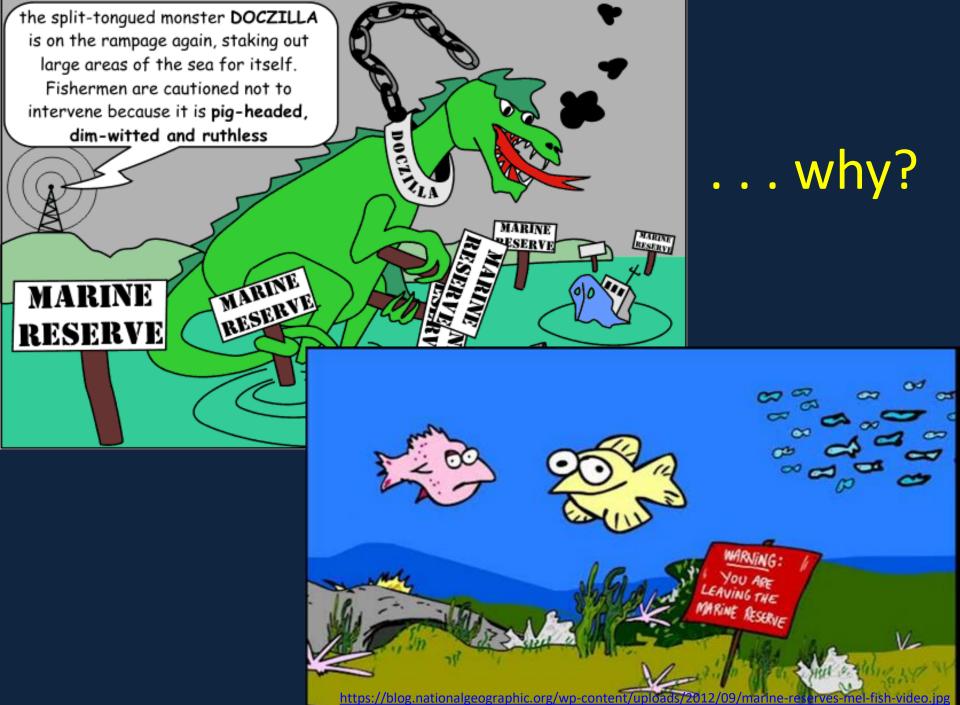
A locally-managed voluntary marine nature reserve for Gairloch?

Peter Cunningham, January 2018; revised pdf version August 2023

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Here's a proposal for an area of the sea around the head of Loch Gairloch to be recognised as a place of sanctuary for fish and other wildlife.

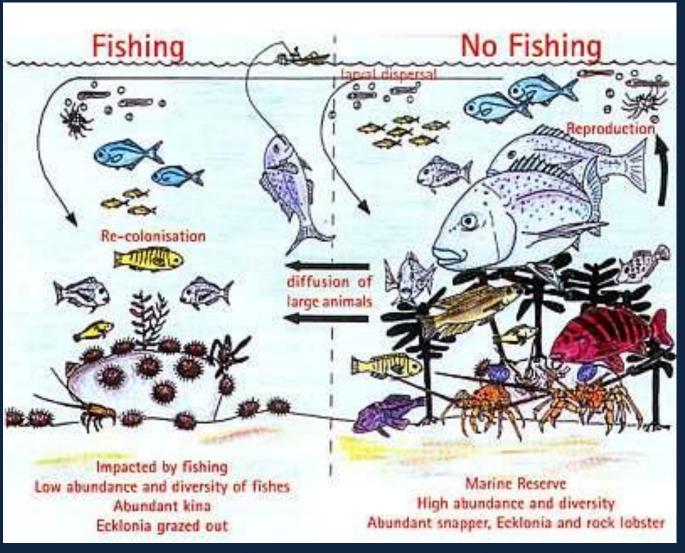
Many livelihoods and businesses in Gairloch depend on healthy populations of fish, shellfish and other wildlife.



