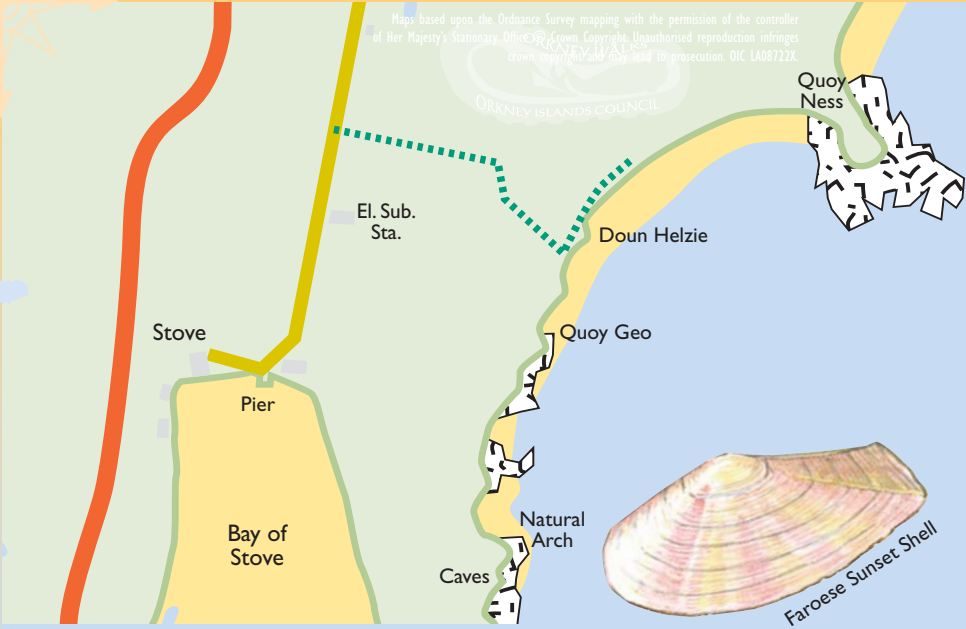


Doun Helzie

A 2km (1.2m) linear walk to the beautiful sandy beach of Doun Helzie



At low tide, the natural arch and caves along the beach are easily accessible and fun to explore. Have a look at the amazing patterns and textures in the cliffs. If you go north along the beach you'll arrive at Quoyness, where the sandstone has been carved by wind and sea into slabs.

The glorious beach is a great place to hunt for shells. Look along the high-tide line and see if you can find a Faroese sunset shell, an Iceland cyprina or an otter-shell. Otter tracks are frequently seen amongst the shells as well. Fulmars are common on the cliffs by Doun Helzie, but a hundred years ago they were very rare. Although each pair will only raise

one chick each year, the bird's life-span and effective defensive behaviour (spitting foul smelling oil when threatened), guarantee that it will still be around for another century at least.

Sanday's electricity comes ashore here, through a submarine cable from Stronsay, installed in 1973. Further undersea cables, go from Sanday to Eday and North Ronaldsay. These two islands consume less than 1 Megawatt of power. This is less than the maximum power output (2.5 Megawatts) of each of the wind turbines installed in 2004 at Spurness. Under the sea at Dounhelzie, there's now a net export of power from the island.

