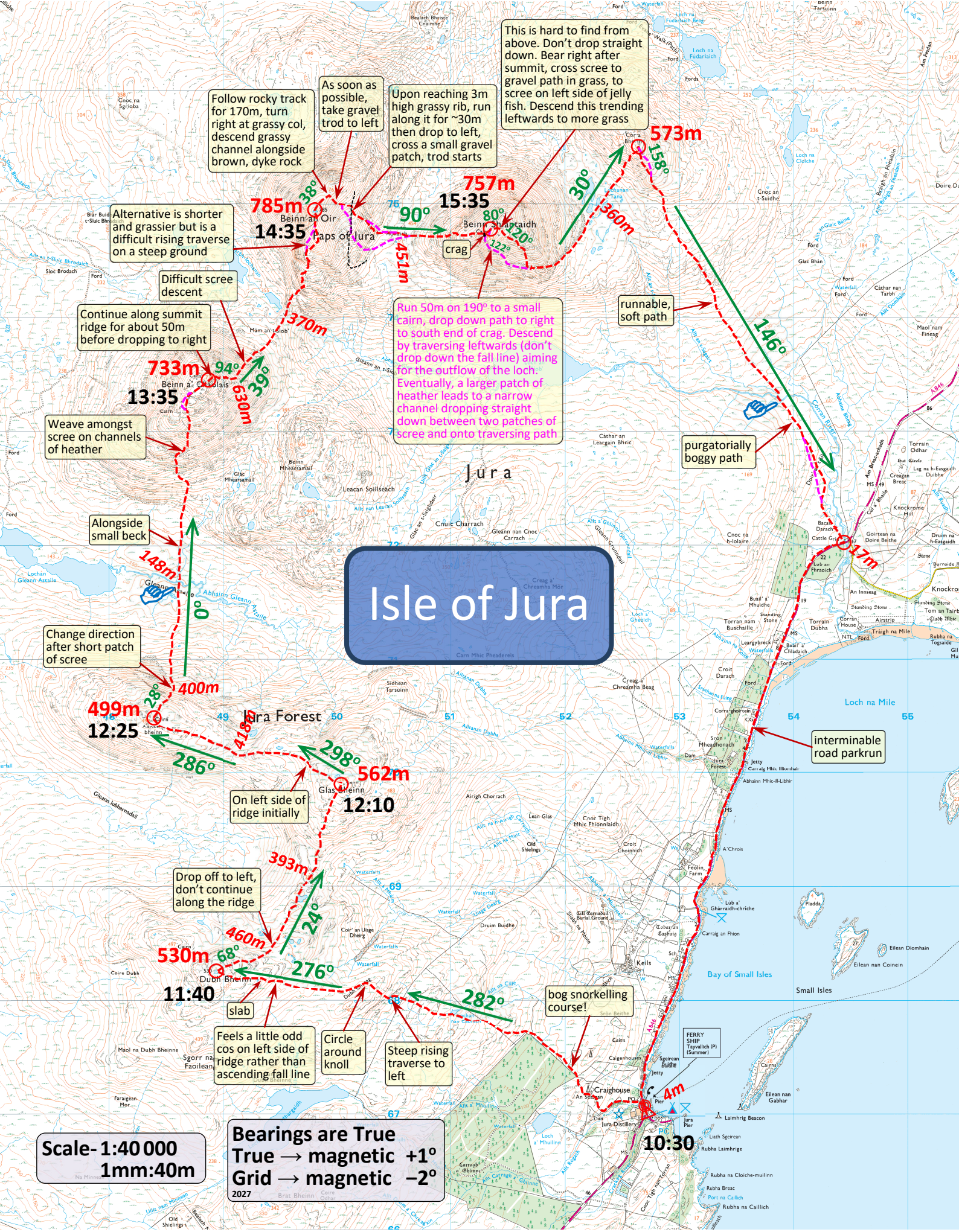

Isle of Jura
Follow rocky track for 170m, turn right at grassy col, descend grassy channel alongside brown, dyke rock
As soon as possible, take gravel trod to left
Upon reaching 3m high grassy rib, run along it for ~30m then drop to left, cross a small gravel patch, trod starts
This is hard to find from above. Don't drop straight down. Bear right after summit, cross scree to gravel path in grass, to scree on left side of jelly fish. Descend this trending leftwards to more grass
785m
14:35
Beinn an Oir
Paps of Jura
757m
15:35
Beinn Shantaidh
crag
573m
38°
90°
80°
120°
122°
30°
158°
360m
451m
Alternative is shorter and grassier but is a difficult rising traverse on a steep ground
Difficult scree descent
Continue along summit ridge for about 50m before dropping to right
370m
733m
13:35
Beinn a' Chaolais
94°
39°
630m
Run 50m on 190° to a small cairn, drop down path to right to south end of crag. Descend by traversing leftwards (don't drop down the fall line) aiming for the outflow of the loch. Eventually, a larger patch of heather leads to a narrow channel dropping straight down between two patches of scree and onto traversing path
runnable, soft path
146°
purgatorially boggy path
Weave amongst scree on channels of heather
Alongside small beck
148m
0°
Change direction after short patch of scree
400m
28°
499m
12:25
418m
286°
298°
562m
Glas Bheinn
12:10
On left side of ridge initially
393m
24°
Drop off to left, don't continue along the ridge
460m
530m
68°
Dubh Bheinn
11:40
276°
282°
slab
Feels a little odd cos on left side of ridge rather than ascending fall line
Circle around knoll
Steep rising traverse to left
bog snorkelling course!
interminable road parkrun
Craighouse
10:30
4m
Jura
Jura Forest
Loch na Mile
Bay of Small Isles
Small Isles
FERRY SHIP Tayvallich (P) (Summer)
Scale- 1:40 000
1mm:40m
Bearings are True
True → magnetic +1°
Grid → magnetic −2°
2027

Files:

Route gpx - the suggested route
Route and alternatives gpx - the suggested route plus alternative lines
Map and notes (Word and pdf) - race map plus tips
Notes - extra notes, more tips and information

Map key:

dashed red line - suggested route
dashed magenta line - alternative route possibilities
red text - elevation in metres (those in italics are approximate and mark changes in direction and other useful points)
green text - bearings (true); average over length of arrow
black times - cut-off times at checkpoints
blue fingers - location of water sources

A few more comments:

1. I've not followed all the variations (including some sections of the 'preferred' route shown).