



# RUNNER GUIDE

## ULTRA X SCOTLAND

### BY PACK PERFORMANCE

### 2ND AND 3RD MAY 2026



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Key information regarding the event is all listed within this document. If you have any questions, please email us at [contact@ultra-x.co](mailto:contact@ultra-x.co)

# OVERVIEW

Welcome to Ultra X Scotland 2026.

We are excited to welcome you to the Scottish Highlands for the sixth edition of this unforgettable challenge. Expect stunning landscapes, demanding terrain, and an experience that will stay with you long after the finish line.

At registration, you will receive your race bib, timing chip, safety pins, and any pre ordered merchandise. You will also have the option to leave a drop bag at the start and finish area, with further details outlined below.

Checkpoints throughout the course will provide a range of food and nutrition options. Please ensure you arrive fully prepared with all mandatory equipment, as well as any recommended items to support your race.

Our photographers will be out on course capturing your journey. Photos will be shared with you by Wednesday after the event and will be available to purchase.

This guide contains all the essential information you need. There will be no in person race briefing, so please read it carefully to ensure you are fully prepared.

See you soon for #theultraXperience!

Sam, Race Director and  
Ultra X Co-Founder

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READY.**

# ITINERARY

## Friday 1st May

Time	Location	Event
1000	Kali Coffee	Shake Out Run
1700-2000	Queens Park Stadium	Registration

## Saturday 2nd May

Time	Location	Event
06:00	Queens Park Stadium	Bag drop opens (110km and 60km)
06:40	Queens Park Stadium	Bag drop closes. All runners to start line for briefing
07:00	Queens Park Stadium	110km and 60km start
16:00	Loch Ness Highland Resort	60km awards ceremony
17:00-20:00	Queens Park Stadium	Registration (50km, 25km, 12km)
19:00	Loch Ness Highland Resort	Transport: Fort Augustus > Inverness (60km, pre-booked)
22:00	Loch Ness Highland Resort,	Transport: Fort Augustus > Inverness (60km, pre-booked)
22:00	Loch Ness Highland Resort	Finish line cut-off (110km and 60km)

## Sunday 3rd May

Time	Location	Event
05:45	Inverness Train Station	50km runners (pre-booked transfer) meet
06:00	Inverness Train Station	Transport departs: Inverness > Fort Augustus (50km)
06:00-07:00	Loch Ness Highland Resort	Registration (50km runners not yet registered)
07:00	Fort Augustus	50km runners arrive
07:15	Fort Augustus (Shore Field)	Transport departs: Fort Augustus > Inverness (60km campers)
08:00	Loch Ness Highland Resort	110km and 50km start
09:15	Inverness Train Station	25km and 12km runners meet
09:30	Inverness Train Station	Transport departs: Inverness > Dores (via Dores pick-up)
09:45	Dores Field	Arrival and additional runner pick-up
15:00	Dores	Shuttle service to Inverness begins (every 90 mins until approx. 2100)
16:00	Finish Line (Dores)	Awards ceremony (110km, 50km, 25km, 12km)
21:15	Finish Line (Dores)	Final cut-off

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# KEY LOCATIONS

## QUEENS PARK STADIUM

Registration for all events takes place in Studio 3 past the reception.

110km and 60km event start point is on the athletics track.  
Exact location [here](#).

## LOCH NESS HIGHLAND RESORT, FORT AUGUSTUS

110km Stage 1 and 60km finish line.  
50km and 110km Stage 2 start line.  
Exact location [here](#).

No Parking available.

