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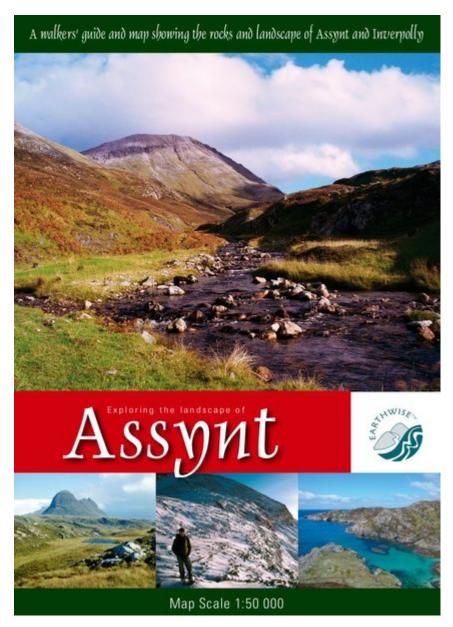
(Figure 1) View of Quinag from Glencoul.



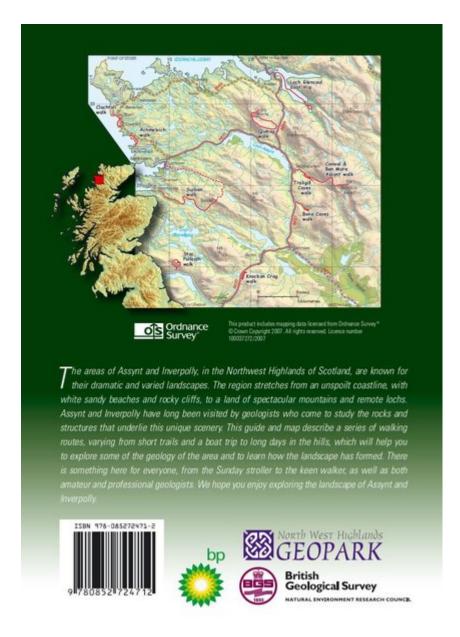
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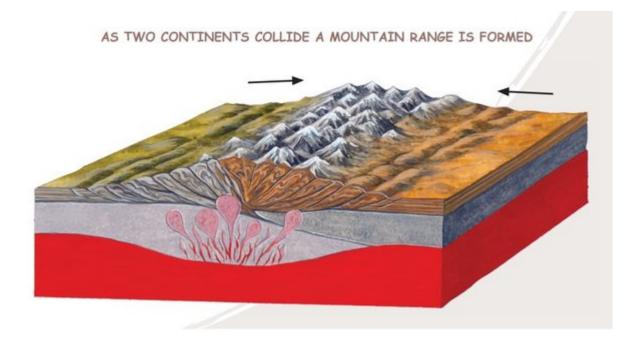
(Front cover)



