

What to look out for:

Iron Age crannogs and fish traps

A **crannog** is a small artificial island which was used as a dwelling, a workplace for tanning and butchery or as a place of safety. Some had underwater causeways. The Beaully Firth has four of Scotland's ten marine crannogs, dating back to the Iron Age. They are clearly visible at low tide.



Ben Wyvis and the Beaully Firth

A **fish trap** is a stone structure designed to catch fish as the tide goes out. Look out for the the curving lines of stones at low tide.

Wonderful wildlife

There's rich **birdlife** on the Firth all year round. Autumn and winter bring many different **waders** and **wildfowl**, spring sees the return of many migratory species and in summer you might see the **osprey**. There are **red kites** and **herons** galore, and sometimes **peregrines**. You might also see (and hear!) **seals** on the mudflats, **dolphins** near North Kessock, and the elusive **otter**.



Seal pup

History all around you

The castle at Redcastle dates from the 12th Century and has had many occupants, from royalty to RAF troops during WW2. The lovely Beaully Priory dates from the 13th Century and Wardlaw Mausoleum from the 17th Century. The Far North Railway Line was completed in 1874 - look out for old station buildings, built of red sandstone from across the water at Tarradale.

Great food and drink

For anything from coffee and cake to a full meal, there's a great choice of cafes and hotels in Beaully, Muir of Ord and North Kessock and of course in Inverness itself.

For more information, visit:

black-isle.info/cycling
Invernessbid.co.uk
RSPB North Scotland
www.hitrans.org.uk/hitravel

northcoast500.com
ambaile.org.uk
tidetimes.org.uk/inverness-tide-times






Recastle

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This lovely route round the Beaully Firth covers 26 miles on a mixture of quiet single track roads and busier roads, with lots to see from the saddle:

-  Seals, herons, red kites, geese... maybe even an otter or an osprey
-  Crannogs and fish traps
-  Big big trees
-  Historic buildings, lovely villages
-  Wonderful sea and mountain views
-  Excellent places to stop for refuelling!

There's something to enjoy at any time of year. For the best chance of spotting wildlife and the archaeological features, go round at low tide.

-  Combine bike and train at Inverness, Beaully or Muir of Ord.*
-  Try the 6 mile family-friendly quiet section right by the water from North Kessock to Redcastle.
-  There are off-road options too, and connections to other great cycle routes.

More information at:

www.black-isle.info/cycling

* Book your bike at ScotRail 0344 811 0141



Cycle the Beaully Firth Loop

26 beautiful miles

