

# Lands End to John O'Groats

<i>Tour Support</i>	<i>Nigel Hill</i>	<i>07876 642 855</i>
	<i>Andy MacNamara</i>	<i>07779 091 115</i>
<i>Tour Leaders</i>	<i>Stewart Price</i>	<i>07906 166 446</i>
	<i>OR in emergency</i>	<i>07810 671 941</i>
	<i>Mark Waters</i>	<i>07732 520 819</i>
<i>Tour Organiser</i>	<i>Kiera Roche</i>	<i>07968 760 001</i>
	<i>Keith Delderfield</i>	<i>07831 596 015</i>

If you need help, please contact Nigel Hill or Andy MacNaara in the first Instance. If you cannot contact Nigel or Andy, then try to contact Stewart Price or Mark Waters. If you are unable to contact either Stewart or Mark, please contact Kiera Roche or Keith Delderfield. (Keith only as a last resort)  
Nigel & Stewart are both First Aiders & Mechanics.  
If you have a medical or other emergency to call the emergency services on 999.

## Route Directions

### Legend

L	Left
R	Right
TJ	T Junction
RAB	Roundabout
XRDS	Cross Roads
SO	Straight On
IMM	Immediately
YJ	'Y' Junction
SP	Signposted
NCN	National Cycle Network

The towns we travel through are highlighted in capital letters. i.e. through

MADRON to Penzance.

The suggested break stops are for guidance only; we may be running early or late on the day. It is important to eat before you get hungry and drink before you get thirsty.

Please do bring a map, to use in conjunction with these notes. The daily mileages are a rough guide only, you get lost or stray off-route.

Day 0

30 Miles

Sunday 3<sup>rd</sup> July

## Penzance to Penzance

<i>Briefing Venue</i>	<i>The Queens Hotel The Promenade Penzance TR18 4HG 01736 362371</i>
<i>Tour Organisers Meeting</i>	<i>10:00 - 10:45</i>
<i>Riders Introductions &amp; Briefing</i>	<i>10:45 - 11:30</i>
<i>Press briefing</i>	<i>11:30 - 12:00</i>
<i>Cycle to the Signpost at Land's End</i>	<i>12:15</i>
<i>Photo-Shoot &amp; End to End Sign In</i>	<i>14:00</i>
<i>Scenic Cycle ride to return to Penzance</i>	
<i>Afternoon Break</i>	<i>Lands End Experience</i>
<i>Evening Meal</i>	<i>Penzance YHA</i>
<i>Places of Interest en route</i>	<i>Lands End Experience Cornish Tin Mines Ancient Stones</i>
<i>Accommodation</i>	<i>YHA Penzance, TR20 8TF</i>
<i>David &amp; Adrian will stay at</i>	<i>The Stanley, 23 Regents Terrace, Penzance, 4DW PR18</i>
<i>Days Ride</i>	<i>Hilly</i>

**We will meet at The Queens Hotel where the initial briefings will be given.**

### **Penzance Station to the Youth Hostel**

From the station SO to Market Jew Street, SO XRDS onto Alverton Street, R onto Castle Horneck Lane the Youth Hostel is at the top of the hill.

**Penzance Station to Regents Terrace**

From Penzance Station L onto Wharf Road, The Quay, Battery Road, Promenade Road, Regents Terrace is on the R approx  $\frac{3}{4}$  Mile from the Station.

**Penzance Station to the Queens Hotel**

From Penzance Station L onto Wharf Road, The Quay, Battery Road, Promenade Road, Queens Hotel is on the R approx  $\frac{3}{4}$  Mile from the Station.

**Penzance Youth Hostel to the Queens Hotel**

From the Youth Hostel Return Down Horneck Lane, L onto Alverton Road, R onto Alexander Road, R at TJ onto Promenade Road, the Queens hotel is on the R.

After the briefings, we continue along the coast road. L onto B3315 to Land's End.

Official photographs and End to End Registration at the Land's End Experience.

From Land's End L A30, L B3306 to MORVAH. First R out of MORVAH onto minor road, through MADRON to Penzance. SO at RAB (Beware a busy Junction with the A30) onto St Claire Street, bear R onto Clarence Street, R at XRDS onto Alverton Road, R onto Castle Horneck Lane, the Youth Hostel is at the top of the Hill.

*Adrian & David will join us for our evening meal & breakfast, they will be transported between the Youth Hostel & the B&B*

Day 1

48 Miles

Monday 4<sup>th</sup> July

## Penzance to St Austell

<i>Breakfast is served</i>	<i>07:00</i>
<i>Adrian &amp; David will join us for breakfast at the Youth Hostel</i>	
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Try to find a shop/cafe en route</i>
<i>Lunch</i>	<i>Trelissick Gardens</i>
<i>Afternoon Break</i>	<i>Pub of your choice en route (Plenty of choice)</i>
<i>Evening Meal</i>	<i>19:30 at the B&amp;B or a local pub of your choice</i>
<i>Places of Interest en route</i>	<i>St Michael's Mount Trelissick Gardens King Harry Ferry</i>
<i>Accommodation</i>	<i>6 Carnsmerry Crescent Cornwall PL25 4NO</i>
<i>Days Ride</i>	<i>Very Hilly</i>

*We will ALL leave from the Youth Hostel. The support vehicles will travel along the main A30 toward Penzance Station where we all meet up again.*

From the Youth Hostel down Castle Horneck Lane towards the town centre. From Penzance Station, Follow the road along the railway lines to RAB with A30, L and IMM R onto Jelbert Way, past the heliport. SO at RAB over the A30. SO at two RAB's, follow the road around over the railway, R at mini-roundabout through MARAZION.

SO at RAB with A394 onto B3280 to GOLDSITHNEY, Fork R at end of village, onto minor roads through MILLPOOL. R at TJ and L at TJ to GODOLPHIN CROSS.

