



The river near Heronsford

The valley of the Stinchar, one of the most beautiful and tranquil in southern Scotland, lies in south Carrick, part of the Galloway and Southern Ayrshire Biosphere. Rising in the Galloway Forest, the river flows through the villages of Barr, Pinwherry and Colmonell, reaching the sea at Ballantrae. There are many old oak woodlands, rich in plant life. The distinctive hill of Knockdolian, an ancient volcanic plug, rises at the lower end of the valley — a landmark for miles around.



The river mouth

Grass of Parnassus, Garnaburn

Red squirrel, Poundland

There is a wide variety of fauna and flora in the valley, including roe deer, red squirrels, hares, badgers, otters, herons, oyster catchers, dippers, greater spotted woodpeckers, tawny & barn owls, bluebells, tansy, ramsons, cranesbills and water avens. Red deer, curlew, skylarks, golden plovers, heath spotted orchids, rock roses and grass of Parnassus are to be found in the surrounding hills.

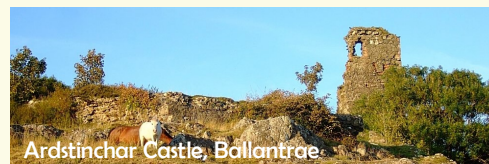


Knockdolian from Bardrochat Hill



Colmonell

Walks 1, 4, 5 and 6 are signposted “Stinchar Valley Trails”. Shorter field walks and others may not be signposted. For a tremendous panoramic view of the whole valley and surrounding hills, as well as of Ailsa Craig, Arran, the Mull of Kintyre, and on a clear day, Northern Ireland—try the short, fairly steep walk to the top of Knockdolian Hill.



Ardstinchar Castle, Ballantrae

**Take special care to follow the Scottish Outdoor Access Code:** [www.outdooraccess-scotland.scot](http://www.outdooraccess-scotland.scot). Take responsibility for your own actions, be aware that this is a working landscape, respect the interests of other people, and take care of the environment. Please do not disturb grazing animals, wildlife, game, or growing crops, keep dogs under strict control, and pick up after them. Do not take dogs into lambing fields or fields with calves. Keep to paths where possible, shut any gates you have to open, light no fires and leave no litter behind you. Be aware that stock may not always be visible when first entering a field. Note - most of the walks with stiles not suitable for dogs.



Looking down the valley from Almont near Pinwherry

All distances approximate



Short stroll



Needs stronger footwear. Possible wet/steep sections

Revised in 2019

With thanks to the communities of the Stinchar Valley and the Galloway and Southern Ayrshire UNESCO Biosphere.

# DISCOVER THE STINCHAR VALLEY



Ballantrae to Pinwherry