## INVERNESS TRAIN STATION

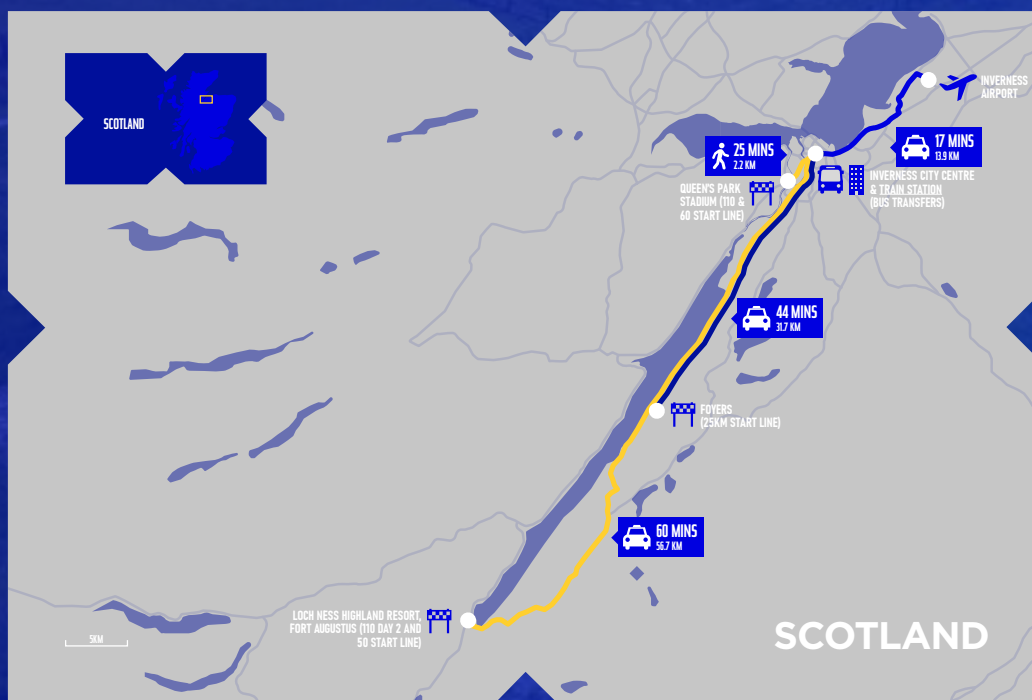
50km bus collection point and 25km/12km bus transfer collection point 1.

Collection point location [here](#).

## DORES FIELD

Parking can be pre-booked [here](#).  
25km and 12km bus transfer collection point 2.

25km, 50km and 110km finish line.  
Exact location [here](#).



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USE CODE: ULTRAX FOR 2 WEEKS FREE

# ACCOMODATION

## Recommended Accommodation

At Ultra X, we aim to create accessible, life changing trail running experiences that bring people together in meaningful ways. To support this, we have partnered with Hotel Planner to help competitors and supporters find convenient and comfortable accommodation options around the event. This allows us to offer a more seamless experience, combining an exceptional race with great places to stay. Find out more here.

For those competing in the 110km multi stage event, camping is included as part of your entry. Accommodation consists of shared tents, with up to six competitors per tent. Participants will need to bring their own roll mats and sleeping bags. Tents are allocated by gender unless you specifically request to share with particular individuals.

For 2026, we are excited to introduce an updated venue setup. All competitors will now have access to shower facilities at the campsite. There is also the option to upgrade your overnight accommodation to either a glamping pod or a single tent for additional comfort. A restaurant will also be available on site.

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# TRANSPORT AND LOGISTICS

**All coach transfers must be booked before 1700 on Friday 17 April.**

## **50km Competitors**

If you have booked a transfer your coach will depart from Inverness Train Station at 0600 on Sunday 3 May for those who have pre-booked. Please arrive by 0545. If you have a bag you would like transported to the finish line, you must drop this at the start line upon arrival. Your bag will be waiting for you at the finish.

## **60km Competitors**

If you have booked a return transfer to Inverness on Saturday 2 May, the following shuttles will operate from Shore Field, Fort Augustus:  
1900  
2200

## **25km and 12km Competitors**

Your coach will depart from Inverness Train Station at 0930 on Sunday 3 May. If boarding in Inverness, please arrive by 0915. The coach will travel via Dores Field, where additional runners can join

For those boarding at Dores Field:  
Please arrive by 0945  
Coaches will depart at 1000  
Parking must be pre-booked via the link below

Important: There is no parking at the 25km and 12km start lines.  
Your bus transfer is included in your entry.

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# PARKING INFORMATION

## **Loch Ness Highland Resort**

There is no parking available at Loch Ness Highland Resort. This includes:

- Finish of the 60km event
- Start and finish areas for the 110km event
- Start of the 50km event

## **Foyers (25km Start)**

There is no parking available at the 25km start line in Foyers.

## **Dores (Finish Line)**

Parking is available at Dores (finish line for multiple distances).

On-the-day parking: £7.50 per vehicle

Pre-booking is recommended via your Let's Do This account [here](#).

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# CHECKPOINTS

Throughout the course, there will be checkpoints stationed approximately between 7 and 15km apart. Each checkpoint crew will inform you of the distance to the next checkpoint.

As our new Nutrition sponsor, Science in Sport will be available with:

**ELECTROLYTE POWDER  
BETA FUEL GELS  
ISOTONIC GELS**

We will also have:

**JAM SANDWICHES  
HOMEMADE CAKES  
SWEETS, BANANAS  
ORANGES, WATERMELON  
CRISPS, COKE, WATER**

Please ensure you have a collapsible cup. If you do not have one, these can be purchased at the race start/finish.

