



[Origin of the Seaforth Crest - 'Cuidich an Rìgh']

The small crofter settlement 'Brinigil' or 'Bruinigeal' not far from Seaforth Head, on the shores of inner Loch Seaforth is noted in local tradition as the place at which the incident or legend gained for the Seaforth Regiment its crest.

In confirmation of this, local tradition maintains that a painting could be seen hanging in one of the rooms of Brahan Castle, when it was occupied, depicting The King in the act of rising from the ground while close behind him a bare-armed kilted figure holding a stag by the antlers, and in the background a lady was seen to be calling 'Cuidich an Rìgh' (Help the King). At the foot of the picture was the locus of the incident given as 'Brinigil' on the shores of Loch Seaforth.

[ends]

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