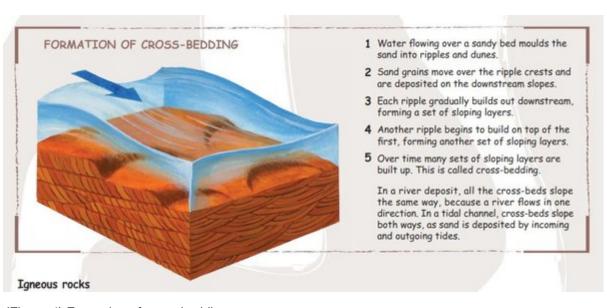
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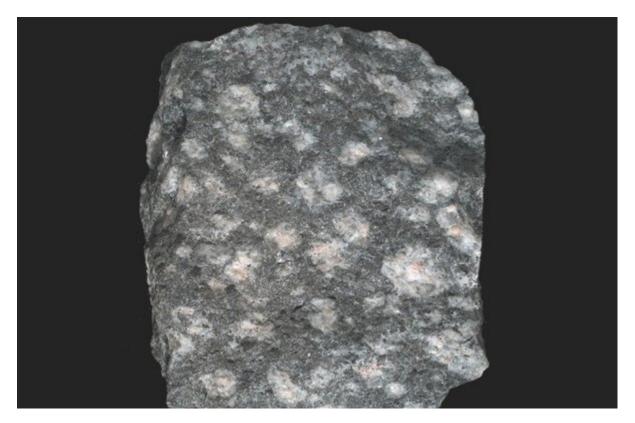
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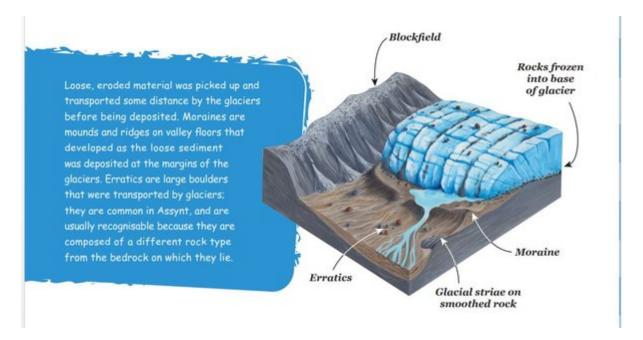
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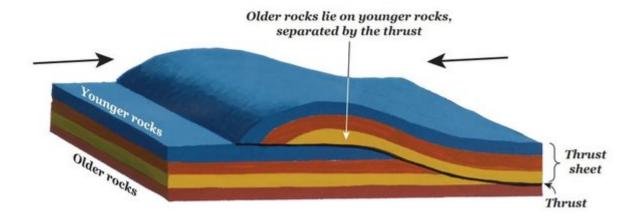
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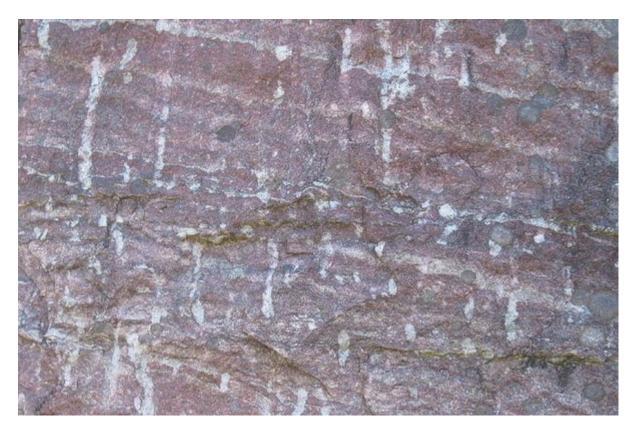
(Figure 14) The Knockan Puzzle — Assynt geology in a nutshell.



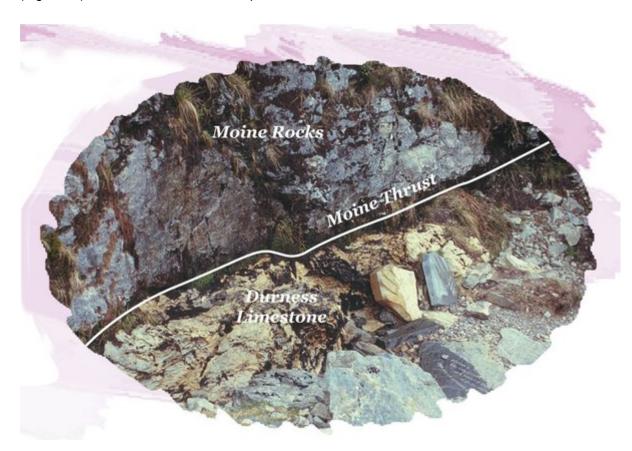
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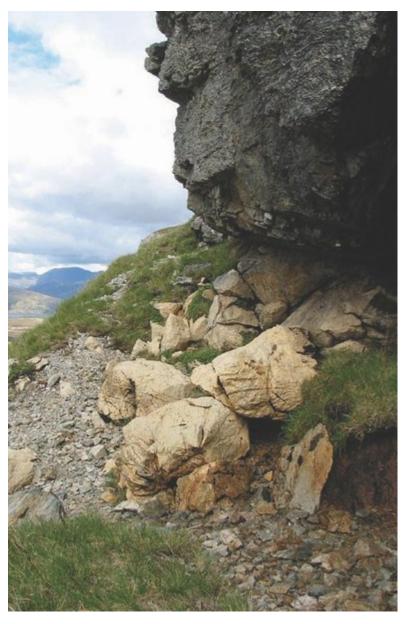
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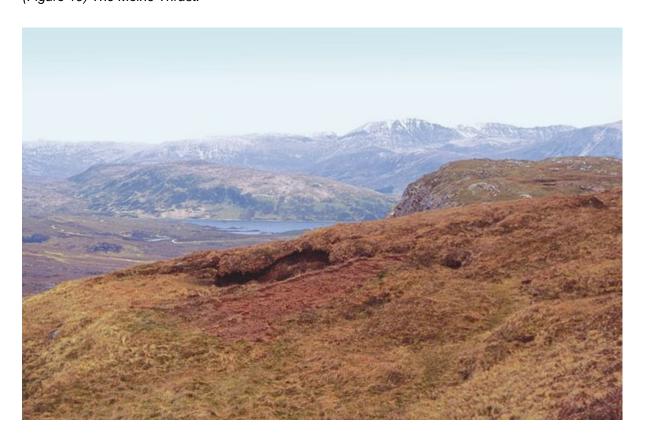
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(Figure 19) The Moine Thrust.



