

TRIP ITINERARY · CYCLING · ENGLAND & SCOTLAND

LANDS END TO JOHN O'GROATS

The classic End-to-End: nearly 1,000 miles from Cornwall to the far north of Scotland in ten days of riding, fully supported, in hotels throughout.

11 days	10	976 miles	Hotels	★★★★☆	June – August
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

The End-to-End is an absolutely classic ride: nearly 1,000 miles through the most glorious scenery England and Scotland have to offer, fully supported and guided, in hotels and B&Bs throughout.

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. Our cycling ends at John O'Groats, the furthest point from your start point, Lands End, on the UK mainland.

HIGHLIGHTS • The rolling hills of southwest England • Fabulous cycling through the Shropshire & Cheshire plains • Skirting the edge of the Lake District • Cycling through the Scottish Highlands • Secluded beaches and the rugged seascape of the north coast of Scotland • Reaching John O'Groats!

We average 97 miles a day on this trip and whilst this is certainly not a trip to race, the pace is dictated by your cycle leader. This tends to be between 12-14mph. We will, of course, be stopping for a few breaks throughout the day, in addition to lunch breaks.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Starting at the Land's End signpost
- ✓ The rolling lanes of Cornwall, Devon and Somerset
- ✓ The Shropshire and Cheshire plains
- ✓ Shap Fell and the edge of the Lake District
- ✓ Glencoe, Rannoch Moor and Loch Ness
- ✓ Finishing at John O'Groats

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/lands-end-to-john-ogroats-cycle-14-days/

DAY BY DAY

DETAILED ITINERARY

1

91 MILES | OVERNIGHT: LAUNCESTON

DAY 1: LANDS END TO LAUNCESTON

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 north-east through this quiet and picturesque area of the UK. Be under no illusions, today is a tough ride so please be prepared!



2

105 MILES | OVERNIGHT: WELLS

DAY 2: LAUNCESTON TO WELLS

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.



3

110 MILES | OVERNIGHT: LUDLOW

DAY 3: WELLS TO LUDLOW

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.



4

102 MILES | OVERNIGHT: WIGAN

DAY 4: LUDLOW TO WIGAN

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.



5

100 MILES | OVERNIGHT: PENRITH | SHAP FELL

DAY 5: WIGAN TO PENRITH

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.



6

101 MILES | OVERNIGHT: LANARK

DAY 6: PENRITH TO LANARK

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.



7

90 MILES | OVERNIGHT: CRIANLARICH

DAY 7: LANARK TO CRIANLARICH

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.



8

96 MILES | OVERNIGHT: FORT AUGUSTUS | GLENCOE

DAY 8: CRIANLARICH TO FORT AUGUSTUS

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 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.



9

85 MILES | OVERNIGHT: LAIRG

DAY 9: FORT AUGUSTUS TO LAIRG

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.



10

96 MILES | OVERNIGHT: JOHN O'GROATS | THE FINISH!

DAY 10: LAIRG TO JOHN O'GROATS

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.



11

TRANSFER DAY | TRANSFER TO INVERNESS

DAY 11: JOHN O'GROATS TO INVERNESS

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



THE ROUTE

LAND'S END TO JOHN O'GROATS



Day 1 · Lands End → Launceston	91 miles
Day 2 · Launceston → Wells	105 miles
Day 3 · Wells → Ludlow	110 miles
Day 4 · Ludlow → Wigan	102 miles
Day 5 · Wigan → Penrith	100 miles
Day 6 · Penrith → Lanark	101 miles
Day 7 · Lanark → Crianlarich	90 miles
Day 8 · Crianlarich → Fort Augustus	96 miles
Day 9 · Fort Augustus → Lairg	85 miles
Day 10 · Lairg → John O'Groats	96 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: CHALLENGING ★★★★☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle Leader/s and support driver
- ✓ Basic bicycle maintenance
- ✓ 10 x nights hotel/B&B's
- ✓ 10 x breakfasts
- ✓ 10 x buffet-style lunches
- ✓ All luggage transported during your trip
- ✓ Transfer (including bicycle and main luggage) from Penzance to Lands End
- ✓ Transfer (including bicycle and main luggage) from John O'Groats to Inverness train station

NOT INCLUDED

- × Bike & helmet
- × Evening meals, drinks and snacks
- × Insurance

Single room: +£475, added when you book.

Getting there: We transfer you, your bike and luggage from Penzance to Land's End, and from John O'Groats to Inverness.

GOOD TO KNOW

TRIP NOTES

HOW TO BOOK

1. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

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This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.