

Journal of Michael's 2010 17 Day LEJOG

Route Planning

My LEJOG was in May and June 2010 shortly after my 65th birthday. Around Christmas 2009 having looked at the options, I decided to follow where possible the Alan Pewsey group's 2003 LEJOG via Arran. I could download their route and display the GPS tracks on Googlearth then



create direction sheets for my map case. They had stayed in YHA's, instead I chose B&Bs, inns and small hotels etc. I wasn't aiming for any record and wanted my LEJOG to be as enjoyable as possible. Cycling on busy A-roads isn't pleasant, if I can avoid climbing hills and travel on B or unclassified roads then so much the better. Further route ideas came from The Lonely Planet's "Cycling Britain" and Phil Horsley's "Land's End to John O'Groats". I also used information from Sustrans plus various town plans available on the internet.

I was sufficiently satisfied with my planned route by the end of February to start booking our accommodation, my wife would be driving the back up car. With only a few weeks to go I sent for the

latest CTC LEJOG pack then realised that essentially I was planning an existing CTC's YHA route. Though the pack introduced the possibility of several route variations, by this time I had very nearly finished booking our accommodation.

By late April my route was finalised and I printed and laminated the instruction sheets. Riding with the instruction sheets in front of me I would use my cycle computer to count down the distance to my next turning. I would just use my GPS to log my journey.

After some training rides I realised that my Garmin Geko 301 with one set of batteries did not have enough battery life to log a whole day, so I decided to buy a Garmin Edge 705. With OpenStreetMap + contours I downloaded from the web, I could visualise the terrain ahead and anticipate the hills. During the ride the Edge came in handy when I took a wrong turning approaching Lymm and had to find a way back to my planned route.

www.pewseys.co.uk & talkytoaster.info/ukmaps.htm

The Bike

Planet-X Titanium Sportive frame, True Temper Alpha Q forks with mudguard eyes
Wheels: Powertap SL+ hubs with Mavic Open Pro rims, Vittoria Open Pave CG road tyres
BB: Shimano fitted by Allan Elsworth of Fine Fettle Cycles after the TA BB I'd fitted showed up a manufacturing fault.

Chainset: Stronglight JIS with TA rings 46/36/24 from Spa Cycles Harrogate

Cassette: 9 speed Dura Ace 12-27

Controls: Dura Ace 7700 STI

Saddle: a Revolution Contact from the Edinburgh Bicycle Co-operative shop. It was comfortable throughout my LEJOG but if I had one complaint it sometimes felt a little bit wide. Looking afterwards on their website I realised that I'd been sold a woman's saddle.

Mudguards: Tortec

Bags/Luggage: an Altura front bar bag, a small saddle bag and Camelback Blowfish 3litre.

Computers: Garmin Edge 705 and Powertap computer

Journey to Lands End

On our way to Land's End we stayed a night at North Curry in Somerset, then drove to Sennen Cove where we stayed the night before the start. I had intended to have the traditional photo taken at the Land's End signpost just before I set off so some weeks earlier I had arranged beforehand with photographer to arrive early. I now had second thoughts and decided that this might still delay my departure, so arriving in Sennen Cove I changed into my cycling clothes and went to have the traditional photo taken at the Land's End direction post.

Day 1 Lands End to Crown Inn Lanlivery

Land's End in the morning was rather cold and grey. I unpacked the bike to discover a rear puncture. I'd not even started and I'd used up one of my spare inner tubes. After signing the register at the Land's End Hotel and the usual photos at the start/finish line my wife waved me off. I felt quite apprehensive leaving and as I cycled against the head wind my heart rate was racing to a personal high even though I wasn't going that fast. Once I'd turned off the A30 things calmed down, I was sheltered from the wind and starting to enjoy the cycling.

I stopped for photos in St Buryan then realised how long I'd taken. I wanted a record of my journey but I would need to be careful not to waste time taking too many.

By Marazion bike and me were going well except the Altura map holder kept flapped about in the wind. I stopped at the Post Office in Goldsithney for some rubber bands to restrain the flapping map case. Unfortunately they were too thin and gradually one by one they either broke or flew off. A couple of days later cycling through Cullompton I finally got some that were strong enough.

It helped that I was already familiar with many of the road junctions having viewed them on Google Earth and Street View. Several junctions had no or inadequate signpost, so with turns such as the right turn to Goviley Major I used my cycle computer to count down the distance from the previous turning.