SO at XRDS then SO the B3302 & B3303 through NANCEGOLLAN.

SO the B3297 to PORKELLIS then L when the road bends sharp right. Through CARNKIE and follow the priority road around to the left in RAME through STITHIANS. SO the A393 to PERANWELL STATION.

Shortly after a one-way section turn R, cross the A39 on a bridge, then SO at XRDS to SO at XRDS onto the B3289 to cross the River Fal using the KING HARRY FERRY (there is a charge of 50p for using the ferry).

L at top of hill, onto minor road through PHILLEIGH to L onto A3078 to TREGONY, R onto B 3287. R to stay on the B3287 then L to still stay on it to R at TJ with A390, IMM R into HEWAS WATER to STICKER.

Through STICKER, R onto Trelowth Road to POLGOOTH, L at TJ, stay on this road to RAB take 1<sup>st</sup> exit onto A390 IMM on the next RAB take 3<sup>rd</sup> exit onto South Street, Bear R onto East Hill, L onto Kings Avenue, R onto Carlyon Road, L onto Carnsmerry Crescent. We are staying at N<sup>o</sup> 6. Adrian & David are staying nearby and will be transported to their accommodation.

Day 2

42 Miles

Tuesday 5<sup>th</sup> July

## St Austell - Tavistock

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Pub or café of your choice</i>
<i>Lunch</i>	<i>Minions</i>
<i>Afternoon Break</i>	<i>Pub or café of your choice</i>
<i>Evening Meal</i>	<i>The Coach House Restaurant</i>
<i>Places of Interest en route</i>	<i>The Eden Project</i>
	<i>Tin Mines</i>
	<i>Bodmin Moor scenic views</i>
<i>Accommodation</i>	<i>The Coach House Ottery</i>
	<i>Tavistock PL19 8NS</i>
<i>Days Ride</i>	<i>Very Hilly &amp; Challenging at times</i>

Leave the B&B R onto Carlyon Road, R onto Poltair Road, R at TJ Tregonissey road, SO at XRDS onto Carciaze Road. SO the A391 through TREGURTHY [After hill fork R], Fork L staying on minor roads through ROSEMELLING to BRIDGES and LUXULYAN.

Turn R in LUXULYAN pass the church and then L through GREADOW, SO at XRDS then L past Streigh Farm to REDMOOR, L at TJ onto B3269 into TREBYAN. After TREBYAN 1st R.

SO the A38 and follow round to the R in TURFDOWN, pass to the R of Old Cardinham Castle and R at XRDS to MOUNT. SO at XRDS in MOUNT through PANTERSBRIDGE to ST NEOT, fork L in ST NEOT to leave on Liskeard Hill, Fork R at Wenmouth Cross, cross the River Fowey and take the left hand steep climb past Trengale. L at TJ through REDGATE [fork L] to MINIONS.

SO through MINIONS, SO the B3254 in UPTON CROSS, through RILLA MILL,

then R to BRAY SHOP. SO B3257, SO at XRDS (A388), SO when the road bends sharp R go SO, to cross river at HORSEBRIDGE, then follow to the L to CHIPSHOP, R at XRDS then 1<sup>st</sup> R to the Coach-House Tavistock.



Day 3

59 Miles

Wednesday 6<sup>th</sup> July

## Tavistock to Taunton

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break route</i>	<i>Pub or Café of your choice en route</i>
<i>Lunch</i>	<i>Exeter Mobility Centre 13:30</i>
<i>Afternoon Break route</i>	<i>Pub or Café of your choice en route</i>
<i>Evening Meal</i>	<i>In the Hotel or local pub</i>
<i>Places of Interest en route</i>	<i>Views from Dartmoor Dartmoor Prison</i>
<i>Accommodation</i>	<i>The Corner House Hotel, Taunton</i>
<i>Days Ride</i>	<i>Steep Climb up and over Dartmoor The ride levels out once through Exeter - BEWARE heavy traffic</i>

*Today we will call into the Exeter Mobility Centre for Lunch*

Return along the road SO the XRDS, L at TJ onto A390, R at RAB then L at RAB to Tavistock Town Centre. Follow the signs through TAVISTOCK to exit on the B3357 SP Ashburton. L onto the A390/A386 through the town then R onto B3357. Stay on the B3357 to TWO BRIDGES

In TWO BRIDGES L onto B3212. Stay on B3212 across Dartmoor, SO the A382 at XRDS in MORETONHAMPSTEAD towards EXETER.

Follow the B3212 into EXETER, cross the river on the one-way circuit, follow the B3212 through Pocombe Hill, Dunsford road, Cowick Street, Frog Street, Western Way, bear R at RAB onto Woford Road and follow round to the Exeter Mobility Centre, where we stop here for lunch.

Return back along Wonford Road L at TJ onto Magdalen Road, R at RAB to rejoin the B3212. Continue along the B3212 Pinhoe Road, to L at TJ onto B3181 SP BROADCLYST.

On the edge of BROADCLYST fork R into DOG VILLAGE; stay on this road through WHIMPLE. L at TJ into TALATON, R here and SO at XRDS to TALEWATER, fork L to COLESTOCKS, fork L here then SO until A373.

SO the A373, R at XRDS onto Long Lane, SO at XRDS, to XRDS. L here along Luppitt Common, through SMEATHARPE to XRDS at REDLANE, SO to PITMINSTER, SO at XRDS towards Trull. Continue along Honiton Road, which leads into Trull Road, L at Junction onto A38, R after 160 yards to The Corner House Hotel.

