

Date	Day	Camp Type	Distance	% Complete	Ascent (m)	Descent (m)	From (Planned)	To (Planned)	To (Actual)
06/05/2016	1	C	15.0	4%	167	138	Fort William	Camp along Cona River	Camp along Cona River (NM 918 728)
07/05/2016	2	B	22.5	10%	516	490	Camp along Cona River	Coryholly Bothy	Camp in front of bothy
08/05/2016	3	B	24.3	16%	841	887	Coryholly Bothy	Sourlies Bothy	Camp next to bothy
09/05/2016	4	B/C	14.4	20%	604	609	Sourlies Bothy	Barisdale	Camp as planned
10/05/2016	5	C	24.2	26%	1049	843	Barisdale	Alltbeithe in Glenn Quoich	Camp next to burn, shortly before Allt Beithe (NH 019 074)
11/05/2016	6	H	15.0	30%	401	413	Alltbeithe in Glenn Quoich	Cluanie Inn (Resupply)	Hotel as planned
12/05/2016	7	C	21.8	35%	589	420	Cluanie Inn	Camp near Loch Lon Mhurchaidh	Camped earlier (NH 031 256)
13/05/2016	8	B	22.8	41%	637	749	Camp near Loch Lon Mhurchaidh	Bearneas bothy	Camp 1 km before at bridge (NH 017 392)
14/05/2016	9	B	19.8	46%	773	925	Bearneas bothy	E - Easan Dorcha	Camp next to bothy
15/05/2016	10	B	20.1	51%	433	467	E - Easan Dorcha	Leckie Bothy (includes 2.5 extra to Bothy)	Camp along Abhainn Gleann na Muice (NH 065 675)
16/05/2016	11	B	24.1	57%	637	683	Leckie Bothy (includes 2.5 extra to Bothy)	Shenavall Bothy	Camp next to bothy
17/05/2016	12	B&B	17.7	62%	701	816	Shenavall Bothy	Clachan Farm house (Resupply)	B&B as planned
18/05/2016	13	B	22.4	68%	708	492	Clachan Farm house	Knockdamph bothy	slept in bothy
19/05/2016	14	C	27.2	75%	357	418	Knockdamph bothy	Loch Ailsh	Slept in Fishing hut along Oykel River (near place called Salachy)
20/05/2016	15	C	16.6	79%	448	501	Loch Ailsh	Inchnadamph	Camp at departure of trail for the next day (NC 258 220)
21/05/2016	16	B	19.8	84%	926	1034	Inchnadamph	Glendhu Bothy	Camped near bothy
22/05/2016	17	C	19.0	89%	703	669	Glendhu Bothy	Camp along Loch Stack	Camped as planned (NC 280 446)
23/05/2016	18	B&B	17.5	93%	300	330	Camp along Loch Stack	Kinlochbervie (Resupply)	B&B as planned
24/05/2016	19	C	13.2	97%	200	216	Kinlochbervie	Sandwood Bay	Camp as planned
25/05/2016	20		12.9	100%	260	156	Sandwood Bay	Cape Wrath	As planned

Total 390.3 11250 11256
Average 19.5 562.5 562.8

More ambitious - venture into Torridon - 10 km longer, 663 m more ascent, 663 m more descent, excludes 5 km extra to Leckie Bothy

Saturday, 14,	9 B	27	1056	1312	Bearneas Bothy	A896 - Camping Spot (-5.5 km if you can wade through)
Sunday, 15,	10 C/H	18.2	676	737	A896 - Camping Spot (-5.5 km if you can wade through)	Taggan Camp Site
Monday, 16,	11 B	29.3	744	658	Taggan Camp Site	Shenavall Bothy

Shorter Option 1 - Kinlochewe Direct (10 km shorter, 245 less ascent, 245 more descent, 1 day shorter)

Saturday, 14,	10 C/H	27	875	1188	Bearneas bothy	Kinlochewe
Sunday, 15,	11 B	27.2	723	645	Kinlochewe	Shenavall Bothy

Shorter Option 2 - Kylescu (5 km shorter, 525 less ascent, 525 less descent)

Saturday, 21,	H	14	398	470	Inchnadamph	Kylescu
Sunday, 22,	C	19.7	722	686	Kylescu	Camp along Loch Stack

Shorter Option 3 - Glendhu - Lock Stack via Achfary and Loch Stack South (.8 km less 70m less up and down)

Shorter Option 4 - Glendhu - Lock Stack via Achfary and Loch Stack North (1 km shorter 100 m less up and down)