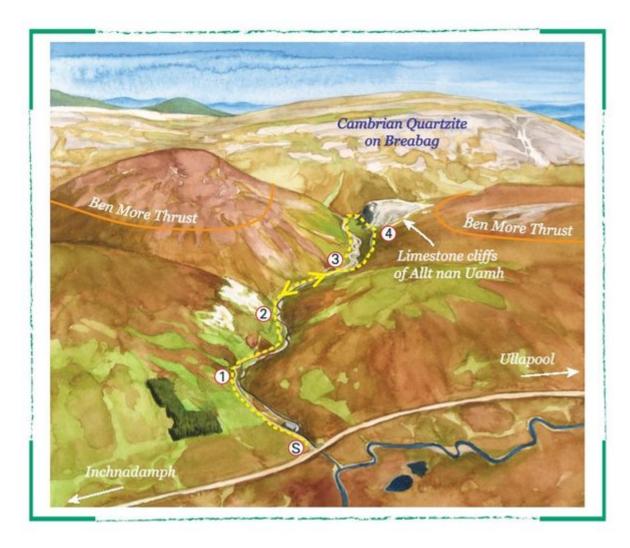
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(Figure 22) Cùl Beag and Stac Pollaidh from Eagle Rock.



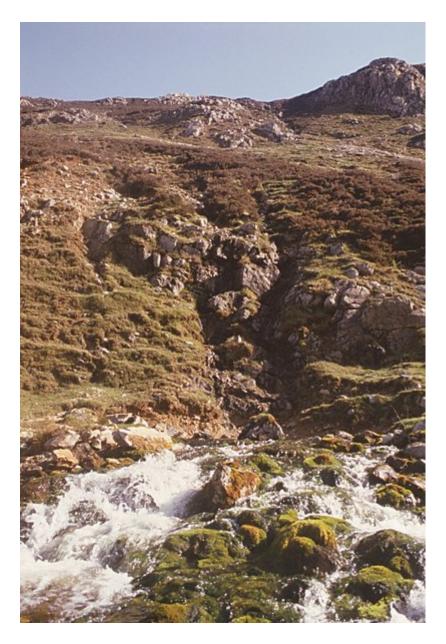
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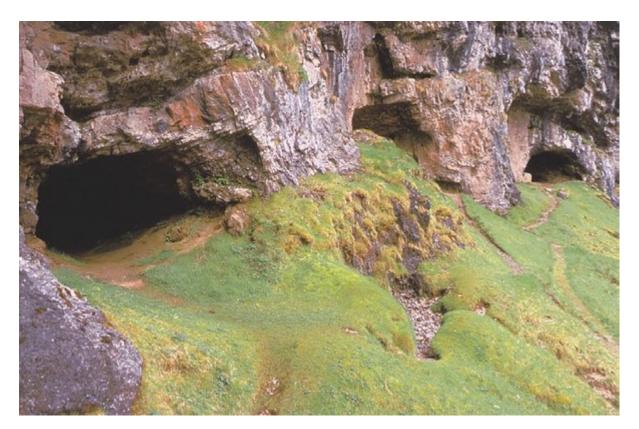




(Figure 27) View up the dry river bed to Creag nan Uamh.



(Figure 28) Limestone debris cone on the northern side of the valley.



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(Figure 30) Bear.



(Figure 31) Wolf.



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(Figure 37) View west along thrust plane in dry river bed, Traligill.

