

LeJog ItineraryAugust/September 2011Miles

Friday Aug.26

Cycle to Virginia Water station (6m)

Train dep 09.20 arr Reading 09.55

Train dep 10.33 arr Penzance 15.12 Cycle Penzance to Sennan (10m)

Overnight at Lnds nd Hostel, Sennen TR19 7AQ 07519 309908 (£25 -£10pd)

Saturday Aug 27

START Lands End

Lands End – Newlyn (B3315) – seashore to Penzance 12.5

Around bay to Marazion 3.0

Continue through village over A394 to Goldsithney 1.5

Bear R on lane, then TR at T in 2m to Godolphin Cross 4.5

Continue across B3302 and B3303 to Nancegollan 2.0

Cross B3297 to Porkellis 4.0

TL (SO) by pub eastwards to Crankie 2.0

0.5m after village TL (bending left) to Stithians 2.5

fwd uphill cross A393 to Perranwell Stn 4.0

TL over rlwy then TR and TR again over river & uphill
under rlwy bridge TL (N) at XR by church. 1st TR to Truro 5.0B3284 dir. Shortlandsend past cath TR then TL under
rlwy follow river to Idless 3.0

Next 3 rt tns then TL after Tretherres fmhse to St Allen 3.5

Pass Tolcarne, Trefronick & Trenerry fms TL on A30

TR on B3285 & imm TR to Fiddlers Green 3.5

TR to St Newlyn East 1.0

Br L past church Flw lanes E to cross A3058 White Cross 5.0

Lanes N/NE to St Colomb Major 2.5

A39 to Wadebridge 9.068.5

O'night: Spring Gdns B&B Bradfords Quay PL27 6DB 01208 813771 (£40 pd)

Sunday Aug 28 Wadebridge A39 for 3m where TL in lane to St Kew 4.5

past church TR on B3314 at Pendoggett 2.0

TL at XR on to B3266 TR at XR minor rd to A39 jctn 8.0

TL A39&shtly TR mnrd to A395 where TL to Hallworthy 4.0

TL mnrd TL before Warbstow X TR to Langdon 3.5

Continue Week St Mary, Lngfd Barton, Marhamchurch 6.5

After Marhamchurch TR small lane to Stratton 2.0

Stratton Church St/Diddies rd to Leigh, Hersham 2.5

Cross B3254 continue Broomhill to A388 7.0

TL to Stibb X 5.0

TR on B3227 thro Gt Tarringtn, Atheringtn Chittlehptn 18.063.0

O'night Higher Biddacott Fm, Chittlehampton EX37 9PY 01769 540222

B&B £35 dinner £16

Mon Aug 29	Chittlehampton, S Molton, TL N Molton Withypool	14.5
	Winsford	4.0
	TR twds Dulverton TL A396 2m TR Quarme Hill TR on B3224 to Elworth	13.5
	cntu B3244 TR A358 shortly TL into Bshps Lydeard	6.5
	In village SO XR to Cothelstone	2.0
	At top of hill TR through lanes to Enmore	6.0
	Durleigh	<u>2.0</u>
		<u>48.5</u>

Overnight: Tony TA5 2AF 01278 663352

Tues Aug 30	Durleigh to Bridgewater	2.5
	A39 to Crndn Bridge 1m TL B3141 then B3139 to Wdmore	7.0
	TL at TJ B3151 Clewer TR sp Leisure Centre to Cheddar	6.0
	TR then TL at market X SO at RAB B3135 up gorge, at top	
	bear L B3371 cont on lane over 2XR Compton Martin	8.0
	TR A368 to Wst Hrptr TL B3114 to B3130 TR Chew Magna	6.0
	Cont to Belluton TR A37 imm TL Publow, Woollard TR over	
	River Chew to Compton Dando	5.5
	TR in village before bridge 1 st TL up hill to Burnett	1.5
	SO B3116 TL at TJ Longwood Lane to Saltford	2.0
	TR edge Saltford, Manor Rd to A4 SO to Beech Rd TR	
	under rlwy Mead Lane 1 st TL Avon Lane TR on Sustrans	
	path dir north. Flw path 4.5m to traff lts A420 TR .5m	
	TL at XR by pub to Siston	7.0
	Thro village to TJ B4465 TR Pucklechurch SO Westerleigh	4.0
	Bear R in village under rlwy Rodford to Nibley	2.0
	A432 TL & imm TR to Iron Acton B4059 to Latteridge	3.0
	TR before village lane to Alveston	3.0
	Br L in vill to A38 SO thro vill to B4461 TL to Elberton	6.0
	B4461 to RAB neath motorway follow signs to Severn	
	Bridge Cycle Path North X bridge to RAB TR to Chepstow	<u>3.0</u>
		<u>66.5</u>

O'night 1st Hurdle B&B 9-10 Upper Chch St NP16 5EX 01291 622189 (£60)

Wed Aug 31	A48 N shortly TL B4228 to Coleford TR B4028 Mile End	
	TR A4136 at XR B4224 TL join B4228 again to Ross	31.0
	Leave on A449 TL on lane on bridge over A40 to	
	Brmptn Abbots, Hw Caple, Fwnhpe TL B4224 Mordiford	9.5
	SO bottom of hill land dir. Prior's Frome 1m TL over	
	Riv Lugg TR over A438 to Withington bear L in village to	
	Withington Marsh cross A465 R then L to Bodenham	10.5
	TL A417 .25m TR 2.5m TL Stoke Prior TL A44 into Lmnster	5.0
	Exit Leominster on B4361 TL along Lugg valley past Eyton	
	TL to Lugg Green TL to Kingsland TR at XR to A4110 where	
	TR to Wigmore (dinner) TR to Elton	<u>13.5</u>

