



HIGHLAND GRAND TOUR

2024

16th - 22nd June 2024

This trail running holiday is a 5 day point-to-point trip that covers the very best trails, taking us from the southeastern corner of the Cairngorms in Glen Clova, all the way up to the remote and wild Fisherfields in the north west Highlands.

We'll make our way north via the many glacial valleys that carve their way through the Highlands of Scotland, using historic drovers' roads and stalker's tracks to link mountain passes and great glens. Along the way, you'll discover some of the best high mountain scenery to be found anywhere in Scotland.

Each day, you'll run with an experienced guide who'll navigate your team to success. Your luggage will be taken care of by our support driver, who'll also transport our running team to and from the trails each day - so all you need to focus on is enjoying the run and making memories!

This is a small group running tour with a maximum of seven guests, so you can get to know your new running buddies as we traverse the Scottish Highlands.



Itinerary

16th - 22nd June	Run	Accommodation
Sunday	Pick up - 1800 Perth train station,	Stay in Kirriemuir Hotel
Monday	Jock's road, Glen Clova to Braemar 21k 740m ascent	Accommodation in Braemar - B&B
Tuesday	Lin of Dee - Laraig Ghru to Aviemore - 31k 660m ascent	Accommodation Hostelling Scotland - Aviemore
Wednesday	Drive to Glen Affric - 1hr 45mins Glen Affric to Kintail - 30k 550m ascent	Accommodation Hostelling Scotland - Ratagan - 10 mins drive
Thursday	Glen Torridon - 26k 1010m ascent	Accommodation Hostelling Scotland - Torridon
Friday	Drive to Poolewe - 1hr Fisherfield crossing - 37km 1200m ascent Transfer to Inverness (1hr) and a well earned celebration dinner.	Accommodation In Hostelling Scotland - Inverness
Saturday	You are free to make your onwards travel plans.	

Experience & Fitness

This is our premier trip and involves 5 days of trail running, a total of 145km and 4200m ascent. We will not be racing, and will find a pace that keeps the team together and allows time to enjoy our surroundings.

The main requirement for this trip is a good level of stamina. Being able to do 5 days of mountain walking in a row is a good indicator, along with a good base of steady longer runs up to 30km. All of the running is off-road and some will include rougher trails and muddy sections. Some off-road running technique is essential.

What's included?

Transport: All in course transport, from a pick-up in Perth on the first evening to a drop off in Inverness on completion. Baggage transfer each day and a support driver on hand to transfer to start and end of each days trails.

Accommodation: Six nights accommodation. Two nights in a hotel/B&B then four nights in Hostelling Scotland hostels, in a private, single sex, room for 2 to 4 members of the group.

Meals: All Breakfasts are included. Simple food for during the day is included.

Guiding: The group will be lead by a highly qualified local guide throughout.

What's not included?

Evening Meals: Evening meals are not included for the 6 nights, but we will arrange to eat together in a local restaurant.

Price

The cost of this trip is **£1350 per person.**

Booking

To book please contact me directly at ian@trailrunningscotland.com

Payment & Cancellation

Full terms are available on the booking form.

Payment - A non refundable £250 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.

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 "*Highland Grand Tour (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+