

# Lands End to John O'Groats

10 days hotels/B&B

Trip code: LJ10



## Overview

 Total 12 days

 Hotels/B&B

 Difficulty: 

 Cycling 10 days

 United Kingdom

 April - September

***"Did this to celebrate my 60th and couldn't have chosen a better organisation to do it with. The accommodation, food and support facilities were first class. A trip I will never forget. I really cannot recommend More Adventure highly enough!!"***

Ross, LEJOG 2017

The End to End is an absolutely classic ride, from one end of the UK to another! Over ten days cycling you'll be covering nearly 1000 miles through some of the most glorious scenery England and Scotland has to offer. The route begins at the most westerly mainland point of the UK, Lands End. The first few days are pretty tough with plenty of big hills, but we assure you Cornwall and Devon has enough scenery to make up for it! From the southwest, our route heads north into Shropshire and Cheshire before entering the north of England and into the wilds of Scotland, finishing at John O'Groats.

## Highlights

- The rolling hills and quaint country lanes of Cornwall, Devon and Somerset
- Fabulous cycling country through the Shropshire & Cheshire plains
- Skirting the edge of the Lake District and the Pennines
- Cycling through glens of the Scottish Highlands alongside breathtaking lochs
- Secluded beaches and the rugged seascape of the north coast of Scotland
- Completing the iconic Lands End to John O'Groats cycle!

# Detailed Ride Itinerary

## Day 1: Arrival at Penzance

We'll meet at our hotel in Penzance for a trip briefing and first evening meal together. If you're arriving by train we may be able to assist in getting your bicycle and luggage from the station to our hotel depending on the time of your arrival.

## Day 2: Lands End to Launceston

**(138km & 2200m<sup>+</sup> / 86 miles & 7200 feet<sup>+</sup>)**

After breakfast you'll be transferred with your bicycle to Lands End Visitor Centre where the ride begins. We'll take some photos at the world-famous Lands End sign, then begin your ride to John O'Groats! From here we head north-east along mainly quiet and picturesque lanes of Cornwall. Be under no illusions, today is a tough ride so please be prepared.

## Day 3: Launceston to Wells

**(168km & 2000m<sup>+</sup> / 105 miles & 6500 feet<sup>+</sup>)**

From Launceston we cycle through some beautiful countryside, skirting around Dartmoor National Park to the historic city of Wells. Again, it's a challenging day with many hills to overcome, but the views make up for it, and Wells is a truly charming place to spend the night.

## Day 4: Wells to Ludlow

**(176km & 1700m<sup>+</sup> / 110 miles & 5500 feet<sup>+</sup>)**

We continue our journey northwards through rural Gloucestershire, skirting Gloucester and then onto Herefordshire. There are fewer hills than previous days so we'll hopefully cover more ground. Our ride ends in the pretty town of Ludlow.

## Day 5: Ludlow to Wigan

**(155km & 1200m<sup>+</sup> / 97 miles & 4000 feet<sup>+</sup>)**

Although undulating, today should seem a great deal easier than previous days. From Ludlow, our route heads into Shropshire then onto the Cheshire plains, skirting around the Welsh borders, dipping into Merseyside then onto Greater Manchester and to our overnight stop in Wigan.

## Day 6: Wigan to Penrith

**(140km & 1300m<sup>+</sup> / 87 miles & 4300 feet<sup>+</sup>)**

Leaving the built-up areas of Wigan and Preston, the route soon heads directly north alongside the M6 on quieter roads. Today you'll tackle the famous climb to the village of Shap, which always gives the day a focus. There are some dramatic views to the west of the Lake District and to the east of the Pennines.

## Day 7: Penrith to Lanark

**(160km & 1100m<sup>+</sup> / 100 miles & 3600 feet<sup>+</sup>)**

After breakfast, our route leaves Penrith and onto Carlisle. Most of the morning is climbing so we'll hopefully have lunch once most of the hills have been done! Today we cross the border into Scotland,



passing through the small village of Gretna Green, once popular with eloping English couples wanting to marry before the age of 21! Our overnight stop is in Lanark, just southeast of Glasgow.



### **Day 8: Lanark to Crianlarich**

**(140km & 1300m<sup>⬆</sup> / 87 miles & 4300 feet<sup>⬆</sup>)**

Our route continues northwest, firstly around the southern edge of Glasgow then cross over the river Clyde and leave the more built-up cityscape behind. With the suburb of Alexandria behind us, we'll ride alongside one of the most famous and picturesque lochs in Scotland, Loch Lomond. Situated in the stunning Trossachs National Park, this world-famous loch attracts tourists from all over the world and it's easy to see why. Our overnight stop is the tiny village of Crianlarich which is situated past the northern tip of Loch Lomond.