		<u>69.5</u>
	Overnight: Marlbrook Hall, Elton SY8 2HR 01568 770230	
Thur Sept 1	TR from B&B TL past Burrington TR to Leintwardine	4.5
	TR A4113 sn TL (SO) B4385 TR B4367 to Broome	4.5
	Cntnu to Long Meadowend SO B4368 to Cheney Longville	
	TR to A49	3.5
	TL A49 cntu A49 Lit Stretton TL B4370 thro Church Stretton	
	TR over A49 imm TL on lane Longnor Gt Ryton, Condoover	
	TR A49 at Bayston Hill SO at ring rd into Shrewsbury	22.0
	Lve Shrews A528 TR B5476 Wem Edtasten to Whtchurch	19.0
	Lve Whitchurch A41 TL B5395 to Malpas	5.5
	TL B5069 TR Shocklach SO A534 B5130 into Chester	<u>19.5</u>
		<u>78.5</u>
	Overnight:	
Fri Sept 2	A56 to Warrington	21.5
	A49 to Bryn	8.0
	TL B5201 to Billinge	3.5
	A571 TR then TL B5206 to Shevington Moor	11.0
	TL under M6 TR B5250 to Eccleston	5.0
	At A581 TR then TL B5253/A582 to Preston	6.0
	A6 cross M65, Brghton, Bilsborrw TR B 6430 to Garstang	11.0
	TL at A6 & shortly TR B5272 TR at A588 into Lancaster	<u>12.0</u>
		<u>78.0</u>
	Overnight:Old Station House 25 Old Meeting House Lane 01524 381060	
Sat Sept 3	A6 to Carnforth	6.5
	BearL into Carnforth thro Silverdale to Arnside	8.0
	Train to Grange over Sands	
	B5277 thro Cark to Haverthwaite	10.0
	TL A590 at Penny Bridge TR A 5092	3.0
	Grizebeck TR A 595 to Broughton in Furness	10.5
	Continue A595 to Duddon Bridge	2.0
	Continue A595 brR at jnctn A5095 TR TJ A595 TL into	
	Ravenglass	19.5
	Sustrans to St Bees, Sandwith	<u>19.0</u>
		<u>78.5</u>
	Overnight: Anita	
Sun Sept 4	Sandwith minor rds TR B5295 TL B5294 TL A5086 to	
	Cockermouth	18.0
	A594 TR A595 to Carlisle	26.0
	Cross Eden Bridge 4 th TL? Etterby St, Eden Pl. Etterby Scaur	
	BearR Kingsmoor Rd Cargo Rd Cargo cntnu Rockcliffe	
	TR towards M6 just before M6 TL alongside M6 B7076	

	TL into Gretna Green	15.0
	B721 to Annan	<u>9.0</u>
		<u>68.0</u>
	Overnight: The Old Rectory 13 St John's Rd DG12 6AW 01461 202029	
Mon Sept 5	B724 Ruthwell TL BB725 Bankend TR mnr rd Dumfries	16.0
	A76 TL after 1m B729 to Kirkland	15.0
	TL A702 soon TR B 729 to Carsphain	17.5
	TR A 713 to Ayr	25.0
	A79 to jnctn B749 TL to Troon	<u>8.0</u>
		<u>81.5</u>
	Overnight: Tigh Dearg KA10 6JF 01292 311552	
Tues Sept 6	Early start A719 to Saltcoats(Adrossen)	11.0
	Ferry Ardrossen to Brodick 09.45 arr 10.40	
	A841 to Lochranza	14.0
	Ferry Lochranza to Claonaig 13.15 arr 13.45	
	B8001 to Kennacraig	5.0
	TR A83 to Tabart	5.5
	A83 to Lochgilphead	14.0
	A816 to Kilmelford	<u>22.0</u>
		<u>71.5</u>
	Overnight: Cuilfail Hotel PA34 4XA 01852 200274 (single £45)	
Wed Sept 7	A816 to Oban	17.0
	A82 to Connel	5.0
	TL A828 to South Ballaculish	31.0
	A82 to Fort William	14.0
	TL A830 to Banavie TR B8004 to Torcastle	<u>5.0</u>
		<u>72.0</u>
	Overnight: Torcastle House PH33 7PB 01397 701633 (£25)	
Thurs Sept 8	B8004 TL A82 to Invergarry	18.0
	A82 to Fort Augustus	7.0
	A82 to Invermoriston	6.0
	A82 to Drumnadrochit	13.0
	TL A831 to Milton	1.0
	TR A833 to Kilmorack	11.0
	A862 to Muir of Ord	4.0
	SO A832 then A862 to Dingwall	6.0
	Minor rd (Tulloch Castle) to Alness and Ardross	<u>11.0</u>
		<u>77.0</u>
	Overnight: Beechwood House Cuillich Ardross IV17 0XN 01349 880204	
Friday Sept 9	B9176 to Easter Fearn	12.0
	TL A836 to Bonar Bridge	4.0
	over bridge on A836 to Invershin	5.0

cont A836 to Lairg	6.0
cont A836 to Altnaharra	21.0
TR B873 Syre, TR at A836 to Strathy	<u>33.5</u>
	<u>81.5</u>

Overnight: Strathy Hotel KW14 7RY 01641 541205

Sat Sept 10	A836 to Thurso	21.0
	A836 John O'Groats	<u>20.0</u>
		<u>41.0</u>

Overnight: Creag-na-Mara East Mey KW14 8XL 01847 851850

<u>Grand total</u>	<u>1048.5</u>
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Sun Sept 11	A836 to Dunnet TR B 855 to Dunnet Head	12.0
	Return to Dunnet TR A 836 to Thurso	<u>13.0</u>
		<u>25.0</u>

Overnight: Royal Hotel KW14 8EH 01847 893 191