

Salmon Run event brochure for the Salmon Run Ultra: Saturday September 19th 2026



Salmon Run invites runners to empathise with the journey of the extraordinary Atlantic Salmon and their epic migration as we run alongside them up the river. Salmon Run highlights the challenges faced by the Atlantic Salmon (a keystone species) in rapid decline across their range with populations down 70% in 25 years. Atlantic Salmon are now on the red list of endangered species in the UK. **We warmly encourage you to listen to these two short podcasts in advance of the run to help you do this.**

[Salmon Run Intro](#) A mix of voices share knowledge, wisdom and experiences of Atlantic Salmon on the Exe including an ex-net estuary fisherman, a female angler from the higher reaches of Exmoor, a fish genetics researcher, a fisheries scientist working on improved access for fish to the Exe through its weirs, a scientist with experience in tracking migrating salmon.

[Salmon Run Return](#) (NEW!) focusing on running human bodies and fish bodies (Atlantic Salmon) and how they move through and sense our shared and different world's. Exploring what happens in the moving body as we run, our senses and navigation, the importance of salt, temperature in a changing climate and how we experience the journey. Includes interviews with fisheries scientists, ultra runners, sports scientists and an evolutionary biologist.

There are also links to Ceri's runners blog about Salmon Run [here](#) and a great piece by Dan Osmond (running Ultra) from Westcountry Rivers Trust [here](#)

What's new this year:

- Changeover points for the relay in more towns, city and villages to connect with more communities along the river (see map below)
- The first leg of the Salmon Run relay is a new collaboration with Exmouth Parkrun along the shoreline (Parkrun is the first 5k starting at 9am).
- Salmon Run: The Gathering mini-festivals of talks, creative workshops and games for all ages at Exeter Quay/Transit Shed and Dulverton, Exmoor Lawns.
- Salmon Run finish of relay and ultra run at Exmoor Lawns by the river at Dulverton with Exmoor National Park, Westcountry Rivers Trust, Friends of the River Exe, Bournemouth Symphony Orchestra Outreach and a closing ceremony.
- Salmon Runners can convert their care to action and come and plant trees this winter with Westcountry Rivers Trust to improve Salmon habitat on Exmoor.

Start of Ultra: Muster for briefing, trackers etc from 7.15am for departure at 8.00am opposite Sideshore, on the seafront in Exmouth

The Ultra

We've ordered the trackers so you can tell your friends and families that they can track you on route. Geotracker live link

<https://www.geotracks.co.uk/live/5721>

Ultra Distance: 43 miles. **Elevation:** 1050m

Ultra Runners need to meet at 7.30am for the salmon talk and to collect their packs.

The finish is at Dulverton.

The cut off for the Ultra is 12 hours or 8pm

The new whole route GPX file for 2026 for the ULTRA and each individual RELAY section can be found here (Ultra file called ExmouthtoDulvertonwholeroute):

https://drive.google.com/drive/folders/1Lbu0LyRMB9LmSp0MUACjSjtDV sXJ6Jkw?usp=drive_link

The **Garmin Connect** version for the ultra is [here](#)

Maps making up the whole route with photos of key points can be found in a large pdf file here:

https://drive.google.com/file/d/1eJPY6O-YPHqUxeksWguYyHP8Yc6z7zr5/view?usp=drive_link

To get a detailed break down of the route and the potential hazard points, you can find them here in PDF form

https://drive.google.com/drive/folders/1pJXhaFAxn9aBsit6Wsjbf3eXYG_mdui3?usp=drive_link

Transport

A people carrier, bus or taxi will pick people up from Dulverton from opposite The Bridge Inn at 6am and take people to the start at Exmouth (near Sideshore). If the bus isn't here, due to lack of parking space, it'll be in the car park immediately opposite the Exmoor National Park offices. Supporters who are waiting at the finish, can seek refuge in the not too shabby environs of the Bridge Inn (TA22 9HJ).

