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ULTRA LIGHT OUTDOOR GEAR

TGO Challenge – EVENT DETAILS 2022

Welcome to the 42nd Great Outdoors Challenge. Please take the time to read these Details thoroughly as, again, there are some significant changes we have had to make from previous years. We were pleased and relieved to have been able to run the Challenge in 2021, albeit at a later date and with fewer participants. It has given us useful experience in how we can manage proceedings with Covid-19 which will undoubtedly still be with us next year. There were some positive aspects which we will take forward to 2022.

The increase in the number of participants to 450–500 (for 2022 only), to accommodate all those entitled to a place, means that a ‘staggered’ start system will need to be employed. Keeping numbers lower and manageable at start points, known ‘bottlenecks’ (e.g. Braemar, Callater, Tarfside) and the finish means nowhere should be overwhelmed and no one is made to feel uncomfortable from the Covid-19 point of view. We all need to behave responsibly and with due regard for others.

Please also read and check you are happy with the Terms and Conditions as stated in the [Entry Notes – Terms and Conditions for TGO Challenge 2022](#).

The coordinators will help with any queries but before you contact them, please check that the information you seek is not within these pages. Clicking on any blue text will give you additional information. Useful contact information and phone numbers can be found in the [Resources](#) section of the website.

INDEX

OUTLINE OF THE CHALLENGE

What to expect – terrain, navigation, climate, shelter	2
Timeline	2
Communication	3

PLANNING FOR THE CHALLENGE

Skills	6
Equipment	6
Boundaries	4
Maps	6
Start Points	4
Type of route	7
Finish Points and Celebration dinners	7,13
Ferries	8
Foul Weather Alternatives	9
Resources – books, blogs, websites	9
Access	9
Paths, tracks, bridges and fences	10

Travel and Accommodation – including Hostelling Scotland, Ault-na-Goire, Cougie and Tarfside	10
Resupplies and Trail Food Offers	12
Medical Information and Emergency Contacts	12
Animal Hazards	12

COMPLETING THE ROUTE SHEET

How to complete the route sheet	13
Sample days	16
Deferred 2020/21 routes	18
Checklist	18

VETTING PROCESS

Vetters’ Role	19
Vetters’ Comments	19
Revisions	19

KEEPING IN TOUCH

Websites, message board and social media	19
Reunions	20

Please open the Event Details and the Route Sheet PDF in Adobe Acrobat Reader. It will make them easier to use and print. Click [here](#) to download it for free.

Timeline

The Challenge will start from 9am on Tuesday 10th May, when those participants designated for this day will set off and others will start as outlined below. The finish for later starters will be at 5pm on Friday 27th May 2022. Below you will find a list of important dates and deadlines:

- 7th November** – start dates will be allocated and new entrants informed of their luck in the draw, on or before, this date.
- 8th November** – routes can be submitted for vetting. Please don't send them before!
- 31st December** – last chance to defer place(s) to 2023.
- 17th January** – route submission deadline for Challengers who have completed 5 or more Challenges (or groups containing such a Challenger).
- 21st February** – deadline for route submissions for all other participants.
- 7th March** – deadline for route revisions.
- Early April** – Final Details (including details of start/finish arrangements) and medical/emergency contact forms circulated.
- 12th April** – deadline for returning medical form.
- 10th May** – 1st start day from 9am for allocated participants who have until 5pm, Tuesday 24th May to finish.
- 11th May** – 2nd start day from 9am for allocated participants who have until 5pm, Wednesday 25th May to finish.
- 12th May** – 3rd start day from 9am for allocated participants who have until 5pm, Thursday 26th May to finish.
- 13th May** – 4th start day from 9am for allocated participants who have until 5pm, Friday 27th May to finish.
- 14th–16th May** – For later starters who will have less than 15 days to cross as they must also finish by 5pm. Friday 27th May.
- 23rd to 27th May** – smaller celebration dinners, maximum 100, will be held at the Park Hotel.
- 27th May** – TGOC22 finishes promptly at 5pm.

The deadlines will be strictly observed and only extended in truly exceptional circumstances.

AN OUTLINE OF THE CHALLENGE

The Great Outdoors Challenge is a demanding, self-supported walk, west to east, across Scotland. It is not a competition or a race nor is it a running event. It aims to encourage fellowship amongst walkers fostering a relaxed atmosphere in which participants can enjoy Scotland's wild and remote places as well as the company of other Challengers. We ask everyone, however hard they drive themselves, to respect the non-competitive principle.

There are no pre-set or advised trails – planning your own route is what makes the Challenge unique. Some devise routes which include summits and ridges whilst others walk mainly through the glens (valleys). No special merit is attached to a higher-level crossing – all successful Challengers receive the same certificate.

There are few rules. The most important is that every step is walked, with the exception of some ferry crossings, within the Challenge boundaries between the start and finish dates. This means if you have to take transport at any point you need to return to the same point for your crossing to be valid. We ask that the [Access](#) and [Bothy](#) codes are followed, due respect is given to the landscape as well as those who live and work there and, of course, you take all possible steps to prevent the spread of coronavirus. A few more [Dos and Don'ts](#) to help you gauge the spirit of the Event can be found on the website.

WHAT TO EXPECT

Any multi-day Scottish backpacking trip is a serious undertaking, and the Challenge should be approached as such.

- Terrain** – If your main experience of mountainous areas is in England, Wales or overseas, you may find the terrain much tougher than you expect. Be prepared for rough, often wet, pathless ground. In many areas travelling at 2-3km an hour is good going with a full pack. See vetter Colin Crawford's [Guide to Scotland's Terrain](#).
- Navigation** – You will need to be capable of accurately navigating by map and compass. Unlike Continental Europe or North America, you will find few paths waymarked, and some marked on the map are not evident on the ground. Conversely there are also paths and estate tracks that aren't on the map . . .
- Climate** – Scotland's climate is notoriously unpredictable. High winds and heavy rain are common. You are likely to face unbridged burns (streams) which can be difficult or impossible to cross safely in spate (high water) necessitating

Important Note for all Participants

All those participating in The Great Outdoors Challenge do so at their own risk, in accordance with the spirit of the [Scottish Outdoor Access Code](#), which states:

"There is a longstanding legal principle called 'volenti non fit injuria' which means that a person taking access will generally be held to have accepted any obvious risks which are inherent in the activities they are undertaking."

We might offer advice on routes, but ultimately participants must rely solely on their own skills and judgment. Participants are responsible for ensuring they are sufficiently fit and have suitable skills and equipment for an arduous two week backpack. Any Challenger who has ongoing medical problems should obtain medical advice before taking part, ensuring the medical professional is aware of the nature of the Event. Participants are deemed to accept the inherent risk of mountain walking and agree to participate in The Great Outdoors Challenge at their own risk. Participants are strongly advised to consider personal accident insurance.

By participating, Challengers agree to abide by the rules, conditions and spirit of the Challenge, as summarised here and in the [Entry Notes – Terms and Conditions for TGOC22](#). They must accept that Scotia Challenge Ltd Event, the coordinators and vetters shall not be liable for any damage, loss, injury or death which may arise from participating in The Great Outdoors Challenge, other than that caused as a result of negligence.

long diversions. There is often significant snow cover on the mountains in May and occasionally fresh fall at lower levels. If you plan a high route you may need winter equipment. It can also be hot and sunny!

❑ Shelter – The Challenge is designed to be a backpacking event so you should carry a tent or other suitable shelter. Whilst you might visit a town or village every few days where you can find accommodation, you should expect to be wild camping a majority of the time.

INTERACTIVE MAP

Challenger Mick Blackburn has created an interactive map. This shows much of the information in these pages and can be viewed by clicking [here](#). Please note it is not hosted on the TGO Challenge website.

COMMUNICATION

We will use the email address given on your entry form so please let us know if this changes and mark newtonmorehostel@gmail.com as "safe sender" with your spam filter to ensure you receive everything. **All emails are acknowledged, usually within 48hrs, so if you haven't had a response, please contact us again.**

If you do not have an email address or are not comfortable receiving information this way, please ring us and we will arrange an alternative.

- ❑ Coordinators** – Sue & Ali are your contacts at newtonmorehostel@gmail.com or by phone on 01540 673360 or 07786628105.
- ❑ Vetters** – Your vetter may give contact details with their comments. Please copy the coordinators into any communications regarding your route.
- ❑ TGO magazine** – You can contact TGO editor, Carey Davies at carey.davies@kelsey.co.uk.
- ❑ Other Challengers** – Contact details of other Challengers cannot be given out, but the coordinators can pass on a message on your behalf.



