

Summit	Section Miles	Cumulative miles	Section Ascent (m)	Cumulative Ascent (m)	Cumulative ascent (ft)	Section Time	Actual Time
Kingshouse	0.00	0.00	0	0	0	00:00:00	07:15:00
Stob Dearg	2.82	2.82	790	790	2,592	01:18:34	08:33:34
Stob na Doire	1.47	4.29	125	915	3,002	00:25:15	08:58:49
Stob Coire Altruim	0.78	5.07	110	1025	3,363	00:16:20	09:15:09
Ston na Broige	0.60	5.67	50	1075	3,527	00:08:53	09:24:02
Stob Dubh	1.45	7.12	475	1550	5,086	00:59:05	10:23:07
Stob Coire Raineach	1.37	8.49	130	1680	5,512	00:27:28	10:50:35
Aonach Eagach CP	2.09	10.58	0	1680	5,512	00:29:33	11:20:08
REST	0.00	10.58	0	1680	5,512	00:09:19	11:29:27
Am Bodach	1.57	12.15	775	2455	8,055	00:52:30	12:21:57
Stob Coire Leith	1.53	13.68	230	2685	8,809	00:54:05	13:16:02
Sgorr nam Fiannaidh	0.58	14.26	115	2800	9,187	00:14:14	13:30:16
Achnambeithach	1.33	15.59	0	2800	9,187	00:31:35	14:01:51
REST	0.00	15.59	0	2800	9,187	00:19:48	14:21:39
Aonach Dubh	1.44	17.03	805	3605	11,828	01:11:03	15:32:42
Stob Coire nan Lochan	0.91	17.94	260	3865	12,681	00:32:17	16:04:59
Bidean nam Bian	0.60	18.54	155	4020	13,190	00:18:54	16:23:53
Beinn Maol Chaluim	1.90	20.44	220	4240	13,911	01:01:16	17:25:09
Stob an Fhuarain	1.84	22.28	390	4630	15,191	01:01:46	18:26:55
Sgor na Ulaidh	0.69	22.97	130	4760	15,618	00:17:16	18:44:11
Beinn Fhionnlaidh	2.63	25.60	530	5290	17,356	01:30:09	20:14:20
Glen Etive (GR138471)	5.00	30.60	30	5320	17,455	01:12:05	21:26:25
REST	0.00	30.60	0	5320	17,455	01:07:00	22:33:25
Ben Starav	3.60	34.20	1060	6380	20,933	02:30:00	01:03:25
Glas Bheinn Mhor	2.00	36.20	335	6715	22,032	02:00:00	03:03:25
Stob Coire Albannaich	1.90	38.10	315	7030	23,065	01:23:00	04:26:25
Meall Tarsuinn	0.80	38.90	130	7160	23,492	00:50:00	05:16:25
Meall nan Eun	0.75	39.65	140	7300	23,951	00:40:00	05:56:25
Stob Ghabhar	3.90	43.55	550	7850	25,756	02:10:00	08:06:25
Clach Leathad	3.60	47.15	440	8290	27,199	01:50:00	09:56:25
Meall a Bhuiridh	1.53	48.68	205	8495	27,872	01:05:00	11:01:25
Kingshouse	3.30	51.98	0	8495	27,872	01:10:00	12:11:25