

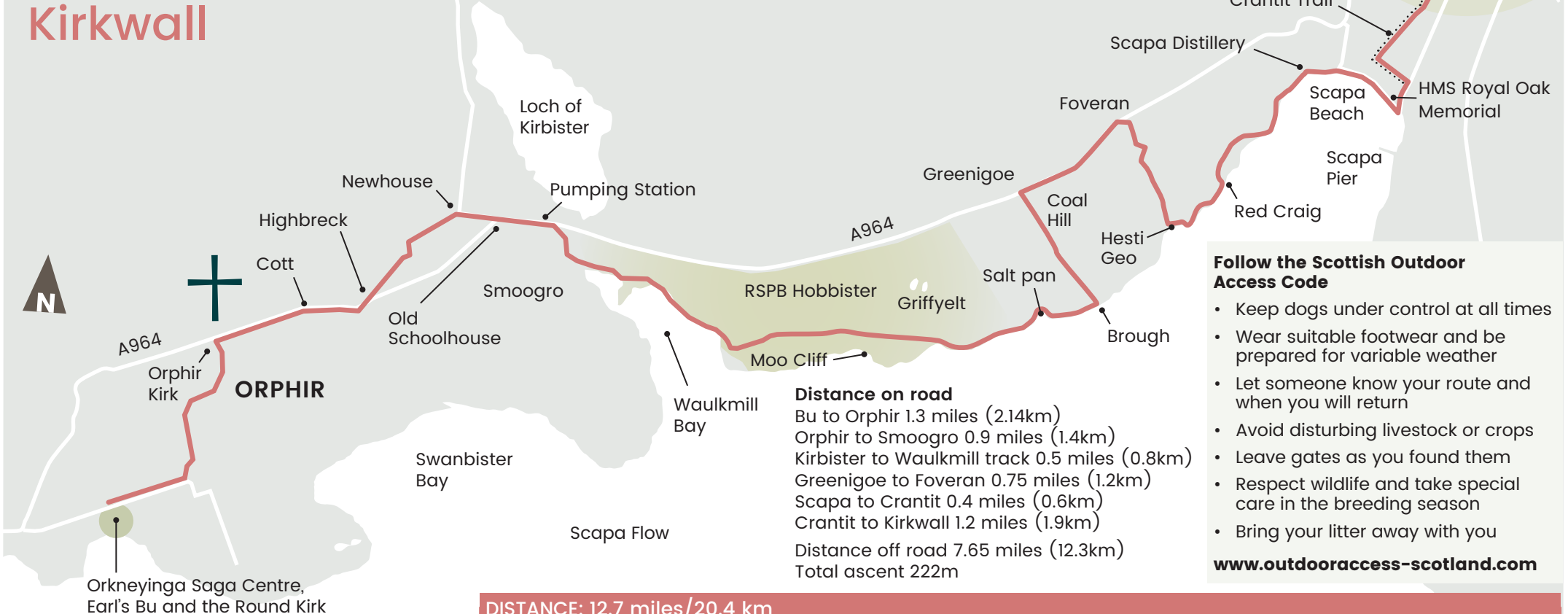


Orphir to Kirkwall

St Magnus Way

From Orphir the final stage of the pilgrimage, to St Magnus Cathedral again follows the coast as much as possible – though this time the gentler waters of Scapa Flow, the largest natural harbour in the northern hemisphere. Our theme for this final stage is Hospitality – reflecting on the place of feasting in the medieval world and our own mealtime traditions as well as the place of welcome afforded Magnus in Kirkwall, and the reception we ourselves anticipate. We retrace our steps to Nearhouse and then follow the road to Waulkmill.

From this RSPB bird reserve we walk along the coast past Griffyelt and Hesti Geo to Scapa Beach then on the Crantit Trail to Kirkwall. Rather than going straight to the cathedral we head to the Harbour, for the Cathedral once marked the waterfront, and pass the site of St Olaf's Kirk where he was first taken, before approaching the Cathedral from the north.



Distance on road
 Bu to Orphir 1.3 miles (2.14km)
 Orphir to Smoogro 0.9 miles (1.4km)
 Kirbister to Waulkmill track 0.5 miles (0.8km)
 Greenigoe to Foveran 0.75 miles (1.2km)
 Scapa to Crantit 0.4 miles (0.6km)
 Crantit to Kirkwall 1.2 miles (1.9km)
Distance off road 7.65 miles (12.3km)
Total ascent 222m

- Follow the Scottish Outdoor Access Code**
- Keep dogs under control at all times
 - Wear suitable footwear and be prepared for variable weather
 - Let someone know your route and when you will return
 - Avoid disturbing livestock or crops
 - Leave gates as you found them
 - Respect wildlife and take special care in the breeding season
 - Bring your litter away with you
- www.outdooraccess-scotland.com

DISTANCE: 12.7 miles/20.4 km
TERRAIN: road and track walking with one challenging section of rough heather moorland and some cliff exposure on Scapa Flow.