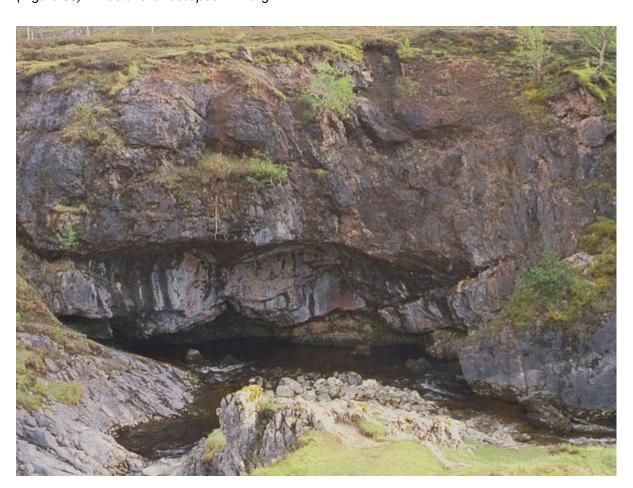
#### LIMESTONE LANDSCAPES IN TRALIGILL

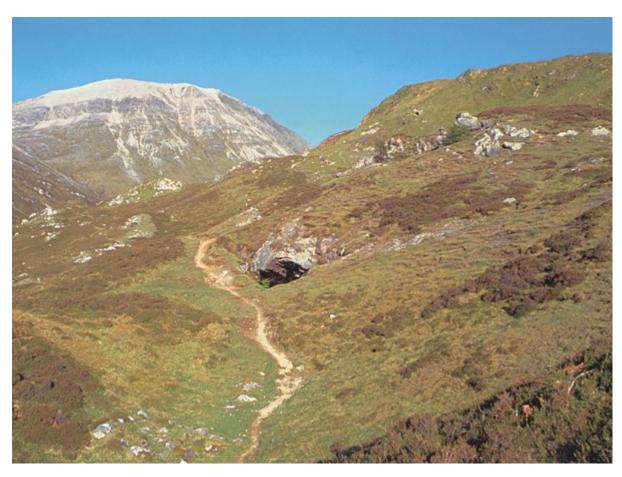
Rainwater is slightly acid because it dissolves carbon dioxide from the atmosphere. In limestone areas, rain reacts with calcium carbonate in the limestone, gradually dissolving it away. The resulting landscape shows a variety of dissolution features, collectively known as 'karst', after an area in Slovenia.



- 1. Blocks and clefts in the limestone surface are known as 'clints' and 'grykes'.
- 2. Water seeping into cracks dissolves the limestone, gradually forming underground caves.
- 3. Small caves close to the surface collapse, forming sinkholes.
- 4. Caves become connected, forming cave systems into which entire rivers disappear, leaving dry stream beds on the surface. Rivers may flow for some distance through these cave systems, before reappearing from springs or risings.

(Figure 38) Limestone landscapes in Traligill.





(Figure 40) The Upper Traligill Caves, Cnoc nan Uamh to the right.



(Figure 41) View down the valley to Loch Assynt and Quinag.



(Figure 42) Achmelvich to Alltanabradhan Mill. Painting of walk by Elizabeth Pickett.



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Scourie Dyke cutting gneiss by the track at Achmelvich

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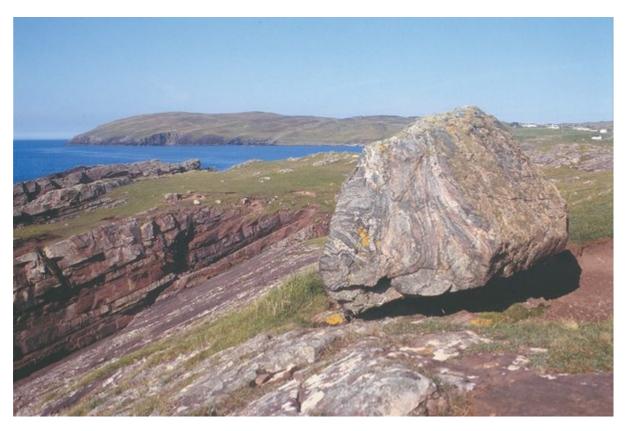
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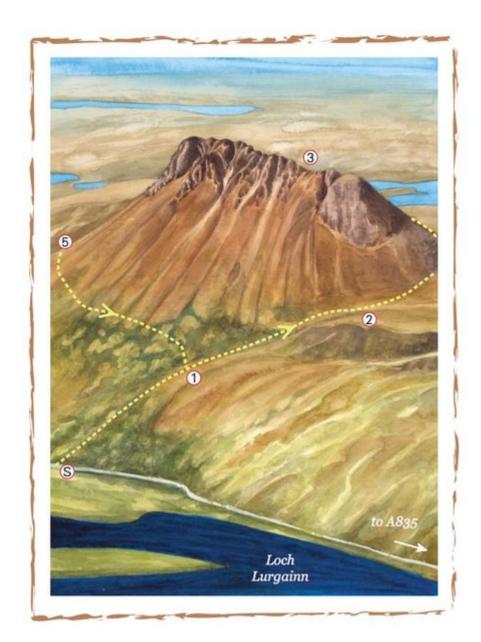
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(Figure 56) The Stac Fada peninsula, composed of a layer of sandstone mixed with volcanic ash.