THE GREAT OUTDOORS CHALLENGE PERIMETERS

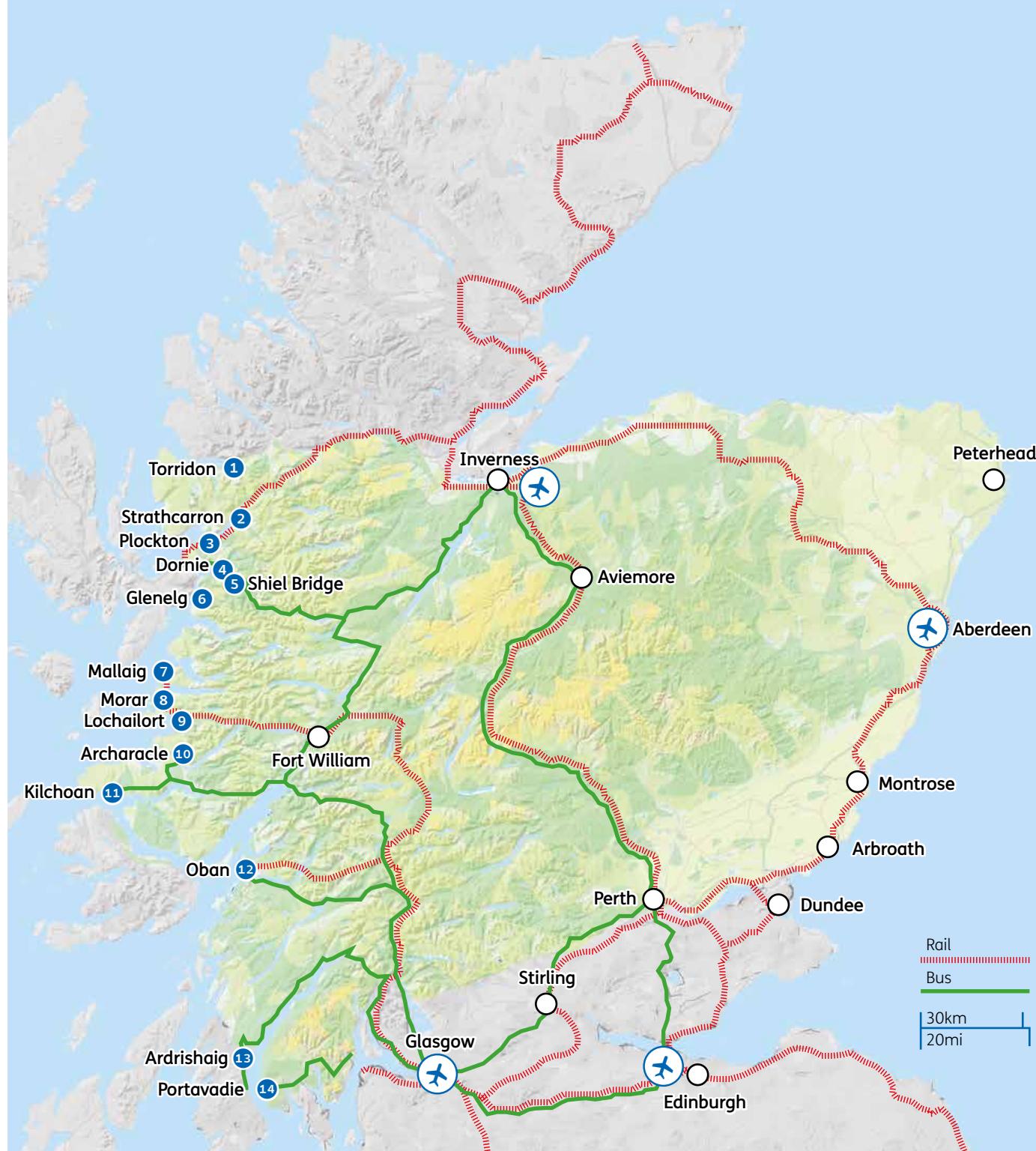
- ❑ **West** – Western seaboard of mainland Scotland from Torridon south to Ardnamurchan Point, across to eastern Mull (Dervaig to Strathcoil), then by Oban (including Kerrera and Lismore), down coast to Crinan, the Crinan Canal to Ardrishaig, across Loch Fyne to Otter Ferry, south to Portavadie.
- ❑ **South** – Mainland coast around Kyles of Bute, Firth of Clyde and Loch Long to Arrochar, Tarbet, south along Loch Lomond to Rowardennan (to include Ben Lomond), east following Duchray Water to Aberfoyle, Rob Roy Way to Callander, A84/A920/A9 to Doune, Dunblane and Perth, north side of Tay Estuary to Arbroath.
- ❑ **East** – The eastern seaboard from Arbroath to Fraserburgh.
- ❑ **North** – North coast from Fraserburgh to Inverness, north shore of the Beauly Firth (but not Moray Firth) to Muir of Ord, A832/A896 to Achnasheen, Kinlochewe and Torridon.

START POINTS

- ① **Torridon Youth Hostel** – 01445 791 284
- ② **Strathcarron Hotel** – 01520 722 227
- ③ **Plockton Hotel** – 01599 544 274
- ④ **Dornie Hotel** – 01599 555 205
- ⑤ **Kintail Lodge Hotel, Shiel Bridge** – 01599 511 275
- ⑥ **Mrs Davidson, Taobh na Mara, Glenelg** – 01599 522 310
- ⑦ **West Highland Hotel, Mallaig** – 01687 462 210
- ⑧ **Morar Hotel** – 01687 462 346
- ⑨ **Lochailort Inn** – 01687 470 208
- ⑩ **Loch Shiel Hotel, Acharacle** – 01967 431 224
- ⑪ **Kilchoan Hotel** – 01972 510 200
- ⑫ **Oban Youth Hostel** – 01631 562 025
- ⑬ **The Grey Gull Inn, Ardrishaig** – 01546 606 017
- ⑭ **Portavadie Marina** – 01700 811075

[Click here](#) for further information about rail, bus and air links.

4 newtonmorehostel@gmail.com
01540 673 360 or 07786 628 105
www.tgochallenge.co.uk



COVID-19 RESTRICTIONS

We hope and anticipate restrictions will be much less onerous than in 2021 and we will be able to return to a more normal Event. However, Covid-19 will not have gone away by May 2022 so some measures to limit the transmission of coronavirus and ensure all participants and local residents feel comfortable at all times are likely to be needed.

- You must abide by Scottish Government legislation and guidance at all times during the Event. Currently face coverings are required in shops, hospitality venues, when not seated, and on public transport and we anticipate some of these measures may still be in place.
- Take suitable precautions and follow guidance for the areas you travel from and through on your way to/from the Event.
- Vaccination/proof of Covid-19 status certificates are not required for participation at present, neither do we anticipate them being needed for the celebration dinners.
- MBA bothies are open at present, but participants must respect any restrictions put in place during the Challenge and treat non-MBA bothies in the same way.
- Even if guidance or Scottish law does not demand it, participants should respect others who may be vulnerable or remain nervous of close contact or crowded spaces. So please maintain a suitable distance when possible and wear a face mask if appropriate or requested.
- Respect any limitation on numbers or distancing requests at social gatherings eg Callater Lodge, Tarfside.
- Staggering the start is intended not just to reduce pressure on start points but to space out Challengers during the Event and limit numbers at any one time in pinch points such as Braemar, Ballater and Tarfside. Please respect this and stick to your allocated start dates and allotted time period. Whilst we want to see the social side of the Event return, please think about numbers and proximity especially when indoors.
- Not travel to the Event or retire as soon as possible during the Event if you develop Covid-19 symptoms or are told that you need to self-isolate.
- Inform Challenge Control if you, or a member of your household, test positive for Covid-19 during the Event or the ten days before and after it.

By entering you agree to plan for the above. Whilst Highland communities have welcomed visitors back there remains some nervousness about the risk of spreading Covid-19. We therefore need all Challengers to strictly observe any restrictions deemed necessary in May as we cannot risk the reputation of the Event and losing the goodwill it has built up over the last four decades. Therefore, anyone found to be breaching Covid-19 guidance will be subject to a one-year ban from the Event.

TRAVEL RESTRICTIONS

Whilst we hope travel will become much easier by May 2022 we appreciate, especially for our overseas participants, some uncertainties remain. In normal circumstances we cannot offer a deferred place or a refund when someone has to withdraw. In view of this anyone who withdraws before 31st December 2021 can defer their place to 2023 at no cost. After this date, should your governing authority or the Scottish/UK government put travel restrictions in place which make it impossible for you to participate you will be offered a guaranteed 2023 place at a 50% discount.

CANCELLATION

We will of course do everything we can to ensure TGOC22 goes ahead. However, the Event is uninsurable against cancellation so we must share the risk with Challengers to ensure it can continue. In the Event of cancellation, those with places deferred from 2020/21 will be guaranteed a place in 2023 at a 50% discount. Other participants will also be offered a 50% discount and a place in 2023 if there are sufficient and a 2024 place if not.

