

Stage	From	To	Miles	Time (mins)	Charge	Ex range
Day 1						160
1	Inverness	Torridon	60	90		100
					28	128
2	Torridon	Lochcarron	50	75		78
					50	128
3	Lochcarron	Achnasheen	27	41		101
					27	128
4	Achnasheen	Gairloch	29	44		99
					o/n	160
Day 2						160
5	Gairloch	Ullapool	56	84		104
					24	128
6	Ullapool	Lochinver	36	54		92
					36	128
7	Lochinver	Durness	60	90		68
					60	128
8	Durness	Thurso	71	107		57
					o/n	160
Day 3						160
9	Thurso	Wick	36	54		124
					?	
10	Wick	Helmsdale	35	53		89
					31	128
11	Helmsdale	Inverness	68	102		60
	Total		528			