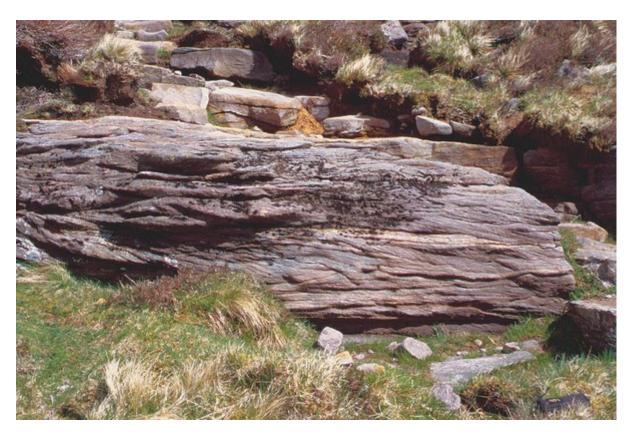
(Figure 57) View east from Cnoc Poll a' Mhuilt.



(Figure 58) Stac Pollaidh. Painting of walk by Elizabeth Pickett.



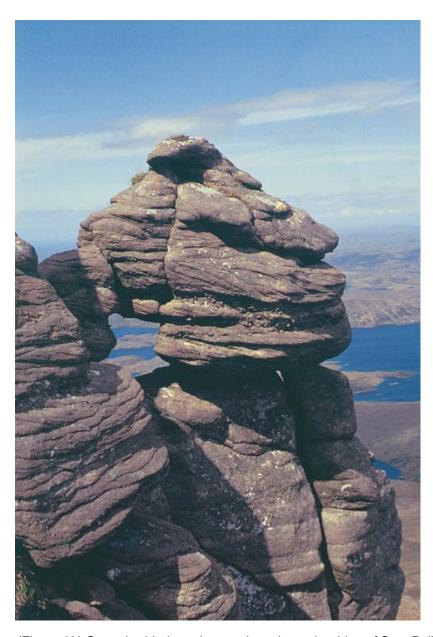
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(Figure 60) Cross-bedding in Torridonian Sandstone on the Stac Pollaidh path.



(Figure 61) Sculpted sandstone on the ridge of Stac Pollaidh.



(Figure 62) Cross-bedded sandstone pinnacle on the ridge of Stac Pollaidh.

## FORMATION OF SANDSTONE PINNACLES THROUGH WEATHERING



1 Rainwater seeps into cracks and fissures in the sandstone.



2 As the water freezes and thaws, the cracks are widened, forcing blocks of sandstone apart.



3 Loose blocks fall, leaving behind rock pinnacles that are further sculpted by wind and rain.

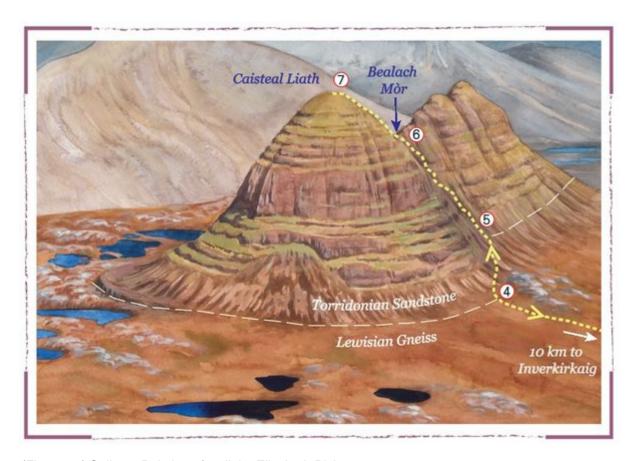
(Figure 63) Formation of sandstone pinnacles through weathering (painting).



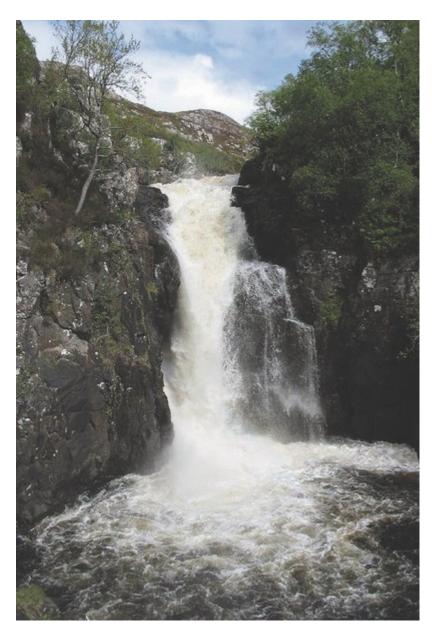
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(Figure 66) Suilven. Painting of walk by Elizabeth Pickett.



(Figure 67) The Falls of Kirkaig.



