

May 08

North Highlands

Highland Region

The fifth CAITHNESS & SUTHERLAND WALKING FESTIVAL

1 - 6 MAY 2008

Thursday, 1st May - RSPB Forsinard, Sutherland 2pm Learn the secrets of the Flow Country every Tuesday and Thursday with the RSPB. Tel: 01641 571225

Friday, 2nd May - Walk on the Wild Side, Caithness 9.45a.m. Enjoy a walk and followed by a wildlife cruise at John o Groats. Cost £15 adults, £8 children. Walk is free. Booking essential.

Friday, 2nd May - Thurso Riverside Walk led by Step it up Highland. 2pm. Enjoy a great walk by Thurso River - you may see seals and otters! Easy, relaxing walk. Meet Salvation Army Citadel, Market Street, Thurso.

Saturday, 3rd May - The Dunnet Head Experience, Caithness 11a.m. A walk on the most northerly point of the UK mainland. Led by wildlife expert. Great birds and flora. Booking essential.

Saturday, 3rd May - Victoria Walk, Thurso, led by Step it up Highland. 10.30a.m. Magnificent views. Easy, relaxing walk. Lots of birdlife. Meet Salvation Army Citadel, Market Street, Thurso.

Sunday, 4th May - Houstry, Caithness 10a.m. Archaeology with the Caithness Field Club. Take the opportunity to visit the Dunbeath Heritage Centre - a wealth of information and archaeology. Magnificent views of Morven.

Monday, 5th May - Beautiful Borgie backwoods, Sutherland 11a.m. Enjoy a day out with the Forestry Commission in beautiful Borgie. Superb views of Ben Stumandh, visit Scotland's biggest log cabin. Archaeology, wildlife, forest tales. Booking essential.

Tuesday, 6th May - RSPB Forsinard, Sutherland 2pm Learn the secrets of the Flow Country every Tuesday and Thursday with the RSPB. Tel: 01641 571225

Tuesday, 6th May - Wick Heritage Trail, Caithness 2pm A heritage walk around Pultneytown. Enjoy great views across the most northerly town. Visit the distillery

Tuesday 6th May - Faraid head SSSI, by Durness, Sutherland. 10 a.m. A great walk along the beach and through the sand dunes, possibly watching Puffins at a small colony there. Sutherland Ranger Service Tel: 01971 511756.



REGULAR EVENTS

Stories & Ballads

1st Monday each Month. 8pm
Munlochy Hotel. Tel: 01456 450405

Black Isle Music Sessions

2nd & last Thursdays each month. 8pm
Royal Hotel, Cromarty. Tel: 01381 600381

Dornoch Cathedral Concerts

Wednesday 7th May Choir from Westminster Presbyterian Church, Minneapolis
 Sunday 1st June Choir from Texas
 Thursday 18th September UHI Graduation Ceremony
 Thursday 6th November Calvert-Turner Duo (Cello and Harp)
 Please check with Mr Eddie McDonald 01862 810357 for starting times www.visitdornoch.com

Traditional Music Sessions

Weekly Wed/Thurs night sessions. 9pm
Ceilidh Place, Ullapool

Thurso Accordion & Fiddle Club

We meet in the Pentland Hotel, Princes Street, Thurso
 Providing a stage for local and visiting players to perform traditional music for Scotland and elsewhere on the first Monday of each month, September to May. T: 01847 894122

Traditional Music Sessions

Weekly Wednesday night sessions. 9pm
Commercial Bar, Thurso

Poolwe Ceilidh Nights (Artist line-up)

Details available from
Poolwe Swimming Pool Tel: 01445 712345

Live Music at the Old Brewery, Cromarty

9th May - Rachel Hair
 15th May - Andy White
 23/24th May - Benny Gallacher

DANCING

Ceilidh Dancing

Halkirk Wednesday evenings at 8pm John Mackay is the man to contact - 01847 831 718. It's great fun!

