



Land's End to John o' Groats

Summary

This is a once in a lifetime opportunity to ride the world famous Land's End to John o' Groats route in a group of people you know, at your own pace with expert back up and support to give you the most hassle free and enjoyable experience possible. 3 countries, over 1000 miles, 11 days of cycling heaven!

Highlights

Too many to mention, but include:

- The amazing feeling of achievement of cycling end to end
- Beautiful scenery through Cornwall and those pasties!
- Cycling through the Cheddar Gorge
- Riding over the 1600 metre long Severn Bridge
- Winding through wonderful Wales
- Travelling the length of Loch Ness
- Biking though Sutherland, Europe's last great wilderness

Detailed Itinerary

Day 1. You arrive in Penzance. Most people will probably choose to arrive by train but we can also provide transport for anyone who lives or can get close to the M6, M5 or A30. We can help you get the bikes and equipment organised and talk through the trip. Stay overnight in Penzance, ready for the adventure ahead!

Day 2. We'll transport you the last few miles to Land's End, the iconic start point for this incredible journey. Once we have a few photos and all tracking devices/trip computers have been started you begin cycling along the south coast with great views of St Michaels Mount. The coastal views are never far away as you undulate through this beautiful county. Stay overnight in the ancient market town of Liskeard. Distance approx. 83 miles, 1500m of climbing.

Day 3. Heading North East you continue the short, sharp climbs as you skirt the edge of Bodmin Moor and Dartmoor, crossing into Devon. There are some really fantastic views through this whole section and it is a tough but enjoyable part of the ride. The day flattens out as you cross the River Exe and travel north to the heart of Somerset and the town of Taunton, nestled between the Black Down and Quantock hills. Distance approx. 95 miles, 1600m of climbing.

Day 4. There is a lovely flat start to today as you follow a canal! There is a small detour that takes you through the spectacular Cheddar Gorge, well worth the extra couple of miles. Once over the Mendips you reach the mouth of the mighty River Severn and cross over the famous bridge and into Wales. You then hug the Welsh border and the River Wye all the way to Monmouth. Distance approx. 90 miles, 950m of climbing.

Day 5. Heading north reveals remote and undulating parts of Wales which seem to have a new view round every corner. You cross the Wye Valley once more the tackle the hills through Shropshire before a much flatter final section to the ancient and attractive town of Shrewsbury. Distance approx. 95 miles, 1500m of climbing.

Average Daily Distance:

92 miles or 148km

Includes:

- 11 days fantastic cycling
- 12 nights' comfortable accommodation
- Baggage transfers
- Comprehensive maps and gpx. files
- Full support vehicle back up with spare bike, tools, spares and supplies on board
- Transport from Penzance to Land's End
- Transport from John o' Groats to Inverness
- Champagne finish at John o' Groats!

Available on request:

- Pick up and drop off from M6, M5, A30 corridor
- Bike and kit hire
- Shipping your bike back to you by courier

Dates:

Self-guided cycling trips are available between March and October for groups of 4 or more. Contact us with the dates you have in mind.

Price:

From £1315 per person

Please check the website or contact us with your trip specifications for an accurate price.

To make a booking:

Email us: info@trailbrakes.co.uk

Phone us: +44 (0)7922 653327

[more>>>](#)

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Day 6. Today is a lovely and mainly flat and also your first 100 mile day of the trip! You cycle across the Cheshire plains then cut through Delamere forest. We then pick a surprisingly quiet route northwards between the built up areas that abound in this part of the country. We successfully navigate you between Warrington, Manchester and Bolton meeting the open moors once again for a superb view and final few miles into Blackburn. Distance approx. 101 miles, 950m of climbing.

Day 7. It takes no time at all to get back out into the open today and you weave steadily northward, gradually climbing into the Forest of Bowland. There are not that many trees here though but some superb views around Stocks reservoir and as you get deeper into the stunning Yorkshire Dales. The route gets better and better as you skirt through the fells and round the bottom of the Howgills. You climb up and over Shap with superb views to the Lake District and Pennines accompanying you all the way through Penrith and on up to Historic Carlisle. Distance approx. 99 miles, 1800m of climbing.