Day 4

58 Miles

Thursday 7<sup>th</sup> July

## Taunton - Bristol

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Bridgewater town centre</i>
<i>Lunch</i>	<i>Cheddar</i>
<i>Afternoon Break</i>	<i>Pub near the Chew Valley Lake</i>
<i>Café of your choice en route</i>	
<i>Evening Meal</i>	<i>TBA</i>
<i>Places of Interest en route</i>	<i>Cheddar Gorge</i> <i>Chew Valley Lake</i> <i>Clifton Suspension Bridge</i>
<i>Accommodation</i>	<i>University of Bristol,</i> <i>Holly Bush Lane, BS9 1UB</i>
<i>Days Ride</i>	<i>Short climb over the Quantock Hills, The Somerset Levels (Heaven) Steep Climb up Cheddar Gorge - Watch out for Peregrine Falcons Short climb up to the Clifton Suspension Bridge. A much easier day today.</i>

From the Hotel L A38 (Park Street), bear L onto Tower Street, bear R onto Corporation Street, at RAB take 1<sup>st</sup> Exit A3027 (North Street then Bridge Street) turn R onto A3038 (Station Road), bear L onto A358 then R (Kingston Road), after approx 5.5 miles R onto minor road to ENMORE. R to DURLEIGH. R at TJ onto Durleigh Road into BRIDGWATER.

SO the A39 at signalised XRDS, then 2nd R onto High Street, pass the Tourist Information Office. R at end and IMM L into pedestrianised Fore Street and cross

Town Bridge, L IMM after the bridge onto East Quay then R adjacent to the next bridge onto The Clink. SO at RAB 2nd exit onto the A39 Bath Road.

Cross the M5 then R into BAWDRIP, where R onto NCN3 and IMM L onto a short footpath section of NCN3. L at first section of road leaving NCN3 to R at TJ onto the B3141 through WOOLAVINGTON and EAST HUNTSPILL COTE, R onto the B3139 through MARK to WEDMORE. L in WEDMORE onto the B3151. R into CHEDDAR, R at TJ, then L SO at RAB to climb Cheddar Gorge.

1<sup>st</sup> L onto the B3371. SO at XRDS with B3134, SO next XRDS and descend to COMPTON MARTIN. R onto the A368 into WEST HARPTREE where 1st L onto B3114 to CHEW STOKE, at the end of which L onto Pagans Hill.

L at RAB onto the B3130. Through WINFORD to SO at XRDS with A38 onto old closed road, SO at XRDS with B3130. R at TJ into LONG ASHTON.

In LONG ASHTON turn L up Providence Lane, SO the B3128 onto Longwood Lane, to R at XRDS onto the B3129. R onto the A369 then left off it to rejoin the B3129 Bridge Road and cross Clifton Suspension Bridge.

Stay on the priority road, L onto Clifton Down Road, R & L on A4176 eff SO onto Ladies Mile. L at TJ onto Stoke Road, 1<sup>st</sup> R Saville Road, L Hollybush Lane; the University accommodation is 100 yds on the Right.

Day 5

58/63 Miles

Friday 8<sup>th</sup> July

## Bristol - Hereford

<i>Breakfast is served</i>	<i>07:00</i>
<i>Ride Start</i>	<i>08:00</i>
<i>Mid Morning Break</i>	<i>Chepstow</i>
<i>Lunch</i>	<i>Symonds Yat</i>
<i>Afternoon Break</i>	<i>Pub or Café of your choice en route</i>
<i>Evening Meal</i>	<i>Travel Inn</i>
<i>Places of Interest en route</i>	<i>Severn Bridge Symmonds Yat</i>
<i>Accommodation</i>	<i>Premier Travel Inn Hereford, HR4 9RS</i>
<i>Days Ride</i>	<i>Easier day today</i>

### ***Direction to Bristol Disablement Centre***

*We will use the transport to visit the Bristol Disablement Centre.*

*From the University Campus L onto Hollybush Lane, L at TJ into Saville Road, R at 2<sup>nd</sup> XRDS onto B4054 Parrys Lane. SO gyratory then L onto Downs Park, R onto B4056 Henleaze Road, follow road for 2.5 miles and R onto minor Road to Southmead Hospital for Visit.*

*Return via the same route to the University Campus.*

From the University Campus, R onto Hollybush Lane, bear R onto Ormerod Road, L at TJ onto Parrys Lane B4054 1<sup>st</sup> R at XRDS onto Reedley Road, bear R onto Stoke Lane, L at XRDS onto Falcondale Road (A4018).

L at signalled junction onto Henbury Road (the B4055), pass Henbury Castle. R at RAB onto Station Road then L at RAB onto Avonmouth Way, this road becomes Hallen Road, go under the M5 and next R onto Berwick Lane. L at TJ onto B4055

through EASTER COMPTON. R onto minor road, pass Pilning Station, SO on the priority road L towards Awkley to TOCKINGTON.

L in Tockington, then L again through OLVESTON to L at TJ onto B4461 and the motorway exit, R at RAB to access the bridge cycle track on the L of the road leading to the services.

On leaving the bridge, R at RAB onto minor road, L at RAB then SO several RAB's following Thornwell Road, which becomes Bulwark Road to TJ with A48 in CHEPSTOW. Turn R onto the A48, follow it around to the left then turn L to head into CHEPSTOW town.

R at TJ onto A48 then L onto B4293, which bends sharp L, SO here onto High Street then Bridge Street to cross the river. Climb the other side to L at XRDS onto B4228.

Stay on the B4228 through ST BRIAVELS to COLEFORD. Just after COLEFORD centre pass the turning for the B4028 then next R onto Sparrow Hill, SO the A4136 through BERRY HILL. Bear half L and join B4432. Stay on this road; it becomes a minor road, R at TJ to cross the river and R at TJ to join the B4229 to GOODRICH. Bear L in GOODRICH to leave the B4229 to the A40.