If you require medical attention or therapist treatment, please do not be afraid to ask for assistance - our crew are there to help you get to that finish line.

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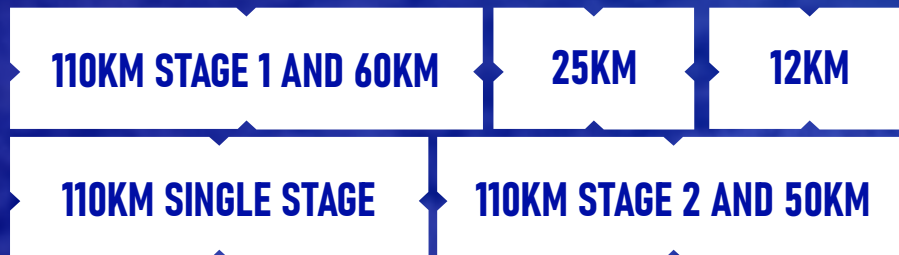


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# ROUTE INFORMATION

The route is available to download as a GPX, or via Garmin, Coros, Strava, below:



There will be toilets at CP2, CP3 and CP5 as well as at the finish and the start of the 60km course. This is also relevant for the first half of the 110km.

For the second half of Ultra X Scotland 110 and Ultra X 50 Scotland: toilets are available at CP2 (CP8) and CP3 (CP9), as well as at the start and finish. There are also public toilets in Foyers between CP2 and CP3.

Once you've started the race, navigate the route using our course markers. The route is fully marked at approximately 50-100m intervals and you're looking for: Ultra X branded orange ribbons, Blue and White directional arrows, and along sections where there is little foliage red and yellow flags.

If at any point on the route you do get lost and have not seen a marker for some time, it's possible you've taken a wrong turn. In this situation, it is always best to backtrack to the last marker you saw. Do not try and second guess the course.

Whilst the route is fully marked, it is **mandatory** you download the GPX files of the course onto your GPS watch and phone to assist with navigation. Please note, that some sections of the course may change at the last minute due to unforeseen circumstances.

Therefore, during the race, if the route markings deviate from what your GPS watch is telling you, please follow the markings. The course will no doubt re-join your GPS track shortly. Remember: route markings are your primary means of navigation; your GPS watch is your back-up.

Note that the actual distances of each stage are 113km, 63km, 50km, 27km and 11km.

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# CUT-OFFS

At our events, we want everyone to finish their race. We therefore have generous time allowances of roughly 2.5hrs per 10km. We will be implementing cut-offs to ensure the safety of our competitors and crew. Please see the table below for cut-off details. You must have DEPARTED each checkpoint by the time below.

Checkpoint	110km	60km/Stage 1	50km/Stage 2
Start Queens Park			
CP1 Great Glen Layby	1015	0945	
CP2 Abriachan	1250	1130	
CP3 Drumnadrochit	1540	1345	
CP4 Grottaig	1800	1645	
CP5 Invermoriston	2200	1900	
CP6 Fort Augustus	2000	2200	
CP7 Loch Tarff	0405		0945
CP8 Wildside	0710		1200
CP9 Farigaig	1200		1545
CP10 Whitefield	1515		1815
Finish Dores	1900		2115

If any 110km multistage runners miss a cut-off they will be transported by the Runner Collection Vehicle to the race campsite for the evening where they will have access to their camp bag. Further transport onwards will be at your own expense.

Single stage runners who miss cut-offs on Sunday will be driven to the finish line in Dores when the checkpoint crew has had their final runner pass through or by the Runner Collection Vehicle.

We are there to help and support you if you are unable to continue the course. For safety reasons, it is always preferable to drop out of the race at an aid station. Here we can give you immediate care and support. If you make the decision to drop out, it is important to inform the crew at these aid stations to ensure we can look after you and coordinate assistance to collect you. If you drop out away from an aid station you must phone the race director immediately on the number provided in this email so we can coordinate extracting you off the route.

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# MEDAL RIBBONS

All finishers will receive a race medal. Different medal ribbons will be awarded based upon the finishing times outlined below. Those that do not want a medal will be able to opt-out at race registration. For the 110km race different medal ribbons will be awarded based upon the finishing times outlined below.

As part of our Sustainability Policy, the Green Ribbon will be awarded to the competitor that displays the highest commitment to reducing their environmental impact both in preparation for and during the race (as determined by the organisers).