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2nd May

An Evening with Michael Portillo
Strathpeffer Pavilion. SOLD OUT

3rd May

Charity Auction plus live music
British Legion, Thurso. 8pm. £5.
A charity auction to help raise funds for the childrens' charity NCH

3 – 5th May

Adult Feis Rois
Three days of Gaelic music and language tuition.
Macphail Centre, Ullapool. Telephone 01349 862600

7th May

Presbyterian Church choir
Dornoch Cathedral. 7pm
Westminster Presbyterian Church choir from Minneapolis, Minnesota brings to Scotland their rich mix of masterworks from both sides of the Atlantic, spanning seven centuries from the 15th to the 21st. From folk songs to spirituals, from classic anthems to newly commissioned compositions being heard outside the U.S. for the first time, the voices of the Westminster Presbyterian Choir will resound to fill some of Scotland's most beautiful architectural spaces. The Choir's two recently released compact discs, *What a Wonder: Christmas at Westminster* and *Singing the Faith: Generation to Generation* will be available after each performance

9th May

Wick Choral Society Concert
St. John the Evangelist Episcopal Church, Wick. 7.30pm
A concert of choral and instrumental music.
This concert will be repeated in St. Peter and the Holy Rood Episcopal Church, Thurso at 7.30 p.m. on Friday, 16th May, 2008.
The revenue from both concerts will be donated to the church funds of each of the respective churches.

10th May

Bagpipe Recital
The Park Hotel Thurso. 8.15pm. £6
Evening of Bagpipe Music by Niall Matheson Supported by Young local pipers

10th May

Highland Chamber Orchestra
Strathpeffer Pavilion
Overture no. 17 by the Earl of Kelly, Mozart *Serenade in C minor* for wind octet, *Lyric Movement* for viola and orchestra by Holst and Mozart's *21st Symphony*.
Tickets £6 (conc. £5, schoolchildren £1) **now available from Pavilion**, also by ringing 01463 223171

**Ullapool Book Festival
16 – 18th May**

An opportunity to hear some of Scotland's finest writers in the most captivating setting. You'll be treated to fiction, non-fiction, poetry, storytelling, and lectures, with both English and Gaelic events.

Various Venues throughout Ullapool.

Programme details on www.ullapoolbookfestival.co.uk

Invergordon Social Club

Ballroom Dance Class which starts at 7.30pm on Monday evenings and costs £5.00 per person. On Thursday evenings we have a Salsa Dance Class which starts at 8.30pm and costs £6.00 per person
Invergordon Social Club on Castle Road, Invergordon.
More details at www.invergordonsocialclub.co.uk

SPORT & LEISURE

Caithness and Sutherland Ranger Walks

The walks and events aim to help raise awareness and encourage appreciation of the Highlands. There is a full programme available from www.highland.gov.uk

Shinty

On MOST (but not every) Saturday afternoons between March and October, you can see the ancient sport of the Celts - Shinty – being played at various locations in the Highlands.
There is a full fixture list available from the Camanach association www.shinty.com

Talks

From May onwards

An Introduction to Caithness Wildlife

Wildlife expert Graeme Hull will give a short presentation on the wildlife that can be seen in Caithness. Graeme has a wealth of knowledge about our unique habitat from the coastal colonies of birds to the delicate looking plants of the peatlands.
These talks are free and are run every Tuesday evening throughout the summer. Come and join us at Pentland Lodge House, Thurso.
www.pentlandtours.co.uk Tel: 01847 895103

EXHIBITIONS

Groam House Museum Rosemarkie	Tel: 01381 620961
Current 'Theory Into Practice – George Bain' Celebrating the 'father' of modern Celtic art	Mon – Sat 10 to 5pm. Sun 2 to 4.30pm

Tore Art Gallery Tore, Muir of Ord	Tel: 01463 871444
	Check with venue

Solas Gallery Flowerdale Bay, Gairloch	Tel: 01445 712626
Current 'Contemporary Paintings' Beautiful watercolour, land and seascapes	Mon – Fri 10 to 5pm. Sat 9 to 12noon.

