



# Dounby to Finstown

## St Magnus Way

The third stage continues to follow the Mans Stanes traditions, leaving Dounby via North Bigging to Harray Loch, past St Michael's Kirk on to Winksetter and the Loch of Wasdale, leading finally through Binscarth Wood to Finstown.

The theme for this stage is Change – reflecting on the changing landscape and ways of life over the centuries as well as our own often conflicting attitudes to change as something both welcomed and feared.

### Distance on road

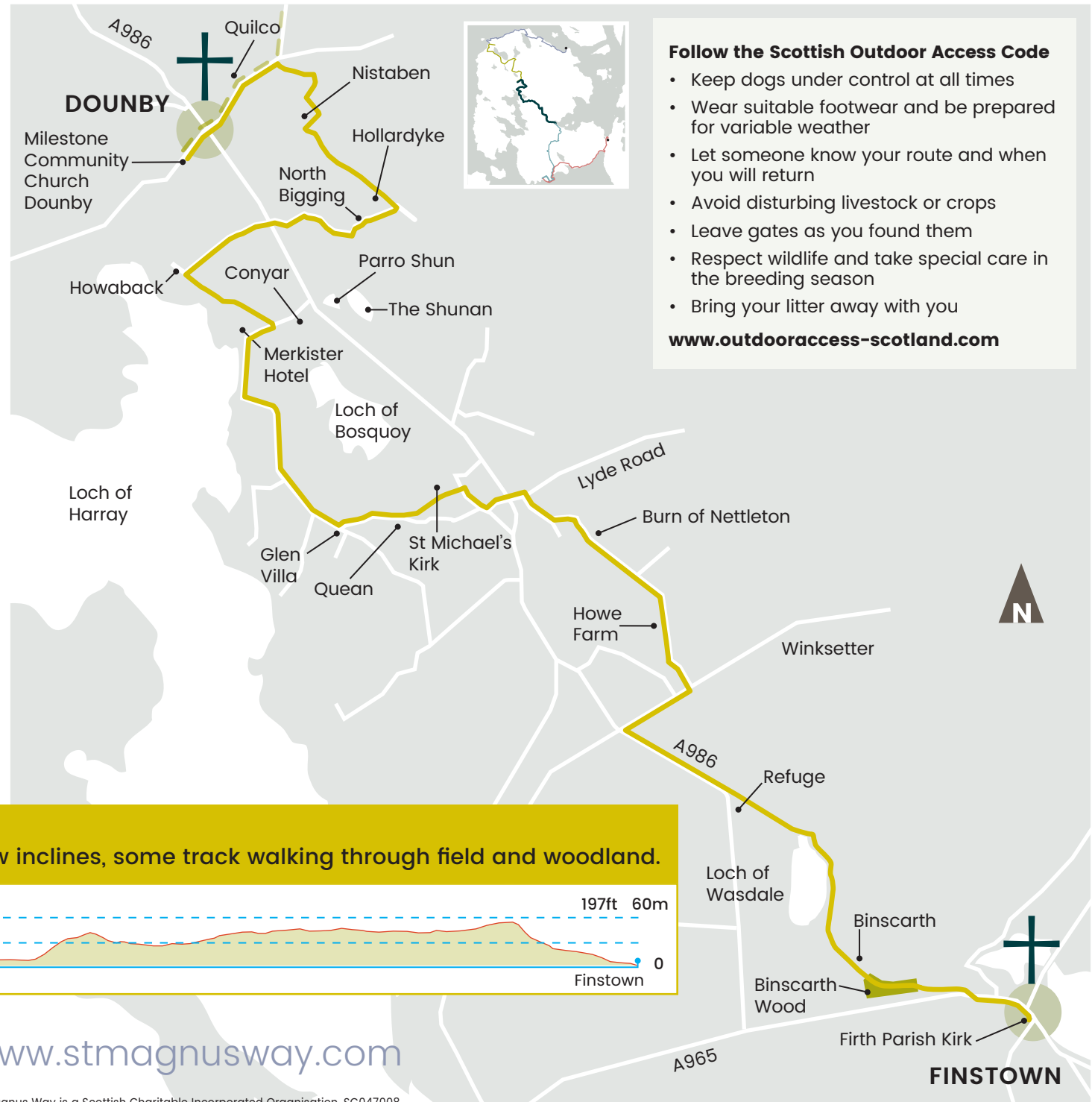
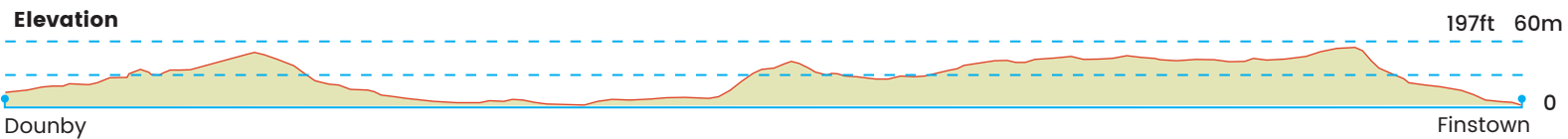
North Bigging road section 3 miles (4.8km)

Merkister to Refuge road section 4.6 miles (7.4km)

Total ascent 130m

**DISTANCE: 10.3 miles/16.6 km**

**TERRAIN: Mostly gentle road walking with few inclines, some track walking through field and woodland.**



### Follow the Scottish Outdoor Access Code

- Keep dogs under control at all times
- Wear suitable footwear and be prepared for variable weather
- Let someone know your route and when you will return
- Avoid disturbing livestock or crops
- Leave gates as you found them
- Respect wildlife and take special care in the breeding season
- Bring your litter away with you

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The St Magnus Way gratefully acknowledges the support of



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