

Day	Start / Finish	OS Map Sheet	Altitude	Miles		Height Gain	Height Gain	Height Loss	Max Alt	Flat	Up	Down	Accommodation
				feet	miles								
	Macclesfield												
Day-2 Wed 9th May			Car to Alderley Edge, Train to Crewe (d16:23) (a16:45) Crewe to Glasgow Central (d18:09) (a21:15)									Z Hotel Glasgow City Centre	
Day-1 Thur 10th May			Coach Glasgow to Shiel Bridge (d10:00) (a15:28)										
	Shiel Bridge <b>START</b>		0										Kintail Lodge Hotel
Day 1 Fri 11th		33/25		10.6	17.1	664	2178	1308	1695	2.9	4.2	3.5	
	Glen Affric		865										Glen Affric SYHA NH 079 202
Day 2 Sat 12th		25		11.6	18.7	368	1208	1198	770	4.2	3.6	3.8	
	Cougie		877										Cougie Lodge B&B NH 241 211
Day 3 Sun 13th		25/34		8.6	13.8	281	922	1400	1739	2.6	1.8	4.2	
	Torgyle Bridge		356										Wild Camp NH 309 131
Day 4 Mon 14th	via Fort Augustus @ 8mls	34		13.7	22.0	692	2270	1552	1281	3.2	6.3	4.2	
	Blackburn Bothy		1122	PHONE IN POINT - Fort Augustus en route									Wild Camp / Bothy NH 382 029
Day 5 Tue 15th	via Corrieyairack Pass	34/35		11.7	18.8	534	1752	1903	2548	3.1	3.6	5	
	Gava Bridge		965										Wild Camp NN 522 948
Day 6 Wed 16th	via Wolfrax Cafe @ 5.6mls	35		15.8	25.4	260	852	1040	1076	8.6	3	4.2	
	Newtonmore		799	PHONE IN POINT									Glen Hotel
Day 7 Thur 17th	via Kinguissie @ 2.7mls	35		13.6	21.9	251	825	476	1200	7.5	3.7	2.3	
	Ruigh-aiteachain Bothy		1199										Wild Camp / Bothy NN 874 928
Day 8 Fri 18th		43		12.3	19.8	422	1386	1145	1861	5	3.9	3.4	
	Ruin near Geldie Burn ford		1438										Wild Camp NO 003 869
Day 9 Sat 19th	via Mar Lodge @ 6.8mls	43		11.5	18.5	167	547	723	1473	6.4	2	3.1	
	Braemar		1137	PHONE IN POINT									Braemar SYHA NO 154 911
Day 10 Sun 20th		43/44		9.7	15.6	311	1021	732	1440	3.5	3.8	2.3	
	Gelder Shiel Bothy		1435										Wild Camp / Bothy NO 257 900
Day 11 Mon 21st		44		8.6	13.8	533	1749	1103	2303	1.5	4.5	2.5	
	Shielin of Mark		2099										Wild Camp / Bothy NO 337 827
Day 12 Tue 22nd		44		11.3	18.2	225	737	2149	2386	3.3	2.6	5.4	
	Tarfside		647	PHONE IN POINT									St Droston's Camp NO 491 798
Day 13 Wed 23rd	via Tuck Inn Edzell @ 12.4mls	44/45		16.9	27.2	140	458	859	701	11.4	1.7	3.8	
	North Water Bridge		95										Dovecote Caravan Park NO 649 664
Day 14 Thur 24th	via Farm Shop Cafe @ 7.4mls	45		8.1	13.0	60	197	249	231	5.7	1.2	1.2	
	Kinnaber Links <b>FINISH</b>		0										
Day 14 Thur 24th May			via the beach										
	Park Hotel sign out			2.3	3.7	8	25	16	31	2	0.14	0.16	
Day 15 Fri 25th May			Train Montrose (d10:33) to Edinburgh (a 12:26) Edinburgh (d14:52) to Carlisle (a16:06)									Park Hotel	