



PLACE-NAMES

For hundreds of years Gaelic was the dominant language of the area and it has left a rich legacy in the landscape. Place-names we use everyday show evidence of the ebb and flow of people who lived on the Rhins coast. Many of these place-names have changed their pronunciation, and been reinterpreted over time, as the various languages have come and gone.



The publication of the first Ordnance Survey maps in the 19th century resulted in the standardised forms of place-names we have today. These names were collected by surveyors unfamiliar with the local Scots dialect and long after Gaelic was spoken natively in the area.

Mistakes and misinterpretation were common at a time when place-names were often a Scots phonological adaptation of Gaelic words or a translation of the original meaning. Through this process the derivation of place-names has been blurred or redefined to support local stories.



ENJOYING THE RHINS

Explore the fantastic fringes of the Rhins peninsula on this 83-mile (133km) coastal trail. Enjoy the stunning scenery of Scotland's south-west coast from the sheltered waters of Loch Ryan to the windswept cliffs of the Mull of Galloway.

The path incorporates the Mull of Galloway Trail and is divided into 6 sections that are designed to be manageable in a single day, although some are shorter than others. Each section has unique features with rich natural treasures and lively cultural heritage for you to discover.



If you are looking for something less strenuous there are 5 short circular walks that give you a flavour of the amazing Rhins coast.

Gates and bridges have been installed along the waymarked route as well as orientation and interpretation panels.

Find detailed information by visiting www.dgtrails.org



SCOTTISH OUTDOOR
ACCESS CODE
outdooraccess-scotland.scot



USING THE ROUTE

The countryside on the Rhins of Galloway is a working environment and you will meet cattle on sections of this path. Please familiarise your self on how to behave around cattle and follow the Scottish Outdoor Access Code.

Respect the privacy, safety and livelihoods of those living or working in the countryside.

Enjoy your visit to the coast, but always remember to take responsibility for your own actions.

The coast is precious so take care of the environment.

Scottish weather can be unpredictable and the coast rugged and remote. Check weather forecasts and take appropriate clothing and footwear. Tell a family member or friend where you are going and when you expect to be back.

The coast is bursting with life so try and avoid disturbing wildlife and livestock. To protect shore-nesting birds and farm animals always keep dogs under close control and bag and bin dog waste.

Please use car parks to avoid blocking field gates and obstructing single lane roads.



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www.dgtrails.org

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RHINS OF GALLOWAY COAST PATH

CEUM-OIRTHIR RANNA
GHALL-GHÀIDHEALAIBH



MAP & GUIDE

TO WALKING SCOTLAND'S
SOUTHERN PENINSULA

