

Day/Date	Start Point	Distanc	Finish Point	Towns/Villages we will pass through
Day 1: 5 Sept 2026, Saturday	John O'Groats	41 miles	Melvick	John O'Groats, Crask Inn, Balcham, Upper Gills, Barrock, Greenlad, Halcro, Gillock, Halkirk, Janet's town, Westfield, Melvick
Day 2: 6 Sept 2026, Sunday	Melvick	36 miles	Inchknloch	Armdale, Bettyhill, Coldbackie, Tongue, Inchknloch
Day 3: 7 Sept 2026, Monday	Inchknloch	38 miles	Bonar Bridge	Altnaharra, Crask Inn, Rhian, Torroble, Invershin, Bonar Bridge
Day 4: 8 Sept 2026, Tuesday	Bonar Bridge	39 miles	Inverness	Easter Fearn, Stittenham, Contullich, Drummond, Ardullie, Dingwall, Leanaig, Tore, Arpafeelie, North Kessock, Inverness
Wednesday	Inverness	40.5 miles	Lynchat	Inshes Wood, Bogbain, Craggie, Invereen, Slochd, Kinveachy, Granish, Lynchat
Day 6: 10 Sept 2026, Thursday	Lynchat	39 miles	Tunnel Bridge	Ruthven, Etteridge, Dalnaspidal, Dalchalloch/Trinafour, Tunnel Bridge
Day 7: 11 Sept 2026, Friday	Tunnel Bridge	44 miles	Braco	Glengoulandie, Coshievile, Kenmore, Garrow, Auchnacloch, Corrymuckloch, Newton, Gilmenton, Crieff, Muthill, Braco
Day 8: 12 Sept 2026, Saturday	Braco	39 miles	Uddingston	Glenmavis, Uddingston
Day 9: 13 Sept 2026, Sunday	Uddingston	-	REST DAY in Uddingston	-
Day 10: 14 Sept 2026, Monday	Uddingston	36 miles	Elanfoot	Hamilton, Ferniegair, Larkhall, Birkenshaw, Kirkmuirhill, Harbro, Redshaw, Abington
Day 11: 15 Sept 2026, Tuesday	Elanfoot	44 miles	Gretna Green	Beattock, Hangingshaw, Lockerbie, Ecclefechan, Kirkpatrick-Fleming
Wednesday	Gretna Green	42 miles	Shap	Hackthorpe
Day 13: 17 Sept 2026, Thursday	Shap	40 miles	Lancaster	Wickersgill, Watchgate, Kendal, Natland, Sedgwick, Woodhouse, Ackenthwaite, Beetham, Carnorth, Bolton-le-Sands, Slyne
Day 14: 18 Sept 2026, Friday	Lancaster	40 miles	Standish)	Galgate, Hollins Lane, Cabus, Garstang, Bowgreave, Brock, Barton, Broughton, Preston, Lostock, Euxton, Bolton Green
Day 15: 19 Sept 2026, Saturday	Manchester	Park Run	REST DAY in Manchester	
Day 16: 20 Sept 2026, Sunday	Standish	39 miles	Cotebrook	Wigan, Newton-Le-Willows, Warrington, Stretton, Norcott Brook, Lower Whitley, Cuddington, Cotebrook
Day 17: 21 Sept 2026, Monday	Cotebrook	39 miles	Albrighton	Eaton, Spurstow, Ridley, Bickley-Moss, Bradley Green, Whitchurch, Tilstock, Creamore Bank, Alderton, Harmer Hill, Albrighton
Day 18: 22 Sept 2026, Tuesday	Albrighton	40 miles	Woofferton	Shrewsbury, Bayston Hill, Dorrington, Hope Bowdler, Ticklerton, Ludlow, Ashford Bowdler, Woofferton
Wednesday	Woofferton	40 miles	Welsh Newton	Stockton, Wharton, Hope Under Dinm, Dinmore, Upper Lyde, Hereford, Kingsthorpe, Sandyway
Day 20: 24 Sept 2026, Thursday	Welsh Newton	36 miles	Westbury on Trym	Monmouth, Caer Llan, Trellech, St. Arvans, Aust (after Severn Bridge), Pilning, Henbury
Day 21: 25 Sept 2026, Friday	Trym	37 miles	Highbridge	Redland, Bristol, Potters Hill, Lulsgae Bottom, Lower Weare, Rocks Bridge
Day 22: 26 Sept 2026, Saturday	Highbridge	39 miles	Westleigh	Huntspill, Pawlett, Dunball, Bridgwater, North Petherton, Monkton Heathfield, Taunton, Chelston Heath,
Day 23: 27 Sept 2026, Sunday	Westleigh	39 miles	Okehampton	Whitnage, Tiverton, Withleigh, Puddington, Black Dog, North Tawton
Day 24: 28 Sept 2026, Monday	Okehampton		REST DAY in Okehampton	
Day 25: 29 Sept 2026, Tuesday	Okehampton	40 miles	Four Winds	Sourton Down, Lanceston, Polyphant, Tredaule, Trewint, Bolventor, Temple
Wednesday	Four Winds	41 miles	Blackwater	Bodmin, Lamorick, Victoria, Higger Fraddon, Summercourt, Chapel Town, Mitchell, Carland Cross, Marazanvosa, Three Burrows
Day 27: 1 Oct 2026, Thursday	Blackwater	32 miles	Crows-an-wra	Pool, Connor Downs, Hayle, Rose-an-Grouse, Varfell, Penzance, Buryas Bridge, Lower Drift, Catchall
Friday	Crows-an-wra	5 miles	Land's End	