PLANNING FOR THE CHALLENGE

The Challenge needs a lot of preparation, which can be a little daunting if this is your first crossing. In common with other events, you need to prepare yourself and your equipment, but the unique aspect of the Challenge is designing your own bespoke route. This can be time consuming and at times frustrating but ultimately, when your route has been accepted, it is immensely satisfying. What else are wet winter evenings for?

SKILLS

You, and any teammates, should already have the following skills:

- ❑ Ability to navigate across pathless, rugged terrain using map and compass (You must not be solely reliant on GPS).
- ❑ Be able to carry personal/camping equipment with a minimum of 3 days provisions.
- ❑ Previous experience of backpacking including 'leave no trace' wild camping in an environment with no facilities.
- ❑ Capacity to be self-sufficient, including first aid skills, in remote areas where help may not be easily accessible.
- ❑ Be able to assess and deal with adverse weather (wind, rain and occasionally snow and sun!) including unbridged rivers/burns in spate.

If you lack any of these please speak to the coordinators. It is best to be honest with yourself (and us) at this stage. We will do all we can to help you prepare a route that is within your capabilities but, if necessary, your entry can be deferred until 2023 to give you time to gain these essential skills.

EQUIPMENT

We assume that all applicants are experienced backpackers and do not need an equipment list. However, for your safety, the following items should be carried:

- ❑ Tent or suitable shelter and sleeping bag
- ❑ Cooking equipment
- ❑ Waterproof and windproof clothing
- ❑ Emergency rations for at least one full day
- ❑ Maps, compass and whistle for each member of the team
- ❑ Suitable first aid kit
- ❑ Face covering and sanitiser
- ❑ If snow conditions prevail, an ice axe (and the skills and experience to use it) is essential for higher-level routes.



MAPS

Whether you use physical or digital maps you should use the most up-to-date editions. Whatever you use as your primary means of navigation you need to carry a backup. For instance, if you use digital maps on your phone, you should either carry maps or a second separate device as these can fail or run out of power. If you use physical maps, you should consider carrying photocopies or a digital device in case your maps get lost or damaged. Sheet maps or printouts should cover sufficient territory either side of your route to allow for diversions necessitated by extreme weather or injury.

- ❑ **OS 1:50,000 Ordnance Survey Landranger** maps are recommended to both plan and walk your route. Your vetter will use these maps.
- ❑ **Harveys 1:40,000 and 1:25,000 maps** are excellent maps designed specifically for walkers but do not currently cover the entire Challenge area.
- ❑ **OS 1:25,000 Ordnance Survey Explorer** maps can be useful for planning as they give more detail (eg field boundaries) but are too bulky to carry on the Event itself.
- ❑ **Large scale maps** such as road maps and Google Earth can be used when planning to get an overview but should not be relied upon during the Challenge.

Sadly, the previously excellent Viewranger App no longer supports OS maps and its current mapping is not suitable as a primary system of navigation on the TGO Challenge.

Please note: only names used on 1:50,000 maps can be used on your route sheet.

WHERE TO START?

Picking your start is as good a place as any to begin. Each start point gives a very different experience and more detailed information on each can be found [here](#).

The start registers are mostly held by small family-run hotels or SYHA hostels usually in their reception areas. Please consider using them for food or accommodation before you start as they have supported the TGO Challenge for many years and like many other hospitality businesses their trade has been hit hard by Covid-19. Further details will be made available in the Final Details, circulated in April.

Regular Challengers are encouraged to use different start points on each crossing and to explore the lesser used starts such as Acharacle, Ardrishaig, Glenelg, Morar, Portavadie and Plockton.

WHAT TYPE OF ROUTE?

- Higher or lower level?** On your first crossing, unless you have significant backpacking experience in Scotland's hills, we recommend a lower-level route. If you have suitable experience and want to put in some hills you will be asked to provide a Foul Weather Alternative for each high day – which also give you an alternative lower-level route, should you prefer it on the day.
- Solitary or sociable?** You can plan a route so you hardly meet a soul or a more sociable one visiting some of the towns and villages which have taken the Challenge to their heart. Many people mix and match periods of solitude with a taste of the famous Challenge camaraderie. We will still be living with Covid-19, so we ask Challengers to be responsible and adhere to any restrictions still in place and to be, as ever, respectful to others.
- Themes and highlights.** It is worth looking for places you might want to visit before you start detailed planning, marking them on a large-scale map to see which are feasible to connect. Some Challengers have picked themes in the past e.g. linking drove roads, castles or even searching out tea rooms!
- Duration of crossing.** Remember it is not a race! Unless you are constrained by work or family commitments, why hurry? Make the most of Scotland's magnificent wild places and savour it rather than rushing through.
- Distance and ascent.** From our experience 18–25km (12–15 miles) per day is enough for most people. You need to allow for the nature of the ground as well as the ascent for each day – some 15 km days can be extremely arduous. See Colin Crawford's [Guide to Scottish Terrain](#).

WHERE TO FINISH?

You can finish anywhere on the East Coast between Fraserburgh and Arbroath. There are a whole host of possible places to finish your crossing. If you need some ideas, see Roger Smith's [Guide to Finish Points](#). All Participants must report in person to Challenge Control at the Park Hotel, Montrose to sign out, but once you finish on the east coast you can travel to Montrose by public or private transport.

PHONE IN POINTS

You will be asked for a minimum of four phone in points during your crossing (excluding the start and finish) where you will phone into Challenge Control who will be monitoring your progress. This is part of our safety procedure and failure to phone in on the designated day may result in concern at Control and possibly a referral to Mountain Rescue, so it is important they are:

- Places with reliable mobile reception or access to a landline.
- Not on summits or ridges – as you might not be there but on your FWA
- Ideally in towns or villages



Weather near Johnshaven – Ian Cotterill



Shielin of Mark bothy – Patrick Downie



Sgùrr na Sgine sunset – Vicky Grace



Loch Ericht – Matthew King



Camban bothy – Frédéric Maillard

FERRY CROSSINGS

You may make an initial boat journey to reach another point on the coast, or cross, but not travel along, large bodies of water such as Loch Ness and Loch Linnhe. Possible crossings are listed below. These may need to be prebooked:

① Mallaig to Inverie

Western Isle Cruises (01687 462 233) offer regular sailings. Please note the earliest crossing you can use on your designated start day is 10:15 am – the 7:30am crossing is outwith the Challenge. Western Isle Cruises will use their larger boat and put on extra crossings if needed but you must pre book and be prepared to take a later boat if necessary. To receive a discount quote **TGOC2022** when you book.

② Dalelia to Polloch

Crossings of Loch Shiel can be arranged with Izzy Buchan and John Macaulay if restrictions allow. Email dalilea@outlook.com or 01967 431 253.

③ Camasnagaul to Fort William

Lochaber Transport (07826695160) This ferry does not run on Sundays.

④ Corran Ferry

Sailings every 20–30 mins across Loch Linnhe from 6:30 am (8:30 Sun) to 9:20pm – no need to book.

⑤ Oban to Lismore

Calmac (0800 066 5000). Challengers using this route are given dispensation to sign out early on their designated start day in order to catch the 9am ferry. You will also need the **Argyll and Bute Council** (01546 605 522) service from the north end of Lismore to Appin.

⑥ Tarbert (Loch Fyne) to Portavadie

Calmac (0800 066 5000). Runs hourly from 8am to 6pm. This can be used to access Portavadie prior to the Challenge.

⑦ Tarbet (Loch Lomond) and Inveruglas to Inversnaid and Rowardennan

Cruise Loch Lomond (01301 702356) offer waterbus services across Loch Lomond.

⑧ Drumnadrochit to Inverfarigaig

Gordon Menzies plans to offer the usual service for Challengers across Loch Ness from Temple Pier (NH 528 300) on the north side of Urquhart Bay to Inverfarigaig, usually around 8am and 5pm. Crossings will need to be pre-booked by emailing gordonlochness@gmail.com after 1st March 2022. **Please note the change of email address** and do not try to contact Gordon any earlier. Capacity on each crossing may still be reduced but he will ensure all Challengers get across the loch even if this requires several trips. Please be prepared to be patient.

Other crossings (commercial ferries or private hire) are possible but please check the route is acceptable with the coordinators before making firm bookings.



FOUL WEATHER ALTERNATIVE (FWA)

You must provide a foul weather alternative when your route crosses high ground that is pathless or exposed. FWAs need serious thought and often prove to be the hardest aspect of route planning. Every year routes are returned for revision due to participants not reading this section, so please double check whether your route needs a FWA, especially those listed below.

There is no defined altitude at which a FWA is required as the nature of the terrain, duration of walking at an exposed height and whether a clear path is evident, all have a bearing, as does the experience of the Challenger(s). However, routes over 900m always need one whilst routes under 500m do not usually need a FWA unless there are un-bridged burns and rivers that may be impossible to cross safely in spate. A FWA may need to be more than one day long.

