

Can you spot a seal posing like a banana?

After feeding, seals like to haul out onto a big rock where they hold their heads and flippers in the air.

They do this to dry out when they feel safe and content. **Please do not disturb.**

Seals eat mostly small fish including sandeels, juvenile cod, pollack, coalfish, wrasse, flatfish, herring, sprat, mackerel, sea trout, salmon, and squid.

Pollack live in kelp forest and feed on small fish, crustaceans and worms.

Kelp forest

Grows in shallow water where the seabed is rocky.

Lobster

Sea urchin

Common starfish and spiny starfish

Corkwing wrasse make a nest of seaweed.

Sandeels Important food for other fish, seabirds and sea mammals.

Quinag

Gruinard Island

Beinn Mor Coigach

Divers (loons)

Gruinard Bay is a great place to see divers. Look for:



Great-northern diver

October-May

Black-throated diver

All year

Red-throated diver

All year

Seals

Atlantic grey seal

Less common here; found in harbours!



Harbour seal

Dog-like face, more often seen from here.



Seals are protected around Scotland.

From very low numbers, the harbour seal population increased around Wester Ross in the 1990s and 2000s. Numbers have since fallen in some areas.

Seals are eaten by Orca. Divers and seal pups may be taken by White-tailed eagle.

Contacts and supporters:

