



1-8 August 2021



scotland's expedition race

400KM up the Northwest Coast of Scotland, from Fort William to Cape Wrath





DAY 1 - 37km (23 miles)



DAY 2 - 57km (35 miles)



DAY 3 - 68km (42 miles)



DAY 4 - 35km (22 miles)



DAY 5 - 44km (27 miles)



DAY 6 - 72km (45 miles)



DAY 7 - 61km (38 miles)

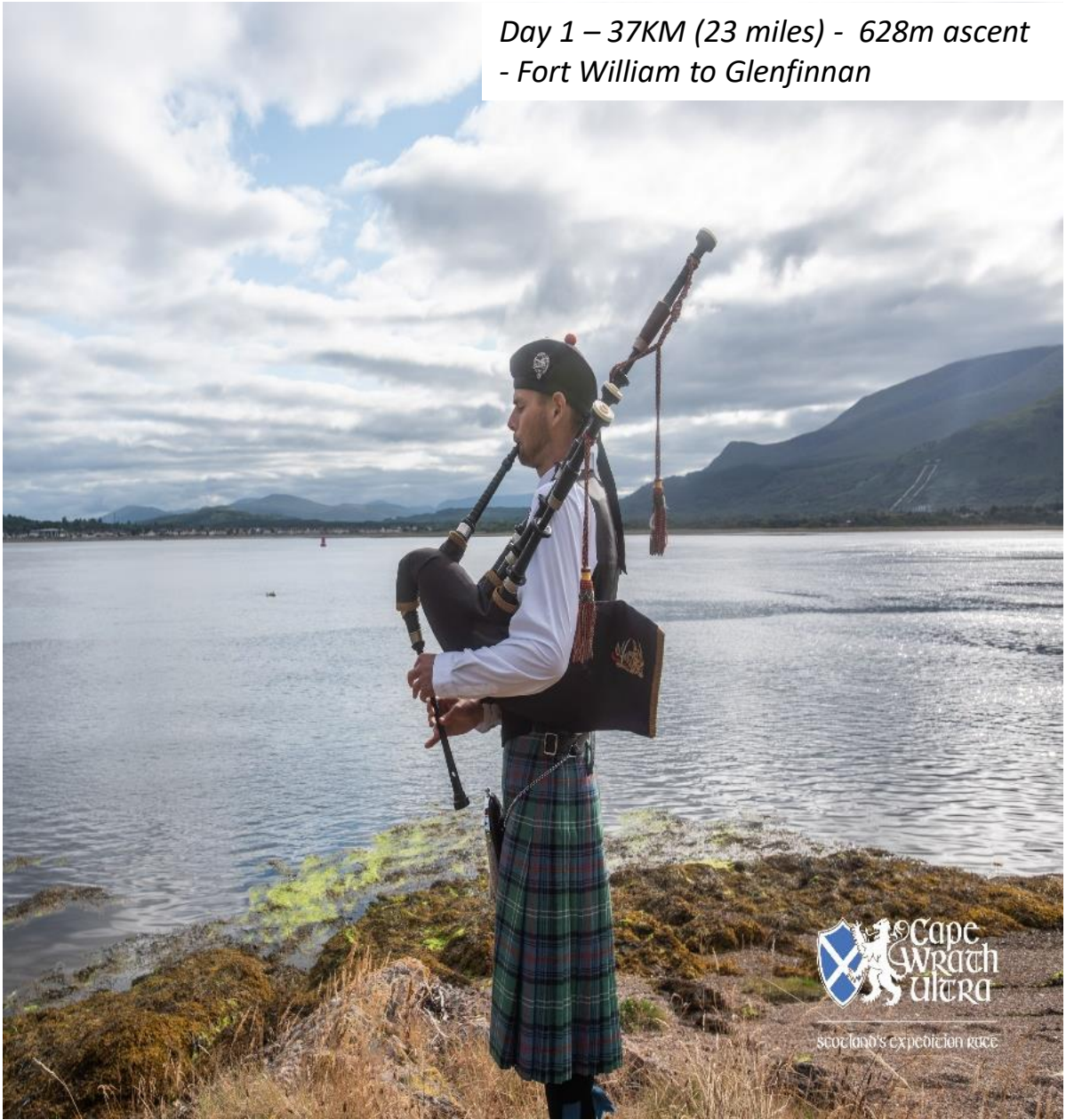


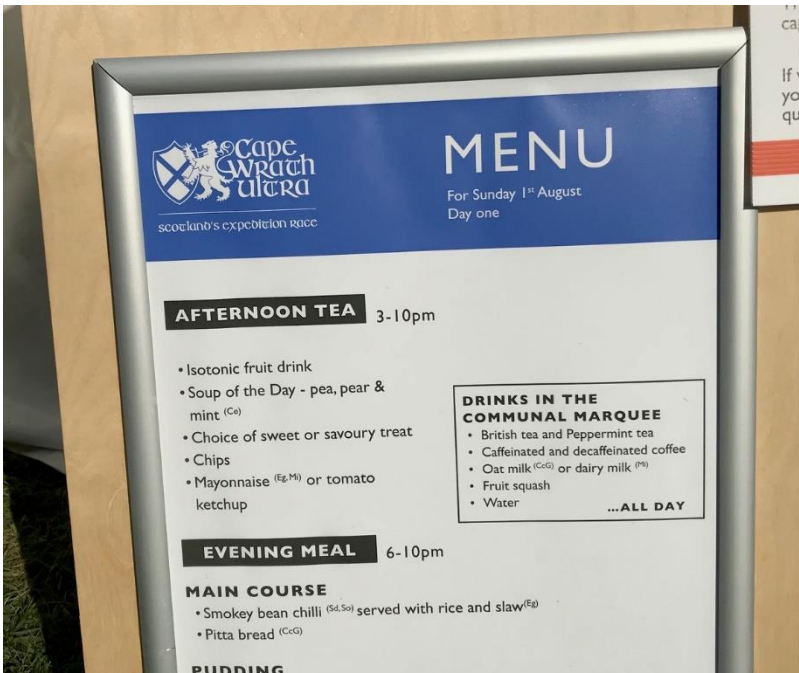
DAY 8 - 26km (16 miles)

- 8 days, ranging from 26KM to 71KM
- 11,200M of ascent
- 100 river crossings



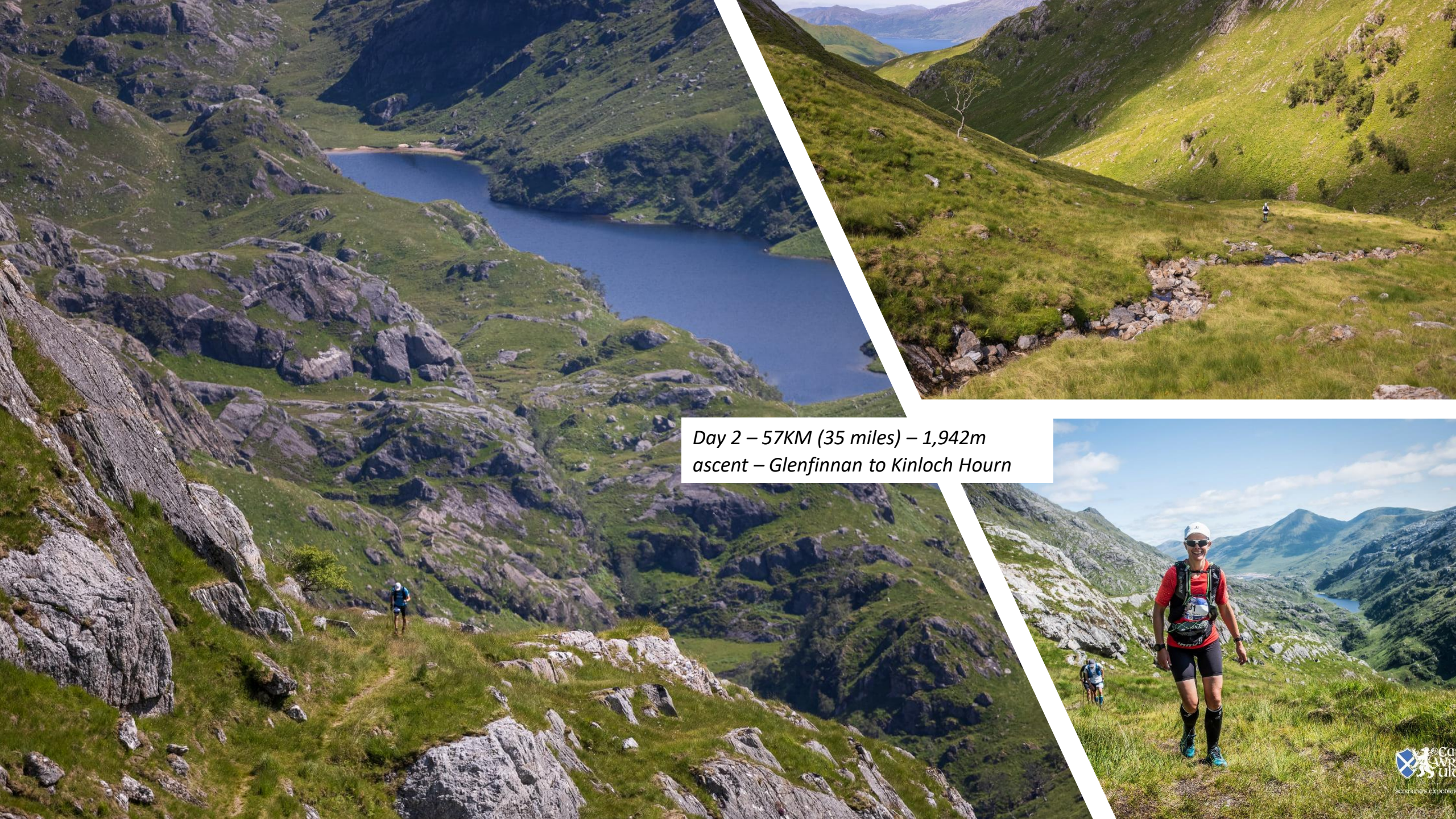
Due to COVID, 300 participants whittled down to 87 starters – 66 men, 21 women - only 52 would finish