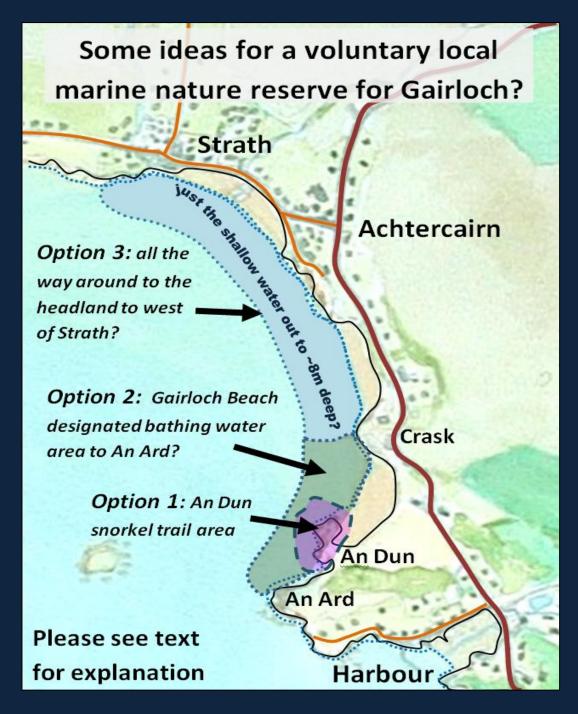
The idea for having an informal 'voluntary' marine reserve of this sort would be for local people to help to look after their coastal seas by having a place where fish and shellfish would not be taken.

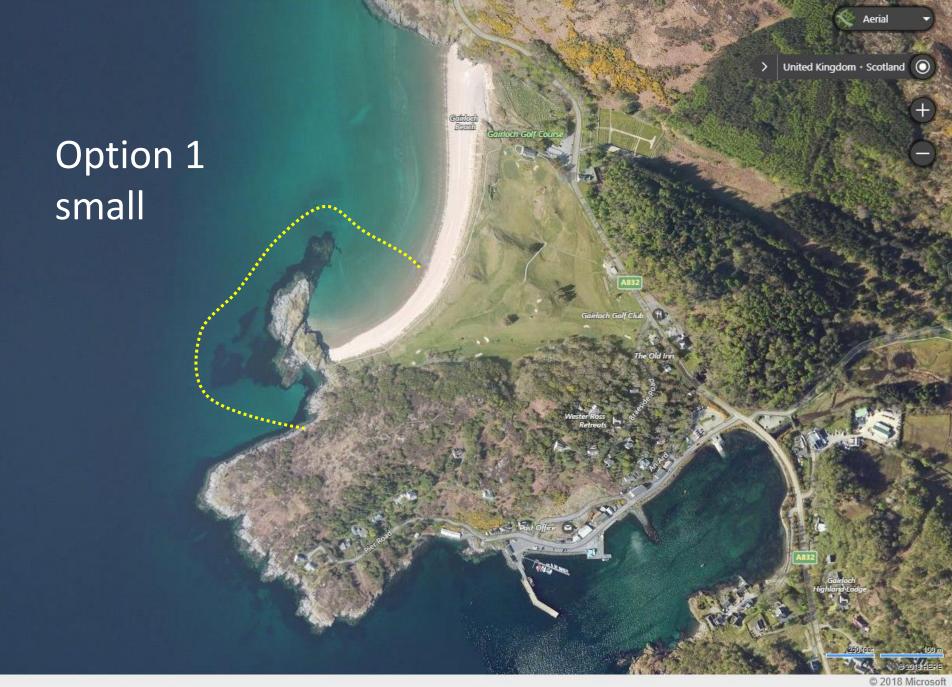
Other countries have networks of marine reserves for people, marine wildlife and to support fisheries outside the marine reserves

Find out about marine reserves in New Zealand



Three possibilities were considered for Gairloch in 2018





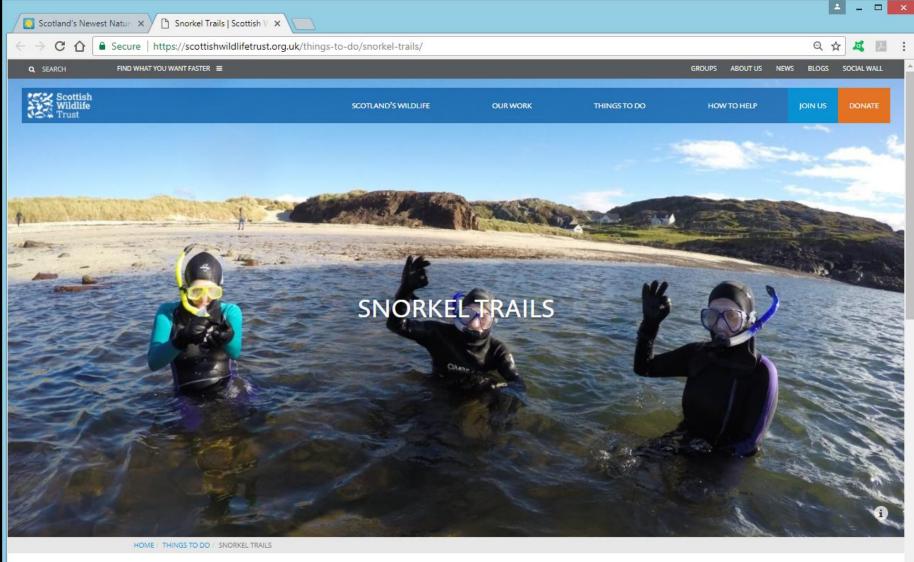
Option 1: A voluntary marine nature reserve around the An Dun headland at the far end of Gairloch beach.