The current CTC YHA route to the King Harry Ferry goes through Carnon Downs. Instead I chose to go via Devoran and Restrouquet Creek. Day1 ended with a long climb to Lanlivery up narrow country lanes to the Crown Inn and refreshments.



Day 2 Crown Inn Lanlivery to Half Moon House B&B Topsham

There's lots of climbing today arguably the toughest of the LEJOG but the scenery is lovely. There's a steady climb to Minions, the road approaching Bridestowe, the climb out of Okehampton, around Sticklepath but by Whiddon Down the day's worst is over. I had hoped to pick up the Granite Cycleway to take me all the way into Okehampton but it had been closed because of a rock fall, so had to divert onto the B3260.

We stayed at The Half Moon House which was conveniently situated in the centre of Topsham.

Day 3 Topsham to Bridge Inn Yatton

During the planning stage it took me ages to find satisfactory routes in and out of Exeter. I don't like using cycle paths by main roads which are interrupted by every side road. It's often

preferable to remain on the main road though sometimes the only safe option is to follow the cycle path however inconvenient. Initially Exeter may appear to be a cycle friendly city, there are lots of cyclepaths and there's a map available on the Internet. However, traffic planning seems to have been based on segregating the cyclist and facilitating the flow of motor vehicles. All's well if there's a cyclepath available but if none the cyclist is left to mix it with speeding motor vehicles. I feel far safer with traffic lights than roundabouts of which Exeter has many.



I wanted to avoid the A38 if possible so routed through Uffculme and Nicholashane.. It involves a bit of climbing but it's pleasant and relatively traffic free. I didn't enjoy cycling through Taunton either. It's busy and complicated for the cyclist. Beforehand I read several accounts of people getting lost in Bridgewater, therefore I planned an alternative. On East Reach (A38) I dismounted and walked across the road at the traffic lights onto South Street. I had to walk down South Street until it became two-way. For South Street a alternative would be to use the pedestrian crossing situated a few

yards before the traffic lights. I continued through Henlade then dismounted to cross the busy A358 dual carriageway. It is then just a short distance to the left turns for North Curry. North of Chedzoy I cycled on the new Stop Line Cycleway to Bawdrip. Then other cyclepaths make crossing of the Polden Hills and the Mendips easy. During my LEJOG I didn't meet many other End to Enders. The first were a couple of girls in Mark on their way to Bristol for the night.

In Yatton I fell off the bike entering the driveway of the Bridge Inn Yatton fracturing a rib. I hadn't seen the entrance in time and I was too close to the high kerb when I turned in. Initially I wasn't certain how I would manage to continue. It was painful in bed and if I coughed or sneezed, yet I was determined to continue. The next day I found that if I remained seated on the bike I could still maintain a reasonable progress but I was handicapped. I had to resist any inclination to make sudden movements going up hills.

The Bridge Inn Yatton is a sort of travel lodge and was good value.

Day 4 Bridge Inn Yatton to Dog Inn Ewyas Harold

It was raining as I set off from Yatton so I was half expecting a puncture. At least it was a Saturday so perhaps there would be less commercial traffic on the roads. Going through Avonmouth it happened, I'd picked up a puncture. I pulled off the road onto what turned out to be rather a muddy spot. After changing the tube I discovered my Axiom Fuse mini-pump didn't work properly. It seems that some weeks earlier the pin that punctures the CO2 cartridge must have broken off the first time I'd used it. I was stuck on a quiet road in Avonmouth barely able to get any air into the tyre with my mini-pump. My grateful thanks go to a passing cyclist whom I flagged down, I hope he wasn't too late for his lunch date. We eventually managed to get enough air in the tyre with his pump for me to continue on across the Severn Bridge. I had already decided to take the cyclepath on the north side of the Severn Bridge rather than the south to avoid the tunnel on the far side. I had read reports of debris in the tunnel. A detour into Chepstow to buy a replacement pump had become a necessity. From Chepstow my original plan had been to follow the B4293 to Monmouth but after the delay with the puncture, my detour into Chepstow's town centre and still feeling the effects of the previous day's fall, I decided to stay on the A466 passing Tintern Abbey to Monmouth. I stopped off to buy a replacement CO2 pump at Bridge Cycles, having decided that in future I would always carry two methods of inflating the tyres. After leaving the cycle shop in Monmouth, initially I couldn't find my way to Osbaston Road to take me on to Skenfrith. After asking several pedestrians I

eventually asked someone who knew the town and I was soon back on my intended route up the valley of the River Monnow.

