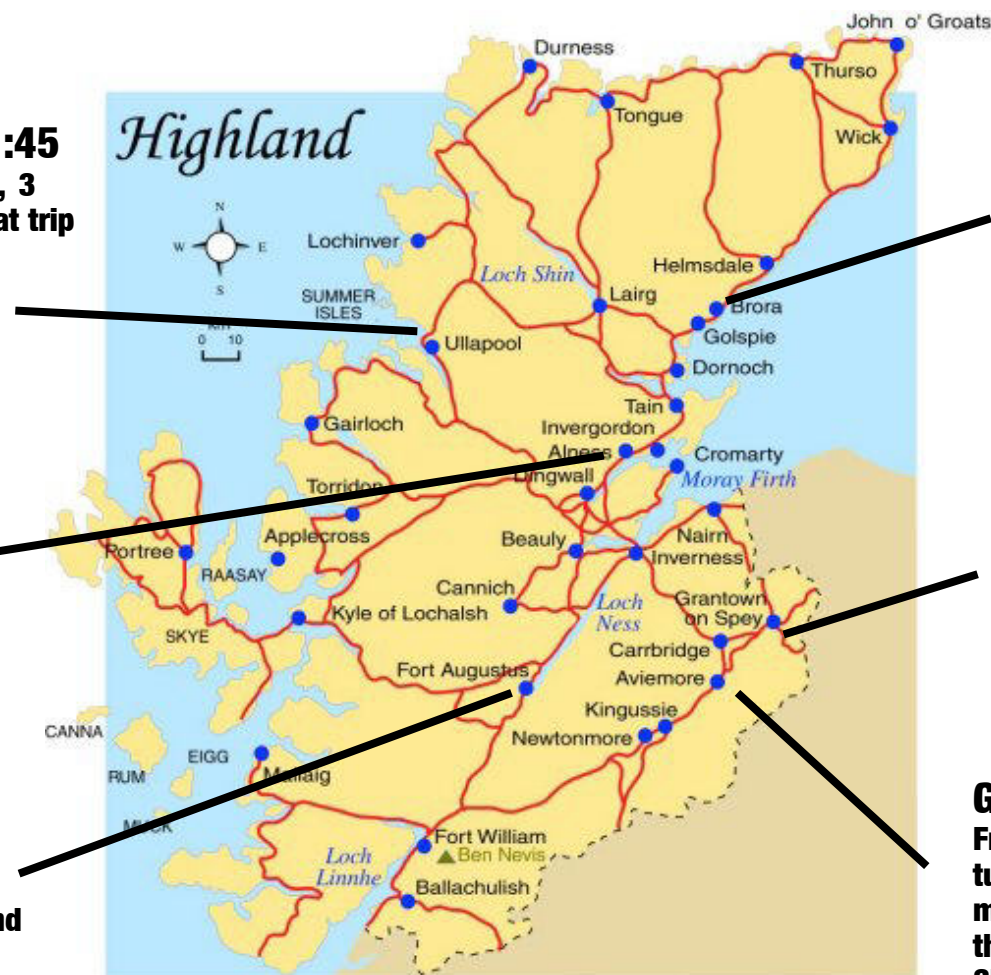


Nature Tours for Wellbeing

meeting points, duration & times for start of walks



Ullapool (Isle Martin) - 11:45

Meet at Isle Martin jetty Ardmair, 3 miles north of Ullapool. 5 min boat trip included.

2hr 45 outdoors

Finish at 14:30 on Ardmair jetty

Fyrish Monument - 11:15

Meet at small car park on minor road to Boath from Alness. Route and start point:

<https://www.walkhighlands.co.uk/ullapool/fyrish-monument.shtml>

3hr 30 min outdoors

Finish at 14:45 at car park

Fort Augustus - 11:15

Meet at large car park in Fort Augustus, north of the river and canal.

3hr 30min outdoors

Finish at 14:45 at car park

Brora - 11:45

Meet at large car park by golf club. North of River Brora, head towards beach down Golf Rd.

2hr 45 mins outdoors

Finish at 14:30 at car park

Granttown - 11:15

Meet in Granttown-on-Spey square beside the Co-op.

3hr 30mins min outdoors

Finish at 14:45 at square car park

Glenmore - 11:15

From Glenmore village take left turn past Reindeer Centre - .75 miles. Park on roadside past the lodge.

3hr 30 min outdoors

Finish at 14:45 back to minibus