

Before you go ...

You will need an android or iOS GPS device such as a smart phone or tablet. Headphones or an earpiece is recommended.

Download the echoes app and then download the sound walk here:

https://explore.echoes.xyz/collections/ VceKvNVaUisHL9gh

The trail is 5 miles long and will take 2-3 hours to walk. It is mainly on rough track, with an ascent of about 200 metres. Dress for the Scottish weather and wear walking shoes or boots.

On the walk...

Start at the church in Ballintuim.

Open the echoes app on your device and listen to the introductory sound track.

Follow the route overleaf, listening to each track in turn .

Please follow the Scottish outdoor access code:

- Keep to the path
- Keep any dogs on a lead
- Take your litter home
- Leave gates as you find them

When you get back ...

Please let us know what you thought of this experience by completing this online form:

forms.gle/8dQTN3gNFJZrVsQw8

About ...

The sound tracks have been compiled by artist Liz Crichton from autobiographical interviews with people baptized as infants at St Michael and All Angels, Ballintuim.

Each person was asked to talk about their life, what had influenced them and what had made them who they are, and what traces may they leave behind.

Starting at the font of the church in Ballintuim and ending in the graveyard at Kirkmichael, the audio trail had been designed to be an immersive and emotional listening experience, stimulating a sustained time-based and ordered engagement with other people's stories.

You are invited to walk the Cateran trail from Ballintuim to Kirkmichael listening to the audio tracks, and reflecting on them in these beautiful surroundings., to perhaps discover something not just about those who were interviewed, but also about yourself.

The trail also physically and metaphorically connects these two churches. More information can be found about them and other local places of interest on the Cateran Ecomuseum website.

www.cateranecomuseum.co.uk

More information about the artist can be found here:

www.revelationarts.org.uk