R onto A40 for 800m, 1st L to GLEWSTONE. SO at XRDS, through WILSON to SO the A49 at WINTERS CROSS. Fork L and L again at UPPER GROVE COMMON, L at TJ through HOARWITHY and LITTLE DEWCHURCH to TJ with B4399, L onto the B4399 to XRDS with the A49. R onto A49 leading to Edgar Street, L Newton Road, bear R Holmer Road. The Travel Inn is approx 1 mile on the left.

Day 6

59 Miles

Sat 9<sup>th</sup> July

## Hereford - Shrewsbury

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break route</i>	<i>Pub or Café of your choice en route</i>
<i>Lunch</i>	<i>Ludlow</i>
<i>Afternoon Break route</i>	<i>Pub or Café of your choice en route</i>
<i>Evening Meal</i>	<i>Travel Lodge</i>
<i>Places of Interest en route</i>	<i>Views towards the Black Mountains Ludlow Castle</i>
<i>Accommodation</i>	<i>Travel Lodge Bayson Hill, SY3 ODA</i>
<i>Days Ride</i>	<i>Easier day today</i>

Depart the Travel Inn L back onto A49 to RAB, 2<sup>nd</sup> exit A49, 1<sup>st</sup> R onto minor road, 1<sup>st</sup> L onto Coldwells Road SO at XRDS to SHELWICK, R onto minor road L at TJ to SUTTON St NICHOLAS to BODENHAM MOOR.

L onto A417 for 500m then R onto Bowley Lane, pass Risbury and Stoke Prior to A44. L at TJ, SO at RAB, into LEOMINSTER.

Leave on the B4361 North Road through LUSTON, RICHARDS CASTLE and OVERTON into LUDLOW.

Leave LUDLOW on the B4361, join the A49 for 800m then R onto the B4365 through CULMINGTON and SEIFTON. Just past here L onto a minor road to R at TJ with B4368, 1<sup>st</sup> L along Seifton Batch through WESTHOPE, bear L and HARTON to turn R and go through TICKLERTON to R at TJ with B4371.

2<sup>nd</sup> L onto minor road, then L at TJ to CARDINGTON, straight through the village then fork R past Leyhill Farm, bear R at Chatwall Hall, past Causeway Wood to

RUCKLEY where bear L to ACTON BURNELL where SO at XRDS to PITCHFORD and CANTLOP.

SO at next XRDS and next XRDS then bear L to TJ with A458. L onto B4380 at RAB 1<sup>st</sup> exit A5112 (Hereford Road) SO next 2 RAB's 4<sup>th</sup> exit on next RAB onto A5 and IMM L to Travel Lodge, Bayson Hill services.



Day 7

56 Miles

Sunday 10<sup>th</sup> July

## Shrewsbury - Warrington

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Wem</i>
<i>Lunch</i>	<i>Whitchurch</i>
<i>Afternoon Break</i>	<i>Pub or Café of your choice en route</i>
<i>Evening Meal</i>	<i>Nantwich</i>
<i>Places of Interest en route</i>	<i>Anderton Boat Lift</i>
<i>Accommodation</i>	<i>Travel Inn Warrington WA4 4NB</i>
<i>Days Ride</i>	<i>Easier day today Busy Traffic near Warrington</i>

Leave Travel Lodge, return to RAB, take the A5112 exit (Hereford Road). At the next RAB take 2<sup>nd</sup> exit A5191 (Roman Road). Follow A5191 round to L Jcn A528 (Chester street leads to Cotton Hill). L onto B5067 (Berwick Road) to DUNNSHEATH where R onto minor roads, L at TJ to BOMERE HEATH. R at XRDS in centre of BOMERE HEATH, then fork L after exiting the village past Grange Farm.

SO at XRDS, then L onto the A528 for 1400m, fork R onto the B5476 through WEM to WHITCHURCH.

SO the A41 at RAB to stay on the B5476. In WHITCHURCH L onto the B5395 Sedgeford and follow the B5395 around the town centre, turn R onto Claypit Street which becomes Alport Road then Mile Bank Road [fork R], cross the railway [fork L] then R at TJ at the Grange, past Marley Hall to WRENBURY.

R at TJ, SO at XRDS in RAVENSMOOR, cross the canal and IMM R, to A534. R at TJ, cross the river, SO at XRDS, follow the road around to the L then R then turn L at 1st major junction onto Barony Road. SO RAB onto B5074. Stay on the B5074 through CHURCH MINSHULL into WINSFORD. SO at A54 RAB, [fork R], to

FOXWIST GREEN, where R to WHITEGATE, bear L here, cross the A556, bear R as road becomes the A559. Go through HARTFORD, crossing 2 railways into NORTHWICH, after 2nd railway fork L onto B5374 to A533. L at TJ, cross river and IMM R onto Soot Hill, pass the Anderton Boat lift to COMBERBACH where fork R to A559. L at TJ onto A559, cross M56 and into STRETTON, Travel Inn is on the left behind the Cat and Lion Kitchen.

Day 8

0 Miles

Monday 11<sup>th</sup> July

## Day Off - Warrington

*Breakfast is served*

*07:30*

*Visit to Wirral & Donald Tod Re-Hab centres*

*09:00*

From the Travel Inn R onto A49 [London Road] a RAB take the FIFTH exit (M56 / North Wales / Runcorn / Chester), Continue (West) on M56 for 13.9 m. At Junction 15 onto M53 (Ellesmere Port / Birkenhead) for 9.6 m. At M53 Exit 4, bear L onto A5137 (Clatterbridge / Heswall / Bebington). At RAB take 1<sup>st</sup> exit onto B5151 [Mount Road], at RAB take the 3<sup>rd</sup> onto Mount Road. Continue on minor road, L onto local road to the Wirral Limb Centre.

