



# Birsay 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.

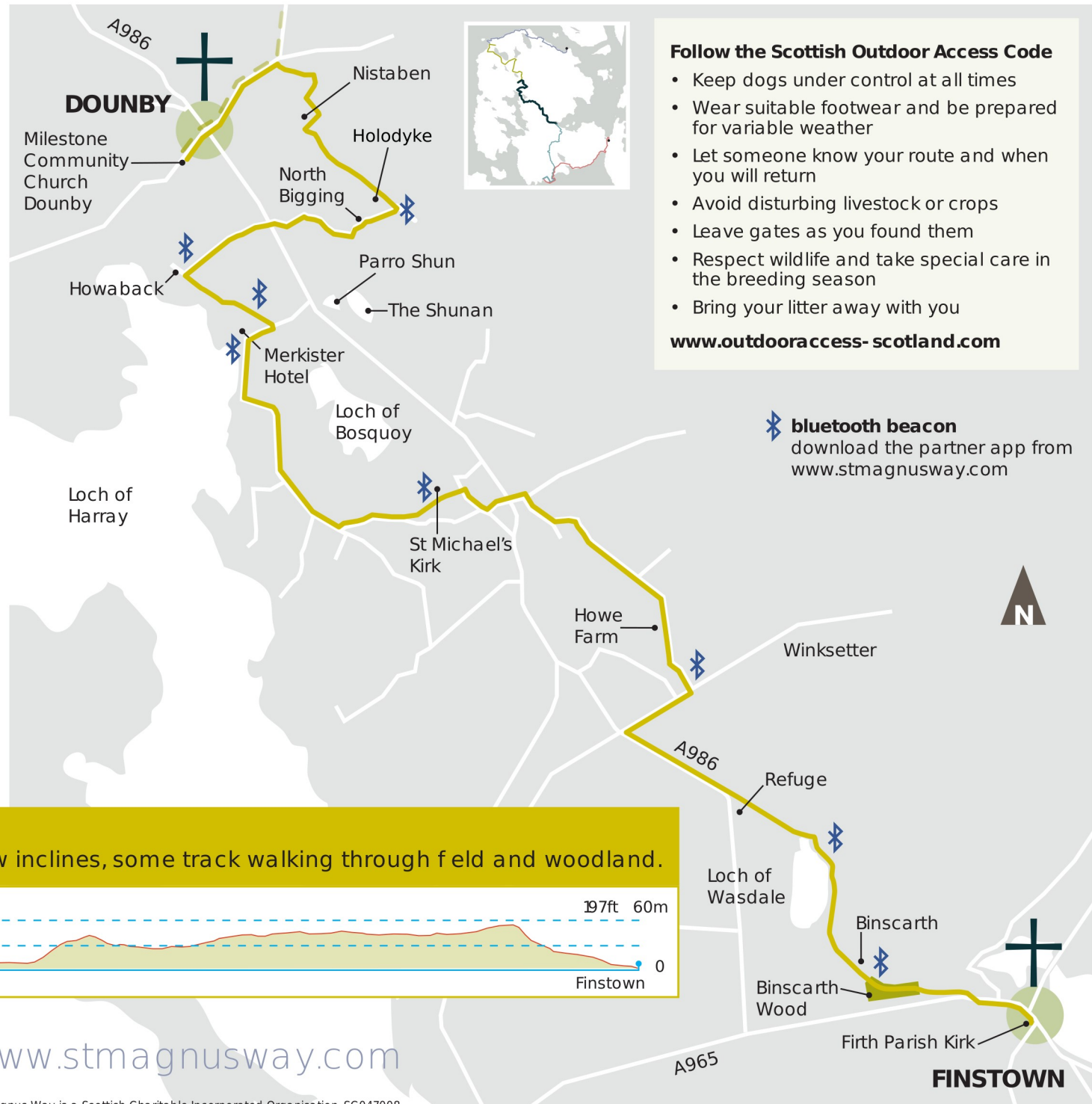
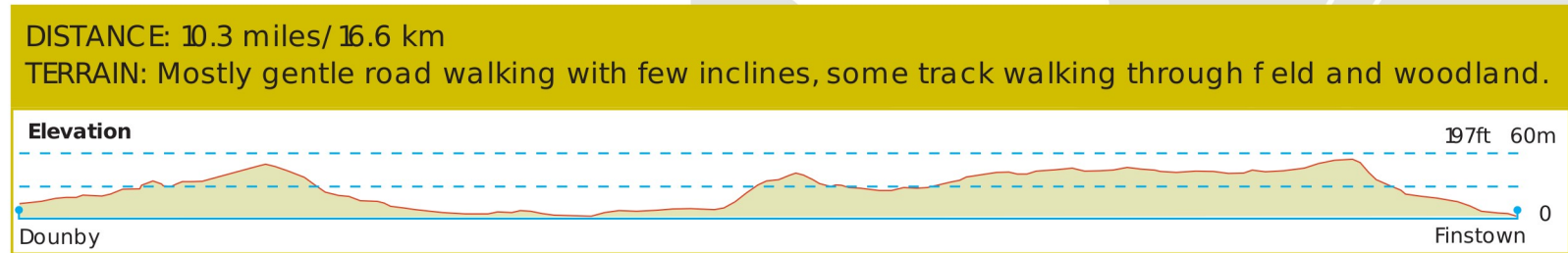
The theme for this stage is Change - reflecting on the changing landscape and ways of life over the centuries as well as our own often conflicting attitudes to change as something both welcomed and feared.

### Distance on road

North Bigging road section 3 miles (4.8km)

Merkister to Refuge road section 4.6 miles (7.4km)

Total ascent 130m



The St Magnus Way gratefully acknowledges the support of



Mission and Discipleship Council

[www.stmagnusway.com](http://www.stmagnusway.com)

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