

Salmon Run event brochure: 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 festival of talks, creative workshops and games for all ages at Sideshore, Exmouth from 9.30-1pm .
- Salmon Run finish of relay and ultra run at Exmoor Fields 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 and Relay: Muster for briefing, trackers etc from 7.15am for departure at 8.00am opposite Sideshore, on the seafront in Exmouth

Relay starts at 9am alongside the Park run and arrives at 10.00am approximately at the Transit Shed in Exeter Quay. Ultras continue through Exeter after visiting the feed station.

The Ultra and Relay

Geotracker live link <https://www.geotracks.co.uk/live/4328>

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 the ULTRA can be found here

https://drive.google.com/file/d/1TBY69fCNMgZgGVS5pl3KaJSmX8B6nSw5/view?usp=drive_link

The new whole route GPX file for RELAY can be found here

https://drive.google.com/file/d/1U98KVmOQkq7fv-80PeQre3i6UjMFJrTE/view?usp=drive_link

there is a route guides with maps here (shows ultra start at Sideshore)

https://drive.google.com/file/d/193T4-yIEHb3rfmynnrlPPzv_YIhgzgKcG/view?usp=sharing

there is a route guides with maps here (shows relay start)

https://drive.google.com/file/d/19zimV5LgtUzW-yJhRzKGpNlsl3lc2RNN/view?usp=drive_link

But you can also see all the relay maps separately which add up to the entire 43 miles in better details here

The GPX file:

https://drive.google.com/file/d/1U98KVmOQkq7fv-80PeQre3i6UjMFJrTE/view?usp=drive_link

GPX files for all sections and whole routes can be found in this google folder:

<https://drive.google.com/drive/folders/1JMOkOLggHzh2shqiuRtusfSZwme6PTqv?usp=sharing>

All the route maps without guide notes here:

<https://tidelines.uk/wp-content/uploads/2025/08/exmouth-to-Dulverton-all-maps.pdf> (note the ultra start point is at Sideshore 100 yards further out along the seafront not exactly where is shown on the first map in this pdf.)

Relay teams will need to make their own transport arrangements back from each stage. Anyone with incomplete teams can message Jo and Anne Marie at info@tidelines.co.uk

Relay teams will be given a race pack, containing a map of the course and a bib.

Samantha the salmon will be our lovely handmade relay baton. Trackers will need to be taped to the official race belt, which is as important to remember as the baton.

Transport

A people carrier, bus or taxi will pick people up from Dulverton from the car park on Kemps Way and take people to the start at Exmouth (near Sideshore). Runners who are waiting at the finish, can seek refuge in the not too shabby environs of the Bridge Inn (TA22 9HJ).

Here is a link to maps of the routes in sections

<https://tidelines.uk/wp-content/uploads/2025/07/Salmon-Run-Exmouth-to-Dulverton-in-sections-.pdf>

Can parents of children under 12 years of age, please make sure that they accompany their children the whole way. (They are ultimately responsible for their children's wellbeing. We do have someone at the finish who can 'coral' children but experience has shown that it's far better to have a parent running with their child, just in case).

Parking:

- *For Ultra runners and Stage 1 relay runners:* parking is available close to Sideshore
- Exmouth EX8 1ER in Exmouth.
- Opposite the finish in the public car park in Kemps Way.

Toilets

There are public toilets

- At the start: (next to Sideshore (you may need change) or about 400m east along Queens Drive from Sideshore on Exmouth Seafront on Queens Drive, Exmouth EX8 2AY)
- 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 (for ultra and relay)

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

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)- <https://w3w.co/monkey.apes.longingly>

The finish: Dulverton Green (opposite fire station)
<https://w3w.co/clan.guesswork.lifetimes>

For the relay, additional feed stations will be at:

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 queries and will be following you closely throughout the run and will aim to pop up at all the checkpoints at various times.

Route GPX files: We've ordered the trackers so you can tell your friends and families that they can track you on route. The ultra GPx route is here

<https://drive.google.com/file/d/1U98KVmOQkq7fv-80PeQre3i6UjMFJrTE/view?usp=sharing>

Relay GPX links are:

<https://drive.google.com/drive/folders/1JMOkOLggHzh2shqiuRtusfSZwmE6PTqv?usp=sharing>

Stage 1: Exmouth Park Run to Lympstone
to Exeter Quay

Stage 2: Lympstone to Topsham

Stage 3: Topsham to Exeter Quay

Thorverton to Bickleigh

Stage 4: Exeter Quay to Brampford Speke

Stage 5: Brampford Speke to Thorverton

Stage 6: Thorverton to Bickleigh

Stage 7: Bickleigh to Tiverton

Stage 8: Tiverton to Bampton

Stage 9: Bampton to Brushford

Stage 10: Brushford to Dulverton

Bag drops (for the 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.

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!)

Additional background Blogs and Podcasts

Read Ceri's blog on the 2023 event

<https://www.wildrunning.co.uk/the-salmon-run-a-runners-blog/>

Listen to other podcasts and background

<https://tidelines.uk/salmon-run/>