This is the location of one of the NW Highlands snorkel trail sites developed by the SWT Living Seas Project.

It is one of the best places to snorkel on a calm sunny day. At low tide there is a sheltered lagoon where beginners, young and old, can paddle in shallow water and see all sorts of small fishes, assorted crabs, starfish, sea slugs and other surprises; an outdoor swimming pool with wildlife. On the far side of the headland, the kelp forest is home to larger fish especially in the summer time including wrasses and pollack, and larger shellfish including brown crab and lobster.

An objective would be to encourage snorkelers and paddlers to tread and rummage lightly and to respect the animals they see, leaving them where they find them (including those that look good to eat!).

Sometimes there is a creel set on the far side of the headland; I think the creel belongs to a non-commercial (hobby) fisherman, one would need to find out more about that; occasionally someone goes sea angling off the headland.



Dive in to Scotland's Living Seas!

Experience the wonder beneath the waves on one of our snorkel trails. We have selected nine sites along the north west highlands coast around Ullapool, and six sites on the Isle of Harris that showcase the amazing diversity of Scotland's seas.

Bursting with marine life, you could see everything from small sea squirts, sponges and anemones right up to dolphins, whales and harmless basking sharks.

| 2017 AGM | |
|--|--|
| 30 Days Wild | |
| Wildlife Watch | |
| Visit our reserves and visitor centres | |
| Sign up to events | |
| Watch wildlife online | |
| | |

Be a responsible snorkeller

3efore

Check the conditions: be aware of tides, water temperatures, currents and weather forecasts before you leave.

Take a friend: never snorkel alone and always tell people where you are going.

Know who to contact: find out where the nearest medical and/or coastguard facility is and note down who to contact in an emergency.

t the

Know your surroundings: check what the weather and tides are doing, and identify a landmark for reference.

Use the right equipment: only use good quality and well-fitting equipment – mask, snorkel and fins.

Wear the right protection: a wetsuit will keep you warm and protect you against jellyfish stings. If it's sunny, remember to cream up!

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Follow the Snorkeller's Code:

Do not remove seaweed or animals from the rock or from their homes.

Take care not to kick sealife with fins or stand on delicate animals.

Observe animals where they live and don't take anything away with you.

WARNING:

Do not snorkel in rough weather
Do not touch jellyfish and other wildlife
Never snorkel alone

Emergency Services:

999

Stornoway Coastguard:

01851 702013

Medical Centres:

Gairloch: 01445 712229 Ullapool: 01854 612015

Lochinver: 01571 844755

Ullapool: 01854 612015

For further information, visit:

scottishwildlifetrust.org.uk/ snorkeltrail

North West Highlands Snorkel Trail

Wester Ross and Sutherland

E livingseas@scottishwildlifetrust.org.uk

W scottishwildlifetrust.org.uk/snorkeltrail

F facebook.com/LivingSeasScotland

@ @ScottishSeas



- Bay of Clachtoll
- Achmelvich Bay
- 3 Achnahaird Bay
- Tanera Mòr
- 6 Camusnagaul
- Gruinard Bay
- Mellon CharlesBig Sands Carn
- Dearg
- An Dun

This project is part of the Scottish Wildlife Trust's Living Seas programme and has been supported by the Esmée Fairbairn Foundation.

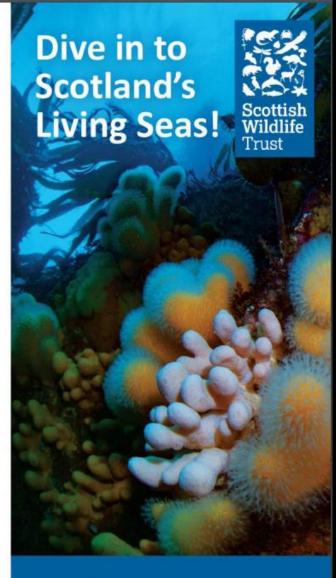




scottishwildlifetrust.org.uk

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North West Highlands





A

MAP: OS Landranger 19, NG760777
NEAREST VILLAGE: Gairloch (3 miles)
The headland south of Big Sand has a r

The headland south of Big Sand has a nice sandy beach and is a great area for beginners. Further offshore, a reef with kelp forests, colourful rock

dwellers and lots of fish is excellent for the more advanced snorkeller (100m swim required at low tide). Best explored when seas are calm.



