

Explore with T4T



No transport but want to explore? Have transport, but don't want to drive? T4T can help!

Let us do the driving, leaving you to sit back... relax... and enjoy the wonderful scenery!

Tuesday: **Durness**

Wednesday: **Lairg**

Thursday: **Skerray**

Friday: **Melness**

Saturday: **Inverness**

Tel: 01847 611766 or
www.transportfortongue.co.uk
for a full timetable

Talmine ~ Lairg

Welcome aboard on **Wednesday morning** when we head to Lairg.

This service departs from **Talmine Post Office, Melness at 9.00am and uplifts passengers from the Tongue Hotel at 9.15am with further stops on the way to Lairg.**

Our bus offers links to the train station, so if you're looking for transport south we'll get you there in time for the southbound trains to Inverness which leave at 10.38am. We're also at the station to uplift passengers from the northbound trains which arrive at 12.18pm .

The Pier café/craft shop overlooking Loch Shin, is ideal for coffee, a snack or lunch and with additional outside tables offers a delightful setting when the weather is fine. The family of ducks, who have set up home on the nearby shoreline also add to the charm! There's also a lovely walk to the Hydro Dam.

At Ferrycroft Visitor Centre there are games, displays and experiences for all the family, rich in local history with a playpark for kids and access to walks.

Loch Shin



When you use our Wednesday service, you'll get a couple of hours in Lairg. So lunch or a walk is your most likely option, although there is a bank, a chemist and a few grocery stores. **We leave Lairg at 12.24pm and arrive back at Talmine Post Office for 1.40pm.**

Talmine ~ Inverness

The Capital of the Highlands! Where to start? The Castle, Eden Court, the East Gate Shopping Centre, Retail Park, cinema, bowling and lots more!!

With around 5 hours to do your own thing there's enough time to do some shopping, find a special gift, enjoy some lively music in Hootananny or take a walk along the famous islands.

This is a popular destination for members of our local community so it's advisable to book a seat as early as possible to avoid disappointment.

We only saunter down to Inverness on the **last Saturday of each month, departing from Talmine Post Office at 08.00am and the Tongue Hotel at 08.15am.**

For the return journey we **depart from Tesco in the retail park at 4.00pm and from Morrison's in the city centre at 4.18pm, returning to Tongue Hotel and Talmine Post Office at 6.48pm and 7.03pm respectively.**

Inverness



T4T is a company limited by guarantee, run on a not-for-profit basis. It is registered in Scotland, Company No 415906. It is a voluntary organisation employing part-time staff. T4T provides a community transport system for the residents of Tongue, Melness and Skerray, linking these communities and providing access to local services and distant centres.

Tongue ~ Durness

Come with us on a Tuesday and we'll take you to Durness!

Our bus leaves **Tongue Hotel at 9.15am arriving in Durness just before 10.30am.**

There's plenty to do and see in our neighbouring village where you'll find several unspoilt beaches to explore, Ceinabeinne, Sango, Balnakeil, and the 'secret' beach.

Ceinabeinne Beach



Smoo Cave



Or perhaps you'd like to take a boat ride inside Smoo Cave. The Visitor Centre is an ideal place to find out information on the area especially hill walks; some of which are organised by the local ranger. Look out for puffins on the Faraid Head from around May onwards.

Balnakeil Craft Village offers a small selection of Gift, Craft Shops and Galleries along with Cocoa Mountain; a must for hand made chocolate lovers! So if you're after delicious hot chocolate or coffee, local art and produce; then you won't be disappointed.

Balnakeil also has a 9-hole golf course so if you're feeling sporty, get your clubs out! You may even manage to schedule in a trip to Cape Wrath, weather permitting!

Sango Sands



There are 2 hotels in Durness, Smoo Cave Hotel and Mackays, as well as The Oasis pub and restaurant, and there are two well stocked grocery shops. So plenty of places to find refreshments!

Tongue ~ Skerray

Treat yourself to a trip over to our other neighbours Skerray on Thursday! You'll be enchanted by the picture postcard Post Office and craft shop and local museum. The only thatched cottage for miles and miles!

Why not enjoy morning coffee at The Borgie Lodge Hotel or maybe even lunch!

If you're a keen walker then you'll love Torrisdale beach, which links Skerray to Bettyhill.

Or why not explore the many forest walks in Borgie Forest which lead to the 'Unknown'!

(A word of warning though, you'll have to be prepared to do some walking if you want to flit from one place to the other as these points of interest are well spread out)

We leave from the **Kyle Centre in Tongue at 10.45am and return by 3.25pm.** On the last Thursday in Jan-Nov and 3rd Thursday of December this service is extended to Strathnaver, so there is an earlier departure time of 10.00am and a later return of 4.10pm.

Aerial view of Torrisdale Beach—Miles of Sand!



Jamiesons



Torrisdale Bay from Bettyhill



Tongue ~ Melness

Follow us on Friday when we head across the Causeway to Melness and Achininver.

Another ideal opportunity to seek out the many sandy beaches that we are so proud of!

If the weather's fine, ask if your hosts will provide a picnic! Or you might want to visit The Craggan Hotel for lunch. As you're not driving, no need to feel guilty if you fancy a tipple! Chill, you're on holiday !

Setting off from The Kyle Centre in Tongue at 10.40am you can be dropped off at Achininver at 11.05am or anywhere along the way! We'll collect you from Achininver at 15.05pm or at scheduled times/places further along the return route.

Talmine Harbour



Achininver Beach



Ancient Broch, Kinloch



We also have mobility scooters and wheelchairs for hire.

www.transportfortongue.co.uk
www.facebook.com/transportfortongue

