


Table 1

			Fast arrival	Slow arrival	Running (m)	Swimming (m)	Total dist	Description	
								For sighting purposes longer swim exits will have a large inflatable swim buoy close to exit point. Shorter swim exits will have a flag or smaller inflatable buoy.	
Swim 1	Arden	Inchmurrin	25m	50m		1900	1.9km	Long, wide open swim. Expect decent swell. When sighting first aim for to the left of Conic Hill and high point of island. Closer to shore aim gap in the trees and then for beach. Large orange marker buoy will be clearly visible. Avoid old submerged breakwater to swimmers right and jetty to swimmers left. BE AWARE of other loch users!!! This is a busy section of water.	
Run 1	Inchmurrin	Inchmurrin Sprint Point	33m	1h 5m	2300		4.2km	Follow the path along the spine of the island, then grass and bracken between trees to beach. LIVESTOCK - BULL, 2 long horned goats and 20-30 cows with calves. Ensure both gates are closed behind you. Because of livestock we are unable to use marker flags. Take care of steep drop down to spit beach, take path to the left. SPRINT POINT. Aid station at Sprint Point.	
Swim 2	Inchmurrin	Inchcailloch Port Bawn	1h 7m	2h 35m		2730	6.93km	MOST EXPOSED SECTION OF WATER. Depending on water / wind conditions you will be instructed to swim to north or south of Creinch and Torrinch. Sight to the left of Conic Hill, then Port Bawn beach to the left of high point of Inchcailloch. TO STAY IN SPEED RESTRICTION ZONE Swim to island side of Yellow marker Buoys. Along north shore of Torrinch, beneath cliffs, there is a shallow shelf approx 1m deep. It continues approx 30m offshore. Ideal area to stand for a rest.	
Run 2	Inchcailloch Port Bawn	Inchcailloch Jetty	1h 14m	2h 50m	1060		7.99km	TOILET AT PORT BAWN. Follow the well maintained and well defined path. DO NOT DEVIATE FROM PATH!!! In places, towards jetty, path is rocky and very slippery when wet.	
Swim 3	Inchcailloch Jetty	Balmaha Jetty	1h 20m	2h 59m		300	8.27km	BUSIEST SECTION OF WATER. BE AWARE OF OTHER LOCH USERS, in particular the ferries using jetties at both swim entrance and to right of swim exit. Enter at beach to left of jetty. Exit directly opposite on beach underneath bridge. AID Station at beach.	
									Tow Bag drop at beach.
	Cut off - slow athletes direct to Cashel Beach	Cut off is 2hrs 59mins at Balmaha Jetty						Upon exit from Inchcailloch check yourself and partner for Ticks.	
Run 3 A	Balmaha Jetty	Conic Hill Sprint Point	1h 45m	3h 30m	3100		11.37km	Follow West Highland Way route over Craigie Fort and around north of Balmaha car park to top of Conic Hill. Beware of road crossing at Balmaha. Path is well maintained but rocky in places. TAKE CARE ON DESCENT. Path is likely to be very busy with other WHW walkers. SPRINT POINT AT TOP OF CONIC HILL.	
Run 3 B	Conic Hill Sprint Point	Balmaha Jetty	2h 5m	4h 1m	3100		14.47km	As above in reverse back to Balmaha swim exit point. to collect tow float bag.	
Run 3 C	Balmaha Jetty	Cashel beach	2h 35m	5h 1m	5554		20.01km	Follow WHW north to Cashels Campsite. Path is well defined. Be courteous to other users. At Milarochoy Bay run to north end of beach the join WHW on road for 300m. BEWARE OF TRAFFIC. At Cashels farm WHW crosses Rd. Again BEWARE Traffic. Again cross road to enter Campsite. At campsite head to the left, past reception and toilet block on your left, then enter water at boat ramp on beach.	