From the Wirral Limb L onto B5151 Clatterbridge Road, at RAB take 2<sup>nd</sup> exit onto B5151 Mount Road, at next RAB take 2<sup>nd</sup> exit M53 (Wallasey / Liverpool) for 7m through the Mersey Tunnel. Bear L onto A59 [Scotland Road] to RAB, take 2<sup>nd</sup> exit onto A59 Rice Lane, onto A506 Longmoor Lane, R onto Local Road to the Donald Tod Re-Hab Centre.

From the Donald Tod Re-Hab return along minor road, R onto A506 Longmoor Lane, at RAB 3<sup>rd</sup> exit M57 (Manchester / Widnes) for 6m. Bear L M62 / A5080 / M6 (Manchester / Widnes / Warrington / Huyton). At RAB take 2<sup>nd</sup> exit M62 (Warrington / Motorway M6 / Manchester) for 10 m. Bear L onto M6 / M56 (Preston / Birmingham / Stockport / Airport), bear L onto M6. At M6 Exit 20A, bear L onto M56 (North Wales / Runcorn / Chester / Stockport / Airport) to exit 10, bear L onto A49 (Northwich / Warrington). At RAB 4<sup>th</sup> exit onto A49 Tarporley Road, L onto B5356 Hatton Lane to the Travel Inn.

Day 9

58 Miles

Tuesday 12th July

## Warrington - Preston

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break route</i>	<i>Pub or Café of your choice en route</i>
<i>Lunch route</i>	<i>Pub or Café of your choice en route</i>
<i>Afternoon Break route</i>	<i>Pub or Café of your choice en route</i>
<i>Evening Meal</i>	<i>Self Catered or eat out.</i>
<i>Places of Interest en route</i>	<i>This is not a particularly good part of the route, which aims to get us Past Liverpool / Manchester belt the best way.</i>
<i>Accommodation</i>	<i>University of Lancashire</i>
<i>Days Ride</i>	<i>Easier day today Busy Traffic en route</i>

From the Travel Inn, R into STRETTON onto the B5356 through APPLETON THORN, SO (effectively R) at RAB, L at TJ, R at RAB staying on the B5356. R at RAB onto A50. SO at RAB, cross M6 and leave 2nd RAB on the B5158 to LYMM. Follow road to the R, L at TJ then 1st R, SO at RAB. L onto B5159 and over the Toll bridge (free for bikes).

R at TJ onto A57, 1st L into HOLLINS GREEN, stay on this road through the village to L at TJ onto B5212. Through GLAZEBROOK to R at RAB onto A574. Through LAZEBURY, SO A580 into LEIGH, cross canal then L onto A572 into town centre. R at Xrds onto the B5215 (King Street). At end of town L onto B5235 (Lovers Lane),

SO the A579 and SO the A577 (L then R, SP WESTHAUGHTON) to R at TJ onto A58 then 1st L onto Park Road, R at Xrds onto Bolton Road.

SO the A6 then 1st L onto Chew Moor Lane, cross the M61 then fork L past Lostock Junction, follow road to R (it becomes Glengarth Drive) to L at TJ onto A58. R at TJ and imm L to stay on the A58. L at 1st major Xrds onto B6402 (Old Kiln Lane). SO at Xrds onto Walker Fold Road.

L at TJ onto A675 through BELMONT. R onto minor SP TOCKHOLES. Cross M65 then L at Xrds onto Broken Stone Road, 1st R onto Gib Lane. R at TJ and imm L onto Green Lane. R at RAB onto A674. L at Xrds onto B6447 (Buncer lane), L at RAB onto A677 (Preston New Road) then 1st R onto Revidge Road. L at signalled Xrds onto Lammack Road.

SO the A6119, SO at Xrds (Saccary Lane), R at TJ onto A59 and 1st L onto B6245 to RIBCHESTER. R at odd junction, the road becomes the B6243. Follow the B6243 through the edge of LONGRIDGE and GRIMSARGH into PRESTON.

R at Xrds R onto Skeffington Road, bear L onto St Georges road, SO A6, L onto Aqueduct Street, L onto Adelphi Street, L into Victoria Street to the University Security Lodge in the Harrington Building to pick up keys, Return to Adelphi Street & L Harrington Street to Whitendale Buildings

Day 10

58 Miles

Wednesday 13th July

## Preston - Kirkby Stephen

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Slaidburn</i>
<i>Lunch</i>	<i>Ingleton</i>
<i>Afternoon Break</i>	<i>Pub or Café of your choice en route</i>
<i>Evening Meal</i>	<i>Self Catered or eat out</i>
<i>Places of Interest en route</i>	<i>Settle &amp; Carlisle Railway Ribblehead Viaduct Yorkshire Dales Free flying Macaws near Kirkby Stephen</i>
<i>Accommodation</i>	<i>Youth Hostel Kirkby Stephen</i>
<i>Days Ride</i>	<i>Very Hard Day</i>

*We will use the transport to visit the Preston Disablement Services Centre. Leave the University Accommodation R onto Harrington Street, R onto Adelphi Street, leads onto Plungington Road, at RAB 2<sup>nd</sup> exit onto Black Bull Lane, SO A6 onto Sharoe Green Lane 1<sup>st</sup> R onto minor road then 1<sup>st</sup> L onto minor road. After the visit the transport will take us back to the university campus to start the ride.*

Leave the University Accommodation R onto Harrington Street, R onto Adelphi Street, R onto Aqueduct Street, So XRDS (A6) to St Georges Road, SO at XRDS to stay on St Georges Road. SO at RAB, R at TJ, L at signalised junction onto B6243. Stay on B6243 through GRIMSARGH to LONGRIDGE.

