

| Day                             | Date                    | Start                 | Finish                | Miles | Total |
|---------------------------------|-------------------------|-----------------------|-----------------------|-------|-------|
| 1                               | Sunday, 30 April 2017   | John O'Groats         | Mybster               | 25    | 25    |
| 2                               | Monday, 1 May 2017      | Mybster               | Forsinain             | 24    | 49    |
| 3                               | Tuesday, 2 May 2017     | Forsinain             | Badanloch Lodge       | 18    | 67    |
| 4                               | Wednesday, 3 May 2017   | Badanloch Lodge       | Crask Inn             | 18    | 85    |
| 5                               | Thursday, 4 May 2017    | Crask Inn             | Lairg                 | 19    | 104   |
| 6                               | Friday, 5 May 2017      | Lairg                 | Kincardine A836/B9176 | 16    | 120   |
| 7                               | Saturday, 6 May 2017    | Kincardine A836/B9176 | Evanton               | 17    | 137   |
| 8                               | Sunday, 7 May 2017      | Evanton               | Lovat Bridge          | 17    | 154   |
| 9                               | Monday, 8 May 2017      | Lovat Bridge          | Drumnadrochit         | 17    | 171   |
| 10                              | Tuesday, 9 May 2017     | Drumnadrochit         | Fort Augustus         | 23    | 194   |
| 11                              | Wednesday, 10 May 2017  | Fort Augustus         | Gairloch              | 24    | 218   |
| 12                              | Thursday, 11 May 2017   | Gairloch              | Glen Nevis            | 13    | 231   |
| <b>Rest Day in Fort William</b> |                         |                       |                       |       |       |
| 13                              | Saturday, 13 May 2017   | Glen Nevis            | Kingshouse            | 23    | 254   |
| 14                              | Sunday, 14 May 2017     | Kingshouse            | Tyndrum               | 20    | 274   |
| 15                              | Monday, 15 May 2017     | Tyndrum               | Inversnaid            | 19    | 293   |
| 16                              | Tuesday, 16 May 2017    | Inversnaid            | Drymen                | 19    | 312   |
| 17                              | Wednesday, 17 May 2017  | Drymen                | Kilsyth               | 22    | 334   |
| 18                              | Thursday, 18 May 2017   | Kilsyth               | Winchburgh            | 26    | 360   |
| 19                              | Friday, 19 May 2017     | Winchburgh            | West Linton           | 21    | 381   |
| 20                              | Saturday, 20 May 2017   | West Linton           | Peebles               | 12    | 393   |
| 21                              | Sunday, 21 May 2017     | Peebles               | Selkirk               | 22    | 415   |
| 22                              | Monday, 22 May 2017     | Selkirk               | Jedburgh              | 19    | 434   |
| 23                              | Tuesday, 23 May 2017    | Jedburgh              | Byrness               | 20    | 454   |
| 24                              | Wednesday, 24 May 2017  | Byrness               | Bellingham            | 15    | 469   |
| 25                              | Thursday, 25 May 2017   | Bellingham            | Haltwhistle           | 20    | 489   |
| 26                              | Friday, 26 May 2017     | Haltwhistle           | Garrigill             | 17    | 506   |
| 27                              | Saturday, 27 May 2017   | Garrigill             | Dufton                | 15    | 521   |
| 28                              | Sunday, 28 May 2017     | Dufton                | Middleton in Teesdale | 21    | 542   |
| 29                              | Monday, 29 May 2017     | Middleton in Teesdale | Tan Hill              | 17    | 559   |
| 30                              | Tuesday, 30 May 2017    | Tan Hill              | Hawes                 | 17    | 576   |
| <b>Rest Day in Hawes</b>        |                         |                       |                       |       |       |
| 31                              | Thursday, 1 June 2017   | Hawes                 | Horton in Ribblesdale | 14    | 590   |
| 32                              | Friday, 2 June 2017     | Horton in Ribblesdale | Gargrave              | 20    | 610   |
| 33                              | Saturday, 3 June 2017   | Gargrave              | Ponden                | 17    | 627   |
| 34                              | Sunday, 4 June 2017     | Ponden                | Blackstone Edge       | 18    | 645   |
| 35                              | Monday, 5 June 2017     | Blackstone Edge       | Crowden               | 18    | 663   |
| 36                              | Tuesday, 6 June 2017    | Crowden               | Edale                 | 16    | 679   |
| 37                              | Wednesday, 7 June 2017  | Edale                 | Heathcote/Biggin      | 21    | 700   |
| 38                              | Thursday, 8 June 2017   | Heathcote/Biggin      | Uttoxeter             | 22    | 722   |
| 39                              | Friday, 9 June 2017     | Uttoxeter             | Little Haywood        | 15    | 737   |
| 40                              | Saturday, 10 June 2017  | Little Haywood        | Wheaton Aston         | 16    | 753   |
| 41                              | Sunday, 11 June 2017    | Wheaton Aston         | Ironbridge            | 19    | 772   |
| 42                              | Monday, 12 June 2017    | Ironbridge            | Craven Arms           | 22    | 794   |
| 43                              | Tuesday, 13 June 2017   | Craven Arms           | Knighton              | 20    | 814   |
| 44                              | Wednesday, 14 June 2017 | Knighton              | Kington               | 15    | 829   |
| 45                              | Thursday, 15 June 2017  | Kington               | Hay-on-Wye            | 15    | 844   |
| 46                              | Friday, 16 June 2017    | Hay-on-Wye            | Pandy                 | 16    | 860   |
| 47                              | Saturday, 17 June 2017  | Pandy                 | Monmouth              | 16    | 876   |
| <b>Rest Day in Monmouth</b>     |                         |                       |                       |       |       |
| 48                              | Monday, 19 June 2017    | Monmouth              | Chepstow              | 17    | 893   |
| 49                              | Tuesday, 20 June 2017   | Chepstow              | Easton in Gordano     | 19    | 912   |
| 50                              | Wednesday, 21 June 2017 | Easton in Gordano     | Cheddar               | 27    | 939   |
| 51                              | Thursday, 22 June 2017  | Cheddar               | Bridgwater            | 20    | 959   |
| 52                              | Friday, 23 June 2017    | Bridgwater            | Roadwater             | 22    | 981   |
| 53                              | Saturday, 24 June 2017  | Roadwater             | Simonsbath            | 20    | 1001  |
| 54                              | Sunday, 25 June 2017    | Simonsbath            | Barnstaple            | 21    | 1022  |
| 55                              | Monday, 26 June 2017    | Barnstaple            | Clovelly              | 21    | 1043  |
| 56                              | Tuesday, 27 June 2017   | Clovelly              | Bude                  | 19    | 1062  |
| 57                              | Wednesday, 28 June 2017 | Bude                  | Boscastle             | 17    | 1079  |
| 58                              | Thursday, 29 June 2017  | Boscastle             | Wadebridge            | 19    | 1098  |
| 59                              | Friday, 30 June 2017    | Wadebridge            | Mawgan Porth          | 18    | 1116  |
| 60                              | Saturday, 1 July 2017   | Mawgan Porth          | Perranporth           | 18    | 1134  |
| 61                              | Sunday, 2 July 2017     | Perranporth           | Gwythian              | 17    | 1151  |
| 62                              | Monday, 3 July 2017     | Gwythian              | Zennor                | 16    | 1167  |
| 63                              | Tuesday, 4 July 2017    | Zennor                | Lands End             | 17    | 1184  |