

Day	Start / Finsh	Altitude ft	Miles	km	Height Gain ft	Height Loss ft	Max Alt ft	Flat	Up	Down	Accomodation
	Macclesfield										
Day-1 Thur 12th May		Train Crewe (d07:32) to Glasgow Central (a10:36) - Train Glasgow Queen St (d12:19) to Oban (a15:28)									
	Oban	0									Oban YHA
Day 1 Fri 13th			17	27.4	1735	1625	394	5.9	5.7	5.4	01631 562025
	Glennie	159									Wild Camp NN 056 344
Day 2 Sat 14th			11.5	18.5	1290	921	630	5.3	4	2.2	
	Glen Kinglass	630									Wild Camp NN 184 400
Day 3 Sun 15th			14.3	22.8	956	629	965	8.2	3.6	2.5	
	Gorton Bothy	963									Wild Camp / Bothy NN 375 482
Day 4 Mon 16th			11.4	18.4	449	646	1153	6.5	1.9	3	
	Bridge of Gaur	733	PHONE IN POINT				Re-Fuel Parcel (delivered)				BoG Guesthouse NN 503 571
Day 5 Tue 17th			15.7	25.3	1375	1324	1417	6.7	4.6	4.4	01882 633356
	Loch Rannoch Hotel	749									Loch Rannoch Hotel NN 653 589
Day 6 Wed 18th			15.2	24.5	1585	1687	1096	6.2	4.1	4.9	03448 799059
	Ardgualich Farm	597									Loch Tummel Campsite NN 853 600
Day 7 Thur 19th			12.1	19.5	1970	1675	1245	3.1	5.7	3.3	01796 472825
	Marble Lodge +	893	PHONE IN POINT - Blair Atholl en route								Wild Camp NN 906 720
Day 8 Fri 20th			11.4	18.3	1429	865	1645	3.9	4.6	2.9	
	Bynack Lodge Ruin	1509									Wild Camp NO 000 856
Day 9 Sat 21st			12.4	20	552	781	1509	6.7	2.2	3.4	
	Braemar	1131									Braemar YHA NO 154 911
Day 10 Sun 22nd			10.4	16.7	606	835	1384	5.3	2.1	3	01339 741659
	Crathie	905	PHONE IN POINT				Re-Fuel Parcel (delivered)				Copper Beech B & B NO 273 952
Day 11 Mon 23rd			9.3	15	385	656	1016	5.4	1.5	2.4	01339 742136
	Ballater	656									Deeside Inn NO 368 957
Day 12 Tue 24th			6.9	11.1	1616	938	1975	1.1	3.6	2.2	01339 755413
	Glentinar ruin	1312									Wild Camp NO 401 895
Day 13 Wed 25th			10.7	17.3	2017	2624	3029	2.5	3	5.2	
	Tarfside	648	PHONE IN POINT								St Droston's Camp NO 491 798
Day 14 Thur 26th			16.9	27.2	482	866	699	11.3	1.9	3.7	
	North Water Bridge	97									Dovecote Caravan Park NO 649 664
Day 15 Fri 27th May			8.5	13.7	454	508	403	5.2	1.8	1.5	01674 840630
	St Cyrus	0					Re-Fuel Parcel (posted)				George Hotel Montrose 01674 675050
Day 16 Sat 28th May		Train Montrose (d10:33) to Edinburgh Waverly (a12:26) - Train Edinburgh Waverley (d14:30) to York (a16:55 d 17:22) to Manchester Pic (a18:42)									