An Dun

MAP: OS Landranger 19, NG80375 NEAREST VILLAGE: Gairloch (1 mile)

The An Dun headland offers a sheltered lagoon at low tide where juvenile fish and other small marine creatures congregate. The advanced trail on the outer side of the headland offers kelp forests, fish and shellfish (requires scramble over slippery boulders). The headland can be reached via a path from the Gairloch Golf Course car park.

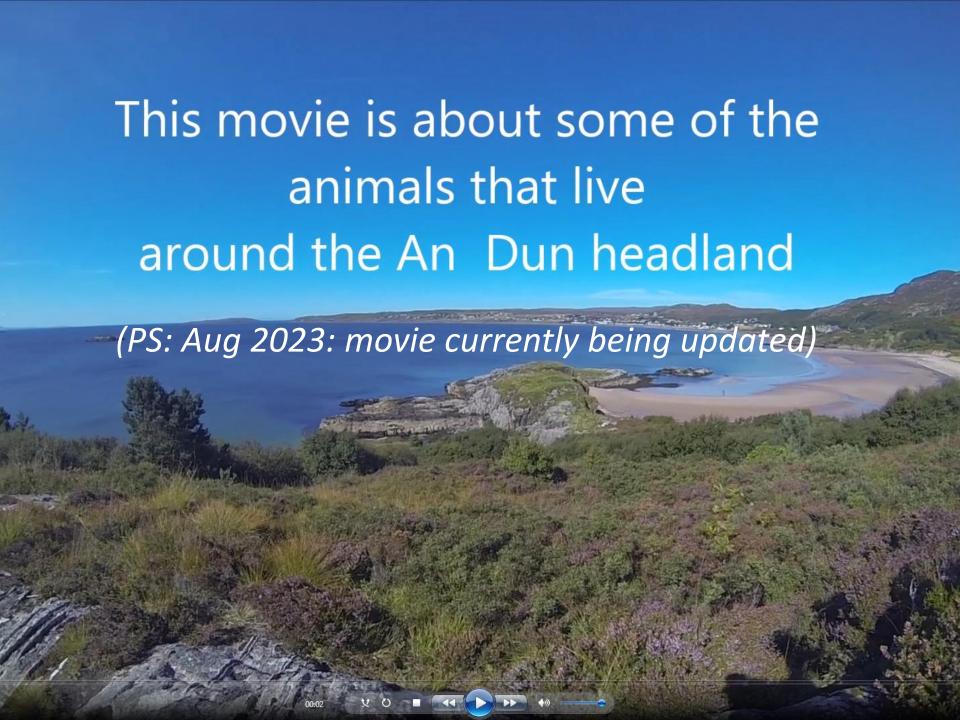


Scotland's north west coast is home to a rich and diverse array of marine habitats and species. There are no guarantees what you might see on your snorkel trail (that's part of the fun!), but here are some common species to keep an eye out for:



Send us your pictures on Facebook and Twitter!







Option 2: a larger area from far end of An Ard (west of An Dun) to the headland below the Crask viewpoint and war memorial. It includes the An Dun snorkel trail area (as above) and also the shallow water below Gairloch beach (now a 'designated bathing area') popular with open water swimmers.

In addition to many juvenile fish (including sandeels, herring and plaice); the shallow water is a feeding area for a variety of sea birds including three species of divers.

So the voluntary reserve could aim to be a place of sanctuary for both underwater marine wildlife and sea birds; with a request that people consider using fast motorised boats or jet-ski's elsewhere (or at low throttle at least)? Kayakers and swimmers cause less disturbance; indeed kayaking can be a good way to approach and enjoy seeing marine wildlife.

Once I met someone collecting cockles from the sands using a rake; I think he was taking just a few home for supper; that could be something to consider.



