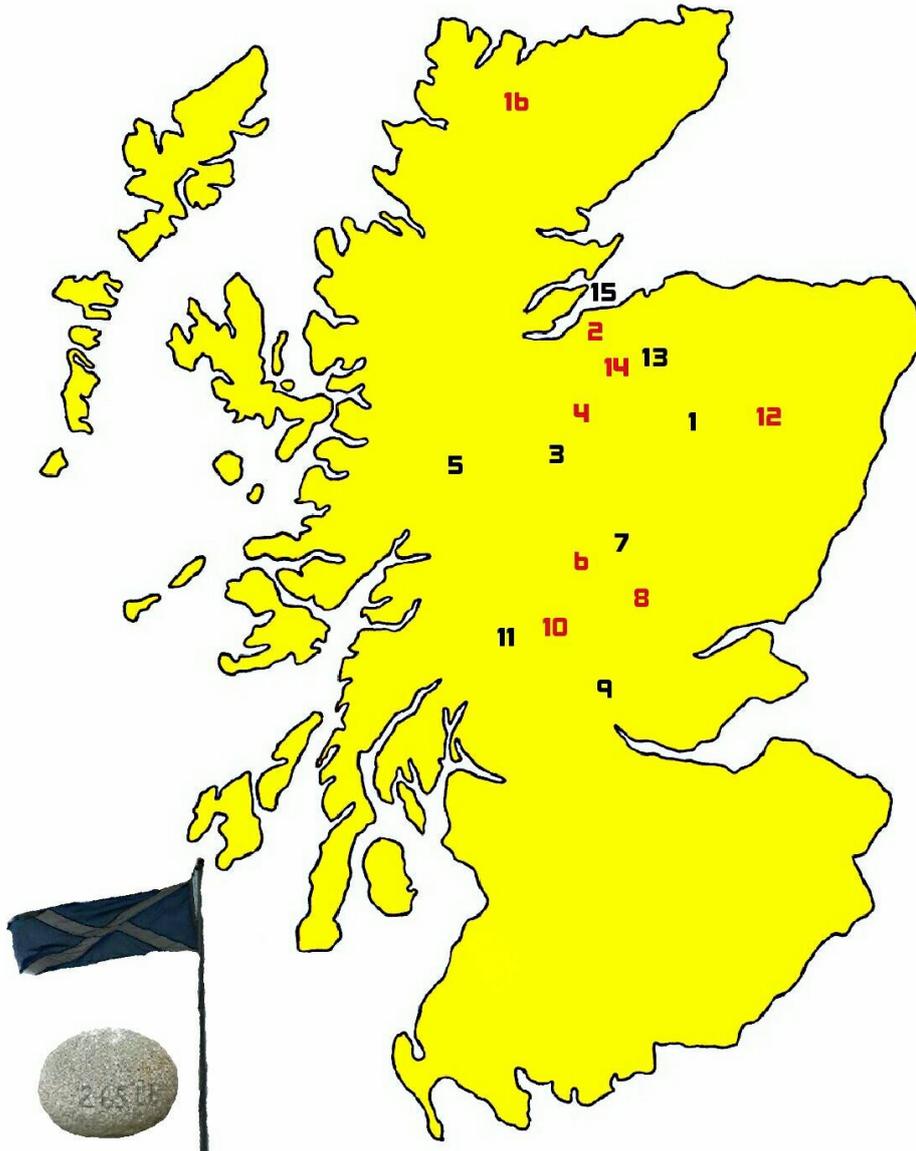


# MAP OF HISTORIC STONE LOCATIONS

This map is to help those who wish to travel round the Historic Stones or especially for those that wish to construct a touring plan round a number of the stones they want to visit.

A more detailed document of directions to each of the stones can be found at the website - [www.oldmanofthestones.com](http://www.oldmanofthestones.com)



## MAP OF HISTORIC STONE LOCATIONS

| No. | Historic Stone              | Location - Scotland               |
|-----|-----------------------------|-----------------------------------|
| 1   | Inver Stone                 | Crathie, Aberdeenshire            |
| 2   | Barevan Stone               | Cawdor                            |
| 3   | Dalwhinnie Stone            | Dalwhinnie                        |
| 4   | Newtonmore Stone            | Newtonmore                        |
| 5   | Glen Roy Stones x 2         | Glen Roy                          |
| 6   | Testing Stone Of The Fianna | Glen Lyon                         |
| 7   | Castle Menzies Stone        | Aberfeldy                         |
| 8   | Sadlin Mare Stone           | Sma' Glen                         |
| 9   | Wallace Putting Stone       | Sheriffmuir                       |
| 10  | Ardvorlich Stone            | Ardvorlich Estate, Ardvorlich     |
| 11  | Puterach Stone              | Balquhidder                       |
| 12  | Dinnie Stones x 2           | Potarch Hotel, Banchory           |
| 13  | Clach Neart Glenlivet       | Glenlivet                         |
| 14  | Auchernack Stones x 2       | Auchernack Farm, Grantown On Spey |
| 15  | Dropping Cave Stone         | Cromarty                          |
| 16  | Strathmore Of Darness Stone | Altnaharra                        |

## MAP OF HISTORIC STONE LOCATIONS

Each & every Historic Stone posses there own unique set of characteristics which include the stones **Texture, Shape, Size & Weight** as no two are exactly the same. When first approaching any of the stones, the first thing you must do is **READ** the stone. By this I mean taking note of their characteristics as mentioned & figuring out the best way to make a lift, this will include looking at where the stone sits & making a decision on weather or not to move/roll the stone a little to a more suitable lifting location, this will probably only be a few feet or a meter.

There are 5 different lifts that are considered a successful lift of the Historic Stones:

- Breaking the stone from the ground (lifting the stone a few inches off the ground), also known as 'Putting Air Under The Stone'
- Lapping the stone (lifting the stone up & over the knees in a position ready to stand with the stone to chest height), from a squatting position.
- Standing with the stone at chest height
- Standing with the stone on your shoulder (shouldering the stone)
- Standing & pressing the stone overhead to full lock out position

Another lift that can be added to the list is when the task is to put the stone on top of a plinth.

- There is one exception to the list & this is for the Dinnie Stones, as the object & test of strength for these stones is to lift both together from the ground to a standing position after taking hold of the ring that is on each.

