

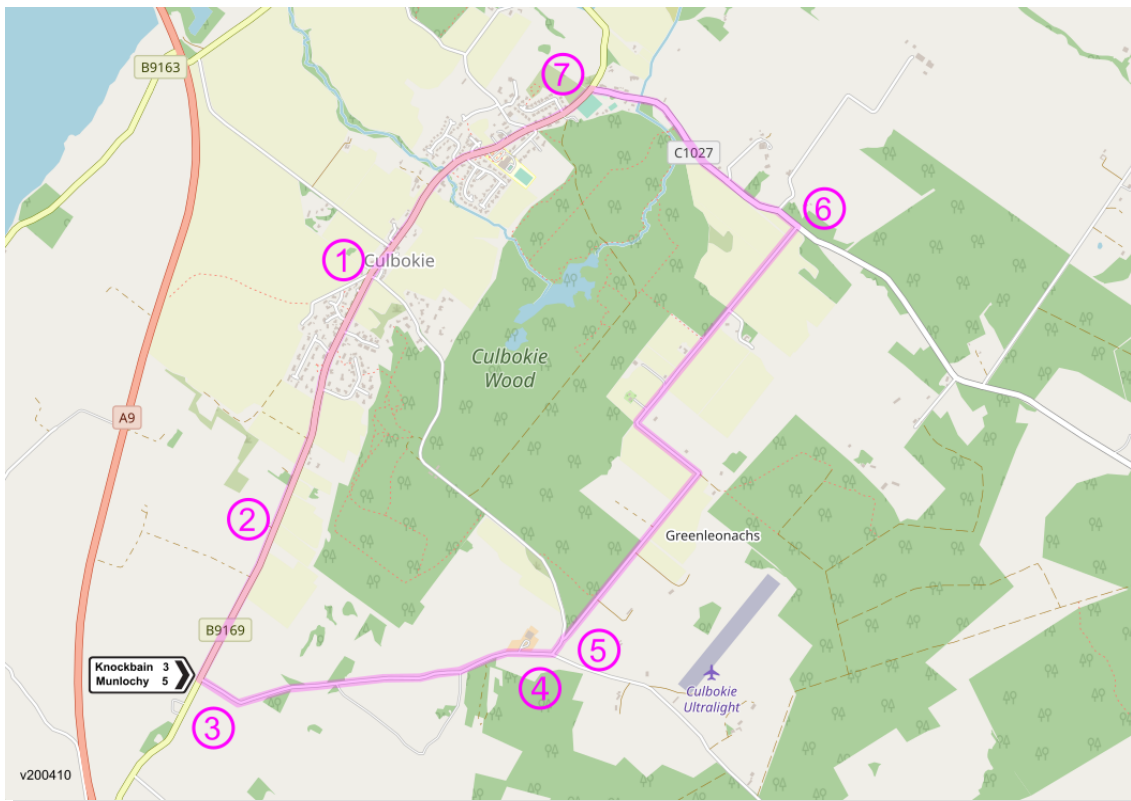
# Cycle Route from Culbokie

via

## Crasky & Greenleonachs



Distance: 5.0 miles (8.1 km)  
Time at 6 mph: 50 mins.  
Time at 10 mph: 30 mins.  
Time at 12 mph: 26 mins.  
Total ascent: 260 feet (80 m)



## Directions

1. Start at Culbokie Post Office.
2. Head SW on the B9169 towards the A9 for 1.9km.
3. Turn left on to a minor road signed Knockbain 3, Munloch 5 for 1.5km.
4. Turn left onto Glascairn Road for 70m.
5. Fork right onto Greenleonachs Road for 2.3km.
6. Turn left onto C1027 for 1100m.
7. Turn left onto B9169 for 1200m.
8. 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>)