### **Day 9: Crianlarich to Fort Augustus**

**(137km & 1300m<sup>⬆</sup> / 86 miles & 4300 feet<sup>⬆</sup>)**

Now we're in the real Highlands and you'll begin to get a sense of how wild Scotland really is today as our route continues north into the heart of the Western Highlands. We'll climb up onto the wilds of Rannoch Moor then descend the jaw-dropping roads of Glencoe, arguably two of the best stretches of tarmac in the UK. It's not uncommon to spot the antlers of a red stag here, so keep your eyes peeled! We descend to the mouth of Loch Leven then around the shoreline to the adventure capital of the UK, Fort William. Passing the foot of Ben Nevis, our route then continues northeast past Invergarry Castle to Fort Augustus, positioned on the south-western end of the infamous Loch Ness.

### **Day 10: Fort Augustus to Lairg**

**(130km & 1500m<sup>⬆</sup> / 84 miles & 5000 feet<sup>⬆</sup>)**

If you thought the previous two days of cycling in Scotland were wild, then the final two days will be a real treat! We leave pretty Fort Augustus behind and cycle northeast along the banks of Loch Ness (keep your eyes on the road please!) before a challenging climb at Drumnadrochit rises up from the water. We're rewarded with an exhilarating descent to Beauly, across the Cromarty Firth then tackle our second climb just northeast of Dingwall through the pine forests to open farmland on top. We're rewarded with a dazzling descent back down to sea level at Bonar Bridge from which there's a smaller climb then relatively flat section to our overnight stop at Lairg.

### **Day 11: Lairg to John O'Groats**

**(155km & 1300m<sup>⬆</sup> / 96 miles & 4500 feet<sup>⬆</sup>)**

The final day has arrived, be prepared for some of the most memorable roads in the UK! We leave Lairg to the north with a climb to Crask. After a breather we'll descend and stop for coffee at the iconic Altnaharra Hotel, an ancient hunting lodge with an amusing visitors book. The roads here are an absolute delight as we continue to descend northeast along the banks of Loch Naver, before hitting the north coast of the UK. Once here, we head due east, passing breathtaking white sandy beaches and epic coastal views to the holy grail of the journey – John O'Groats!



Congratulations - you made it! It's time for a few photos, a hot shower and a celebratory meal!



## Day 12: John O’Groats to Inverness

Today you will be transferred with your bikes and luggage to Inverness train station where the trip ends.

### Included

- Cycle guide(s)
- Support driver/bicycle mechanic
- Support vehicle
- Snacks and water whilst riding
- 11 x night’s hotel accommodation (twin sharing)
- 11 x breakfasts
- 10 x buffet lunches
- Bicycle/luggage transfer from Penzance to Lands End (if required)
- Transfer with bicycle & luggage from John O’Groats to Inverness
- All luggage transported during your trip
- GPX files of the route

### Not Included

- Bicycle and helmet
- Transport to and from start and finish points\*
- Taxi from Penzance to Lands End
- Evening meals, drinks and personal snacks
- Travel/bicycle Insurance

*\*If you’re interested in our door-to-door bicycle and luggage transfer service for this trip, please [get in touch](#) to find out more.*

*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*

## Trip Notes

### Trip suitability

You will be cycling for between seven and nine hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which will be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

A link to our trip grades that explains in depth our star rating is here:  
[www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

### Weather & Climate

The weather is variable throughout the year and in a single day you can experience all four seasons. **It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water.** Whilst we hope to have our fair share of good weather, it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

### Health



Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.

## Insurance

**We recommend that you obtain personal travel insurance before booking any trip.** Personal travel insurance is compulsory on any More Adventure trip and as a minimum, we require your cover to include medical expenses and emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle).



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off.

**Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient.** The insurance company's 24 hour emergency contact number will need to be seen by your leader.

## Money

Evening meals between £15 and £25 each. You will need British pound sterling to spend in England and Scotland.

## Accommodation

Accommodation for this trip is in good quality hotels/B&B's which have hot water showers, excellent amenities and secure bicycle storage. It is based upon twin sharing, if you wish to share with someone you know in the group, you can indicate this upon booking. If you would prefer a single room, an extra single room supplement can be added upon booking (subject to availability).

## Food

Breakfast will vary each morning but will generally consist of continental-style with some hot food items, hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included in the price and you will have the option to eat out as a group at a local cafe/restaurant.

## Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least two spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but it is essential you bring your own to wear.

## Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to “have and not need than to need and not have”!

## Luggage

All luggage will be transported between hotels as you cycle, you are therefore limited to one suitcase/large holdall and one daysack/grab bag. The support vehicle will be on hand to carry spares and layers whilst cycling if required. Bike boxes and bags can be transported throughout the trip in the support vehicle if required.

## Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other (if required).

*This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book (we recommend you have adequate travel insurance before booking any trip)

1. Find a date that suits you on our website
2. Click ‘Book Now’
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on ‘Make Payment’ and securely pay a 40% deposit through Stripe
7. **Congratulations - you’ve now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins. This can be paid in installments or in one payment through your More Adventure account.