

Little Book of Coo Wisdom #2: **Courage & Strength**

A Love Scotland Creation



#coowisdom

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The Little Book of Coo Wisdom is a growing series from Love Scotland, each book built around a shaggy-fringed Highland cow sharing wit, warmth, and a wee bit of home truth — Scottish-style. Playful, quotable, and unmistakably Scottish — **#coowisdom**

Meet the Heilan Coo

The Highland cow — affectionately “the Heilan coo” — is one of the oldest registered cattle breeds in the world, bred for centuries to survive Scotland’s wild weather. That famous shaggy double coat isn’t just for looks: a coarse outer layer sheds rain and wind, while a soft woolly undercoat keeps the coo warm, meaning less fat is needed to stay cosy — no barn required, even in a Highland winter.

Then there’s the fringe — properly called a “dossan.” It’s not just a good hair day; it protects the eyes from driving rain, snow, and Scotland’s other national pest, the midge. Both bulls and cows grow those impressive horns too — thicker and more forward-curving in bulls, finer and more upswept in cows — used for foraging through snow to reach grass beneath, as much as for show.

Gentle, hardy, and endlessly photogenic, Highland cattle now graze everywhere from the Isle of Skye to Aberdeenshire — one of the most recognisable symbols of the Scottish countryside.

Meet Their Pal, the Blackface Sheep

The Scottish Blackface is Scotland’s most common sheep breed, easily spotted by its black face and legs, curling horns, and thick, coarse wool built for hill country. Hardy enough to handle the same wind and rain as the Highland cow, Blackface sheep share the same rugged glens and hillsides — often grazing side-by-side with the coos, two icons of the Highland landscape getting on just fine.

**Ye don't need tae
feel brave tae be brave.**



Highland weather can turn in minutes — rain and wind sweeping through a glen are simply part of the daily rhythm here.

**Big horns are for
holding yer ground.**



Scotland's western coastline is lined with dramatic cliffs, shaped over millennia by the Atlantic's relentless swell.

**Strength isnae loud.
Sometimes it's just still standing.**



Moorland mornings like this are often the quietest time of day, before wind or wildlife stir the landscape awake.

**Ye've survived every storm so far.
That's no' luck, that's grit.**



Storms roll through the Highlands often, but they rarely last — clearing skies and sunlight usually follow close behind.

**Fear is just excitement
wearing a scary coat.**



Highland burns (small streams) cut through the hills everywhere, often fed by waterfalls tumbling down from higher ground.

**The glen doesnae ask permission
tae be wild.
Neither should ye.**



Ridges like this offer some of the best views in Scotland — popular with hillwalkers chasing that reward at the top.

**Ye're tougher than
a Highland winter, hen.**



Highland winters can be harsh, but the breed's double coat means the cold rarely slows them down.

**Courage looks a lot like
getting up again
the next morning.**



Sunrise over the glens often paints the whole landscape gold — one of the best reasons to rise early in Scotland.

**Ye don't have tae see
the whole path,
just the next step.**



Many of Scotland's most scenic trails, including sections of the West Highland Way, wind along cliffs and lochside paths like this.

**Some days ye roar.
Some days ye just moo quietly
and keep going.
Both count.**



Highland cattle and Blackface sheep are often found grazing the same hillsides, each suited to the rugged terrain in their own way.

**The bravest thing in the glen
isnae the one wi' the
biggest horns.**



Highland cattle are herd animals, and calves are usually kept close within the group for safety and warmth.

**Ye were built for
rough weather,
no' for perfect days.**



Scotland's coastal cliffs take the brunt of Atlantic storms — dramatic scenery shaped by centuries of rough weather.

**Keep going.
The view from the top of
the brae is always worth it.**



“Brae” is the Scots word for a hillside or slope — and reaching the top of one usually comes with a view worth the climb.

**Even on shaky legs,
ye're still standing.
That's the whole point.**



Highland cattle are remarkably sure-footed, able to navigate rocky and uneven terrain that would challenge most other cattle breeds.

About Love Scotland

Love Scotland is your daily dose of the Highlands, the islands, the glens, and everything in between — from castle legends to coastal walks to the best wee cafés you'll ever stumble into. We share the stories, the practical tips, and the pure magic of Scotland with a community of people who love this country as much as we do.

Somewhere along the way, a shaggy-fringed Highland cow wandered into our content and refused to leave. So now, alongside the blogs and guides, we bring you #coowisdom — a bit of daily wit and warmth, straight from Scotland's favourite hairy resident.

This wee book — Courage & Strength — is Book #2 in the Little Book of Coo Wisdom series. More themes, more coos, and more wisdom are on the way.

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from Love Scotland**