Printmakers Gallery 15 Balnakeil Craft Village	Tel: 01971 511277
Current 'Paintings by Ishbel Macdonald' Handmade limited edition prints and paintings by Ishbel Macdonald	Check with venue

Timespan Heritage Centre & Gallery Dunrobin St, Helmsdale	Tel:
Check with venue for further details	Check with venue

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EXHIBITIONS

18th May

Caithness Classic MotorCycle Club Rally/Run

All Motorcycles, ancient and modern welcome.
Meet Lybster Main Street 10am
for 11am start.
100 mile ride with stops at Helmsdale (11.30) and Thurso
Town Hall (1.30)
Bike judging, trophy presentation and meal in Wick
For entry form and details contact:

Michael Ball, 3 Lower Dunbar St, Wick KW1 5AH

19th & 20th May

Kaiser Chiefs

Strathpeffer Pavilion. **SOLD OUT**

22nd May

Puffins and More

Starts: 19:30 Ends: 21:30
An evening walk through some stunning scenery to this busy
puffinry and we'll see what else might appear on the way.
Location: From the layby on the north coast by the border
with Sutherland (NC 921645)
Phone: 01847 821 531

22nd May

Fiddle Rendezvous

Six musicians from Ireland, Scotland and the USA. TuneUp
Tour. Macphail Centre, Ullapool. 7.30pm. £10/£8/£5

24th May

Pipe Band Displays

The Square, Dornoch. 8pm with Highland Dancing Display
(to be confirmed).

30th May

Cruise The Caithness Coast

Meet at Wick Harbour. 7pm. Join the Freedom Charter
to admire the beauty of the Caithness Coast by sea;
natural stone brigs, stacks and caves. Learn about the
wonderful array of wildlife including hundreds of
nesting seabirds, seals and perhaps even a whale or
dolphin. Weather dependent and booking ESSENTIAL.
Dress for the weather. Tel: 01955 607758

St Fergus Gallery Wick Library, Wick	Tel: 01955 603489
14 June – 12 July "Capturing the Coastline" Winning images from a national photographic competition	Mon, Tues, Thurs 12.00-17.30 Wed Closed / Fri 14.00- 20.00 / Sat 10.30-13.00

The Swanson Art Gallery Thurso Library, Davidsons Lane	Tel: 01847 896357
10 May to 7 June "Capturing the Coastline" Winning images from a national photographic competition	Mon-Wed 13.00- 17.00, Fri 13.00-20.00, Sat 10.00-13.00. Closed Thurs and Sun.

Ceilidh Place 14 West Argyle Street, Ullapool	Tel: 01854 612103
Check with venue for further details	Check with venue

Macphail Centre

Mill Street, Ullapool
Tuesday Art Class Exhibition 1- 17th May.
Open Monday – Friday. Admission free.

RSPB Forsinard Events		
May		
01	Flow Country Wader & Wildfowl Walk	2 – 4.45pm
06	Lapwing & Plover Farmland Walk	2 – 4.45pm
08	Bogs & Birds Walk	2 – 4.45pm
13	Lapwing & Plover Farmland Walk	2 – 4.45pm
15	Bogs & Birds Walk	2 – 4.45pm
20	Lapwing & Plover Farmland Walk	2 – 4.45pm
22	Flow Country Wader & Wildfowl Walk	2 – 4.45pm
27	Lapwing & Plover Farmland Walk	2 – 4.45pm
29	Flow Country Wader & Wildfowl Walk	2 – 4.45pm
June		
3	Lapwing & Plover Farmland Walk	2 – 4.45pm
5	Bouncy bog experience	2 – 4.45pm
10	Bird sights and sounds at the Farm	2 – 4.45pm
12	Bogs & Birds Walk	2 – 4.45pm
17	Lapwing & Plover Farmland Walk	2 – 4.45pm
19	Flow Country Plants and Dragonfly Walk	2 – 4.45pm
24	Lapwing & Plover Farmland Walk	2 – 4.45pm
26	Guided Walk through the Flows	2 – 4.45pm
July		
01	Lapwing & Plover Farmland Walk	2 – 4.45pm
03	Bogs & Birds Walk	2 – 4.45pm
08	Lapwing & Plover Farmland Walk	2 – 4.45pm
10	Flow Country Wader & Wildfowl Walk	2 – 4.45pm
15	Lapwing & Plover Farmland Walk	2 – 4.45pm
17	Bogs & Birds Walk	2 – 4.45pm
22	Lapwing & Plover Farmland Walk	2 – 4.45pm
24	Bogs, Birds & Beasties Walk	2 – 4.45pm
29	Lapwing & Plover Farmland Walk	2 – 4.45pm
Meet at Forsinard Visitor Centre. Binoculars, wellies/walking boots and wet weather gear advised RSPB Scotland Forsinard Office 01641 571 225		

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