FWAs are always required for the following routes:

- ❑ Lairig Ghru
- ❑ Summit of Mount Keen (bypass path acceptable)
- ❑ Jock's Road
- ❑ Fords of Avon
- ❑ Kilbo path
- ❑ Carn an t-Sagairt Mor path/Dubh Loch route

While slightly lower routes, such as the Corrieyairack Pass, are acceptable, extreme weather can render them impassable. Common sense has to be applied during the Event and on occasions you may have to wait for weather or water levels to subside.

The weather doesn't have to be bad to use your FWA – it can also be a Feeling Weary Alternative! You may have to use it in good conditions if there is snow and ice on the tops and you do not have winter equipment. If you deviate significantly from your main route or FWA you should let Challenge Control know your new plans as soon as you have a phone signal.

RESOURCES

You can get inspiration from lots of sources but here are a few suggestions. There are more in the **resources** section of the website.

BOOKS

- ❑ **Scottish Hill Tracks** (Scotways) describes Scotland's rights of way and is a good place to start when planning your route.
- ❑ **Scotland by Chris Townsend** (Cicerone) gives a comprehensive guide to all the mountain ranges in the Challenge area. Chris is the gear editor for TGO and a regular Challenger himself.

- ❑ **Hostile Habitats – Scotland's Mountain Environments** by **Mark Wrightham and Nick Kempe** (SMC) is a guide for walkers to Scotland's wildlife and landscapes.

CHALLENGERS' BLOGS

You can find accounts of recent crossings [here](#) and some older accounts at [Doodlecat](#). By all means visit some places you have read about but please don't copy a route in its entirety. The Challenge is all about producing your own personal bespoke route.

WEBSITES

- ❑ **Where's the path** – OS maps and aerial photography side by side – a very useful planning tool.
- ❑ **Geograph** – access to photos for individual grid squares – a good way to get an idea of the terrain and scenery you may encounter.
- ❑ **Walk Highlands** – mainly day routes but useful if you are incorporating some hills.
- ❑ **Core paths** – particularly useful when trying to avoid stretches of road walking in lowland areas as it shows many newly adopted paths which may not yet appear on OS maps. Core Path networks can be accessed through local government websites.
- ❑ **TGO Challenge website** – there is plenty of helpful information on the website. Please note it will be redesigned in the autumn and www.tgochallenge.co.uk will be redirected to www.tgochallenge.com in early November. If you have downloaded route sheets in September or October the links within in will no longer work.

If you are still struggling for ideas or how to connect places talk to the coordinators who can give you some suggestions. The fine detail, though, will still be up to you.

ACCESS

The Land Reform (Scotland) Act gives a general right of responsible access to open countryside in Scotland. There are exceptions such as the vicinity of buildings, industrial sites, airports, railway lines and military areas. The Act includes a right to wild camp responsibly, away from buildings, for one or two nights. The rights and responsibilities are explained in the [Scottish Outdoor Access Code](#).

Access may be temporarily restricted for reasons including forestry operations and the construction of hydroelectric schemes or windfarms and any reasonable notices should be followed for your own safety. The coordinators will liaise with any known projects on popular routes and post information on the [Access News](#) page on the website.

There is a longstanding, generally good, relationship between landowners and hillgoers in Scotland. We ask you to help us preserve and foster this by showing

due consideration to the land and its people. Those who live and work on the land should be treated with respect regardless of your views about the job they may do.

Please be scrupulous about disposing of litter and **human waste** properly, leaving ‘no trace’ at wild campsites and keeping bothies clean and tidy. This is becoming a major problem in Scotland – let’s not add to it. In general, if camping on farmland or near houses, please ask permission. It is a courtesy and you will rarely be refused.

Within the context of ‘freedom to roam’ there are a number of places where we would ask you to observe local requests:

- ❑ **Glen Feshie.** The estate requests camping be confined to the area around Ruigh-aiteachain Bothy (NN 847928), or further up the glen.
- ❑ **Balmoral Estate** request no camping around Loch Muick and Spittal of Glenmuick because of the specific characteristics and sensitivities of this area. You may camp in the vicinity of the bothies at Gelder Shiel (NO256905), Glas-Alt Shiel (north side of Loch Muick, NO275825) and Shielin of Mark (NO335826).
- ❑ **Glen Lee.** Dalhousie Estates request there should be no camping on or near the shores of Loch Lee, which is often used for night fishing.
- ❑ **Glen Mazeran.** The estate requests Challengers do not walk past Glenmazeran Lodge. Please take the right fork at NH 744 227, cross the river and drop to the minor road at NH 748 224.

PATHS, TRACKS, BRIDGES AND FENCES

Paths are marked on the map with single dashes (—). Unlike continental Europe or North American trails, they are not normally waymarked and may be indistinct or even absent on the ground. Most are not maintained and may be rough and wet.

Tracks are marked with double dashes (==) and are usually suitable for all terrain vehicles. They are generally evident on the ground and vary from well-constructed dirt roads to rough cart tracks. Bridges may be lost in winter storms, and we may not be aware of damage, particularly in remote areas, before the Event. If a bridge is absent or unsafe you must be prepared to use your initiative to find a safe crossing point or divert your route. Information regarding damaged bridges on popular routes will be posted [here](#).

Fences can be unexpected obstacles. Deer fences are commonly over 2m high and may require a diversion if you can’t find a gate or climb over. Electric fences have appeared in the eastern highlands over the last few years. There are supposed to be regular crossing points, but these may take some time to locate.

TRAVEL AND ACCOMMODATION

Travel. [Traveline Scotland](#) is a good place to start to plan your journey but you can find lots of useful information about getting to your start point on the [travel](#) and [start point](#) pages of the website. Please ensure you comply with any Covid-19 travel guidance relating to public or private transport.

Wild camping. This is what the Challenge is about! We strongly advise that you carry a tent or other suitable shelter. When you choose your equipment bear in mind sub-zero temperatures are common in May. Your shelter needs to be capable of withstanding gale force winds and heavy rain. The reputation of wild campers has been sullied by litter and human waste being left at popular spots since lockdown. Please choose where you camp carefully making sure you are well away from roads and occupied buildings and practising leave no trace camping, so the TGO Challenge is not seen to be adding to this problem.

Bothies are basic shelters open to all. They are a valuable resource offering welcome refuge in adverse weather, many of which are maintained by the [Mountain Bothies Association](#) so please consider supporting the MBA. There are also many non-MBA estate bothies which are open to walkers.

Campsites. Most have now re-opened for tent pitches but there will be some which no longer take tents so we suggest you check first and prebook where you can, bearing in mind that some may not open until Spring for enquiries. There is usually high demand for pitches at Braemar, Ballater and Montrose.

Braemar Caravan Park Camping pitches can only be booked by phone (01339 741 373). Mike and Peter are happy to welcome Challengers.

Ballater Caravan Park (01339 755 727) A discount is available to Challengers but to access this you must book by phone (not online) after 31st March – ask for Susan.

South Links Caravan Site, Montrose is run by Angus Council. Book by phoning the Council’s ACCESS line on 03452 777 778.

Dovecot Caravan Park at North Water Bridge, Laurencekirk, AB30 1QL will once again be open for Challengers. Bookings can be made in advance by phone (01674 840630) or email adele@dovecotcaravanpark.co.uk

B&Bs and hotels. Most villages and towns offer a choice of accommodation. Details of many can be found at www.visitscotland.com (01387 245 550) and on websites and apps such as Trip Advisor,

Booking.com, AirBnB etc. It is worth checking that any accommodation you hope to use has re-opened following Covid-19. Please note remote buildings named on the map as 'Lodge' do not usually provide accommodation.

Hostels. Hostels were particularly badly hit by Covid-19 restrictions so many, including the coordinators Newtonmore Hostel, are now only open to group bookings often for a minimum of 2 days. Please check with individual hostels beforehand.

Hostelling Scotland – formerly SYHA (0345 293 7373) offers Challengers a discount on bookings throughout May at hostels in the Challenge area. This does not include the affiliated hostels on their website. Quote code **TGO22** when booking. Temporary membership cards are no longer needed. **Scottish Independent Hostels** is a network of independent hostels many of which are regularly used by Challengers.

Most accommodation providers give a warm welcome to Challengers but there are a few which have gone the extra mile to help us in past years, some opening their doors especially for the Event.

❑ **Ault na Goire, Errogie**, NH 544 229 – the Sutherlands (janet.sutherland@talk21.com or 01456 486 711) offer a great welcome along with camping. They will, again, be offering food so pre-booking is essential. They are happy to hold resupply parcels if informed by phone or email in advance.