Day 8. It will probably already feel like a long time since the trip began as you cross into your third and final country, following the beautiful Solway coast and a lovely flat start to the day. The route today also passes through the place where it all began, the small blacksmiths shop where Kirkpatrick MacMillan invented the pedal cycle back in 1839 – inspiration indeed! You then make your way through the stunning Lowther Hills and on to the Royal Burgh of Lanark. Distance approx. 102 miles, 1050m of climbing.

Day 9. Today sees you crossing the central belt of Scotland, again dodging the most built up areas to the East of Glasgow. As you reach Stirling you get great views of the castle and Wallace monument and notice the surrounding hills begin to gain in height. The route remains pretty gentle through Doune and Callander but the scenery gets more dramatic all the time as you climb up past Loch Earn then into the Southern Highlands. You'll really be surrounded by mountains as you reach Crianlarich, a superb overnight stop. Distance approx. 93 miles, 1550m of climbing.

Day 10. When it comes to mountains today is full of superlatives. There are amazing views from start to finish, of the most photographed places in Scotland as you pass through majestic Glencoe. You pass the foot of Ben Nevis, Scotland's highest peak and begin a journey through the Great Glen that will take you all the way to the mouth of Loch Ness and the lovely village of Fort Augustus. Distance approx. 83 miles, 1300m of climbing,

Day 11. Travelling the length of Loch Ness is not a bad way to start the day and by this stage you will maybe convince yourself that you saw the monster! You eventually climb away from the loch through undulating hills towards the Beaulieu and Cromarty Firth's. Things begin to feel ever more remote as you head into Sutherland, surrounded by forests and infinite numbers of lochs. You spend the night in one of Europe's least populated places, perfect tranquillity. Distance approx. 93 miles, 1500m of climbing.

Day 12. The view today seems to open up you can see for miles to the iconic hills of Sutherland including Ben Hope and Ben Loyal. Finally you reach the north coast of Scotland at Tongue and you know that the journey is nearing its end. It is a beautiful end to the ride but possibly a bitter-sweet last stage along the coast to John o' Groats. No doubt you will be pleased to achieve your goal but also a bit sad that the adventure is over. Distance approx. 87 miles, 1300m of climbing.

At the end of the trip we will transport you and your bikes back to Inverness to spend the night then you can travel home the next day.

Well done you made it!

Alternatives:

It is possible to complete this ride in fewer or more days depending on how far you wish to cycle each day. Please just let us know if you have some other trip plans that we can help with!

Difficulty Grade:

This trip is one of the most amazing yet demanding rides in the UK. One thing that people always find tough is getting on the bike on so many consecutive days. It is definitely something that you will have to train for and we really recommend spending some time working on your fitness before the trip. If you have any specific questions relating to fitness and training then please feel free to ask us.

As with all of our group trips, you will be able to ride at your own pace as much as possible and you will just be riding with the friends that you have in your own group. We'll be on hand every step of the way to help out with any problems you might have and we are sure that this is one of the best routes to take through some of the most stunning parts of our country. We can't wait to help other people enjoy this challenge, so hopefully see you soon!



LEJOG Tour – Further Information

Accommodation and food

We use only tried and tested accommodation providers on our trips so that we know that you will receive an excellent level of service. They provide everything you could need after a long day in the saddle from secure bike storage to hot showers, hearty breakfast and comfortable beds. Accommodation in bed and breakfasts and hotels are always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most hostels can provide meals at an additional charge. Bunkhouses will often have cooking facilities so that you can prepare your own meals if you'd prefer. Wherever you stay you will be able to get an evening meal locally. Lunches can usually be bought during the course of the day as you will be passing through towns or villages, where this is not an option we will carry food for you in the support vehicle. It is advisable to carry plenty of snacks with you each day to keep the energy levels up and we will have extra supplies, energy bars, gels etc. in the support vehicle to make sure you are fighting fit!

