

Cape Wrath Trail					
Jour	Etape	Nuit	Temps [heure]	Distance [kilomètre]	Dénivelé [mètre]
0	Glenfinnan				
	Viaduc	Tente	0:25	1,50	+60 / -100
1	Corryhully Bothy				
	Col 470m				
	Strathan				
	A'Chuil Bothy	Bothy	5:50	20,90	+650 / -530
2	Col 315m				
	Sourlies Bothy				
	Col 525m				
	Barrisdale Bothy	Bothy	10:00	30,00	+940 / -1 075
3	Kinloch Hourn				
	Col 740m				
	Shiel Bridge (Kintail)	Bunkhouse	10:05	32,60	+1 320 / -1 320
4	Ault a'chruinn				
	Morvich				
	Col 525m				
	Glomach				
	Carnach				
	Col 465m				
	Maol Bhuidhe Bothy	Bothy	8:45	27,90	+1 050 / -835
5	Col 365m				
	Bendronaig Bothy				
	Col 395m				
	Strathcarron				
	Coulas				
	Coire Fionnaraich Bothy	Bothy	7:40	29,20	+660 / -750
6	Col 550m				
	Glen Torridon				
	Loch Coire Mhic Fhearchair				
	Kinlochewe	Bunkhouse	10:10	33,30	+1 170 / -1 365
7	Loch Fada				
	Col 550m				
	Shenavall Bothy	Bothy	7:45	29,70	+730 / -640
8	Col 405m				
	Corrie Hallie				
	Col 395m				
	Inverlael				
	Col 530m				
	Knockdamph Bothy	Bothy	12:05	42,00	+1 460 / -1 345
9	The Schoolhouse Bothy				
	Oykel Bridge				
	Benmore	Tente	7:00	31,60	+300 / -420
10	Col 510m				
	Inchnadamph				
	Col 625m				
	Glencoul Bothy	Bothy	10:40	31,30	+1 110 / -1 230
11	Glendhu Bothy				
	Maldie				
	Col 505m				
	Lochstack	Tente	7:50	27,80	+950 / -940
12	Rhiconich				
	Badcall (+5km en auto-stop)				
	Strathan Bothy				
	Sandwood Bay				
	Strathcailleach Bothy	Bothy	8:10	28,80	+595 / -460
13	Zone militaire				
	Cape Wrath				
	Kearvaig Bothy (+7,5km en bus)	Bothy	3:30	12,30	+345 / -330
			109 h	379 km	+11 340 m / -11 340 m