❑ **Callater Lodge**, NO 178 844 – Bill Duncan, along with Mike will be opening Callater Lodge once again but with a few changes. Increasing numbers in recent years were becoming a problem before the pandemic with severe overcrowding. There will, therefore, be a limit on numbers in the building and Bill hopes to erect an awning outside. There will be no sleeping accommodation in the lodge.

❑ **Cougie Lodge**, NH 242 212 – Melanie (melaniejstrang@hotmail.com or 07773 491 262) will be opening her doors again for Challengers.

❑ **Laggan – Laggan Stores and Coffee Bothy** (on the A85 by the bridge over the River Spey) provide a wonderful service to Challengers.

❑ **Dalwhinnie** – Accommodation is limited in Dalwhinnie, but the **Loch Ericht Hotel and Snack Shack** (01528 522331) usually allow camping in their grounds as well as providing meals and rooms.

❑ **Mar Lodge** – We are uncertain as yet whether Mar Lodge will be available to us for teas/biscuits and for holding resupply parcels – we will let you know when we have this information.

A Brief History of the Challenge

The idea came from writer and mountaineer Hamish Brown. He had crossed Scotland on foot himself and felt that similar crossings could be accomplished and enjoyed by others within the framework of an organised non-competitive event.

In autumn 1979 Hamish presented the idea to Roger Smith, then editor of The Great Outdoors magazine, and the first event was held the following Spring. Since then it has become a hillwalking institution. That the Challenge has been held every May since 1980, format unchanged, is a tribute to Hamish's original concept. It has been sponsored by TGO magazine since the outset but was originally known as The Ultimate Challenge after the first co-sponsors, Ultimate Equipment Ltd. The only years in which a full Challenge was not held were 2001, when an outbreak of foot-and-mouth disease led to severe access restrictions (a partial crossing from Strathspey to the east coast was arranged) and 2020 when the event had to be cancelled due to Covid-19. In 2021 the Challenge was postponed to June due to ongoing Covid restrictions resulting in a smaller, socially distanced but successful Event.

Hamish was one of five people who completed all of the first 10 Challenges, the others being Bill Robertson, Bob Dawes, Ron Reynolds and Dave MacArthur. Bill completed his 33rd crossing in 2016. The oldest participant so far was Jim Taylor who completed his 20th crossing in 2014 at the age of 91, surpassing the record of fellow nonagenarian Jack Griffiths.

To date, 3,560 people have participated in the Event. A total of 10,179 crossings have been attempted and 8,959 have been completed which is a success rate of 88%. A remarkable achievement for a remarkable event.

Roger Smith acted as coordinator for two decades, steering it from strength to strength. He retired in 2011 but maintains a close association, acting as consultant and, until 2021, as a member of the valued team of vetters. He was succeeded by former TGO deputy editor John Manning, who has ten crossings to his name. After three years John handed the reins to Sue Oxley and Ali Ogden who first met on the Challenge in 2004 and have both completed multiple crossings. They have been joint coordinators since 2014 and, as directors of Scotia Challenge Ltd, acquired the TGO Challenge in November 2020.

- Newtonmore Hostel** (01540 673 360) – Although we will not be able to offer accommodation or camping, we will again be offering tea and cakes in an awning in the garden. We will also hold resupply parcels.
- Glen Esk** – The Burn will not be available this year.

TARFSIDE

St Drostan's Hostel will be open from Thursday 19th – Wednesday 25th May inc. In recent years, the numbers here had increased to such a degree that it had become a victim of its own success, so we will be running it differently. There will still be beds available on a first come, first served basis, self-catering only.

- NO MEALS OR ALCOHOL PROVIDED** either for those staying in the hostel or for those camping on the playing field. Everybody intending to stay at Tarfside needs to bring their own meals.
- Light refreshments – teas, coffees, cakes, scones etc during the day from 10am until 6-7pm.
- Our volunteer staff will gladly take your name, Challenge number and Park Hotel dinner confirmation to ring into Control for you (limited mobile reception and just one phone-box!).
- The Masons Arms will not be open.
- We cannot hold re-supply parcels here.

We understand that this new regime may disappoint some Challengers, but we rely solely on volunteers and the daily work of cleaning and meal preparation became too exhausting. This new arrangement means there will still be a good degree of sociability in Tarfside but with fewer numbers each day so both volunteers and indeed, local residents, don't feel quite so overwhelmed.

CHALLENGE COMPANIONS

Friends and family may join you for a few days or visit you at planned stops, but they must not act as back-up crew. They must of course comply with any limitations on gatherings. Unofficial full crossings are not permitted. Unfortunately, to maintain good relationships with those working on the land, dogs are not allowed on the Challenge.

GPS TRACKERS

We encourage the use of GPS trackers as they give you a means of summoning help in an emergency situation when you may have no mobile signal. However, they are not a substitute for our safety procedures and phone in system. We will not be able to monitor GPS tracker maps at Challenge Control regularly. You must have someone at home who will follow your progress. We will ask you to give details on the Emergency Contact form circulated in April so we can check it should you miss a phone in or we are concerned for your welfare.

RESUPPLIES & TRAIL FOOD

The Challenge is a self-supported expedition so support or back-up crews very much contravene its spirit. However, you do not need to carry all you need for two weeks. Most Challengers resupply every 3–4 days. Supplies can be bought along the way or posted, with the owner's permission, to booked accommodation. Please note **some items** such as gas canisters cannot be sent in the post or by courier.

Base Camp Foods (01332 865149), **TentMeals** – vegan (07723 916 817) and **Mountain Trails – Food on the Move** (01995 672 879) will all be offering discounts as usual. Please go to the TGO Challenge website **special offers** page for further details.

MEDICAL INFORMATION AND EMERGENCY CONTACTS

In March/April each participant will be asked to provide a medical declaration including details of any long-term injuries and conditions. It remains your responsibility to ensure you are fit enough to participate. This information will only be passed on to the appropriate services in the event of an emergency.

You will also be asked to nominate an emergency contact who will be Challenge Control's first port of call if they are significantly worried about your welfare eg a missed phone-in or known injury. They do not need to be your next of kin, but it is important this person:

- consents to be your emergency contact.
- knows that you are participating in the TGO Challenge and are not themselves a 2022 participant.
- is available by telephone during the event and is comfortable conversing in English.
- has details of your outer clothing colour, tent make/colour etc.
- ideally has a photo of you that can be passed to the emergency services.
- holds contact details for anyone else who should know if there are concerns about you.

ANIMAL HAZARDS

Scotland doesn't have much wildlife that can harm you.

- Adders** are our only venomous snake but are relatively shy. Bites are uncommon and rarely cause long term problems.
- Ticks** are small blood sucking arachnids common in the Highlands, particularly in long grass or heather. They tend to seek out dark moist areas of skin. **Tick removers** are an essential part of a Challenger's first aid kit. Ticks can transmit **Lyme Disease** which, although easily treated

in the early stages, can cause longstanding problems if left untreated. **If you develop a rash or fever in the days or weeks after the Challenge you should consult a doctor as soon as possible.**

- Cattle** may be encountered, mainly in lowland areas. Use an alternative route if one is available. If not, proceed slowly and quietly giving them as wide a berth as possible. Be particularly cautious of cows with calves and, of course, bulls.
- Midges** are rarely a problem in May. If we have a warm spring, you may encounter some in sheltered spots especially near water.

CELEBRATING YOUR CROSSING

We are hoping that for 2022, we will, once again be able to hold celebratory dinners at the Park Hotel. Due to the 'staggered' start system, we shall also have a 'staggered' finish system.

The 2021 smaller dinners were much appreciated and a better experience for all involved. We are, therefore, planning to hold dinners nightly, with a maximum of 100, from Monday 23rd to Friday 27th May. Thus, there will not be one big 'main' dinner and plaque presentations will be spread over all the days. As usual, we will ask for confirmation during your crossing. Those on their 10th, 20th or 30th crossings will be guaranteed a place and may invite one non-participating guest. If there is some leeway, we may be able to be flexible, but please assume there won't be any flexibility to avoid disappointment. This system will help us and the Park Hotel to be able to manage numbers efficiently and there will be space for everybody over the five days.

WITHDRAWALS

You can defer your place to 2023 or 2024 without penalty until 31st December 2021. If you withdraw from the Challenge, for any reason, please let us know as soon as possible. Unfortunately, the entry fee is not refundable and cannot be deferred to another year after 31st December 2021. The exception is if you are unable to travel to Scotland due to your home authority or Scottish Government restricting travel or enforcing quarantine on your arrival in Scotland or on returning home, in which case your place will be deferred to 2023 or 2024 if you prefer, but you will have to pay 50% of that year's entry fee. Places cannot be transferred to another person.

