

### 199. Old Man of Hoy, Orkney

**Distance**      **12.5 miles/20km**

**Ascent**        **750 metres**

**Start/Finish**    **Moaness Pier, KW16 3PG**

Follow the B9047 south-west from the pier to the car park at the sharp bend below Round Hill. Turn L off the road then, trending R, ascend steeply R up Cuilags at 435 metres. Descend the other side to Enegars then turn L and follow the ridgeline past a trig point at 374 metres and over Sui Fea. Turn R and descend to the coast path at St John's Head. Turn L and follow the coast south-west to Tuaks of the Boy above the Old Man of Hoy sea stack (5.8 miles/9.4km). Take the larger path from here, cutting the corner of Rora Head and following the coast around to the L then inland into Rackwick. Turn L onto the road here and follow it briefly before forking L onto the track north-east up the Rackwick Burn and around to the north-east to join the outbound path by Sandy Loch. Turn R onto this and follow the road back to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Follow the B9047 south-west from the pier to the car park at the sharp bend below Round Hill.
1.4	2.3	Turn left off the road then, trending right, ascend steeply right up Cuilags.
2.3	3.7	Descend the other side to Enegars then turn left and follow the ridgeline past a trig point and onto Sui Fea.
3.6	5.8	Turn right and descend to the coast path at St John's Head.
3.9	6.3	Turn left and follow the coast south-west to Tuaks of the Boy above the Old Man of Hoy sea stack.
5.8	9.4	Take the larger path from here, cutting the corner of Rora Head and following the coast around to the left then inland to the road in Rackwick.
8.1	13	Join the road and follow it briefly before forking left onto a track at NY202000.
8.3	13.4	Follow this north-east up the Rackwick Burn and around to the north-east to join the outbound path by Sandy Loch.
10.7	17.2	Turn right and follow the outbound route back.