

# Lands End to John O'Groats Cycle

Trip Code: LJB



“A fantastic trip led by a very professional team. We have raised over £100K so far as a result. I didn't lose any weight though!” Paul, LEJOG Rider & Charity CEO 2015

 Total 11 days

 Hotels

 Difficulty: 

 Cycling 10 days

 UK

 April - October

## Overview

This 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 of South-West England
- Fabulous cycling through the Shropshire & Cheshire plains
- Great views as we skirt the edge of the Lake District
- The Scottish Highlands
- Secluded beaches and rugged seascape of the north coast of Scotland
- Reaching John O'Groats

# Detailed Itinerary

## Day 1: Lands End to Launceston (91 miles)

We meet at Lands End at 08:00am. Once the whole group has arrived, you will be given a trip briefing, have the opportunity to take some photos at the world-famous Lands End sign, before beginning your ride to John O'Groats. From here we head Northeast through this quiet and picturesque area of the UK. Be under no illusions, today is a tough ride so please be prepared!

## Day 2: Launceston to Wells (105 miles)

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.

## Day 3: Wells to Ludlow (110 miles)

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 4: Ludlow to Wigan (102 miles)

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 5: Wigan to Penrith (100 miles)

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, with some dramatic views to the west of the Lake District.

## Day 6: Penrith to Lanark (101 miles)

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 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 7: Lanark to Crianlarich (90 miles)

We'll be skirting around the southern edge of Glasgow this morning before tackling some of the hills of one of Scotland's most famous National Park, Loch Lomond and the Trossachs.

## Day 8: Crianlarich to Fort Augustus (96 miles)

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 and through the adventure capital of the UK, Fort William. Passing



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by the foot of Ben Nevis, our route then continues northeast to Fort Augustus, positioned on the south-western end of the infamous Loch Ness.

### **Day 9: Fort Augustus to Lairg (85 miles)**

We cycle along the banks of Loch Ness (keep your eyes on the road please!) before heading north on quieter roads, firstly passing Cromarty Firth then along mountainous, forested roads to our overnight stop at Lairg.

### **Day 10: Lairg to John O’Groats (96 miles)**

The final day has arrived! By now your legs will be used to the demands of full-days cycling, so today should be a breeze! The first part of our route today is an absolute delight, along mostly quiet, highland roads, before we hit the north coast of the UK. Once here, we head due east to the holy grail of the journey – John O’Groats!

Congratulations! You made it! It’s time for a few photos (to prove you made it!), a hot shower and a celebratory meal.

### **Day 11: John O’Groats to Inverness (0miles!)**

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

## **Included**

- Cycle Leader/s and Support Driver
- 10 x night’s hotel accommodation
- 10 x breakfasts
- 10 x buffet-style lunches
- Mechanical Support
- Bicycle and main luggage transfer back from John O’Groats to Inverness train station
- Bicycle and main luggage transfer from Penzance to Land's End
- GPX files of the route (if requested)

## **Not Included**

- Bicycle and Helmet
- Transport to and from pick-up and drop-off points
- Evening meals, drinks and snacks
- Insurance



*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**



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## Trip suitability

You will be cycling for around 7-10 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 can 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 8+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

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)

Most important of all is a positive attitude!

## Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as 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

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

**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.



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## Money

Meals each evening tend to cost between £15 and £20. This will either be eaten in hotel restaurants, local pubs or from local takeaways.

## Accommodation

Accommodation for this trip is in good quality, comfortable hotels. All have hot water showers and excellent amenities. You will be sharing a twin room with someone else in the group, please inform us upon booking if you wish to share with somebody specific. If you wish for a single occupancy, this will need to be indicated upon booking and there is an extra charge of £420.

## Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices and occasional cooked items. 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 we will give you the opportunity to eat out as a group at a local pub/restaurant. Approximate costs per evening meal £15-£20.

## 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 four 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 Race Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend 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. Make sure you bring enough clothes for each day's 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. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).



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## 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.

*This trip will run on a minimum number of 12 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

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 Worldpay
- 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