UK Record Weights, rod/line from boat



Plaice: 10-03-08 Longa Sound, Scotland. H Gardiner 1974

(photo: http://www.uk-fish.info/pages/plaice.html)

Loch
Gairloch
was well
known
for sea
angling



Dab: 2-12-04 Gairloch, Highlands. R. Islip 1975 (photo: http://chesilbeach.forumotion.net/t7074-smashed-dab-record)

LETTERS TO THE EDITOR

Dear G&DT

January, 2010

I was interested in Derek Roxborough's letter and Dorothy's response à propos the Gairloch cod fishery. As stated, both must be correct. A few years ago I was told by an old local fisherman that he vividly remembered setting out the long lines - or 'great lines' if they were for cod - in his grandfather's boat, across Gruinard Bay. He said, 'I can still feel, one by one, the bangs and knocks of fish hooking themselves all down the line' as I held the end.

In 1972 I was living in Lee-On-Solent when I read in *Angling Times* about a British record plaice that had been rod and line caught from Longa Sound by a young man in a canoe. Being very keen sea anglers, my family and I towed out boat all the way up from south Hampshire. We camped at Big Sand and fished every day for a fortnight and talked with local fishermen about the winter cod netting amongst their other commercial activities.

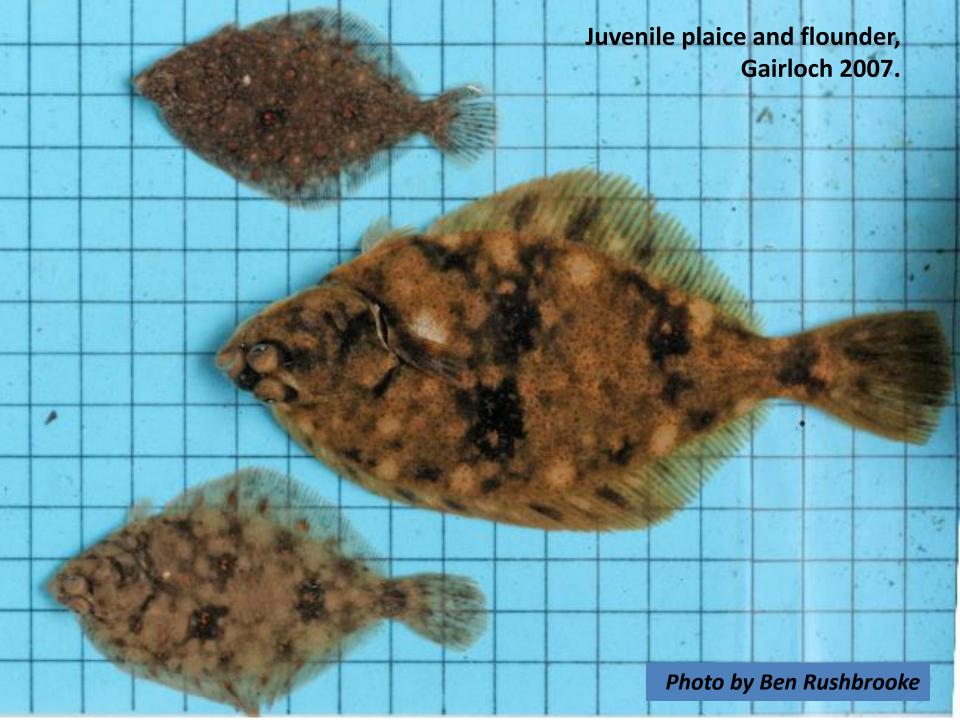
We caught fifteen species of fish in the Gairloch area during that holiday, many to specimen size. These included codling and hake, haddock, thornback and conger plus a lemon sole within half an ounce of the British record (in ten feet of water of Strath) and a dab from Longa Sound that actually became the British rod caught record. May still be in the Guinness Book of Records - haven't checked recently.

We had fished from shore and boat many coasts around Britain and many since then, but I never encountered anything to compare with this.

But two years later we returned, this time catching very little. The boys in the big boats had been listening! By 1980 the fishing in Gairloch wasn't worth the candle. We heard stories of suction dredgers and illegal night trawling, 'sea bottom like a ploughed and weed-less field', etc, etc. Why are we so keen, so often, to cut off the branch on which we sit?

I hope that one day Loch Torridon, the Gairloch and Loch Ewe can become a New Zealand style Marine Park, thus allowing these precious breeding grounds to return to their former glory, for the future benefit of all.

Bryan Islip







Option 3: A voluntary marine reserve extending from the tip of An Ard right around to the headland beyond Strath.

The bigger area would mean that schools, local businesses, including hotels and restaurants, the GALE centre, Gairloch Museum; churches, a number of houses and other enterprises could gain a sense of shared ownership and responsibility for looking after their wildlife and local seafood.

The area could be developed as a study area for school pupils interested in marine wildlife ecology and sustainable fisheries management; important things to understand to recover much of what their grandparents took for granted?

