



## TGO Challenge East ROUTE OPTIONS TABLE 2026

| Route ID # | Start Point    | End Point              | Route Grading | General Description of route  | Duration (days) | Start Dates     | Total distance (km)   | Total ascent (m)         | Average daily (km/m)        |
|------------|----------------|------------------------|---------------|---|-----------------|-----------------|-----------------------|--------------------------|-----------------------------|
| 1          | Inverness      | Fraserburgh            | Grade 1       | 8 days on good tracks/paths with some road walking along the Moray Firth coast. Not a demanding walk from an ascent perspective, but it requires a steady 25km + day each day.  | 8               | Thu             | 194                   | 2050                     | 26/210                      |
| 2          | Boat of Garten | Stonehaven             | Grade 1       | This mainly low-level route uses paths and tracks from Boat of Garten through Tomintoul, Corndavon Lodge, Ballater, Kincardine O'Neil, Durrus Bridge and Stonehaven. The route uses the Deeside Way and then, on the final few kms, roads into Stonehaven.  | 7               | Thu, Fr or Sat  | 155                   | 2120                     | 22/275                      |
| 3          | Boat of Garten | St Cyrus               | Grade 2       | The route uses established paths and tracks, past Bynack More, Glen Avon, Loch Builg and on to Ballater. A shorter day to Aboyne (Deeside Way), and over to Tarfside on the Fungle Road. Then it's a final 2 days low-level to the coast.   | 7               | Thu, Fri or Sat | 161                   | 2560                     | 23/365                      |
| 4          | Aviemore       | Stonehaven (Dunnottar) | Grade 2       | Wild camping over the first 3 days at Ryvoan bothy, Glen Avon and Glen Builg into Ballater. Then to Tarfside taking in Mount Keen (Munro) followed by another high day over Mount Battock, through the Fetteresso Forest to Stonehaven.   | 8               | Thu or Fri      | 162                   | 3840                     | 23/550                      |
| 5          | Aviemore       | Kinnaber Links         | Grade 3       | A great route over the Lairig Ghru to Braemar. Then a classic Challenge route through the Spittal of Glen Muick, Tarfside, and low-level to Kinnaber Links.<br><br>There's FWA route for the Lairig Ghru via in Glen Feshie, White Bridge, Braemar, Shielin of Mark, Tarfside, NWB, Kinnaber Links (8 days) | 8               | Thu or Fri      | Main: 135<br>FWA: 155 | Main: 2490<br>FWA: 2285  | Main: 22/415<br>FWA: 22/325 |
| 6          | Aviemore       | Dunnottar Castle       | Grade 4       | A tough, high-level route over Ben Macdui, to Braemar, Jock's Road to Glen Clova, Glen Lee, Tarfside, and a finish via Mount Battock to Dunnottar Castle. The route uses tracks and paths where possible, but sections can be vague and the main and FWA routes require careful navigation.                 | 8               | Thu or Fri      | Main: 157<br>FWA: 165 | Main: 4,500<br>FWA: 2910 | Main: 22/640<br>FWA: 20/365 |
| 7          | Aviemore       | Kinnaber Links         | Grade 1       | A low-level route through woodland, riverside paths/tracks, along Glen Feshie, Geldie Burn and into Braemar. Then to Tarfside via Ballochbuie Forest, Glen Muick and Glen Lee, with a finish at Kinnaber Links. A short pathless section near Shielin of Mark.  | 7               | Thu, Fri or Sat | 154                   | 2134                     | 22/305                      |

TGOE East Coordinators:

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| 8          | Kingussie   | Aberdeen         | Grade 1       | Using good tracks and paths into Glen Feshie, Ballater (via Linn of Dee, Invercauld, Ballochbuie Forest and Balmoral), and Aberdeen via the waymarked Deeside Way.<br><br>*An adjustment to the daily distances on the Deeside Way can make this a 7-day walk, enabling a Saturday Start. | 8 (7*)          | Thu or Fri<br>*or Sat | 165                   | 1570                    | 21/200                      |
| 9          | Kingussie   | Kinnaber Links   | Grade 2       | Using mainly good paths and tracks, along Glen Feshie and Geldie Burn to Braemar. Then over Lochnagar to Loch Muick, Tarfside, North Water Bridge to Kinnaber Links.<br><br>A FWA is required for Lochnagar, taking in the Gelder Shiel bothy.  | 8               | Thu or Fri            | Main: 162<br>FWA: 156 | Main: 2800<br>FWA: 2320 | Main: 20/350<br>FWA: 19/290 |
| 10         | Kingussie   | Aberdeen         | Grade 2       | Good tracks/paths to Glen Tromie, Glen Feshie and Linn of Dee. Unbridged crossing of River Feshie (lengthy FWA if in spate), Ballater & Aberdeen on Deeside Way.<br><br>*An adjustment to the daily distances on the Deeside Way can make this a 7-day walk, enabling a Saturday Start.   | 8 (7*)          | Thu or Fri            | Main: 170<br>FWA: 172 | Main: 1765<br>FWA: 1655 | Main: 21/220<br>FWA: 22/207 |
| 11         | Kingussie   | Dunnottar Castle | Grade 4       | A high-level route with long days and some pathless ground taking in a high camp above Glen Feshie and several Cairngorm Munros including the massif of Ben A'an. It drops into Ballater and Tarfside before heading to Dunnottar Castle.   | 8               | Thu or Fri            | 185                   | 5500                    | 25/700                      |
| 12         | Dalwhinnie  | St Cyrus         | Grade 2       | Via Gaick, Glen Feshie, Braemar, Tarfside and Glen Esk. Mostly on paths/tracks but some pathless ground. Includes one unbridged river crossing with a lengthy FWA if in spate. A 7-day option is available.   | 8 (7*)          | Thu or Fri            | 165                   | 2500                    | 21/350                      |
| 13         | Dalwhinnie  | Kinnaber Links   | Grade 3       | Same as route 12 to Braemar but with higher and more pathless ground over Jocks Road to Clova and high ground to Tarfside. Includes one unbridged river crossing with a lengthy FWA if in spate.  | 8               | Thu or Fri            | 165                   | 2500                    | 23/350                      |
| 14         | Dalwhinnie  | Dunnottar Castle | Grade 4       | A challenging route for the backpacking purist via Gaick, Tarf Water, Braemar, Jock's Road, Tarfside and Fetteresso Forrest. Lots of pathless ground in remote country, wild camps every night.   | 8               | Thu or Fri            | 195                   | 4300                    | 24.5/530                    |

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| 15         | Blair Atholl | Aberdeen       | Grade 2 (1 if FWA not needed) | A low-level route on good paths /tracks. It is a grade 1 except for one river crossing requiring a pathless 5km FWA if in spate. Via Glen Tilt, Braemar, Ballater and Deeside Way it passes through a village on all but one day for food and/or accommodation. | 7               | Thu - Sat   | 145                 | 1400             | 21/200               |
| 16         | Blair Atholl | Kinnaber Links | Grade 2                       | Generally, on good paths and tracks with a little pathless ground. Mostly low-level but with one iconic hill. Includes a river crossing with FWA. Via Glen Tilt, Braemar, Lochnagar, Tarfside and Glen Esk.   | 6               | Thu - Sun   | 138                 | 3400             | 25/370               |
| 17         | Blair Atholl | Stonehaven     | Grade 3                       | A challenging higher-level route including 7 summits, stretches of pathless ground including on FWAs. Remote route with limited resupply options via Beinn a'Ghlo, Spittal of Glenshee, Mayar & Drieshe, Clova, Tarfside and Fetteresso Forest.                 | 7               | Thu - Sat   | 145                 | 4900             | 21/800               |
| 18         | Pitlochry    | Lunan Bay      | Grade 1                       | A lower-level route mostly on paths and tracks winding through less frequented glens and the softer southern edge of the Highlands and crossing the Angus plain to Lunan Bay.   | 6               | Thu - Sat   | 125                 | 2100             | 23/350               |
| 19         | Pitlochry    | Kinnaber Links | Grade 2                       | Lower level with relatively short days through less frequented glens with one optional hill. Via Loch Broom, Kirkmichael, Kirkton of Glenisla, Cat Law and Edzell. Limited resupply options – may need to carry 4-5 days of food.                               | 7               | Thu - Sat   | 110                 | 2600             | 22/375               |
| 20         | Pitlochry    | Scurdie Ness   | Grade 2                       | Generally on good paths/tracks but some pathless ground and obstacles (e.g. deer fences/gates). Via Glen Garry, Spittal of Glenshee, Glen Prosen, Airlie Monument and Montrose Basin.   | 6               | Thu - Sun   | 140                 | 2500             | 23/400               |
| 21         | Pitlochry    | St Cyrus       | Grade 3                       | A challenging higher-level route including 7 summits and remote sometimes pathless ground. Via Ben Vrackie, Spittal of Glenshee, Creag Leacach, Loch Brandy and Hill of Wirren.   | 6               | Thu - Sun   | 140                 | 3900             | 25/750               |
| 22         | Dunkeld      | Kinnaber Links | Grade 2                       | Generally lower level with 2 higher days including one summit and some pathless terrain. Lesser used routes in first half then linking into more frequented routes. Via Kirkmichael, Glen Isla, Mayar, Clova, Tarfside and Glen Esk.                            | 6               | Thu - Sun   | 140                 | 2500             | 26/400               |

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