Parking:

- Public paid parking is available close to Sideshore on Queens Drive.
- <https://w3w.co/active.obey.other>
- Exmouth EX8 1ER in Exmouth.
- Opposite the finish at Dulverton in the public car park in Kemps Way.
- NB: Can ultra runners please not park in the car park next to Exmoor National Park building and the field, as we will need these spaces for our team to offload. You can however park at one of the other two car parks (see our map below) The meet point for the bus/transport will be opposite the Bridge Inn on Bridge St. or if spaces are too tight, in the Guildhall Car Park next to Hannover Ct.



Toilets

There are public toilets

- At the start: next to Sideshore (you may need change)
- The finish at Dulverton: Lion Stables Car Park on the High Street in Dulverton 42 High St, Dulverton TA22 9DJ or in the Bridge Inn pub in Dulverton TA22 9HJ.

Timing

Ultra runners and the relay team will all have a tracker.

Geotracker live link <https://www.geotracks.co.uk/live/5721>

We predict the first Ultra runners won't arrive before 6 hours but our cut off for the ultra is a generous 12 hours, which equates to 8pm. If we think people look like taking longer than this, and would be arriving in the dark, we will pull them out at Bampton.

Any runners who need to retire should do so at one of the checkpoints and to notify the organisers and to return the trackers.

We can not guarantee when/if we can get a car to you and you may have to accompany our staff for the remainder of the day (hence the £20 for a taxi) but we will do our best. **As a precaution, slower Ultra runners bring a fully charged head torch with a spare battery.**

Feed Stations/Checkpoints (for the ultra only)

A checkpoint is also a feed station and we'll be feeding these into the tracker route info between now and event day.

For the ultra runners, these will be at the following locations:

The Start: SW Coastpath Opposite Sideshore

<https://w3w.co/link.yours.pencil>

Queen's Drive Space, Exmouth EX8 2GD

- 1) Exeter Transit Shed, Exeter Quay (20k)
<https://w3w.co/hears.person.aims>
- 2) Thorverton (35k) - Thorverton Green (the triangle).
<https://w3w.com/tangling.ironclad.milkman>
- 3) Tiverton (50k)- Rotary Way by the river
<https://what3words.com/avoid.animal.raves>
- 4) Bampton (60k)- Heritage Visitor Centre
<https://w3w.co/improve.instructs.cashew>
- 5) The finish (checkpoint, not feed station): Dulverton, Exmoor Lawns (opposite fire station)
<https://w3w.co/clan.guesswork.lifetimes>

The food we will have on route will be fairly simple, as experience has shown that that's how you like it! So...Coke, water, pretzels, custard, watermelon, bananas, crisps, biscuits and something hot at Tiverton and

Bampton like soup and coffee, as well as some tea. We will also have some emergency stashes of energy drinks/powder on us, so don't be shy to ask if you're suffering. We recommend still bringing some extra food, as this may not be to your liking and may not fill a hole.

Ceri, Run Director, will be your first port of call for Ultra queries and will be following you closely throughout the run and will aim to pop up at all the checkpoints at various times. Ceri Rees: 07773560335

Bag drops (ultra only)

We will take your bags at the start at Exmouth before the start and keep them in our support car. We'll be there to meet you at the finish at Dulverton. We can't guarantee that we can get any bags to intermediary points on this occasion, so you will need to arrange this yourselves if you want a bag drop on route. But we can take disposable bags/food containers to **Tiverton**, if they are clearly labelled and given to Ceri at registration.

Kit list Ultra

- Race tracker (to be collected at the start),
- Collapsible or non-collapsible cup or water container for checkpoints.
- Water flask or container (500 ml)
- Water resistant/seamed rain jacket
- Water resistant trousers (seamed)
- Phone
- Device (watch or phone) with map of the route or hand printed version (we will not be providing these so please bring your own)
- £20 cash
- a head torch with a spare battery (please don't forget this!)