As you enter LONGRIDGE bear right to stay on the B6243 then bear left onto Chapel Hill (leaving the B6243). R at TJ onto Market Place (B5269) then L (eff SO) when the B5269 bends right onto Higher Road. Turn L onto Forty Acre Lane then

follow it to the right, pass Forty Acre Farm. (L eff SO) Follow around to left and descend to L at TJ, 1st R, pass Carr Side Farm to R at TJ. 1st L, cross Doeford Bridge through WHITEWELL to DUNSOP BRIDGE. R to cross the bridge to NEWTON where the road becomes the B6478 into SLAIDBURN.

Leave Slaidburn on the minor road over the Fells (The Skaithe) by turning left of the B6478. Stay on this road to HIGH BENTHAM. R at TJ and 1st L onto Robin Lane to INGLETON.

R at TJ onto A65 and L onto B6255 (Croft Road) through CHAPEL-LE-DALE to RIBBLEHEAD.

L onto minor road to STONEHOUSE and COWGILL where R, over the hill to GARSDALE HEAD. R at TJ onto A684 then L onto B6259 along Mallerstang Common, through NATEBY to KIRKBY STEPHEN. R at TJ and the hostel is on the left.

Day 11

46 Miles

Thursday 14<sup>th</sup> July

## Kirkby Stephen - Carlisle

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Culgaith (Converted Signal Box)</i>
<i>Lunch</i>	<i>Kirkoswald</i>
<i>Afternoon Break</i>	<i>Cumwhinton</i>
<i>Evening Meal</i>	<i>Self catered or eat out in the Town Centre</i>
<i>Places of Interest en route</i>	<i>We continue to follow the Settle &amp; Carlisle Railway scenic views Lake District to the left Pennines to the right</i>
<i>Accommodation</i>	<i>Carlisle University Campus</i>
<i>Days Ride</i>	<i>Much easier day</i>

Leave the hostel going L into town. L at RAB, through SOULBY to L at TJ onto B6260 at BURRELLS. Through HOFF then R onto minor road just after a bend to the left through KING'S MEABURN. L at TJ (at lane end) then 1st R, cross River Eden, L at TJ onto A66. Through TEMPLE SOWERBY then 1st R onto B6412 through CULGAITH to LANGWATHBY. L onto A686, re-cross river, 1st R onto minor road to R at TJ (eff SO) onto B6412 again through GREAT SALKELD to LAZONBY.

R at TJ onto B6413 and IMM under railway to KIRKOSWALD. Follow B6413 to left in village then L (eff SO, by church) onto minor road through STAFFIELD to L at TJ into ARMATHWAITE. R at TJ to parallel railway to L at TJ onto B6263 to CUMWHINTON. Where R and IMM R onto minor road to SCOTBY, R to pass under



railway then IMM L onto Park Road, pass over motorway, 1st R onto Montgomery Way to L at TJ onto A69 into CARLISLE.

Follow the signs for the A69 then 'North' until L at large RAB onto a dual carriageway, pass castle over railway and the hostel is on the right in the old brewery buildings.

Day 12

62 Miles

Friday 15<sup>th</sup> July

## Carlisle - Kendoon

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Gretna Green</i>
<i>Lunch</i>	<i>Dumfries</i>
<i>Afternoon Break</i>	<i>Moniaive</i>
<i>Evening Meal</i>	<i>Self catered, food for evening meal &amp; breakfast to be bought at Dumfries</i>
<i>Places of Interest en route</i>	<i>The Old Smithy Gretna Green Views over the Solway Firth Wild Stags</i>
<i>Accommodation</i>	<i>Kendoon SYHA</i>
<i>Days Ride</i>	<i>Long easier day</i>

*The kitchen is small at Kendoon, we will need to share the cooking & washing up. It is planned that we all eat at the Youth Hostel. Some of the team will be staying in nearby accommodation.*

***We will use the transport to visit the Carlisle Disablement Centre.***

*From the University Campus L onto A595 Castle Way to Major RAB return back on the A595 to RAB, 2<sup>nd</sup> exit onto B5307 Port Road leads onto Newtown Road Cumberland Infirmary is on the R. The transport will take us back to the university campus where we will start the ride.*

Leave the hostel L to pass in front of the Castle. L at major RAB, cross river, SO at major RAB, stay on A7 through LONGTOWN, cross river then L onto A6071.

Cross motorway and continue SO onto B7076 into GRETNA. (If you wish to visit the

Old Smithy take a right of the A6071 to R at RAB and it's on the right, to return to the route come out of the smithy and go SO onto B7076, then R onto slip road for motorway SP Glasgow and first L to avoid going on the motorway. SO the A75 at staggered XRDS to R onto B721) L at RAB onto B721 through GRETNA, EASTRIGGS and DORNOCK, SO at RAB through ANNAN, cross river then L onto B724 through CUMMERTREES, around the side of Ruthwell then L onto B725 through BANKEND (the B725 turns off here), continue SO on minor road, R onto Bankend Road to DUMFRIES.

R at TJ (3 way TJ really) onto B725 (Nith Bank), SO at RAB onto St Michael Street (still the B725), SO at XRDS (with St Michael's Bridge, still on the B725), L and IMM R onto A781 Whitesands alongside the river to L at end to cross river on New Bridge, once over bridge R onto Glasgow Street (A76) and continue SO across RAB's until L onto B729 (shortly after Newbridge). Stay on the B729 through DUNSCORE to L at TJ onto A702 to MONIAVE (last chance for food). Cross river and R back onto the B729 to L at TJ onto B7000, the hostel is on the right.

