



TRAIL RUNNING SCOTLAND

Cape Wrath Ultra Recce Weekend
Highlights of Day 6&7 - Ullapool
27th & 28th April 2024



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ITINERARY

Day	Detail	Time
Friday	Pick up at Inverness train station	1730
	Arrive at Ullapool Hostel - Evening briefing.	1900
Saturday	Drive to Inchnadamph (start of day 7) - 35. Mins drive (In minibus)	0800
	Estimated finish in Kylesku - 7-8 hours on course	1600-1700
	Return to Ullapool Hostel - 50 mins drive	
	Dinner in Ullapool	
Sunday	Drive to Inverlael (Start of day 6 route) - 10 mins drive	0800
	Estimated finish at Oykle Bridge - 7-8 hours on course	1600
	Return to Inverness - 1.5 hr drive	1730-1830

ROUTES

Saturday - Start of day 7 - Inchnadamph to Kylesku. 28km 905m+

You can view the route and download the GPX track [here](#).

Sunday - Start of day 6 - Inverlael to Oykle Bridge - 32km 650m+

You can view the route and download the GPX track [here](#).

KIT LIST

When on the hill, please follow the mandatory [kit list](#) for the event and come equipped appropriately. As always in the Highlands, please check the weather and ensure you have enough warm and waterproof kit with you. This is a good opportunity to test kit without worrying about weight, so if in doubt, bring extra warm layers.

MEALS

No meals are provided. You will need to bring your own breakfasts and food for the hill. The kitchens at the Ullapool hostel are open. There are a few options for Fish & Chips or bar meals in Ullapool. There is also a Tesco. I will book a table at a local restaurant for Saturday night, please let me know if you would prefer not to join us.

We will be out on the hill for long days Saturday and Sunday. Please make sure you bring enough food with you for during the runs.

PACE

I appreciate that there will be a variety of fitness levels and racing aspirations within our recce team. This weekend is wholly intended as a chance to spend a weekend sharing ideas and getting to grips with the details of the route. It is not intended as a race simulation or time-trial. We will therefore be moving at a pace that suits the whole team wherever possible. I will adapt to the groups needs, but I would expect to complete each day within 8-9 hours maximum. Towards the end of each day there will be an opportunity for faster runners to stretch their legs slightly if they want. I also reserve the right to use the van support as a 'cut-off' on Saturday if anyone is unreasonably slow and affecting the outcome for the other group members.

TRANSPORT

Transport is provided in a 9 seater minibus as per the programme above. It makes the logistics smoother for everyone on Sunday if I can collect everyone from Inverness on Friday evening. If you would prefer to do something different please let me know and we can work out the best way to accommodate you.

ACCOMMODATION

Accommodation for the weekend is in a single sex 4 bed room shared with other members of the recce team.

All bedding and towels are provided.

CARBON BALANCING

We have teamed up with [Ecolibrium](#) to offer a carbon balancing option for all of our clients as we recognise that travel to our events is our largest climate contributor. You can balance your carbon through their Energy revolution or Trees+ [programmes](#). To do this fill in your travel details on this [calculator](#), then choose “*Cape Wrath Ultra recce weekend, Inverness (Trail Running Scotland)*” as the event.

For example a domestic flight from London to the event will produce total emission of 389.5Kg CO₂e, which you could balance with a donation of £9.74 to Trees+

BOOKING TERMS

Payment - Total price £475. A non refundable £100 deposit is required to secure your place. Payable by bank transfer.

Full payment is due 6 weeks before the course.

Cancellation - If you cancel your booking more than 6 weeks before your course start date we are unable to offer any refund of your deposit.

If you cancel between 6 and 2 weeks of your course start date we will refund 50% of the remaining course balance once the deposit is taken.

If you cancel less than 2 weeks from the start of your course we are unable to offer any refund.

Transfer - At any point you may transfer the booking to another suitable person if you cannot attend yourself. Contact us to arrange the transfer.