



Walk 2 – “Beach & Coastal Escape” - Softer, Immersive, Tide-dependent

Laggan > Mossyard Bay & Millennium Labyrinth > Cardoness Bay (tide-permitting)

For those who prefer sea air to summit climbs, this coastal walk offers something completely different. Starting from your Lodge, it gently leads you down quiet lanes to the shoreline, where wide sandy beaches, rock pools and tidal landscapes stretch out before you.

This is a walk shaped by the tide — peaceful, expansive and wonderfully restorative.

Walk at a Glance

- **Distance:** 4–5 miles (depending on tide and turnaround point)
 - **Time:** 2–3 hours at a relaxed pace
 - **Difficulty:** Easy to Moderate
 - **Terrain:** Quiet road, sandy beaches, rocky sections at low tide, if you want to explore the rock pools
 - **Footwear:** Walking shoes; sandals or barefoot on sand
 - **Best at:** Low tide for full beach access, Full tide for wild swimming/paddling/paddleboarding etc., all times for relaxing!
 - **Highlights:** Mossyard Millennium Labyrinth on Garvellan Rocks, wild swimming, sunbathing, picnic/BBQs, Cardoness Bay.
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The Route

Stage 1 – From the Lodge to Laggan/A75

Leave the lodge and take a right at the Retreat entrance, follow the back road downhill towards Laggan/A75. Just before the junction onto the A75, take the pedestrian path through the gate on the right. Cross the A75 at the Mossyard entrance and follow the road down, through the farm to the beach. The walk begins gently, with views over Fleet Bay as you descend. The road is quiet and peaceful — ideal for easing into the rhythm of the walk.

Stage 2 – Mossyard Bay & Garvellan Rocks

As you reach Mossyard Bay, the landscape changes completely. Beach 1 can be accessed via a path opposite the car park entrance, Beaches 2 & 3 can be accessed from the path to the right of the car park entrance. Wide sands stretch across the bays, framed by low rocky outcrops and the sound of the tide.



If the tide is out, make your way round towards **Garvellan Rocks** (best accessed via Beach 2), where you'll find the **Mossyard Millennium Labyrinth** — a fascinating stone spiral set into the rocks. It's an unexpected and slightly magical feature, and a wonderful photo opportunity.

This is also a perfect place to pause.



Wild Swimming, Paddleboarding & Beach Wandering

The sandy beaches here are ideal for:

- A refreshing wild swim (always check tide and conditions)
- A barefoot wander along firm sand
- Rock pooling at low tide
- Paddleboarding
- Picnics & BBQs
- Simply sitting and watching the light change over Fleet Bay and/or enjoying the sunset

On calmer days, the water here can be beautifully clear.



Stage 3 – Round to Cardoness (Low Tide Option)

If the tide is fully out, you can continue around the shoreline towards **Cardoness Bay**, extending the walk into a longer beach circuit.

The stretch between Mossyard and Cardoness feels wonderfully open and untamed — wide skies, rolling sand and sea air.

(If the tide is in, this section may not be passable — simply enjoy Mossyard and return the way you came.)



What Makes This Walk Special

- 🌊 Ever-changing tidal landscapes
- 📷 Reflections and big-sky photography
- 🌅 The quiet satisfaction of reaching Cardoness on foot
- 🌬️ Salt air and sea breeze
- 🌄 Stunning evening light
- Pit Stop at [1 Little Farm Shop](#) on the return for a Hot/Refreshing Drink and delicious home-made goodies and even pick up some local produce for a delicious evening meal back at the Lodge

A Different Kind of Reward

Where Walk 1 finishes with tired hill legs and panoramic satisfaction, Walk 2 ends with sandy boots, wind-flushed cheeks and that unmistakable calm that only the sea brings.

And, of course, the sauna is waiting back at the lodge.