Day 13

64 Miles

Saturday 16<sup>th</sup> July

## Kendoon - Lochranza

<i>Breakfast is self-catered</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>Difficult carry some food</i>
<i>Lunch</i>	<i>Kilwinning</i>
<i>Afternoon Break</i>	<i>on ferry</i>
<i>Evening Meal</i>	<i>Self catered, food for evening meal &amp; breakfast to be bought at Brodick on Arran or preferably before</i>
<i>Places of Interest en route</i>	<i>Excellent views en route to Ardrossan. Ferry to Arran Possibility of Golden Eagle on Arran Seals basking in the sun (or rain)</i>
<i>Accommodation</i>	<i>Lochranza SYHA &amp; B&amp;B next door</i>
<i>Days Ride</i>	<i>Long easier day</i>

*Breakfast is self-catering. It is difficult to find a cafe or pub serving food on this section of the route until Kilwinning at about 49 miles, please carry some food with you.*

Leave the hostel returning along the road you arrived by, the B7000. L at TJ onto B729. R at TJ onto A713 through CARSPHAIN and DALMELLINGTON, alongside Patna until R onto the B730 through LITTLEMILL and DRONGAN. R at TJ onto A70 and 1st L back onto the B730 through STAIR, SO the B743, to TARBOLTON.

R at T J onto the A719 and 1st L back onto the B730 to BOGEND. SO the A77 at XRDS to DUNDONALD. SO the A759 at Stagerred XRDS (R then L) to stay on the B730, pass under the A71 to L at TJ onto B7081 (Townfoot). SO at RAB (with B7080) to stay on the B7081 Annick Road, over bridge over major road then SO at RAB onto Townhead to stay on the B7081. Follow the priority road to the right then to the left to SO at XRDS onto the A736 East Road.

R at RAB onto Burns Street, still the A736, then IMM SO onto the A737 Kilwinning Road. SO at RAB (not onto the A78) onto Irvine Road (still the A737) into KILLWINNING. Stay on the A737, cross river onto Main Street then around to the right onto Howgate, then SO when the A737 turns off onto the A738 Byres Road, over two railways then around to the left to SO at RAB onto A78. SO at 2 RAB's, then SO at third RAB back onto the A738 Townhead Street. Stay SO on the A738 through SALTCOATS to L at TJ to Ardrossan Harbour.

Ferries go at 1515 and 1800, we will make sure that you don't miss the last one, we will need to be at the terminal to check in 30 minutes before sailing. You still have either 14 or 24 miles to cycle when you get off after the 55 minute crossing. The longer journey avoids a steepish hill.

#### **Flatter Route 24 miles**

Leave the ferry turning R onto road. L at TJ onto B880. Follow the B880, 1<sup>st</sup> R onto minor road to Auchagallon. R at TJ onto A841 clockwise around the island through Imachar & Thundergay to LOCHRANZA, the hostel is on the right as you approach.

#### **Hilly Route 14 miles**

Leave the ferry turning R onto road. R at TJ onto A841. Follow the A841 anti-clockwise around the island through BRODICK, CORRIE and SANNOX to LOCHRANZA, the hostel is on the left as you approach.

Day 14

0 Miles

Sunday 17<sup>th</sup> July

## Day Off - Lochranza

*Breakfast is self-catered*

*07:30*

*Options -*

*Bus Trip around the island*

*Brewery Visit.*

*Shopping in Brodick*

*Beware the midges!!!!*

*Join Stewart in a cycle tour of the island. (Approximately 65 miles)*

Day 15

61 Miles

Monday 18<sup>th</sup> July

## Lochranza - Oban

<i>Breakfast is self-catered</i>	<i>07:00</i>
<i>Ride Start</i>	<i>07:50 (We need to catch the 08:15 ferry from Lochranza)</i>
<i>Mid Morning Break</i>	<i>Tarbert</i>
<i>Lunch</i>	<i>Lochgilphead</i>
<i>Afternoon Break</i>	<i>Pub or Café en route</i>
<i>Evening Meal</i>	<i>Self catered or eat out. Oban is a vibrant town.</i>
<i>Places of Interest en route</i>	<i>Loch Fyne</i>
	<i>Sea Loch en route to Oban</i>
	<i>Look out for Seals &amp; Otters</i>
<i>Accommodation</i>	<i>Oban SYHA</i>
<i>Days Ride</i>	<i>Long easier day</i>

Short ride continuing on A841 to ferry terminal at LOCHRANZA. Take the ferry to CLAONAIG.

Leave CLAONAIG on the B8001 to R at TJ onto A83 through TARBERT to LOCHGILPHEAD. L onto the B841 follow the Crinan Canal, then R onto B8025 to L at TJ to rejoin the A816 SO at RAB onto A816 to OBAN.

In OBAN follow the priority road into the town centre and Argyll Square. R opposite the tourist information and follow the one-way road along the bay to L (eff SO) at RAB to stay on Corran Esplanade when the A85 goes right. The hostel is along on the right.

Day 16

49 Miles

Tuesday 19<sup>th</sup> July

## Oban to Glen Nevis

*Breakfast*

*On the ferry to Mull (1 hour Crossing)*

*Ride Start*

*07:00 (We need to catch the 07:45 Ferry from Oban to Mull)*

*Mid Morning Break*

*Fishnish*

*Lunch*

*Corran*

*Afternoon Break*

*Pub or Café en route*

*Evening Meal*

*Nevis Bunk Hotel or eat in town*

*Places of Interest en route*

*Isle of Mull*

*Views over Loch Linnhe*

*Look out for Seals & Otters*

*& Sea Eagles & Golden Eagles*

*Accommodation*

*Corrie Duff Guest House & Glenfer Guest House*

*Days Ride*

*Easier day*

*One of the support vehicles will take the mainland route.*

Return into OBAN Town Centre, bear R at Argyll Square to the ferry terminal on the right. Take the 07:45 ferry (you need to be on board by 07:30) to CRAIGNURE on Mull.

Leave the terminal at Craignure turning R onto the A849. R onto A884 to Fishnish. We need to catch the ferry at 10:10.

From Lochaline onto A884 to Lochuisge, R onto B 8043, R at TJ onto A861 to Corran.

We catch the ferry to Ardgour.