Today's ascents are the climb to St Arvans (north of Chepstow), from St Maughans Green to Skenfrith and up to Grosmont.

Our accommodation in Ewyas Harold was at the Dog Inn which we'd highly recommend. They only have a few rooms so book early if you intend to stay. On arrival we were greeted in the bar by a customer's parrot. Though the landlord had a large party of bikers that evening, there was still plenty of food left for our delicious meals in the bar.

Day 5 The Dog Inn Ewyas Harold to The Inn on the Green Wentnor

From Ewyas Harold I didn't fancy the climb to Vowchurch following the B4347 through the Golden Valley. Instead I picked up the CTC YHA route coming from Kentchurch and followed Alan Pewsey's route. On the outskirts of Ewyas Harold you pass through a military camp, check it out on Google Earth and you might wonder why there appears to be a large aeroplane there but no runway. I thought it wise not to stop to take photos. Approaching Presteigne I'd already decided to by-pass the town and save about a mile. However, north of Kempton I took a wrong turning and rode an extra 2.5 miles to Edgton, over a steep hill, then back again when I realised my mistake. I've edited my GPX file to exclude my unnecessary detour. Overall an enjoyable day's cycling on quiet roads.

Though a small village, Wentnor has a couple of inns that have accommodation. We stayed at The Inn on the Green situated at the bottom of the village. They have a workshop where you can leave your bike overnight.

Day 6 The Inn on the Green Wentnor to Chester Premier Inn

From Wentnor there's a climb over Cothercott Hill to a left turn. If you intend to follow this route I recommend that you check on Google Street View the appearance of this left turn. From here it's downhill or flat for most of the way to Chester. At Pontesbury you can cycle clockwise round the one-way system, instead I got off the bike and crossed the A488 to walk the short distance to Hinton Lane. Overall this seemed the easiest day of my 17 days. I arrived in Chester around 2:30pm, then drove to Port Sunlight where I have family connections.



Day 7 Premier Inn Chester to Belmont

Leaving Chester on the busy A51 then A54 wasn't pleasant but things improved once on the B5393 to Ashton. Approaching the turn off for Delamere Forest I thought I'd missed the turning and doubled back before I found a local resident who confirmed my directions. At a T junction approaching Lymm I turned right by mistake going off Grappenhall Lane B5356 onto Barleycastle Lane. Reviewing my mistake later, though it is slightly longer and involves crossing the A50 there was little traffic and it avoids four roundabouts on my original route. In Lymm, I realise now that I could have turned off the A56 onto Rectory Lane and cut off a corner. I've edited my GPX file to included these changes. In Leigh there is an unpleasant right turn across 3 lanes of traffic going from the A572 Spinning Jenny Way onto the B5215 King Street. I suggest you consider using the pedestrian controlled crossing to access King Street. I had another unpleasant right turn at Lockstock Junction where the A58 Beaumont Road crosses the A673 Chorley New Road. Rather than cycle across several lanes of fast traffic to

make the right turn I dismounted and walked across. I think I've found a safer alternative and have edited my cycling directions and GPX file to avoid this dangerous junction. I suggest that soon after the railway station turn left onto Lockstock Junction Lane, then at the T junction turn right onto the A673. At the next traffic lights, turn left up Victoria Road A58 to continue.

Beyond Westhoughton the current LEJOG CTC YHA Chester to Slaidburn stage goes to Chorley, instead my route went through Belmont and Blackburn. After I had read the accounts of others, I decided at the planning stage to include an extra day between Chester and Slaidburn and to stay overnight at Belmont. I haven't fully assessed the merit of going via Chorley rather than Belmont but it looks attractive. I would probably choose the Chorley route if there were a next time.

Belmont was our poorest night stop during my LEJOG, the evening meal was acceptable but breakfast wasn't being served until 9am. It's up and over to Belmont then up then down to Blackburn. If I were to go via Chorley next time, I might still want to stay overnight somewhere between Chester and Slaidburn.

Day 8 Belmont to Hark to Bounty Slaidburn

Through Blackburn's centre I wanted a simple and quick route. In the centre of Blackburn, just after passing under the Darwen Street Railway Bridge there's a one way system. I dismounted and walked across to George Street (which is one way) then turned first left to cycle down Pilkington Street. It's then easy to pick up the A666 to Wilshire then on to Whalley.