CANCELLATION

Should TGOC22 be cancelled for any reason everyone with a 2022 place will be offered a 50% discount in either 2023 or 2024. Those who had places deferred from 2020 will have a guaranteed

place in 2023 or can defer to 2024 if they prefer. Everyone else will be offered a 2023 place if there are sufficient or a 2024 place if there are not or that is their preference.

MERCHANDISE

We will once again be providing good quality pin badges at an additional charge and may also offer other merchandise at Challenge Control.

COMPLETING YOUR ROUTE SHEET

Once your route has been planned you need to submit it to us on a Challenge Route Sheet – using the version for your start day. This is central to how the Challenge is organised. It makes the jobs of the vетters and those on Challenge Control so much easier when it is clear and accurate. Please note we cannot accept routes presented in any other form.

It is much easier for us to work with typed documents that can be edited so please complete your route sheet using the relevant **Word** document or **editable PDF** which are available on the **Downloads** webpage. If using the Word version, please do not delete any of the boxes or change the format of the form and try to ensure it remains on three pages.

Apple Mac users – Please use the new editable PDF form as the conversion of the Word document to "Pages" upsets the formatting causing it to roll over onto additional pages and you will not be able to rectify it. Please **do not send Pages files** as we cannot open them.

For those who do not have access to a computer or find the route sheet difficult to complete digitally we will of course accept handwritten route sheets which can be posted or scanned and then emailed.

It is worth bearing in mind who uses the route sheet when completing it:

- You and your group** as an aide memoire summarising each day's route and when you are due to phone Challenge Control.
- Vетters** use it to trace your route when they assess it.
- Challenge Control** – if worried about you it is their first port of call and should there be additional Covid-19 restrictions or hotspots delineated during the Event it will be used to identify those who may be affected.
- Emergency Services** if a search is initiated.

The sheet therefore needs to be clear, concise and accurate so your route can be quickly gauged. No jokes please – they might amuse us or your vetter but may not seem so funny if the sheet is being looked at by the emergency services . . .

The following pages explain what is needed in each section and why and also give examples of how to present each day.

<p>Start/finish points</p> <p>Date you plan to sign out.</p> <p>Date you plan to reach the coast – not date you will report to Challenge Control (if different).</p> <p>Information used when preparing start and finish lists.</p>	<p>Name(s) – Group leader first</p>	<p>Mobile phone number(s)</p>	<p>Dinner request(s)</p> <p>Please indicate your dinner preference or none.</p>										
 <p>TGO CHALLENGE 2022 ROUTE SHEET page 1</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">START POINT:</td> <td style="width: 15%;">FINISH POINT:</td> <td style="width: 30%;">Name(s) – group leader first</td> <td style="width: 30%;">Number for mobile phone carried during the event</td> <td style="width: 20%;">Dinner request Please state Mon, Tue, Wed, Thu, Fri or none for each person</td> </tr> <tr> <td>DATE: 13/5/22</td> <td>DATE:</td> <td>1. 2. 3. 4.</td> <td></td> <td></td> </tr> </table>				START POINT:	FINISH POINT:	Name(s) – group leader first	Number for mobile phone carried during the event	Dinner request Please state Mon, Tue, Wed, Thu, Fri or none for each person	DATE: 13/5/22	DATE:	1. 2. 3. 4.		
START POINT:	FINISH POINT:	Name(s) – group leader first	Number for mobile phone carried during the event	Dinner request Please state Mon, Tue, Wed, Thu, Fri or none for each person									
DATE: 13/5/22	DATE:	1. 2. 3. 4.											
<p>Date</p> <p>DAILY ITINERARY WITH FOUL WEATHER ALTERNATIVES (if needed) Please refer to the planning notes in the Event Details before completing and use the checklist before submitting to the coordinators. Routes with insufficient details or lacking appropriate FWAs will be rejected.</p>	<p>FWA:</p>	<p>OS (1:50k) MAPS</p>	<p>DISTANCE (km) & ASCENT (m)</p>	<p>OVERNIGHT HALT (name & grid ref.)</p>									
<p>Main route</p> <p>Concise and clear – not an essay!</p> <p>One route only – no multiple variations (exception is escape routes from ridges or summits to FWA).</p> <p>Highlight any significant summits over 600m (eg Munros, Corbetts, Grahams) in bold.</p> <p>Place names (only those named on OS 1:50,000 maps) with a small amount of description – see examples.</p> <p>Needs to be easy for your vетters and Challenge Control to follow.</p> <p>Alternative routes cause confusion and take more of the vетters' valuable time.</p> <p>Place names are quicker to locate than grid references.</p> <p>Vетters and Control use 1:50,000 maps.</p> <p>Grid references only when no named feature available – 6 figures and 2 letter prefix eg NN 185 462.</p>	<p>FWA</p> <p>Should link to and from main route.</p> <p>For multiday must be contiguous with previous days FWA and may need a second FWA if main route covers high/exposed ground on second day.</p> <p>Need to have a FWA for any time you might be on high/exposed ground (see planning guide)</p> <p>Can get complicated! Talk to coordinators if stuck.</p>	<p>Map sheet numbers</p> <p>State OS 1:50,000 map sheet.</p> <p>If using digital mapping numbers can be worked out here.</p> <p>Challenge Control and some vетters use paper, rather than digital, maps.</p>	<p>Ascents and distances</p> <p>Metric figures only.</p> <p>Distance to nearest whole kilometre.</p> <p>Ascent to nearest ten metres.</p> <p>Ascent is total of all climbs during the day and is never 0!</p> <p>Accurate figures show you have planned carefully and taken in to account the effect of distance and ascent on the length of your day.</p>	<p>Overnight halt point</p> <p>Wild camps/ bothies</p> <p>Place name (eg Glen Loyne) and six figure grid reference.</p> <p>No need to state "wild camp" – it's usually pretty obvious!</p> <p>Villages/towns.</p> <p>Name of town/village – no grid reference needed.</p> <p>Type of accommodation (hotel/hostel/B&B/campsite) if known.</p> <p>Name and phone number of any establishment already booked.</p> <p>If bookings are made after submitting your route please let us know details.</p> <p>Place names rather than just grid references give Control a quick overview of your route. We realise you may stop short or continue further along the following day's route.</p> <p>Accommodation details are useful if Control need to trace you. We will check with them before worrying your emergency contact.</p>									

TGO CHALLENGE 2022: COMPLETING YOUR ROUTE SHEET

	DAILY ITINERARY WITH FOUL WEATHER ALTERNATIVES (if needed) See planning notes: routes lacking sufficient detail will be rejected	2022 ROUTE SHEET page 3		
		OS (1:50k) MAPS	DISTANCE (km) & ASCENT (m)	OVERNIGHT HALT (name & grid ref.)
MON 23 rd MAY				
	FWA:			

FRI 27 th MAY							
	FWA:						
PHONE-IN POINTS: minimum of FOUR, need to be reliable (ie landline available or place with known mobile reception)				FERRIES Please indicate Y/N if you plan to use: Loch Ness Mallaig-Inverie			Ferries Please indicate Y/N if you plan to use: Loch Ness Mallaig-Inverie
DATE	LOCATION	DATE	LOCATION				
1.		4.					
2.		5.					
3.		6.					
PLANNING METHOD Please state if manual (eg OS map and compass) or digital (Anquet, Memory Map etc)							
QUESTIONS AND COMMENTS If anyone in your group intends to carry a personal locator beacon/tracker please give details here. You can also add links to maps (must be on OS map) or GPX files of your route for use by your vetter and Challenge Control. However, you still need to submit sufficient route description above.							

Phone-in points

Minimum of 4, maximum of 6.
No more than 4 days apart.
Solo walkers/ high level routes encouraged to phone informally between official phone-ins.
Should be where mobile signal likely or landline available.
This is our primary safety system.
Control will have sleepless nights if you can't phone or forget!
Sometimes difficult to identify 4 days on high routes – discuss with coordinators if problems.

Questions and comments

Ferries
Please indicate Y/N if you plan to use Loch Ness or Mallaig-Inverie ferries.

