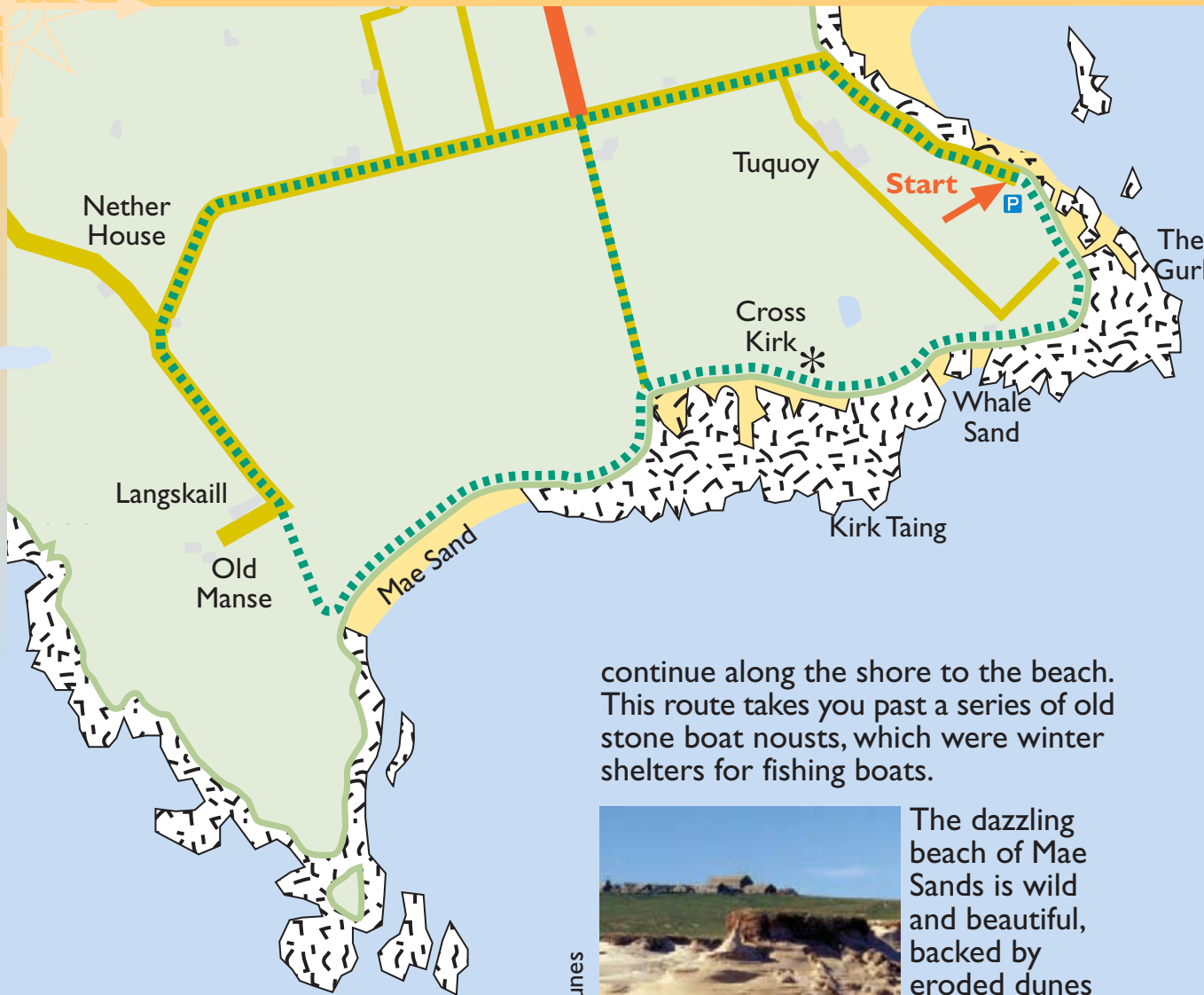


# Tuquoy and Mae Sand

A 3.6km (2.2m) circular walk from the Bay of Tuquoy to Cross Kirk or a longer 6.2km (3.85m) walk including the beach at Mae Sands



continue along the shore to the beach. This route takes you past a series of old stone boat nousts, which were winter shelters for fishing boats.



Eroded dunes

The dazzling beach of Mae Sands is wild and beautiful, backed by eroded dunes that form a white 'badland' reaching far inland.

Cockle Shell



The broad shallow Bay of Tuquoy is a good habitat for the edible cockle and creeling for crabs is carried out from here. From the path you can usually spot turnstone, redshank, eider duck, dunlin and ringed plover, and further out on the rocky point, shag and seals. In summer, sea mayweed and corn sowthistle decorate the shore.

Cross Kirk was built by a Westray Norseman about 1140 and was partly dismantled in the nineteenth century. The graveyard is still in use with familiar Westray names on the headstones.

Past the Kirk the shorter route follows a track back to the road or you can

Behind the farm of Langskaill, a Norse longhouse has been discovered, in use in about the twelfth century with an Iron Age souterrain or earth house beneath it. Nearby is the Old Manse, an interesting Grade B listed building.

Along the road there's a wonderful view of the 'abandoned village' of Nether House with Fitty Hill behind it, and beyond the crossroads, South Hamar is a rare survival of an old Westray croft or 'but and ben', with outbuildings and barley-drying kiln.