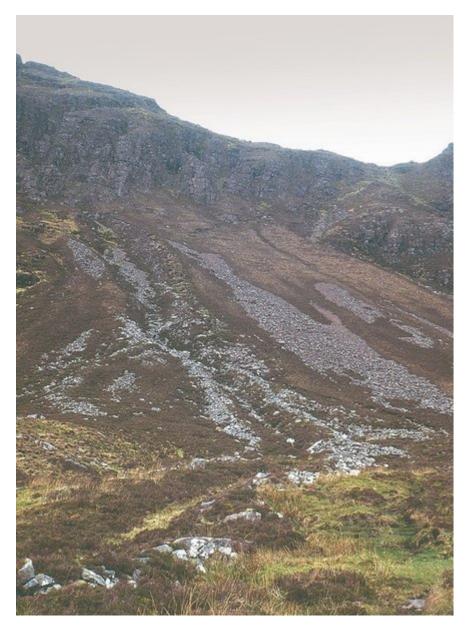
(Figure 68) Suilven from Fionn Loch. Flat heathery terraces can be seen just above the loch.



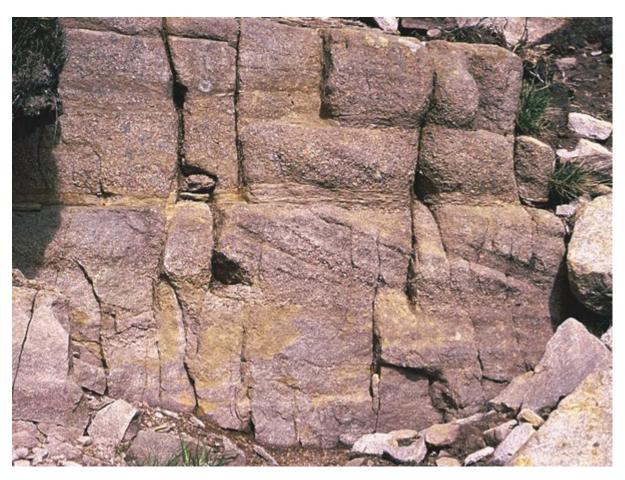
(Figure 69) Suilven from the south-west.



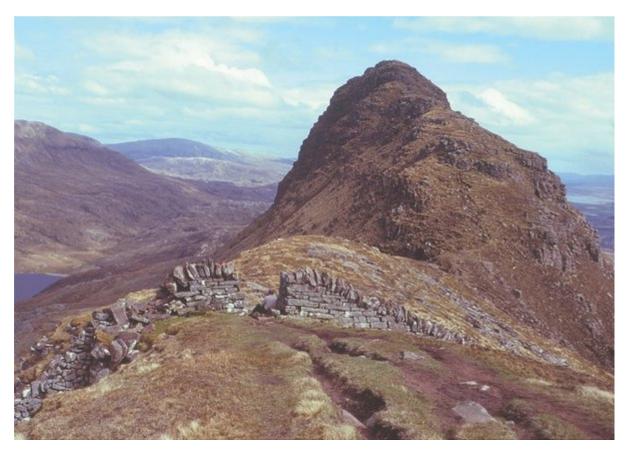
(Figure 70) Pebbly layers in Torridonian Sandstone on the southern slopes of Suilven.



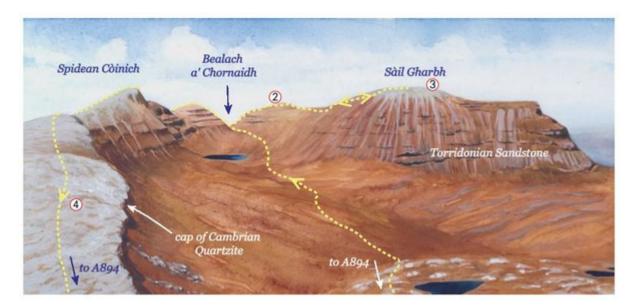
(Figure 71) Debris flow below Bealach Mòr.



(Figure 72) Cross-bedded sandstone on the steep slope below Bealach Mòr.



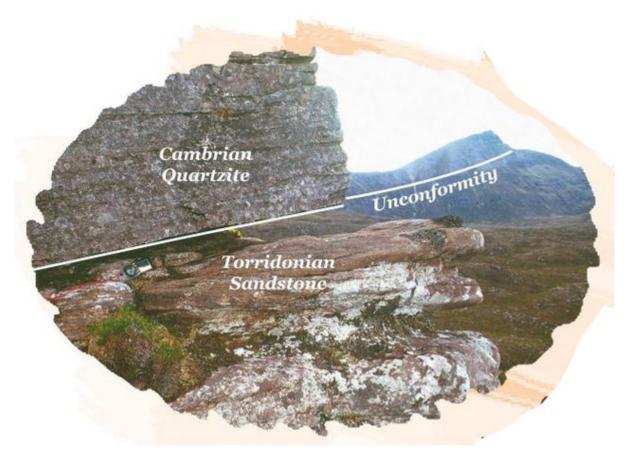
(Figure 73) Bealach Mòr and the eastern peaks of Suilven.



