

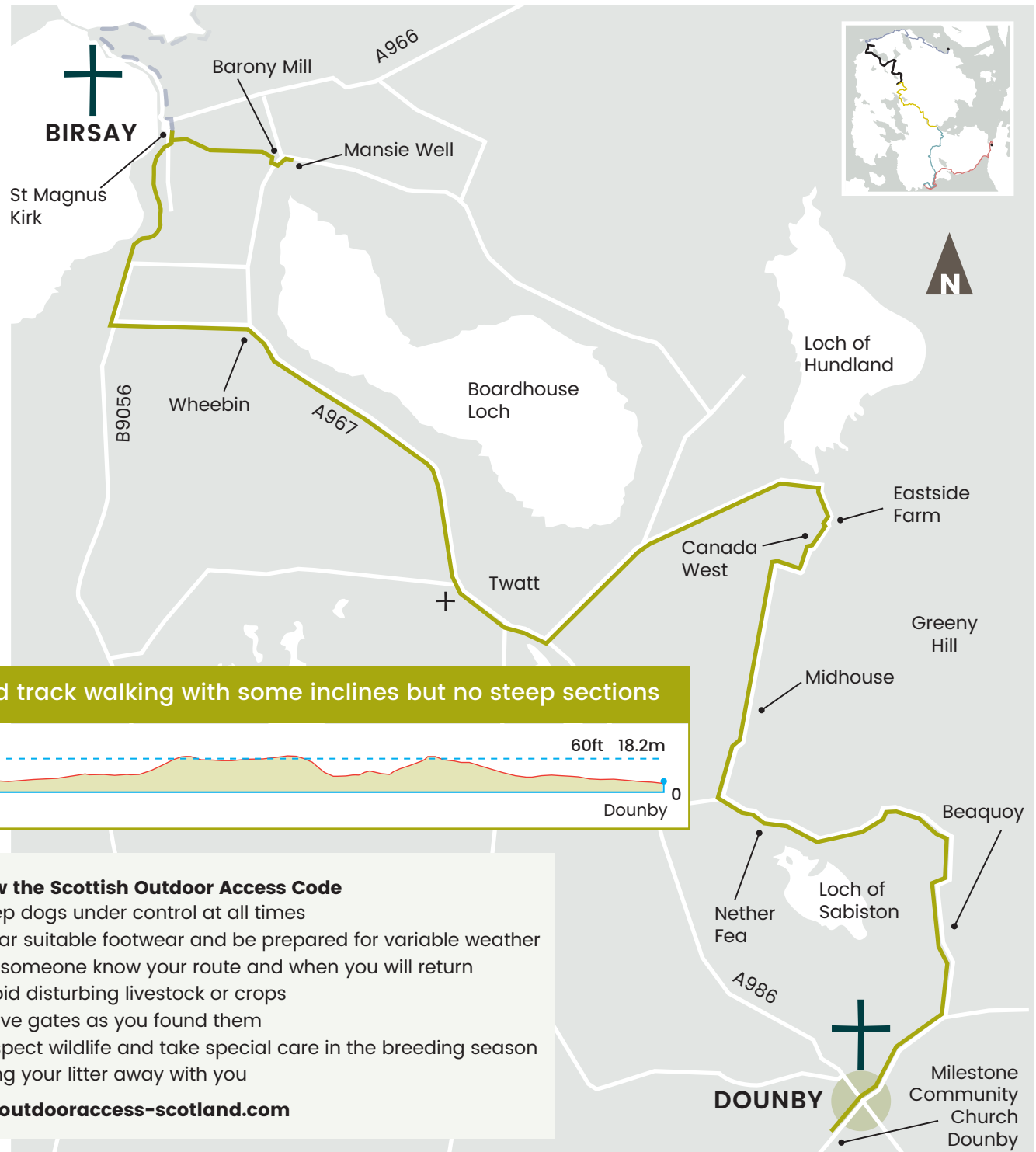


Birsay to Dounby

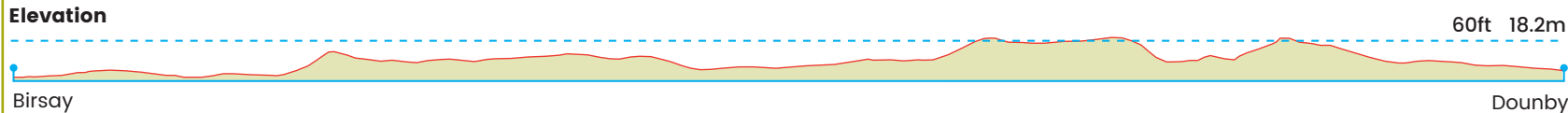
St Magnus Way

The second stage of the pilgrimage, from Birsay to Dounby, follows the journey of Magnus's bones when they were translated from St Magnus Church in Birsay to Kirkwall. The route first visits the Mansie Well, where tradition says the bones were washed and the water has healing properties. We then skirt around Boardhouse Loch past Strathyre, the only Mansie Stane still visible in the landscape and on over the flank of Greeny Hill to Dounby. The walking is much easier than the first stage, with 3.2 miles on track and the majority on road.

Our theme for this stage is Growth – reflecting on the growth of the cult of St Magnus in the years following his death as well as our own experiences of growth, helped by the rolling farmland and rich diversity of wildlife in Birsay and Harray.



DISTANCE: 10.2 miles/16.6km **TERRAIN:** Gentle road and track walking with some inclines but no steep sections



Distance on road

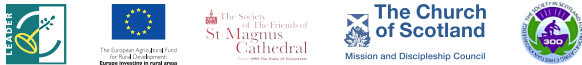
- Birsay to Canada West 4.7 miles (7.5km)
- Midhouse to Nether Fea 0.6 miles (1km)
- Beaquoy to Dounby 1.6 miles (2.5km)
- Distance off road 3.2 miles (5.1k)
- Total ascent 184m

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

www.outdooraccess-scotland.com

The St Magnus Way gratefully acknowledges the support of



www.stmagnusway.com

St Magnus Way is a Scottish Charitable Incorporated Organisation, SC047008