Black-throated divers may be seen here at almost any time of year. They breed on islands in Loch Maree and several other lochs in Gairloch parish; in summer plumage they are spectacular birds. Red-throated divers nest by smaller lochans in the hills, returning to Loch Gairloch to fish for sandeels and other small fish. Gairloch is a good place for divers!

Sometimes rod anglers fish from rocks by Strath; it is many years since anyone set a salmon net or speared flounders here (to my knowledge at least!).

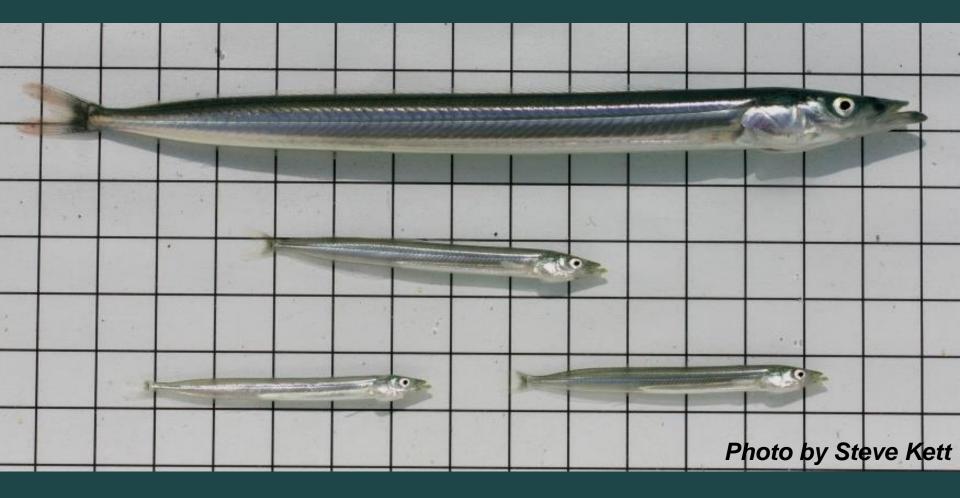
PUKATA Educational Marine Managed Areas Network from Marquesas islands



Fishing for sandeels, Strath Bay, Gairloch, July 2009



Sandeels from Strath Bay, Loch Gairloch, July 2009



. . . when there are lots of wee fishes in the sea, sea trout grow fat; food for divers . . .



http://www.shenval-welcome.co.uk/Out-and-About/Bird-List.php



Sea trout condition . . .

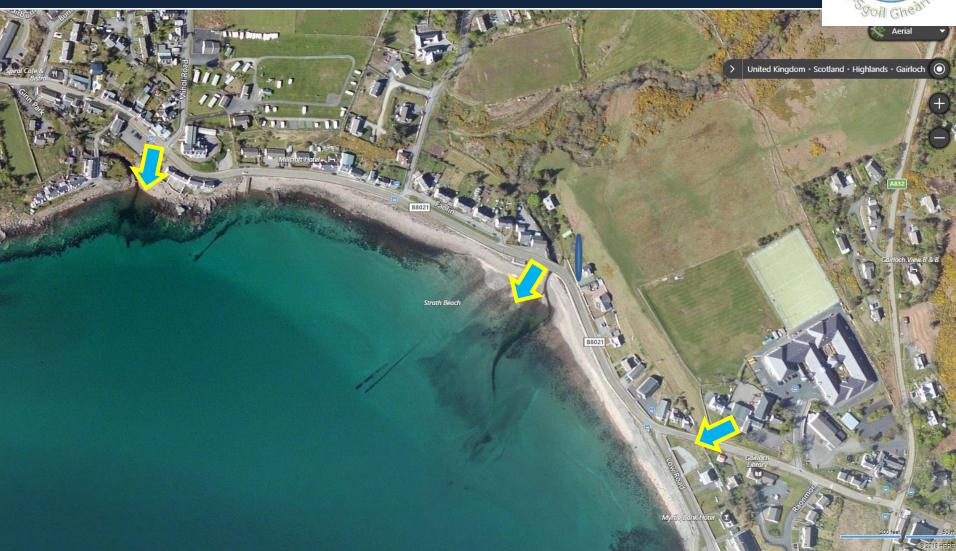


2009: a remarkably 'fat' sea trout of 380mm, 800g (condition factor 1.46) taken in the sweep net at Boor Bay on 15th July 2009 (photo Ben Rushbrooke)

Possible viewpoints / interpretation?







Signage: how would anyone know?

For any of the above options to progress, easily understood information about the location and purpose of the marine nature reserve would be provided via local media, notices, a series of interpretation panels, leaflets, and by word of mouth.

