

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.

12 days	10	955 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 on the UK mainland.

★★★★★

"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/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: PENZANCE

DAY 1: MEET IN 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 getting your bicycle and luggage from the station to our hotel depending on the time of your arrival.



2

86 MILES · 7200 FEET ASCENT | OVERNIGHT: LAUNCESTON

DAY 2: LANDS END TO LAUNCESTON

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.



3

105 MILES · 6500 FEET ASCENT | OVERNIGHT: WELLS

DAY 3: 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 to spend the night.



4

110 MILES · 5500 FEET ASCENT | OVERNIGHT: LUDLOW

DAY 4: 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 in a shorter time. Our ride ends in the pretty town of Ludlow.



5

97 MILES · 4000 FEET ASCENT | OVERNIGHT: WIGAN

DAY 5: 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.



6

100 MILES | OVERNIGHT: PENRITH | SHAP FELL

DAY 6: 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. There are some dramatic views to the west of the Lake District and to the east of the Pennines.



7

101 MILES | OVERNIGHT: LANARK

DAY 7: 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 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.



8

90 MILES | OVERNIGHT: CRIANLARICH

DAY 8: LANARK TO CRIANLARICH

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.



9

86 MILES · 4300 FEET ASCENT | OVERNIGHT: FORT AUGUSTUS | GLENCOE

DAY 9: CRIANLARICH TO FORT AUGUSTUS

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.



10

84 MILES · 5000 FEET ASCENT | OVERNIGHT: LAIRG

DAY 10: FORT AUGUSTUS TO LAIRG

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.



11

96 MILES · 4500 FEET ASCENT | OVERNIGHT: JOHN O'GROATS | THE FINISH!

DAY 11: LAIRG TO JOHN O'GROATS

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!



12

TRANSFER DAY | TRANSFER TO INVERNESS

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.

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. 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.



THE ROUTE

LAND'S END TO JOHN O'GROATS



Day 2 · Lands End → Launceston	86 miles
Day 3 · Launceston → Wells	105 miles
Day 4 · Wells → Ludlow	110 miles
Day 5 · Ludlow → Wigan	97 miles
Day 6 · Wigan → Penrith	100 miles
Day 7 · Penrith → Lanark	101 miles
Day 8 · Lanark → Crianlarich	90 miles
Day 9 · Crianlarich → Fort Augustus	86 miles
Day 10 · Fort Augustus → Lairg	84 miles
Day 11 · 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)
- ✓ 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 full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and helmet
- × Transport to and from start and finish points*
- × Evening meals, drinks and personal snacks
- × Travel/bicycle Insurance

Single room: +£525, 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

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

WEATHER

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 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

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

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

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.