Camp Life – great food, river baths, portaloos and midges!





*Day 2 – 57KM (35 miles) – 1,942m
ascent – Glenfinnan to Kinloch Hourn*



Day 3 – 68KM (42 miles) – 2,491m
ascent – Kinloch Hourn to
Achnashellach





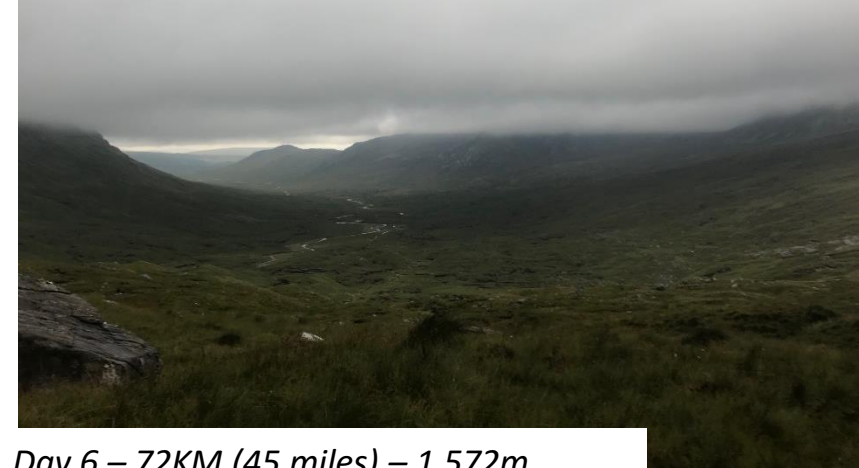
Day 4 – 35KM (22 miles) – 1,396m
ascent - Achnashellach to Kinlochewe





Day 5 – 44KM (27 miles) – 1,287m ascent – Kinlochewe to Inverbroom





Day 6 – 72KM (45 miles) – 1,572m ascent – Inverbroom to Inchnadamph





Day 7 – 61KM (38 miles) – 1,960m ascent – Inchnadamph to Kinlochbervie





*Day 8 – 26KM (16 miles) – 760m ascent
– Kinlochbervie to Cape Wrath*



Cape Wrath - when it's not foggy!





*Injuries – shin splints, swollen knee, 8L
of water retention!*