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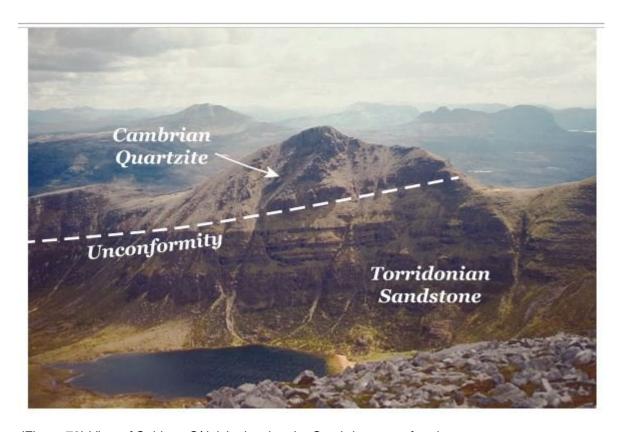
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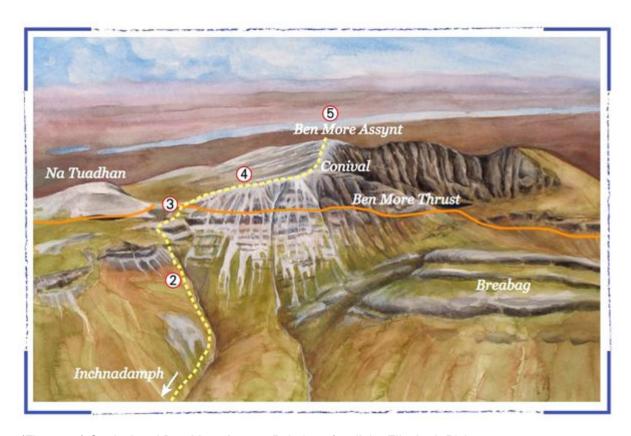
(Figure 80) Cross-bedded Torridonian Sandstone on the Sàil Gharbh ridge.



(Figure 81) Quartzite blockfield on the summit of Sàil Gharbh.



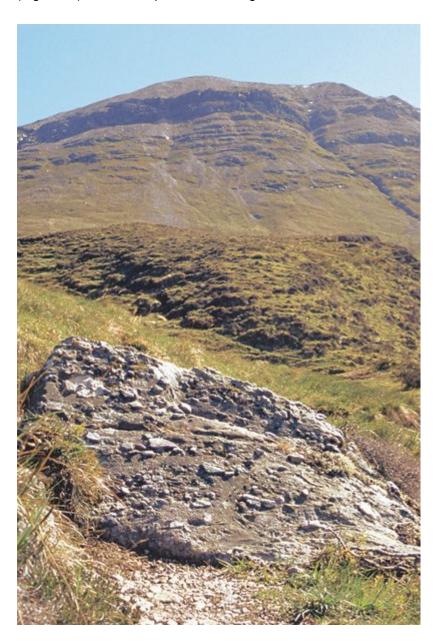
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(Figure 83) Conival and Ben More Assynt. Painting of walk by Elizabeth Pickett.