From the ferry terminal SO onto A861 L A82 for 7.5 miles, R onto Ashburn Lane, bear L onto Grange Road, bear L onto Lundavra Road, bear R onto Union Road,



Bear R onto Fassifern Road, Turn R onto minor road, IMM bear L onto minor Road,  
Turn L onto A82 Belford Road to RAB, 3<sup>rd</sup> exit, at next RAB take 2<sup>nd</sup> exit onto  
Belford Road after 1.5 miles R onto minor road to Corrie Duff Guest House.

Day 17

64 Miles

Wednesday 20<sup>th</sup> July

## Glen Nevis - Inverness

<i>Breakfast is served</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>To be Carried</i>
<i>Lunch</i>	<i>Packed Lunch - take extra rations</i>
<i>Afternoon Break</i>	<i>To be Carried</i>
<i>Evening Meal</i>	<i>Local pub</i>
<i>Places of Interest en route</i>	<i>Views over Ben Nevis</i> <i>Views over Loch Ness</i> <i>Look out for Golden Eagles</i>
<i>Accommodation</i>	<i>Inverness Youth Hostel</i>
<i>Days Ride</i>	<i>Long Day</i>

From the Guest House L onto Belford Road, to RAB to take 2<sup>nd</sup> exit onto A82, L onto A830, R onto B8004, through MUIRSHEARLICH, STRONE, KILMONIVAIG, after GARLOCHY to re-join the A82. Bear R onto minor road, bear R onto B862, bear L onto B852, bear L at DORES onto B862, R onto B865 (Acadamy Street), R onto Victoria Drive.

Day 18

53 Miles

Thursday 21<sup>st</sup> July

## Inverness - Invershin

<i>Breakfast</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>To be Carried</i>
<i>Lunch</i>	<i>Packed Lunch - take extra rations</i>
<i>Afternoon Break</i>	<i>To be Carried</i>
<i>Evening Meal</i>	<i>Local pub</i>
<i>Places of Interest en route</i>	<i>Cromarty Firth Easter Ross Bonar Bridge</i>
<i>Accommodation</i>	<i>Invershin Hotel</i>
<i>Days Ride</i>	<i>Long Day</i>

*We will use the transport to take us to Inverness Medical Physics Department. From the Youth Hostel, return along Victoria Drive, R onto B865 Milburn Road, to RAB 3<sup>rd</sup> exit onto B9006 Old Perth Road, L onto minor road L onto minor road to Raigmore Hospital. The vehicles will take us back to the Youth Hostel where we will start the ride.*

From the Youth Hostel, return along Victoria Drive, bear L onto B865 Milburn Road, to RAB 3<sup>rd</sup> exit onto B9168 Shore Street, R onto Lotland Place & IMM bear L onto Lotland Street, R onto Henderson Road, L onto A82 Longman Road, to RAB L to cross Beauly Firth.

Once over the bridge, L onto cycle track to North Kessock R at end to follow the Firth Bank, bear L through Charlestown, still following the Firth. L at Redcastle, L onto A832 through the Muir of Ord, R onto A862, through Conon Bridge to Dingwall. After crossing the railway the road bends round to the right, L onto Tulloch Avenue, at TJ R onto Evanton Road into Evanton. L onto B9176 after 15 miles L onto A836, after 4 miles R onto Migdale Road, L into Tulloch Road, R onto A836 Lairg Road after 3 miles L onto local road to B&B

Day 19

52 Miles

Friday 22<sup>nd</sup> July

## Invershin - Bettyhill

<i>Breakfast</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>To be Carried</i>
<i>Lunch</i>	<i>To be Carried</i>
<i>Afternoon Break</i>	<i>To be Carried</i>
<i>Evening Meal</i>	<i>Bettyhill Hotel</i>
<i>Places of Interest en route</i>	<i>Views over Loch Shin Views over Loch Naver Views over Farr Bay &amp; Torrisdale Bay</i>
<i>Accommodation</i>	<i>Bettyhill Hotel</i>
<i>Days Ride</i>	<i>Easy Day</i>

From the hotel return to the A836, L onto A837, R onto the B864 passing SHIN FALLS. Turn R onto the A839 into LAIRG where you turn L back onto the A836. Leave LAIRG on the A836, staying on this road to ALTNAHARRA. Turn R at the cross roads here to take the B873 along Strath Naver to join the A836 again into BETTYHILL.

The vehicles will takethose not staying at the Bettyhill Hotel on to the Dunveaden House B&B and The Farr Bay Inn

Day 20

52 Miles

Saturday 23<sup>rd</sup> July

## Bettyhill - John O'Groats

<i>Breakfast</i>	<i>07:30</i>
<i>Ride Start</i>	<i>08:30</i>
<i>Mid Morning Break</i>	<i>To be Carried</i>
<i>Lunch</i>	<i>Thurso</i>
<i>Afternoon Break</i>	<i>John O'Groats</i>
<i>Evening Meal</i>	<i>Caberfeidh Guesthouse</i>
<i>Places of Interest en route</i>	<i>Option to visit Duncansby Head (Furthest North) Option to visit Duncansby Head (Furthest East)</i>
<i>Accommodation</i>	<i>Caberfeidh Guesthouse Bencorragh House</i>
<i>Days Ride</i>	<i>Long Day</i>

Return to the A836 through, STRATHY, MELVICH and REAY after which turn R onto a minor road to SHEBSTER and WESTFIELD. This road becomes the B874 into THURSO. R at TJ onto A9 follow to the R then turn L, cross river, then L at lights onto the A836 to leave THURSO. Through CASTLETOWN and DUNNET to turn L onto the A99 to JOHN O'GROATS.

*The vehicles will transport some of the team who are staying at Bencorragh House. Return along the A836 approximately 4 miles to L Upper Gills, the guest house is on the corner.*