I envisage no laws nor enforceable regulations, no fixed red lines on maps (I'd suggest including just shallow water out to 10m or 20m deep within the nature reserve), minimal bureaucracy; just enthusiastic interest, shared understanding, active respect, a caring attitude from lots of people watching and politely telling others, common sense.



Wester Ross Marine Wildlife

This poster aims to encourage more people to take an active interest in looking after our wonderful coastal seas. Wildlife habitats range from sheltered sea lochs to rocky headlands exposed to arctic storms. Many of the North Atlantic's most

remarkable animals can be seen here, sometimes close to land. Come and explore: bring a drysuit or warm wetsuit and snorkel, a sea kayak; or book a boat trip. Take care: the seas can be dangerous. Paddle lightly; enjoy!

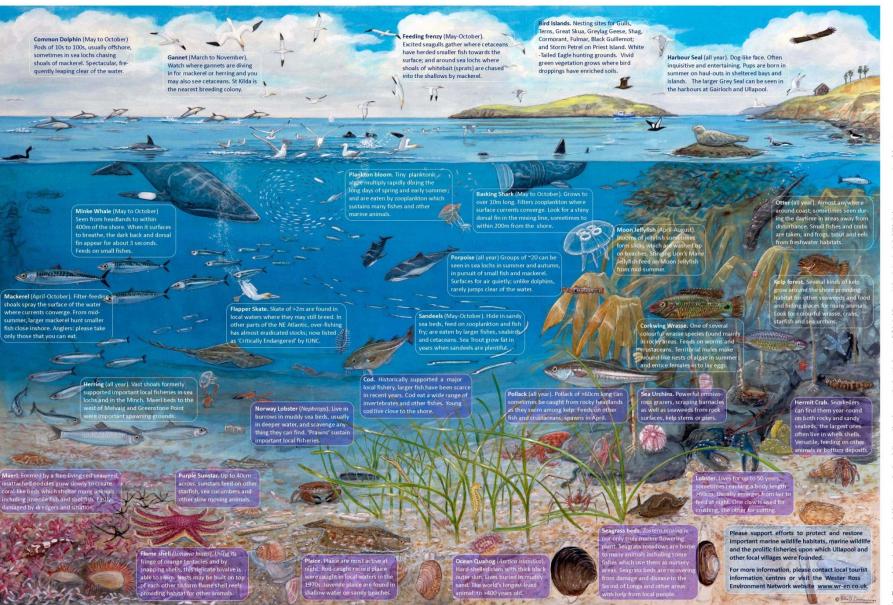




収込流 Scottish Natural Herita Dualchas Nädair na h・

> ECROWN PESTATE

Kighland * * + * *



Voluntary marine reserves in other parts of Scotland

There is one other voluntary marine nature reserve in Scotland, at St Abb's southeast of Dunbar. This has become a popular place with divers, snorkelers and other visitors. It is now managed primarily by the local community.

Elsewhere, there is a no-take zone in Lamlash Bay, by Arran supported primarily by the people of Arran.

That one has enforceable by-laws to protect wild fish and shellfish and other wildlife from exploitation; the area is used for student research and monitoring.

While neither of these are quite the same as proposed here for Gairloch; they are both examples to learn from.



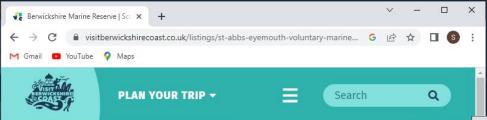
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The waters off the Berwickshire coast have long been considered special by marine biologists as they contain a fantastic abundance and diversity of marine life. Add to this clear waters and spectacular underwater scenery and it is not surprising that divers have been coming to the area for decades.

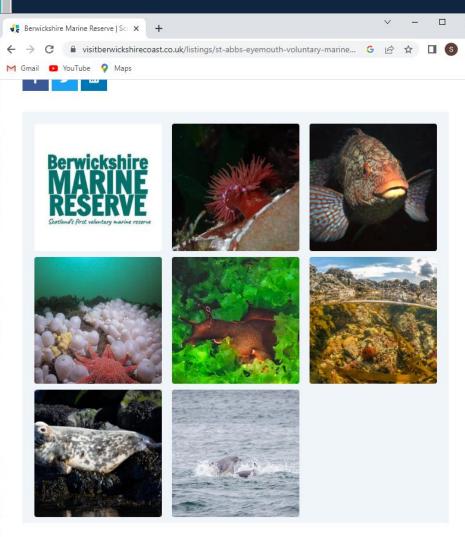
The coastal waters of Berwickshire are home to a remarkable and truly unique mix of marine life not found elsewhere in the UK. Grey Seals, Bottlenose Dolphins and Minke Whales can all be seen here, and below the waters magnificent kelp forests are home to vibrant and charismatic marine creatures such as Sea Slugs and territorial fish.

