

Region	Date	Day Start	Itinerary	Day End	Distance
WEST COUNTRY WAY	Monday, July 27, 2020	St Agnes, Scilly Isles	<i>START at the UK's most Southern extreme point</i>	St Agnes	0
	Tuesday, July 28, 2020	St Agnes, Scilly Isles	<i>Kayak to Pednathise Head - most Southern point of the UK</i>	Penzance, Cornwall	45
	Wednesday, July 29, 2020	Penzance, Cornwall		St Austell, Cornwall	91
	Thursday, July 30, 2020	St Austell, Cornwall	<i>Wild camp in Dartmoor</i>	Dartmoor National Park	116
	Friday, July 31, 2020	Dartmoor National Park		Exmoor National Park	96
	Saturday, August 1, 2020	Exmoor National Park	<i>Surfing &amp; coasteering in North Devon</i>	Mendips Area of Natural Beauty	75
LAND OF CASTLES AND DRAGONS	Sunday, August 2, 2020	Mendips Area of Natural Beauty		Brecon Beacons (South)	120
	Monday, August 3, 2020	Brecon Beacons (South)	<i>MTB in Bike Park Wales</i>	Brecom Beacoms (North)	35
	Tuesday, August 4, 2020	Brecom Beacoms (North)	<i>Climb Cadaer Idris</i>	Snowdonia National Park (South)	110
	Wednesday, August 5, 2020	Snowdonia National Park (South)	<i>Whitewater Kayaking</i>	Snowdonia National Park (North)	64
	Thursday, August 6, 2020	Snowdonia National Park (North)		Peak District (South East)	134
NORTHERN GRIT	Friday, August 7, 2020	Peak District (South East)		Yorkshire Dales National Park	134
	Saturday, August 8, 2020	Yorkshire Dales National Park	<i>Stand-up Paddleboard Lake Windermere</i>	Windermere, Lake District	100
	Sunday, August 9, 2020	Windermere, Lake District		Skiddaw House, Lake District	36
	Monday, August 10, 2020	Skiddaw House, Lake District	<i>Swim the length of Kielder Water</i>	Kielder Forest, Northumberland	100
ON THE BONNIE BANKS	Tuesday, August 11, 2020	Kielder Forest, Northumberland		Peebles, Scottish Borders	91.4
	Wednesday, August 12, 2020	Peebles, Scottish Borders	<i>Water skiing on Loch Lomond</i>	Loch Lomond, Trossachs	143
	Thursday, August 13, 2020	Loch Lomond, Trossachs		Glencoe	95
	Friday, August 14, 2020	Glencoe	<i>Fort William Downhill World Cup MTB</i>	Nevis Range	55
	Saturday, August 15, 2020	Nevis Range		Arisaig	60
HIGHLANDS & ISLANDS	Sunday, August 16, 2020	Arisaig	<i>Swim in Fairy Pools</i>	Glenbrittle, Isle of Skye	75
	Monday, August 17, 2020	Glenbrittle, Isle of Skye		Cuillin Ridge, Skye	0
	Tuesday, August 18, 2020	Cuillin Ridge	<i>Cuillin Ridge</i>	Cuillin Ridge, Skye	0
	Wednesday, August 19, 2020	Isle of Skye	<i>Cycle the UK's most iconic pass</i>	Applecross, Highlands	115
	Thursday, August 20, 2020	Applecross, Highlands	<i>Stay in the MBA flagship bothy (if re-opened)</i>	Shenavall (TBC)	130
	Friday, August 21, 2020	Shenavall (TBC)		Ullapool	42
	Saturday, August 22, 2020	Ullapool	<i>Enjoy the delights of NC500</i>	Suilleag (TBC)	50
	Sunday, August 23, 2020	Suilleag (TBC)		Kervaig (TBC)	100
	Monday, August 24, 2020	Kervaig (TBC)		Stormness, Orkney	114
Tuesday, August 25, 2020		<i>Packraft the Shetland Islands</i>	Toft, Shetland Islands	28	
		<i>Finish at the UK's most Northern extreme point</i>	Muckleflugga, Shetland Islands	0	