I arrived mid-afternoon in Slaidburn with plenty of time to sample the various beers on offer at the Hark to Bounty and to chat with some of the locals.

Day 9 Hark to Bounty Slaidburn to Redmayne House B&B Kirkby Stephen



From Slaidburn to Carlisle, the CTC LEJOG pack suggests Kirkby Stephen as an intermediate stop which suited me. There are climbs soon after leaving Slaidburn and from Sedbergh to Kirkby Stephen but otherwise the distance covered today is modest. From Cowan Bridge I stayed on the busy A65 almost into Kirkby Lonsdale (popular with motorcyclists) and turned off right passing a caravan park then on to Casterton to join the A683 to Sedburgh. Subsequently I've noticed that from Cowan Bridge I could have taken an earlier right turn which was a short cut so I've edited my GPX file to include this. Reaching

Sedburgh I stopped for lunch and met up with my wife. The final leg of the journey involved a steady climb to Kirkby Stephen.

Arriving at Redmayne House B&B we were welcomed with a cream tea with scones.

Day 10 Redmayne House B&B Kirkby Stephen to Carlisle Premier Inn

Today's route is mostly on quiet roads, the climbs coming as you more closely follow the River Eden. Leaving Kirkby Stephen I chose to avoid the climb to Soulby instead I worked my way round using the lanes. When I arrived in Appleby it was the time of the annual Horse Fair and several of the roads had been closed off to motor traffic. Not a big problem for a cyclist but it needed care to negotiate my way through the crowds and horses.

Day 11 Premier Inn Carlisle to Sanquhar

My route from the Premier Inn Carlisle avoids some of Carlisle's traffic by following a footbridge over the River Eden through Rickerby Park then onwards to the A7 northbound. There is a new and quiet road on the west side of the M6 which avoids having to take the A7 to Longtown. I also avoided Dumfries by using some quiet B and unclassified roads. By chance I met up my wife for lunch at Drumlanrig Castle and there visited the Scottish Cycle Museum.

When I booked our accommodation at the Black Addie Country House Hotel in Sanquhar I hadn't noticed that the chef had been awarded a Michelin star in the past. The stay was a memorable experience though something of an expensive treat.

Day 12 Sanquhar to The Lochranza Hotel Arran

I mostly planned today's route partly using Phil Horsley's LEJOG book but it was still a challenge to find a way through Irvine that I felt was both safe and fast. I calculated that I



needed to leave Sanquhar no later than 8am to be sure of arriving in Ardrossan to meet up my wife so we could travel together on the 12:30pm ferry to Brodick. The hotel kindly provided a breakfast tray the previous evening for my early start.

I left Sanquhar about 7.45am and made good progress apart from a short delay by some road works. It probably helped that it was a Sunday morning, the roads were quiet. After leaving the B730 in Drybridge, please take care when crossing the footbridge over the A78 on the end of Shewalton Road. Currently there's a small barking dog that runs out from

a property just before the footbridge, fortunately I had been forewarned by another cyclist. Another warning, there is a big drop at the far side of the footbridge down onto the path. It's too great a drop to be cycled over especially on a road bike.

On Arran the road from Brodick follows the Firth of Clyde as far as Sannox then a long climb over to Lochranza. Passing the distillery I couldn't resist buying some malt whisky for the celebration at John O'Groats.

Day 13 Hotel Lochranza Arran to Port Appin

With over 80 miles to cover today, it was important that I was on the 8.15am Lochranza to Claonaig ferry (On Sundays the first ferry departs at 9.30am). On the ferry with me were Team Pie, a group on a charity LEJOG.

There were a few climbs today but compensated by the lovely scenery and good weather. From Oban you meet increasing amounts of unpleasant traffic, unfortunately there are few alternatives other than to use the A-roads.

The appeal of having a meal at the Pierhouse Hotel in Port Appin (a past winner of the AA Seafood Pub of the Year) was the reason that today's ride was longer than my average. There are cheaper and more expensive places to stay locally but the setting of the Pier House Hotel is delightful and was a satisfying reward for a long day on the bike.