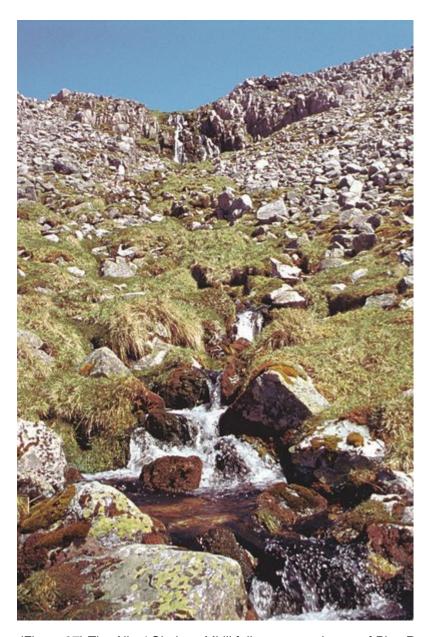
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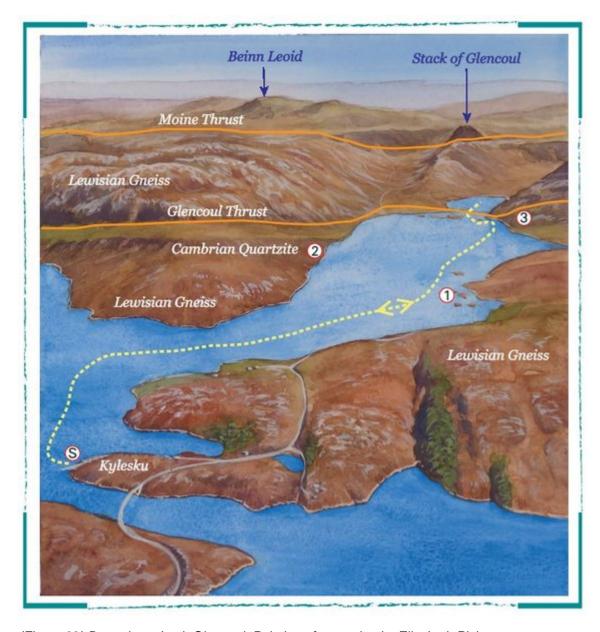
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(Figure 90) Na Tuadhan with its folded quartzite layers viewed from Ben More Assynt.



(Figure 91) Looking down the south ridge of Ben More Assynt.



(Figure 92) Boat trip on Loch Glencoul. Painting of excursion by Elizabeth Pickett.



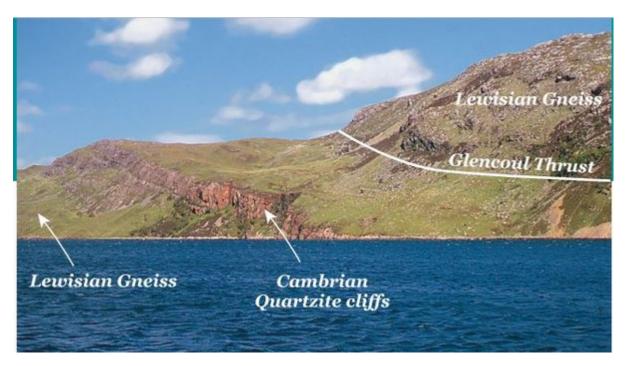
(Figure 93) The Statesman.



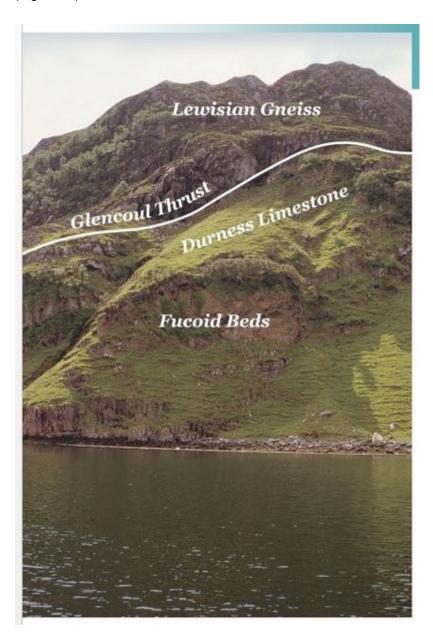
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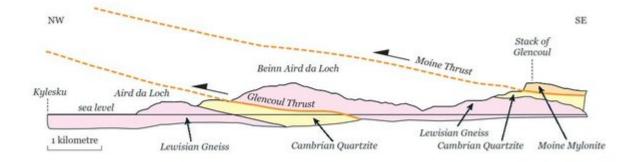
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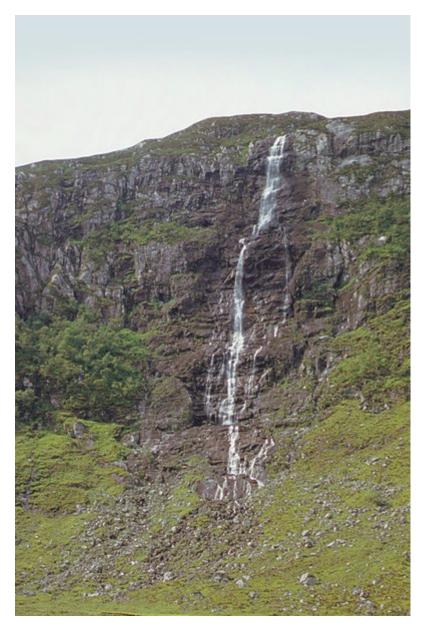
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(Figure 102) View across Loch Broom from near Ullapool.