Black Ribbon  
Under 12 hours

White Ribbon  
Under 14 hours

Blue Ribbon  
Over 14 hours

Green Ribbon  
Environmental award

[#theultraXperience](https://www.instagram.com/theultraXperience)

[ULTRA-X.CO](https://www.ultra-x.co)

# LIFE'S TOO GOOD FOR BAD ENERGY

TENZING



Rab

**30% OFF WITH CODE: UltraX**

# THE COURSE

**The course showcases some of the most spectacular trails around Loch Ness. While we have aimed to keep the route predominantly on trails, a 110km course inevitably includes some road sections. These may offer a welcome reprieve underfoot, but please remain vigilant and aware of traffic at all times.**

There are several road crossings throughout the course. Please take extra care in these areas, and if running in low light or darkness, ensure your headtorch is switched on.

Sections of the route pass through local farmland. All permissions have been granted, and we ask that you respect these areas by strictly following the marked course. You may occasionally need to cross stiles, and when passing through gates, please ensure they are closed behind you.

Respect for the local environment, communities, and landowners is paramount. Littering will not be tolerated and may result in time penalties or disqualification, depending on the severity of the offence.

Due to a collapsed bridge on the South Loch Ness Trail (affecting the 110km and 50km routes), a section just before CP2 on Day 2 has been rerouted onto a 4km road stretch. Unfortunately, no viable trail alternative exists.

This section will be marshalled and, while not as scenic, may provide a welcome opportunity to maintain rhythm. Your safety is always our priority, and the original river crossing is not safe to use.

There is also a short unmarked section of approximately 2–3km after Inverfarigaig, which passes through farmland. This follows a clear, straight track with no turn-offs:

110km single stage: approx. 96km  
110km multi-stage / 50km: approx. 34km (Sunday)  
25km: approx. 9km

# MANDATORY KIT

Please ensure you arrive with all mandatory kit items  
Random spot checks will take place at registration and at checkpoints throughout the event.

Collapsible cups are mandatory and will be available to purchase and collect at the start/finish via Let's Do This.

Reusable plate, bowl and eating utensils are recommended for 110km single stage participants if you wish to eat a hot meal at aid stations. Plates, bowls or cutlery are not provided on course.

A range of merchandise, including a flash sale of our 2025 collection, will be available, along with event partners and vendors at the finish line.

Mandatory kit lists can be found on the event webpage and [here](#).

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# WYLD – YOUR RACE DAY SUPPORT

## 110km Runners – Full Support Package (£35)

Take care of your body with WYLD's full support package, which includes:

- Checkpoint support for mini treatments and strapping.
- Treatment or massage on Saturday evening to aid recovery for day two.
  - Sunday morning strapping (if needed).
  - Pre-booked finish line massage.

## 50km Runners – Finish Line Massage (£20)

Celebrate your achievement and aid recovery with a pre-booked post-race massage. This helps:

- Speed up recovery.
- Assess any injuries properly.
- Relieve tight and sore muscles.

Book now whilst slots still available [here](#).

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# 110KM SINGLE STAGE

If you are reading this, you are part of the inaugural Ultra X Scotland 110km single stage event. A serious undertaking, and one to be proud of.

A few important points:

- Some overnight checkpoints will provide hot water and food (CP6, 8, 9 and 10).
- A drop bag will be available at the halfway point (Fort Augustus)
- A shuttle bus will operate between midnight and the following morning if required. This must be booked via Let's Do This.

Mandatory night safety equipment:

- Red blinking rear light, to be attached to your backpack and switched on during night hours be placed on the back of the participant's backpack, switched on during the night-time period

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# CAMP

## 110KM AND 60KM PARTICIPANTS ONLY

**The finish line on Day 1 is also the campsite for the night and the start line for Sunday's stage.**

On arrival, you will be directed to your accommodation:

- Shared 6-person tent (unless a single tent supplement has been purchased)
- Toilets and shower facilities
- Hot and cold water points
- Medical and therapy tents

Tent allocations will be random and gender-specific.

Once settled, take the opportunity to rest, refuel, and recover. We encourage you to support fellow runners as they finish.