Day 14 Port Appin to The Caledonian Hotel Fort Augustus

Between Oban and Fort William there are sections of a new cyclepath which follows the course of an old railway line. Soon after returning back onto the A828 in Appin, turn left onto the first section. Currently neither Google Earth nor Streetview have images showing this cyclepath. There are a couple of useful sections between Appin and South Ballachulish but they are all too short, mostly today's cycling is on A roads. At Corran, rather than cycling 8 miles on the A82 to Fort William there is an option to use the Corran Ferry to access the quiet A861 on the west side of Loch Linnhe. Unfortunately the Camusnagual Ferry to Fort William runs infrequently so there's a risk of getting stuck at Camusnagual with a long wait.

For those on a road bike along the Great Glen there are few choices north of Fort William. At Banavie just north of Fort William I regret choosing the B8004 to Gairloch rather than following the Caledonian canal towpath (on the east side), the B8004 undulates whilst the towpath is flat. I also missed seeing Neptune's Staircase locks and from the B road I could see a cyclist on the towpath making far better progress than I'd expected. I haven't edited my GPX track which followed the B8004 route however, if there was a next time I would take the east side towpath to Gairloch.

We thought the Caledonian Hotel in Fort Augustus was a gem, a comfortable family run hotel that provided excellent food.

Day 15 Caledonian Hotel Fort Augustus to Kyle House B&B Bonar Bridge

Leaving Fort Augustus I met a moderate amount of traffic on the A82 which made cycling unpleasant. I stopped briefly at Urquhart Castle to appreciate the views and refuel in preparation for the steep climb out of Drumnadrochit. Once off the A82 at least I'd left most of the traffic behind.

Beauly looked an attractive town as I passed through but didn't stop. I was concerned about the distance that I still had to cover to Bonar Bridge. From Conon Bridge to Dingwall there's a proper cyclepath by the side of the A862 but closer to Dingwall it rather oddly continues on the pavement. There's another longish climb leaving Dingwall but after the earlier climbs of the day, the last big climb over to Bonar Bridge didn't seem too bad. Fortunately today's weather was good for some great views of the Cromarty and Dornoch Firths.

We stayed at Kyle House B&B, which is a popular choice for End to Enders and treated ourselves to an evening meal at the Crannag Bistro, which we had booked a couple of days earlier.

Day 16 Kyle House B&B Bonar Bridge to The Bettyhill Hotel



Today was relatively easy and enjoyable, most of the climbing comes early into the ride and after the Crask Inn there's not much more climbing to be done. North of Lairg I met up with a cyclist on his way to the Orkneys and reaching the Crask Inn we stopped for a drink.

From the Crask Inn to Bettyhill I've had to hand draw my gpx track. Returning to our bikes I forgot that I'd paused my Garmin Edge and didn't turn record back on. I'd done this before during my training rides in the weeks before my LEJOG and decided that I wouldn't pause my GPS if I stopped for a break. Today's average

speed as calculated by my Edge 705 was meaningless, fortunately my Powertap had recorded the day's ride.

The scenery is lovely by Loch Naver and along Strath Naver though rather isolated so it was a surprise to come across a Caravan Club site by Loch Naver. I stopped several times to read the information boards describing the tragedy of the Highland Clearances.

Arriving in Bettyhill I can't believe it, only one more day then it's over.



Day 17 Bettyhill to Dunnet Head, John O'Groats and Duncansby Head

Cycling east from Bettyhill the climbing becomes less and less steep. My route took in Dunnet Head, the most northerly point of the UK mainland. I could only just see the sea and lighthouse through the mist, even so I was satisfied that I'd taken the detour. After arriving at John O'Groats I met up with my wife for photos and a celebratory warm drink in the Journey's End Café. I had not expected that the place would be swarming with hundreds of cyclists about to embark on their Deloitte Ride

across Britain. The poor photographer by the signpost was inundated with requests.

For an encore I cycled to Duncansby Head but by now the rain was horizontal. The bike was packed away in the car and we drove to the John O'Groats Guest House (recommended) for a warm shower. Next day we drove to Duncansby Head to see what we'd missed. It was worth it seeing the Stacks, the views and lots of sea birds including a puffin. I felt elated at my achievement but sad that it was over, it had been a fantastic experience.

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The Bike



On the bike I had only minor things to attend to. For the first couple of days I had to keep adjusting the mudguards because the tyres were rubbing.