Check-in at your accommodation will ordinarily be between 4 pm and 9 pm which should be perfect for most days of cycling. If arriving directly in Penzance please telephone your first night's accommodation to let them know at what time you're planning to arrive. If you require an early or late check-in, most accommodation providers will try to adapt to your requirements but please phone ahead to ensure that it is possible.

Sole occupancy rooms are usually available in hotels or guest houses so please ask us if you'd prefer to have your own room. A single person supplement will apply.

Clothing and kit

The UK receives a generally mild climate all year round with the Gulf Stream passing our western coastline. The east is generally a bit drier but cooler than the west, however conditions can and do change quickly especially on higher and more exposed areas. It can rain at any time of year, sometimes all day and we often get four seasons in a day, so come prepared! A full kit list is available on our website (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>)

General climatic information for the UK is available here: http://en.wikipedia.org/wiki/Climate_of_the_United_Kingdom.

Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website

(<http://www.metoffice.gov.uk/public/weather/forecast/>).

It is advisable to bring a small saddle or frame bag with you on your trip, in which you can carry spare clothes, snacks and basic spares and tools that you might need during the course of a day on the bikes. The support van will never be too far away but it's always good to have some supplies close to hand.

The route

Our Land's End to John o' Groats tour is a unique, specifically-designed road biking route, along quiet country roads and incorporating some stretches of National Cycle Network. We try to avoid main roads wherever possible and believe it takes in every type of terrain and scenery that we have in the UK. This trip has a **Fitness Grading of 7** which means that you should have a good level of fitness and take part in cycling based activities regularly. You're comfortable riding for up to 8 hours per day on terrain that can include long gradual climbs with steep sections and short, very steep climbs.

What bike?

The distances we cover on the LEJOG Tour mean that it is most suitable for road bikes. It is also possible to complete the route on a good quality hybrid bike but it would be a good idea to fit narrow tyres to help the bike roll more easily through the miles. Ask us if you need any further advice.

Self-guided trips

Our self-guided cycling trips are designed to provide you with a completely hassle-free, truly enjoyable cycling holiday. We will organise every aspect of your trip including quality accommodation, bag transfers each day, detailed information about the route, waterproof maps, GPS files, pick up and drop off at locations convenient for your travel plans and full support from our friendly, knowledgeable back-up team in case of technical or physical emergencies. We will provide a back-up vehicle full of spares and tools to carry your baggage between your accommodation each day. Our drivers are proficient bike mechanics so will be able to help you out with common technical problems. If the issue is a bit more serious, they will be able to take your bike to a local bike shop for some TLC. Their main aim is to keep you and your bike on the road! For the LEJOG tour we will carry a spare bike and extra supplies, energy bars etc. to help you achieve your goal.

Transport and baggage transfers

We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from many local airports, train or bus stations or ferry terminals to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will try our best to arrange a pick-up for you. Please note that an extra charge may apply to cover fuel costs. On this trip the most convenient pick up locations are along the M6, M5 or A30 corridors. Alternatively riders should aim to reach Penzance under their own steam.

We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack or saddle bag containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag.

Getting home

At the end of the ride we will transport you back to Inverness for one final night. From here there are connecting flights, trains and buses to the rest of the UK. The support vehicle will also usually be heading back to Southern Scotland so we can also offer transport the following day to places close to our homeward route (drop off in Glasgow or Edinburgh is possible).

We realise that it is not always that easy to get bikes on planes, trains or buses so we offer a bike return service by courier to anywhere in the UK. The bikes can be packed into a box and returned to your address, the cost for this service is around £55 per bike.

Any questions?

If you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: info@trailbrakes.co.uk

Phone: +44 (0)7922 653327 or +44 (0)7891 630696

Skype: trailbrakes