

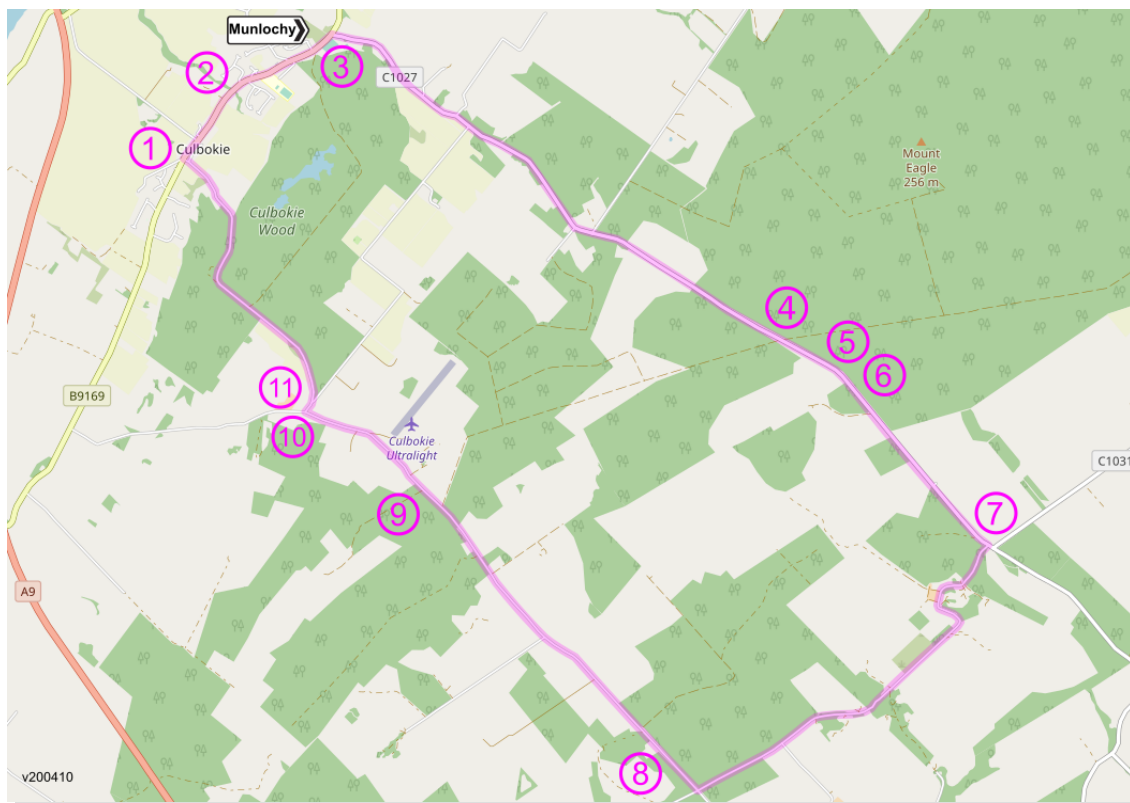
Cycle Route from Culbokie

via

Mt-Eagle, Belmaduthy & Knockbain



Distance: 9.3 miles (14.8 km)
Time at 6 mph: 1 hour 45 mins
Time at 10 mph: 1 hour
Time at 12 mph: 46 mins
Total ascent: 710 feet (220 m)



Directions

1. Start at Culbokie Post Office.
2. Head NE on the B9169 towards Cromarty for 1200m.
3. Turn right after the football field onto C1027 signed "Munlochy" for 3.5km.
4. At the top of the hill, with Mount Eagle mast on your left continue for another 1.9km.
5. Memorial to James Fraser Conservator of Forestry Commission 1924-1956.
6. Views of the Cairngorm Mountains.
7. Turn sharp right for 2.7km.
8. At a cross-roads turn right for 3.4km.
9. Views of Ben Wyvis.
10. Turn sharp right onto Glascairn Road for 70m.
11. Keep left on Glascairn Road for 1.9km.
12. Arrive back at Culbokie Post Office.

Coronavirus (COVID-19)

At this time the UK Government has placed severe restrictions on all our movements. However they do recognise the value of exercise for physical and mental health. The current instructions from the UK Government are repeated below.

You should only leave the house for very limited purposes [such as] one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.

(Source: <https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>; Accessed 06-Apr-2020.)

Tips for Cyclists

There is a wealth of advice for cyclists at Cycling UK (<https://www.cyclinguk.org/advice>). Have a look before you go.

Tips for walkers

Similarly, Ramblers Scotland has lots of good advice for walking in countryside such as the Black Isle. (<https://www.ramblers.org.uk/advice.aspx>)