# SUPPORTER KEY LOCATIONS

## QUEENS PARK STADIUM

Location: 110km + 60km start line  
The athletics track at Queens Park Athletics Stadium in Inverness, just off the A82 (Glenurquhart Road) roundabout and before the Tomnahurich swing bridge.  
· What3Words - [faced.salt.sweep](#)  
· Google Maps - [Take me there](#)

## ABRIACHAN FOREST TRUST

Location: 110km + 60km checkpoint 2.  
A charity promoting outdoor learning, employment and conservation in the area. If you stop at this aid station and use the parking we ask that you make a small donation [here](#). Thank you in advance.  
· What3Words - [brew.directive.brain](#)  
· Google Maps - [Take me there](#)

## DRUMNADROCHIT

Location: 110km + 60km checkpoint 3  
Loch Ness Tourist Information Centre, Car Park. Off the side of the A82 halfway through driving into Drumnadrochit.  
· What3Words - [dissolves.abandons.otter](#)  
· Google Maps - [Take me there](#)

## INVERMORISTON FALLS CAR PARK

Location: 110km + 60km checkpoint 5  
Off the side of the road, after turning south along the A82  
· What3Words - [backyards.orange.hydrant](#)  
· Google Maps - [Take me there](#)

## LOCH NESS HIGHLAND RESORT, FORT AUGUSTUS

Location: 110km Stage 1 + 60km finish, 110km single stage checkpoint 6, 110km Stage 2 and 50km start  
Campsite just outside of Fort Augustus. Park in town and walk 250m to the campsite.  
What3Words - [secures.gurgled.smothered](#)  
· Google Maps - [Take me there](#)

## FOYERS – WATERFALL CAFE

Location: 110km Stage 2 and 50km halfway point, 110km single stage 85km.  
This is an excellent stop around half-way through the course to grab a coffee and a snack! After heading south out of Foyers on the B852, the Waterfall café will be on the left about 150m down the road. There is a good car park location here too as well as public toilets.  
· What3Words - [ballroom.clubbing.qualifier](#)  
· Google Maps - [Take me there](#)

## FOYERS – CAMERON'S TEAROOM

Location: Close to Waterfall Café above  
This is another great café for supporters that need a pitstop! The tearoom is 500m off course just outside of Foyers.  
· What3Words - [weddings.shuttle.questions](#)  
· Google Maps - [Take me there](#)

## DORES – FINISH LINE

Location: 110km, 50km, 25km and 12km finish line  
Behind Loch Ness Beach in Dores  
· What3Words - [retiring.issue.triathlon](#)  
· Google Maps - [Take me there](#)  
· Parking is available and can be pre-booked by competitors [here](#) to save £2.50 per vehicle.

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**FRACTEL**



**OFFICIAL HEADWEAR PARTNER**

**USE CODE: ULTRA-X-10 FOR 10% OFF**

# EMERGENCY INFO

To contact the event director or medical team, please use the following phone number

Event Director (Sam):

Medical Director (Katie):

**+44 7585 707521**

**+44 7791 482122**

## RESULTS

Results will be live as soon as you cross the finish line! Our timing providers ResultsBase will be on site next to the finish line to answer any questions you may have.

The link to results will be available on our website during the event weekend.



## PHOTOS

We will have photographers out on the course to capture your. Event photos will be emailed out to you all on Wednesday 7th May, these will be available to purchase.

# RACE RULES

## No. Rule

1.	There will be no unofficial runner (i.e pacers).
2.	Runners must be completely aware of the length and specificity of the event and be prepared for it. It is the runners responsibility to be stay up to date with the event information as is emailed to competitors and published on the event webpage.
3.	Each runners bib number must be worn on the front of the body and must be easily visible at all times.
4.	Runners must always follow the marked trail/ course.
5.	Each runner must complete the entire course under their own power.
6.	Runners may not store supplies of any kind along the trail. E.g drop bag
7.	Each runner must be checked IN to all aid stations. You will be disqualified if your time is not registered at every aid station.
8.	Cut-off times will be strictly enforced. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards.
9.	Injection of PEDs or Fluids/ IVs by non-official race medical personnel will result in disqualification.
10.	Littering of any kind will result in immediate disqualification. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race.
11.	Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue.
12.	Runners are responsible for the actions of any supporters. If your supporter are deemed to have broken any of the runner race rules the runner will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions.
13.	Runners must carry with them AT ALL TIMES the mandatory equipment required.
14.	There will be mandatory gear checks at the start, on route, or at the finish. Failure to comply with the gear checks will result in disqualification.
15.	Runners are not to be accompanied by dogs at any time whilst on course.
16.	Any athlete who has been determined to have violated anti-doping rules at any time - through IAAF, the World Anti-Doping Agency, UK Anti Doping or any other National Sports Federation is ineligible for entry into any of our events. We reserve the right to conduct pre and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from our events.
17.	Pacers are not allowed at this event.
18.	Runners must at all times comply with any instruction given by race management, staff and volunteers.

\*All race rules above will be subject to Ultra X penalty and disqualification guidelines found in our Terms and Conditions [here](#), Clause 22.

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