

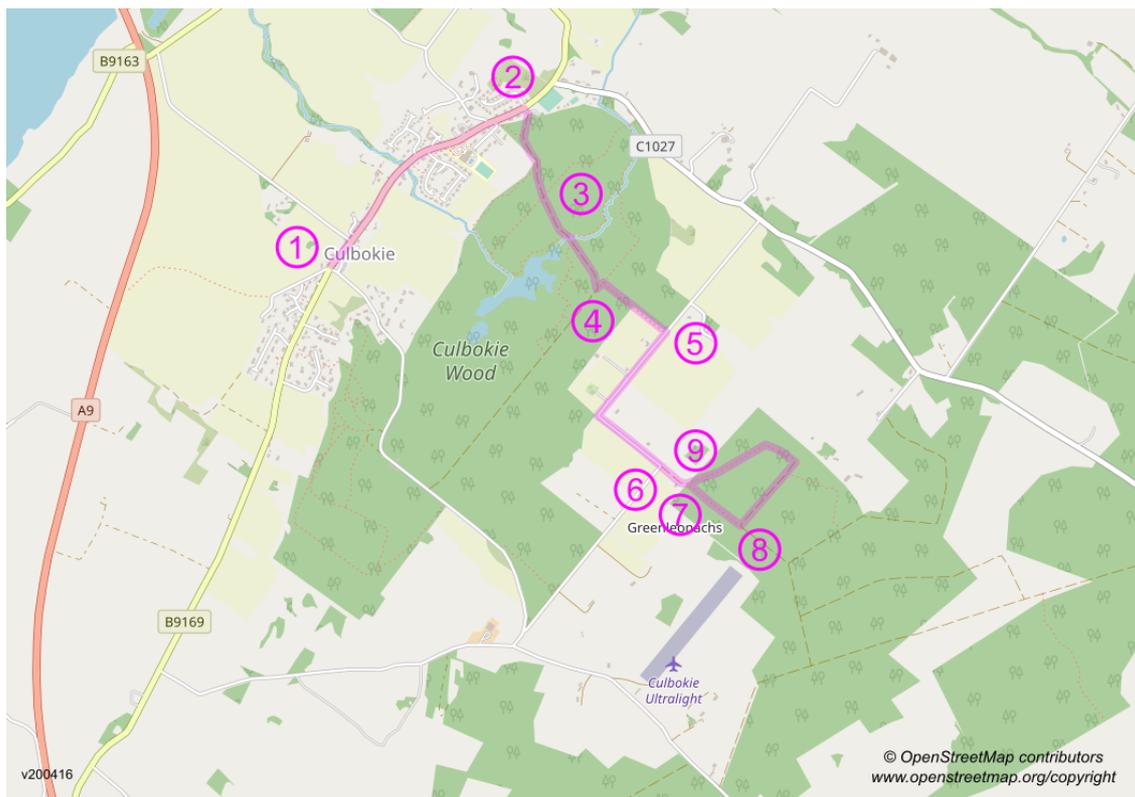
Walk from Culbokie

to

Bogbuie Wood



Distance: 4.8 miles (7.6 km)
Time at 3 mph: 1 hour 45 mins
Time at 4 mph: 1 hour 20 mins
Time at 5 mph: 1 hour 5 mins
Total ascent: 260 feet (80 m)



Directions

1. Start at Culbokie Post Office and head NE on the B9169 towards Cromarty.
2. After 1.1km, just before the football field, turn right into the woods car-park and bear right through the gate in to Culbokie Wood.
3. Continue on the main track that leads through Culbokie Wood and go straight through a crossroads.
4. After 900m where the main track bends right and there's a wooden bench, turn left and then immediately right. You'll pass an orienteering post with "105" on it.
5. Proceed on this path for 400m until you emerge onto the Greenleonachs Road. Turn right.

6. Proceed along this tarmac road which bends left after 500m and goes up hill. At the top of the hill where the road bends right, continue straight on to a track then through a gate after another 100m.
 7. Immediately after the gate take the narrow path that forks off to the right.
 8. After 300m, as the gradient eases off, take the first path on the left.
 9. Follow the path straight for 300m then curving left until you arrive back at the gate again.
 10. Return to Culbokie by reversing the route you came.
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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>)