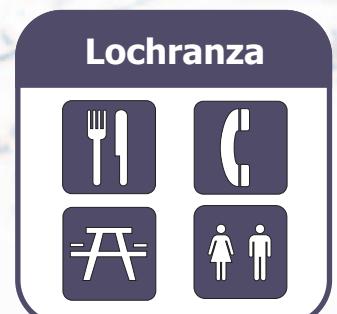
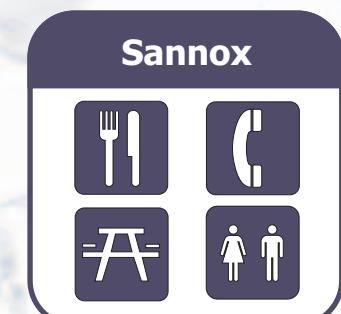


Path No.	Path Name	Path Type	Length
AR01	Newton Point	Aggregate	1.4 km
AR02	Newton Point to Laggan	Beaten earth with small section of rock	5.6 km
AR03	Laggan to Fallen Rocks	Grass	3.8 km
AR04	Fallen Rocks to Picnic Site	Grass track and forest road	2 km
AR12	Lochranza to Laggan	Track, machine built path and grass track	3.9 km
AR13	Lochranza The Haven to Narachan	Road	1.1 km
AR14	Sona Burn Bridge to Sannox Bay	Road	0.4 km
AR21	NCN7 Lochranza to Sannox	Road (part of NCN)	11.3 km
AR23	Lochranza Pier	Tarmac	0.22 km
AR34	North Glen Sannox	Aggregate	2.03km
AR41	Picnic Area to Sannox Bay (North Sannox to Sannox)	Aggregate	1.1 km
AR44	North Sannox to Blue Rock Link	Machine built path	0.71km
AR50	Glen Sannox to The Saddle	Aggregate	4.5 km
AR51	Sannox to Glen Sannox	Aggregate	0.6 km
AR52	NCN7 Sannox to Corrie	Road	3.6 km

POINTS OF INTEREST	
1	Lochranza Castle
2	Youth Hostel
3	Lochranza Field Centre
4	Lochranza Golf Club
5	Caravan & Campsite
6	Distillery
7	Newton Point
8	Hutton's Unconformity
9	Fairy Dell
10	Ossian's cave
11	Cock of Arran - (Salt Pans; Coal Pits)
12	Laggan - (Salt Pans & Coal Pits)
13	Witches Bridge
14	Laggantuin - (deserted settlement)
15	North Sannox Cairn - (Cairn)
16	An Cnap - (Vitrified Fort)
17	Mid Sannox - (Standing Stone)
18	Corrie Golf Club
19	Sannox Bay - (Standing Stone)

Ptarmigan

Found only in the highest mountains the ptarmigan is a plump game bird in the grouse family. It is specialised at living in cold harsh environments usually inhabiting herb-rich arctic-alpine heath in association with exposed bedrock, and feeding on shoots, leaves and berries. Uncommon in most other bird species, the ptarmigan moult their body feathers three times a year, from white in winter, to mottled brown in summer and grey in autumn. On Arran, by the start of the twentieth century, the ptarmigan was extinct, and there were no records from 1900 until the seventies. The population on Arran is the most southerly in the UK. However, they are a difficult species to count accurately owing to their remote habitat, camouflaged plumage and secretive behaviour. Global warming and the resulting loss of alpine habitat have led to concerns over the ptarmigan's long-term survival, and it is possible that we could lose this species from North Ayrshire and Scotland.





Points of Interest



Railway Station



Car Park



National Trust for Scotland



Adjacent Map Number



Core Path (Existing)



Core Path (Proposed)