Welcome to the Island of Mull

You’re going to like it here. The forests of Mull offer a fantastic opportunity to explore and enjoy the landscape, culture, history and wildlife of this amazing island.

Mull Rocks

Mull and the surrounding area has fascinating and world-famous geology. Some of the rocks here are 2000 million years old and some are found nowhere else in the world. Much of Mull is made from layers of basalt lava, left by ancient volcanic eruptions.

Chips from Trees

Forestry and Land Scotland looks after many of the forests on Mull. We are restoring native woodland and encouraging more broadleaf trees. We also manage the forests for a sustainable supply of timber. Woodchips from our forests are used on Mull and heat the oven of the Island Bakery!

Scan the Seas

Mull is a fantastic place to watch for marine wildlife. Otters, common seals and grey seals patrol near to shore whilst further out minke whales, harbour porpoise, basking sharks and a variety of dolphins can often be spotted. Our car parks at Fishnish and Garmony are particularly good places to sit and watch the sea. The Coastal Trail here, and the Shore Trail at Ardmore offer good opportunities for wildlife watching.

Eyes to the Skies

Mull is known as Eagle Island. You’ve got a really good chance of seeing both the huge white-tailed eagles and the majestic golden eagles here. A visit to the Mull Eagle Watch project is highly recommended. But it’s not just eagles on Mull – there are plenty of other birds to look out for. Watch for hen harriers gliding over the moorland, listen for crossbills calling in the tops of the conifers and scan for black-throated divers on the lochs.

Mull Eagle Watch

Mull Eagle Watch is an award-winning wildlife protection and viewing partnership. Friendly and knowledgeable local guides lead visits to see Mull’s magnificent white-tailed eagles. The guided visits usually run from April to September and last around 2 hours. Mull Eagle Watch can change location depending on which eagles’ nest offers the best views, so please call 01680 812556 for current information and bookings (booking is essential).

Wild Isle

You’ve come to one of the best places in Britain to see wildlife. Scotland’s most iconic species thrive here. It’s why we are Springwatch regulars! Our wildlife hides at Fishnish and at Loch Torr near Quinish are great places to start.

Destinations Overview

Shore Trail 7.4km - Strenuous

Alainn View (Look-out Tower) 170m - Easy

Waterfalls Trail 1.4km - Strenuous

Lochan Trail 1.7km - Moderate

Coastal Trail 4.7km - Strenuous

Glen Aros & Loch Frisa

Cill an Ailein Trail 1.4km - Moderate

Fishnish Loop 2.3km - Moderate

Coastal Trail 6.5km - Strenuous

Scallastle River Trail 4.8km - Strenuous

Fishnish Loop

A short leg stretch through Fishnish Forest while you are waiting for the ferry. Listen out for the noisy chirping of crossbills as they feed in the canopy.

Mostly firm gravel surface, with a section of uneven grass and earth path. Some parts may be muddy. Moderate slopes with some short steeper sections.

Coastal Trail

Follow the low rocky shore of the Sound of Mull between Fishnish and Garmony. Great views of the Morvern peninsula and an opportunity to see oyster catchers on the rocks.

Uneven grassy and gravel surface, with some rough rocky and earthy sections. Some short steep slopes. Includes narrow sections of boardwalk and several muddy areas.

Mull is the perfect stop for a break if you are arriving or leaving on the Lochaline ferry. Garmony is a great place to admire the view, have a picnic or explore the sea shore.

Watch out for wildlife at both sites – there is always something to see here. Birds like gannets, oyster catchers and terns are most obvious but otters, seals and porpoise can also be spotted if you’re lucky.

Don’t miss the new wildlife hide at Fishnish. Call in to see what’s around and find out about recent wildlife sightings. You can also discover a bit more about the wonderful wildlife of Mull, or just sit and enjoy the views.
1 Ardmore & Quinish

The ruined settlements of Ardmore and Penalbanach lie part hidden within the forest here. Look out for the abandoned houses amongst the trees, the legacy of a time when farming was the main land use.

Shore Trail

Explore the rugged shore of Ardmore Bay and discover a couple of intriguing ruined villages. Wonderful views of the Ardnamurchan peninsula.

Sections of rough grassy surface with rocky and muddy parts. Long moderate slopes for half a mile with some steeper sections. Includes some steps, narrow boardwalks and a bridge.

1 1/4 miles / 2.4 km
Allow 3 hours

Ardmore Point

2 Aros Park

Once a private house and estate owned by the Allan family, Aros Park is now open for all to enjoy. The big house is long gone, but explore the park and you’ll discover many clues to its rich and varied history. There is a choice of trails here plus an adventurous play trail, picnic benches and toilets. It’s a great place for a day out.

Alainn View (Look-out Tower)

Access the look-out tower from the Alainn View car park. This lookout offers great views of the plunging Aros Burn waterfall.

A short there and back trail, wide and flat with a smooth surface.

185 yds / 170m
Allow 15 mins

Aros Park

Lochan Trail

A gentle wander around idyllic Lochan a’ Ghurralain, its shore laced with beautiful beech, cypress and oak trees.

Largely smooth and wide gravel surface. Some uneven sections and exposed tree roots. Generally flat with a short steep slope down to the lochan. Includes a bridge and some steps.

1 mile / 1.7 km
Allow 1 1/2 hours

Glen Aros and Loch Frisa

The Cill an Ailein chapel and burial ground has gravestones dating back to the Middle Ages. It’s an evocative place to pause and reflect. The track along Loch Frisa is ideal for walking and cycling. Watch out for white-tailed and golden eagles, and don’t miss the FANK community & arts project, with its impressive sculpture.

Cill an Ailein Trail

Discover the beautiful old gravestones in this peaceful burial ground, now lost deep within the forest.

Section of uneven grassy path with some exposed tree roots. One steep slope. Includes a narrow section of boardwalk and some low branches. Parts may be muddy.

1/2 miles / 0.8 km
Allow 1 hour

The Cill an Ailein chapel and burial ground has gravestones dating back to the Middle Ages. It’s an evocative place to pause and reflect. The track along Loch Frisa is ideal for walking and cycling. Watch out for white-tailed and golden eagles, and don’t miss the FANK community & arts project, with its impressive sculpture.