

Jour	Etape	Altitude [m]	Temps [h]	Distance [km]	Dénivelé [m]
1	Achnasheen	157			
	Loch Gowan	161			
	Col Mhartuin	424			
	Loch Beannacharain	163			
	Inverchoran	156	5:30	21,0	480 / -435
2	Col Torran Ceann Liath	443			
	Loch na Caoidhe	315			
	Col Dubh	516			
	Loch Monar	234			
	Loch Mòr	641	8:40	27,0	1 180 / -735
3	Rubha na Spreidhe	1 057			
	Sgurr na Lapaich	1 150			
	Loch Mullardoch	249			
	Fond de vallée	376			
	Col Bealach Croire Ghaidheil	708	9:50	23,0	1 240 / -1 145
4	Cairn	1 108			
	Mam Sodhail	1 181			
	Petit col	1 037			
	Carn Eige	1 183			
	Petit col	1 037			
	Mam Sodhail	1 181			
	Loch Affric	325			
	Loch Beinn a Mheadhoin	239	7:50	27,0	880 / -1 315
5	Cannich	66			
	Corrimony Cairn	140			
	Lochletter	124	7:30	28,0	400 / -615
6	Drumnadrochit	42			
	Loch Ness (château Urquhart)	24			
	Drumnadrochit	42			
	Achpopuli	370			
	Abriacham Fôret	296	6:30	26,0	670 / -550
7	Leachkin	95			
	Inverness	22	3:40	18,0	100 / -300
			49:30	170,0	4 550 / -4 480