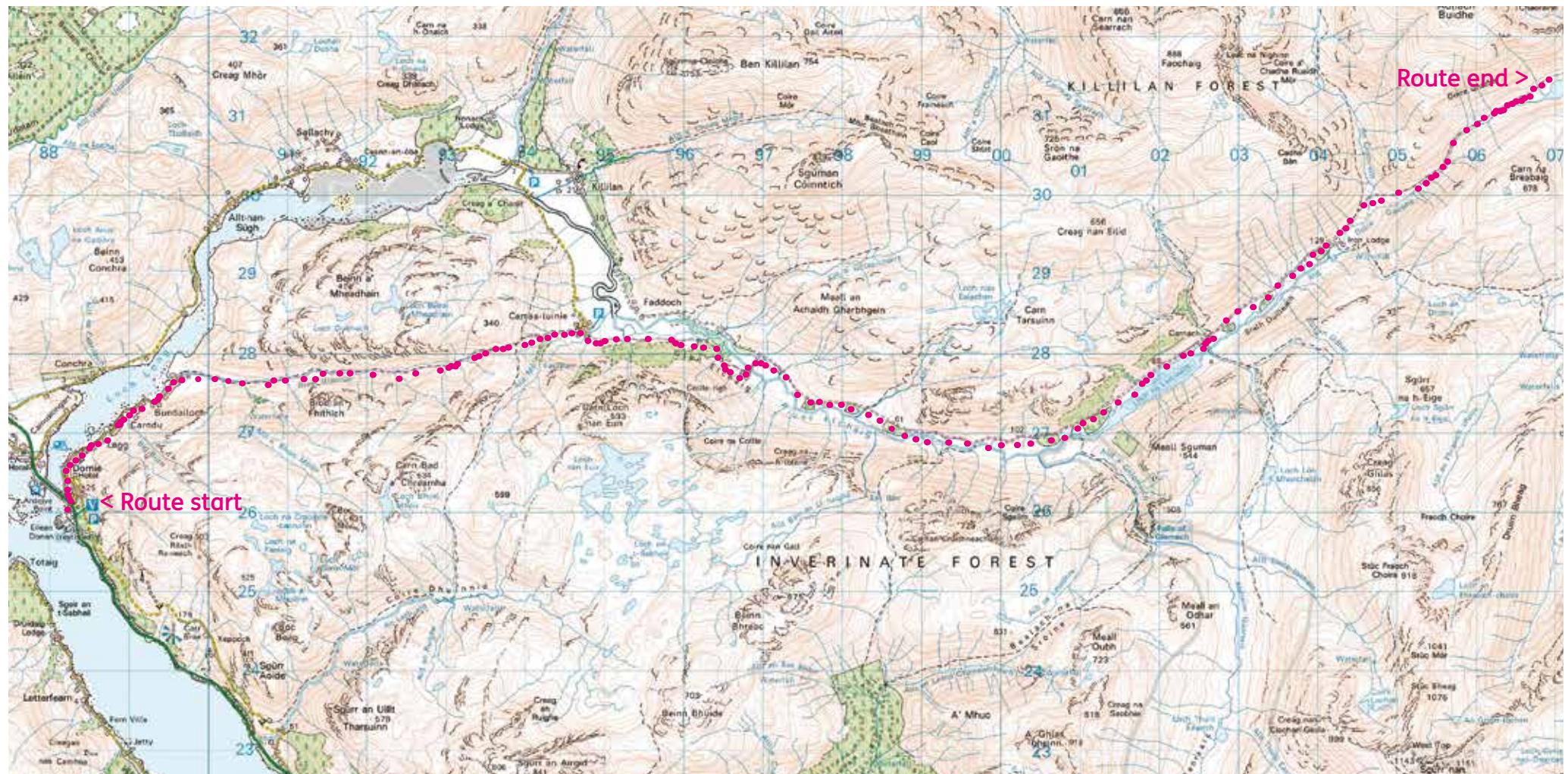
Planning method

State whether manual (eg map and string/wheel) or digital (Anquet, MemoryMap etc).

Digital methods usually give higher ascent figures so your vetter needs to know when assessing your figures.

Sample days

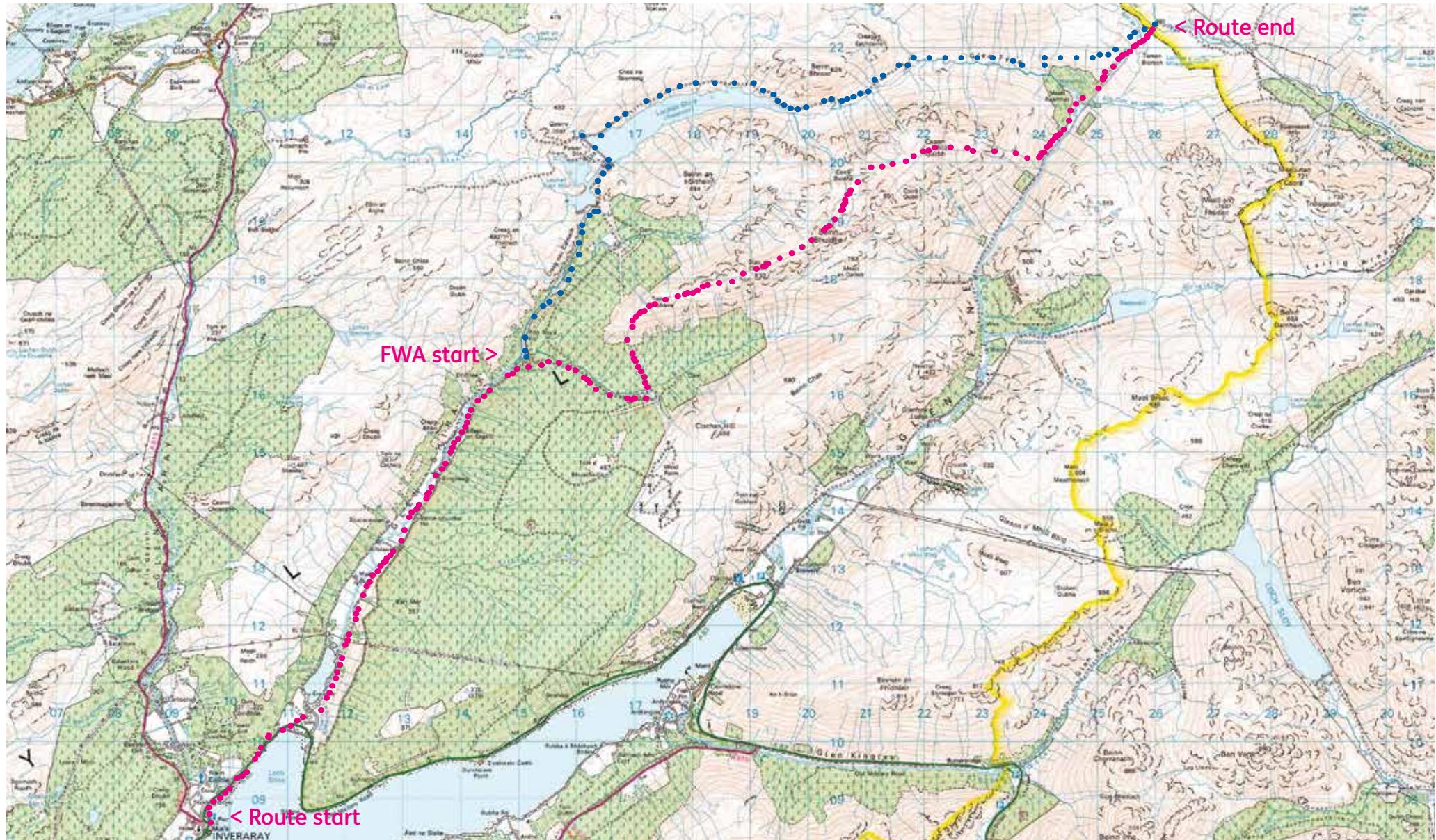
Firstly a relatively simple day from Dornie:



FRI 13 th	Dornie – minor road Bundalloch – path E River Glannan to Camas-luinie and Glen Elchaig – bridge at NG 968 278 – track E then NE to Iron Lodge – path NE to Loch Mhoicean	33/25	22	710	Loch Mhoicean NN 068 313
	FWA: not required				

COMPLETING YOUR ROUTE SHEET – SAMPLE DAYS

And now a more ambitious day including a Munro (not recommended for first time Challengers without prior experience of ascending Scotland's hills):



SUN 15 th	Inveraray – road N - track E side Glen Shira then track ESE from NN 158 164 to ascend firebreak at NN 172 160 –Tom a'Phioaire – ridge NE to <u>Beinn Bhuidhe (M)</u> - E to Glen Fyne then NE by Allt Chaluim – camp near track end Allt nan Caorainn	56/50	26	1220	Allt nan Caorainn NN 260 224
	FWA: As above to Elrigbeag then track Glen Shira to dam – N shore Lochan Shira – N bank River Fyne then contour 350m to camp spot as above	56/50	28	490	as above

SUBMITTING YOUR ROUTE

Once your route sheet is complete please use the [checklist](#) below before sending it to the coordinators at newtonmorehostel@gmail.com or, if you do not have access to email, post it to TGOC Coordinators, Newtonmore Hostel, Main Street, Newtonmore, PH20 1DA.

We acknowledge all routes so if you have not heard from us within 2 days (5 days if posted) please contact us by phone on 01540 673 360 / 07786 628 105.

If the coordinators think there is any vital information missing you may be asked to adjust your route before allocating it to a vetter.

We try to allocate you a different vetter each year. The exception is those who previously deferred or withdrew and are submitting a similar route. If this is the case let us know as it saves valuable vetting time if your previous vetter assesses any changes.

