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Mountain Biker Conquers All 282 Munros in Epic Two-Wheeled Feat

July 24, 2025

— Categories: General News



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A Scottish mountain biker has achieved a rare and gruelling milestone by riding his bike down all 282 of Scotland's Munros mountains standing at least 3,000 feet (914 meters) high. Sean Green, a 36-year-old scaffolder from Angus, completed the remarkable journey over the weekend in Glencoe, marking the end of an eight-and-a-half-year challenge that tested both physical endurance and personal sacrifice.

Green, a semi-professional cyclist and father of two, believes he is only the second person ever to have summited all Munros with a mountain bike and descended each peak by riding back down. The feat adds a layer of intensity to the already respected tradition of *Munro bagging*, the Scottish pastime of climbing all the high peaks first catalogued by Sir Hugh Munro in the late 19th century.

Carrying a mountain bike up narrow, rugged slopes before riding down treacherous single-track trails is no small task. Speaking to BBC Radio Scotland, Green said the challenge stemmed from combining his two passions: mountains and biking. “Whenever I was walking them, and there was a good bit of trail in front of me, I’d just wish I had my bike,” he said. “Eventually, I just decided I’ll start taking my bike up them.”

But this wasn’t simply a case of physical grit. Green noted the immense toll the project took on family life and time. “Even the shortest days were still 12, 14, or 16 hours,” he said, pointing out that a Munro climb might take under four hours, but with three-hour drives on either side, the logistics became just as punishing as the peaks.

Sean described the most difficult part as staying committed through exhaustion and isolation, often finding himself “in the pain cave” and relying on sheer determination. His wife supported him throughout, but, understandably, has hinted that future adventures should be slightly less extreme.

Green received support on one of the climbs from Paul Tattersall, the only other known person to complete the Munros by bike, doing so in a staggering 81 days. Tattersall’s fast-paced approach contrasts with Green’s long-form dedication, underlining how rare and physically demanding the accomplishment is, no matter the timeline.

Sir Hugh Munro, the aristocrat who inspired the Munro-bagging phenomenon, could never have imagined such a modern take on mountain exploration when he began listing Scotland’s highest summits in the 1890s. The Scottish Mountaineering Club, which he co-founded, continues to maintain the list today, which includes famous peaks like Ben Nevis and Buachaille Etive Mòr.

While approximately 8,000 people have officially completed all Munros on foot, Green’s two-wheeled version places him in a class of his own. His effort not only showcases personal resilience but also reflects the kind of traditional rugged spirit combined with modern ambition that has long defined British outdoor adventurers.

Although Green now has “a few more adventures” in mind, he admitted his next endeavour will likely be scaled back in deference to family life. After eight years of summits, sweat, and solitude, he’s certainly earned a rest.