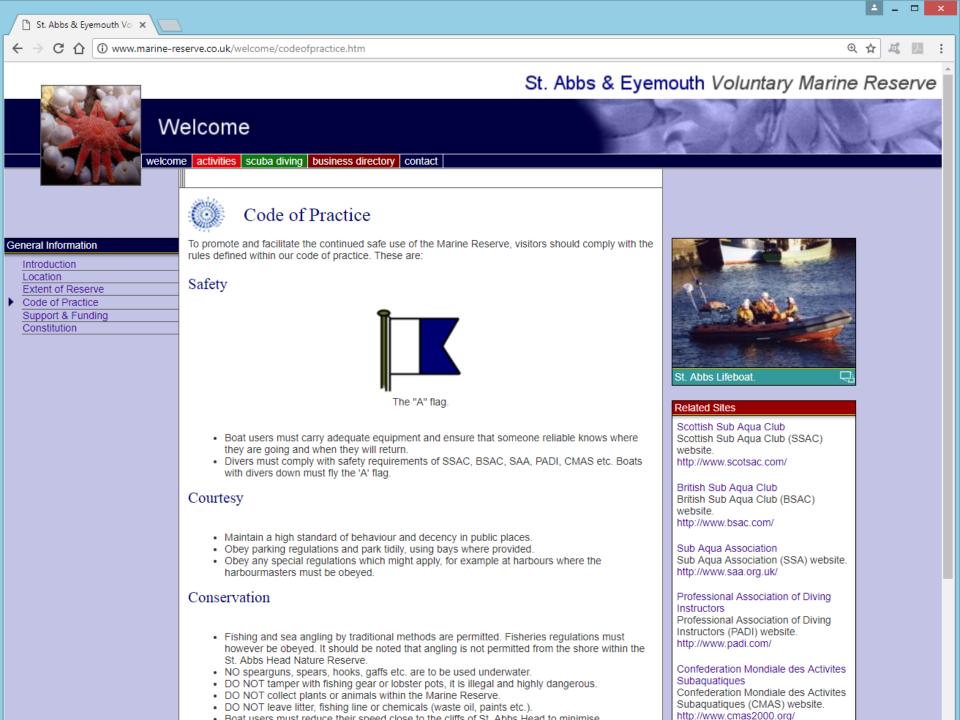
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MPAs IMPROVE THE HEALTH OF OCEANS BY:



Protecting and Restoring Marine Habitats



Increasing Resilience to Environmental Changes



Protecting Species and Rebuilding Fish Stocks

KEY PRINCIPLES FOR MPAs TO WORK:



Well Designed Networks of MPAs



Enforced and Complied With



Local Community Engagement



Part of an Integrated Management Plan



Sustainably Financed

MPAs SUPPORT LIVELIHOODS

In Apo Islands, Philippines, fishers have doubled their catch rate 18 years after the MPA was created. As a result, they go out to sea less, saving on fuel and time.

A global review shows that well-managed MPAs can substantially increase fish size, density, biomass and species richness.



+166%

28%

MPAs CAN PUMP FISH INTO ADJACENT AREAS

As fish populations recover within MPAs, juveniles and adults can spill over across the boundaries and replenish fishing grounds.

EXAMPLE: APO ISLAND PROTECTED AREA, PHILIPPINES

Surgeonfish and jackfish represent 40-75% of local fishery yields.



Since the MPA was established, their population has tripled...



...resulting in an increase in catch per unit effort of

+50%

MPAs CAN EXPORT LARVAE INTO ADJACENT AREAS

Larger fish inside MPAs produce disproportionately more eggs and larvae. Some larvae then drift to fished areas.

EXAMPLE: GREAT BARRIER REEF PROTECTED AREA, AUSTRALIA

The coral trout and the stripey snapper are exploited locally



Local MPAs produce ± 50% of total juvenile recruitment in nearby fished areas.

lobally, WWF works to support Marine Protected Areas and ensure they contribute equipp food and livelihoods for people while conserving critical habitat and species

www.panda.org/mpa











Thank You

Photos by Jeremy Fenton, Barry Blake, Sue Scott, Peter Cunningham, & other sources. For information and support, thank you to many other people . . .