## Introduction



## Grind o da Navir

Take a journey through Northmavine's explosive past. Discover evidence of volcanic eruptions and lava flows, and walk along the flank of an ancient volcano.

A visit to Northmavine 350-400 million years ago would have been a very different experience from today. You would have encountered steep mountains and desert environments, flash floods and violent volcanic eruptions.



Luckily today it is much easier! This trail will take you across a hilly landscape, from a former magma chamber – a huge mass of molten rock, deep in the earth - through an ancient volcano where lava spewed out onto a desert landscape. As you travel you will delve into Northmavine's rocky past, and discover how it formed and is still changing today.

Please read the information on the reverse of this card – it contains important advice for a safe and successful trip.

## How to use this guide

This trail guide uses each site along the way to reveal the story of Northmavine's volcano, from the magma chamber to the side of the volcano itself. The entire trail will take a full day to complete by car. Individual location maps show you how to reach each of the trail sites by car or bike. Details about public transport are given where appropriate.

You may wish to hike between some of the locations, for which an Ordnance Survey map (OS Explorer 469 1:25000) is strongly recommended.



## Keep safe

- Shetland's weather is very changeable so be prepared for bad weather, with warm, waterproof clothing, sturdy footwear. food and hot drinks.
- Check the weather forecast before going out and heed local advice.

- Let someone know where you are going and when you expect to be back.
- Terns and skuas defend their nests by 'dive-bombing' intruders. To deter them, wave your arms or hold a stick above your head and move out of the area.

