

West Highland Way Race Checkpoint Timings 2026

Location	Miles	First Runner (Time of Day)	Last Runner (Time of Day)	Cut Off (Time of day)	Comments	W3W	Lat Long	Address
Registration	0	21:00	23:45	00:00	Parking Milngavie railway station or Tesco	gown.game.line	55.9420, -4.3136	St Joseph's RC Church Hall. 3 Buchanan St, Milngavie, Glasgow G62 8DZ
Milngavie	0	21:00	00:45		Race Briefing 00:45 Race Start 01:00	rivers.tools.ozone	55.9412, -4.3141	Railway Station Car Park, Milngavie, Glasgow G62 8BS
Beech Tree	7	1:30	2:45		Not a check point, but manned road crossing. Parking at Inn. Coffee and Bacon Rolls	eruptions.crown.plants	56.0212, -4.3707	DUMGOYNE, By Killearn, GLASGOW G63 9LA
Drymen	12.5	2:30	4:30		Crews must park in Drymen and walk to checkpoint. No noise!	stirs.dragonfly.pity	56.0683, -4.4398	Stirling Rd, Glasgow G63 0AA
Balmaha	19	3:25	6:00	6:00	Mocha Coffee Shop open	sums.touched.shuffles	56.1123, -4.5378	Balmaha Car Park, Balmaha, Glasgow G63 0JQ
Rowardennan	27	4:25	8:20	08:30	Beware of midges!	marble.handover.microfilm	56.1520, -4.6422	Rowardennan Car Park, Glasgow G63 0AR
Inversnaid	35	5:30	10:30		Support crew shouldn't be here. Drinks and Snacks available for runners	attitudes.cycled.reamping	56.2428, -4.6850	Inversnaid, Stirling, FK8 3TU
Beinglas	42	6:30	13:00	13:00	No parking for runner crews here.	reforming.mailing.s.conjured	56.3310, -4.7167	Beinglas Farm Campsite, Inverarnan, Loch Lomond, G83 7DX
A82 crossing	51	7:30	16:00		No parking for runner crews here. Drinks available for runners		56.4129, -4.6608	West Highland Way, Crianlarich FK20 8RU

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Tyndrum	53	8:00	17:00	17:00	Runners leave WHW and follow route through centre of Tyndrum. Checkpoint and parking at Royal Muthu	prettiest.pickup.similar	56.4351, -4.7102	Muth Royal Hotel, Tyndrum, FK20 8RY
Bridge of Orchy	60	9:00	19:30	19:30	Limited parking at Forestry car park over bridge. Beware of dangerous road junction Drinks and Snacks available for runners	flown.graph.fenced	56.517881401509875, -4.767394301635182	Bridge of Orchy Community Hall. Station Brae, Bridge of Orchy PA36 4AD
Glencoe	71	10:40	23:45	0:00	Lots of parking. Good rest stop	movie.untrained.object	56.6325, -4.8278	Glencoe Mountain Resort, Glencoe PH49 4HZ
Kinlochleven	81	12:15	4:45	5:00	Indoor checkpoint with good facilities	refreshed.mole.splice	56.7146, -4.9670	Leven Centre, Riverside Rd, Kinlochleven
Lundavra	88	13:45	9:30	09:30	Limited parking - Snacks available for runners.	handbags.pining.juniors	56.7516, -5.1085	West Highland Way, Fort William PH33 6SZ
Fort William	95	14:40	12:00	12:00	The Finish.	snappy.undertook.hires	56.8221 -5.1037	Nevis Centre, An Aird, Fort William PH33 6AN