Swim 4	Cashel beach	Inchloanaig	2h 50m	5h 30m		700	20.71km	Swim to beach at closest point. Sight towards high point of Inchloanaig. Exposed section. NO BOAT SPEED RESTRICTIONS. FASTEST SECTION OF WATER FOR PLEASURE CRAFT. TAKE CARE AND SIGHT WELL AND FREQUENTLY	
Run 4	Inchloanaig East	Inchloanaig West	3h 10m	6h	2070		22.78km	Follow the shore line on the NORTH side of the island. Ground nesting birds - DO NOT LEAVE THE SHORE LINE!!! Stupid if you do because it is thick thick bracken. This run section is the most difficult. The beach is made of small stones, but there are sections of rock clambering and frequent ducking under trees. Some sections it might be better swimming around them.	
Swim 5	Inchloanaig West	Inchconnachan North	3h 25m	6h 30m		780	23.56km	FINAL EXPOSED STRETCH OF WATER. Swim from beach due south to left hand beach on Inchconnachan. Frequent pleasure craft.	
Run 5	Inchconnachan North	Inchconnachan boat house	3h 30m	6h 45m	350		23.91km	Head to the right, stay on low ground until you reach bath near old saw mill, then follow it to old boat house.	
Swim 6	Inchconnachan boat house	Inchtavannach	3h 40m	7h 1m		240	24.15km	Narrow, sheltered stretch of water with frequent slow pleasure craft use. Swim directly across to beach.	
	Cut off - slow athletes direct run across Inchtavannach to Swim 10 for Aldochlay	Cut off is 5hrs 59mins to complete swim 6							
Run 6	Inchtavannach	Inchtavannach @ Stot Point	3h 50m	6h 20m	1030		25.18km	Follow the well defined path to the clearing, then turn left onto small track down hill to Stot Point.	
Swim 7	Inchtavannach	Inchmoan	4h 5m	6h 40m		280	25.45km	Busy entrance to The Narrows. From the point, past boating tent, swim towards tall trees at Western end of Inchmoan then sharp right to beach	
Run 7	Inchmoan	Inchmoan	4h 10m	6h 55m	550		26.0km	Ground nesting birds - DO NOT LEAVE THE SHORE LINE!!! Follow the shoreline to your left. About 5m from shore there is a very rough path - ok not a path but an obviously frequently walked route - through the trees, bracken and swamp - yes swamp. Underfoot conditions are the worst. Expect exposed roots, hidden holes in the ground and boggy conditions.	
Swim 8	Inchmoan	Inchconnachan South	4h 15m	7h 10m		300	26.3km	Busy entrance to The Narrows. From beach swim due north to the beach at closest point on Inchconnachan.	
Run 8	Inchconnachan South	Inchconnachan boat house	4h 30m	7h 30m	1500		27.45km	Ground nesting birds and Wallabies - DO NOT LEAVE THE SHORE LINE!!! Follow the shoreline to your left. until back at old boat house. Half way along there are two rocky outcrops. Obvious paths lead you round them to next part of shore line	
Swim 9	Inchconnachan boat house	Inchtavannach	4h 40m	7h 45m		240	27.69km	As per Swim 6. Narrow, sheltered stretch of water with frequent slow pleasure craft use. Swim directly across to beach.	
Run 9	Inchtavannach	Inchtavannach	4h 50m	8h 1m	790		28.50km	Follow the well defined path to the clearing, this time go through the gate/ wall into the field and the final swim to the mainland	
Swim 10	Inchtavannach	Aldochlay	5h 1m	8h 20m		400	28.9km	Busy waterway with several boats moored at far side. Swim to the left of the small island. Sight for the farthest left cottage on far bank. exit water on left boat ramp. Be careful of mooring buoys and anchor lines.	
Run 10	Aldochlay	LUSS FINISH	5h 30m	8h 59m	2560		31.46km	Follow the roadside path north to Luss. As you pass the Games Field you will see the Pony Gymkhana. Pass that and the finish will become obvious at Lomond Arms Hotel.	