DEFERRED 2020/21 ROUTES

If your place has been deferred from 2020/21, you may either design a completely new route or use the route that has already been vetted but you may make adjustments as we appreciate some changes may be needed.

If using your previous route, please transfer your route on to the 2022 route sheet for your allotted start day and highlight any changes in a different colour. (If using the editable PDF please tell us which days involve changes as it is not possible to alter the text colour.) Your route sheet will be reviewed, where possible, by your 2020/21 vetter who will update their comments including any new issues that are relevant.

ROUTE SHEET CHECKLIST – Please note the revised format for 2022 to accommodate the ‘staggered’ start system

Format

- Only 3 sides
- Use route sheet version appropriate for your start date
- No boxes removed – (size of empty boxes can be reduced if needed)
- Mac users – do not send as a “Pages” document. Please use the editable PDF document if possible
- Use only place names found on 1:50,000 maps
- 2020 deferred route – highlight changes in a different colour

Start/Finish Points

- Places and dates tally with the written text

Names

- Names of all group members
- Numbers of any mobiles to be carried. If you are buying a UK SIM on arrival or your number changes please inform the coordinators

Dinner Requests

- Please indicate in the box provided and refer to the paragraph CELEBRATING YOUR CROSSING

Distance and ascent

- Required for all days and FWAs
- Distance to nearest 1 km
- Ascent to nearest 10m
- Metric measurements only

Grid references

- Use two prefix letters and only six figures (eg NH 068 312)
- OS map numbers
- Give map numbers for OS 1;50,000 Landranger maps only

Main route

- Only one please (escape routes from ridges or summits to FWAs are acceptable)
- Clear concise description (see examples)
- Highlight any summits over 600m (eg Munros, Corbetts and Grahams) in bold type.
- Use mainly place names and grid reference only where needed for clarity

FWAs

- Suitable FWAs are provided making reference to the list and advice on page 8.
- Each FWA (or section of multiday FWA) appears under the relevant day and has distance and ascent figures.
- Multiday FWAs give overnight halts and, if appropriate, link to/from the main route

Overnight halts

- Town/villages – name of place and establishment you intend to use (if known)
- Wild camping – description and 6 figure grid reference with prefix letters (eg Loch Mhoicean NH 068 312)
- No need to state “wild camp” – it’s usually obvious!

Ferry Crossings

- Please indicate in the box provided if you plan to use the Loch ness or Inverie crossings

Phone in points

- Minimum 4, maximum 6
- Maximum 4 days apart if possible
- Do not include your start and finish points
- Give place and date – use day of arrival not following morning
- Only where mobile signal or access to landline

VETTING PROCESS

However well you have researched your route there are always some nuggets of information that cannot be gleaned from a map or the internet. This is where the vетters come in. They are all experienced Challengers with a vast knowledge of Scotland's hills and glens. Some have been professional guides or involved in mountain rescue in the past, others have explored the hills for their own pleasure. All will offer advice that is well worth considering.

VETTERS ROLE

Our vетters are volunteers who give their time for free. It takes a minimum of three hours to vet a straightforward route but can take several days for a complex one.

They aim to assess your route for:

- Feasibility** – including the suitability of FWAs and phone-in points.
- Safety** – taking into account your previous experience.
- Accuracy** – checking distances and ascents are accurate and reasonable and the route description can easily be followed by Challenge Control.
- Advice** – they may make suggestions to enhance your crossing.
- Revisions** – telling you if any revisions are advised or required.

Where possible they will comment on things that may not be evident on the map such as bridges that may be missing or in a poor state, new estate tracks and bothies. However, your route is unique, so they can't possibly have walked every step and things may have changed since their last visit. We try to keep up to date with information on popular routes but cannot guarantee the accuracy of information given. Getting across Scotland in one piece is your responsibility, not your vetter's. You need to use your initiative along the way. If you find things differ from the map or the advice given, please let us know for future reference.

KEEPING IN TOUCH

There are a variety of ways in which you can keep in touch with other Challengers as well as Challenge news.

CHALLENGE WEBSITE

Go to www.tgochallenge.com where we will post updates on the [Challenge blog](#),

SOCIAL MEDIA

Follow @TGOChallenge or #TGOC22 on [Twitter](#) and [Facebook](#) or tgo_challenge on [Instagram](#). You may also want to join our TGOChallenge Facebook group.

VETTERS COMMENTS

The vetter will return comments to the coordinators who, after reading them, will send them to the group leader. Most vетters return comments in 1–2 weeks.

Please acknowledge receipt of your comments. Every year a few go astray so if yours have not arrived within 3 weeks of submission please contact the coordinators.

REVISIONS

If your vetter requires you to make changes or you choose to change your route in light of their advice your adjusted route sheet must be resubmitted to the coordinators. It is helpful if you can highlight (ideally in another colour) the changes you have made.

- Required revisions.** Please resubmit your route within 4 weeks of receiving your vetter's comments.
- Voluntary revisions.** If you choose to take some of your vetter's suggestions or need to adjust your route for any reason, please send us a revised route sheet.
- Accommodation details.** Please let us know of any planned accommodation that was not on your original route sheet.

The coordinators may sign off minor changes but for more complex revisions will pass your route back to the vetter for their assessment.

MESSAGE BOARD

Challengers can swap ideas and ask questions [here](#). There is a wealth of experience in the Challenge Community, and someone is likely to have the answer to your question but please do not ask for a complete route! We ask that you use your real name, not a pseudonym, and respect other users.

REUNIONS

We have Reunions in northern England in April (organised by Alan Hardy) and Scotland in October (organised by Kirsten Paterson) details of which can be found [here](#). The **Hill and Mountain Walking Club** was formed in 1989 by Challengers. They hold regular meets throughout the UK and abroad when possible, offering the chance to meet up with Challenge friends as well as taking in a few hills.

Once a Challenger: Always a Challenger

There are many past Challengers who can no longer participate but who would like to be involved in some way. Do you know any? If so, please put them in contact with us.

So, don't be a stranger and keep in touch!

TGO CHALLENGE SUPPORTERS

The Great Outdoors Magazine

The Great Outdoors is the UK's longest-established hiking magazine. We have been inspiring people to explore wild places for more than 40 years.

Through compelling writing, beautifully illustrated stories and eye-catching content, across a range of platforms, we seek to convey the joy of adventure, the thrill of mountainous and wild environments, and the wonder of the natural world. We're here to help you make the most of your time in the hills and mountains.

As well as stunning photography and top class writing, we are famous for the rigour of our gear reviews. Our reviewers are the country's most experienced team of testers – including world-renowned backpacking experts and long-distance walker, Chris Townsend – and we always ensure gear is put through its paces in challenging mountainous environments. Our essential skills advice is written by top outdoor instructors, guides and experts.

Our roster of contributors ranges from established outdoor writers and authors to younger, up and coming voices who reflect a new generation of outdoor enthusiasts.



Ultralight Outdoor Gear

Ultralight Outdoor Gear was founded to provide backpackers with real choice when it comes to their gear and to present more information than is available elsewhere about each piece of kit. We use as much of the gear as we can and tell our online visitors honestly what we think, the stuff we don't have time to use gets examined at our offices and we give our verdict on it all, product by product.

You'll also find articles about backpacking routes around the world, the latest gear technology, how to choose products from the wide ranges available and other useful articles on subjects like food, winter backpacking, essential kit etc.

We are passionate about backpacking, especially in wild places.



For those who are unfamiliar with Scotland here are a few Gaelic/Scots words that might be useful.

abhainn = river	dearg = red	gleann = valley	rath = hill-fort
allt = stream	doire = wood	gorm = blue	ruadh = russet
baile = farm, township	drochaid = bridge	grianan = sunny place	seanachas = legend
baine = pale	druim = ridge	iolair = eagle	sgor/sgurr = pointed peak
beag = small	dubh = dark/black	lairig = pass	slug = mire, morass
beag-dhonas = imp or pixie	eas = waterfall	liath = grey	socach = snout-shaped hill
bealach = col	eilean = island	linne = pool	spate = high fast water
bearn = pass, gap	faoladh = werewolf	lochan = small lake	sron = shoulder
beinn = hill/mountain	fear/ban-sgrùdaidh = vetter	meall = rounded hill	stob = peak
bhuidhe = yellow	feith = stream	mhor/mor = large	strath = wide valley
camus = beach, bay	fiacail = toothed ridge	moine = moss, bog	stuc = conical hill
clach = stone	fraoch = heather	monadh = upland moor	uamh = cave
cnoc = hillock	gairm-chatha = challenge	mór = big	uaine = green
coille = wood	garbh = rough, stony	odhar = dappled	uisge = water
creag = crag	geal = white	pait = hump, knoll	uisge-beatha = whisky