I picked up a sharp stone probably in the pub car park at Lanlivery at the end of my first day and it got trapped between the tyre and mudguard. I then probably damaging the rear tyre as I forced the wheel to clear the stone. I should have removed the wheel. This damaged the tyre more than I realised at the time. Back home I noticed that 4 inner tubes all had similar puncture holes, possibly all related to the defect in the tyre caused by the stone. After discovering in Avonmouth that my only pump was broken I decided that in future I would always carry two, a CO2 type and a conventional pump which I'll have tested beforehand.

Final thoughts

I'd certainly recommend my route though I'd might make some changes if I were to do it all again. Mainly I'd consider following the current CTC YHA route through Chorley rather than going via Belmont and Blackburn. It helped that I went through Avonmouth and Irvine at the weekends because the traffic was light. I could have taken fewer than 17 days but considering

that I fractured a rib in Yatton on my third day it probably worked out for the best that I'd taken 4 days to go from Chester to Carlisle.

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Remarks

Training - When the time came for my LEJOG, I had not done as many 50+ mile training rides as I'd hoped. In March I developed an unpleasant sore throat which kept me off the bike for weeks. The week before I was due to start, we went walking in the Lake District though that included a climb up Skiddaw. Often after a long ride I can get muscle cramps so I decided to copy the racing cyclist's practise of using compression stockings. For the LEJOG I bought some 2XU "Compression Recovery Leggings" which I put on at the end of a day's ride. Apart from taking them off to shower, I kept them on overnight. I had no cramps and little muscle stiffness so I think they must have helped. I didn't go as far as having icy baths which is also supposed to aid recovery.

Back up - I was delighted that my wife agreed to accompany me in her car and transport all the luggage. I would have gone on my own but with her help my bike's load was much lighter. One of our son's had given us National Trust memberships as a present last Christmas. My wife took full advantage to visit several properties whilst I was cycling. She also visited relatives and friends along the route. After saying goodbye in the morning, we met up again late afternoon at our accommodation and often I would arrive there before her. The satnav in her car was invaluable. Fortunately she never had to bring any spares but I had marked my route on a road atlas in case I had a breakdown.

Packing - I started packing the car the day before we left for the South West and initially it didn't seem possible that I could fit everything in. I had carried bikes before without a problem but not the bike I was intending to take and had fitted with mudguards. There was still all the other stuff, luggage, wheels, spares and energy drinks. Relief came when I eventually found a way to fit the bike in by resting the chain stay on the back of one of the rear seats. For about half the nights I stored the bike in the car if there wasn't a secure alternative. Some places had a garage, shed or workshop which I could use. In the travel lodges and the Crown Hotel Lanlivery I carried the bike into our bedroom.

Lights, punctures and repairs - Though I was only cycling during daylight hours, I still needed a front light for the Shute Shelve tunnel on the Strawberry Line. I kept a rear light on the bike, switching it on whenever I was travelling on busy roads and needed to be highly visible. In the car I took a track pump and spares. I had taped some spare spokes to my bike but I also had a spare set of wheels. In the car were a spare chain, cables, brake blocks etc. I used none of these.

I had 5 punctures in all. The first at Land's End, found when I unpacked the bike, caused perhaps by an inadequate repair at home. Three punctures occurred on the road during wet weather, in Avonmouth, near Spean Bridge and Thurso. One was prior to departure from Bettyhill on my last day. In retrospect I think my rear tyre was damaged by a sharp stone in the pub car park in Lanlivery and the defect in the casing most likely contributed to the punctures.

Food and water - Instead of long meal stops and the risk of affecting my performance by eating too much, I regularly drank SIS PSP22 and SIS GO, which I put in my two water bottles and 3litre Camelbak. I had a variety of GO, High5 and Eat Natural energy bars which I consumed at the rate of about one per hour. I knew it was better to drink and eat small amounts regularly. I stopped for lunch twice, at Sedbergh and on the boat across to Arran. I hadn't used a Camelbak before my LEJOG and overall I was very impressed. On the hottest day I stopped in Okehampton for extra water. It was on this day that I didn't apply enough suntan lotion and burned on my legs.

Scottish Midges - Before setting off I'd bought some EcoGuard Xtreme insect repellent for the Scottish midges. In the event I was only bitten when mending a puncture near Spean Bridge and before I'd applied any repellent. I was glad this was the only occasion because the cluster of small bites remained itchy for several days.

Garmin Edge 705 and my Powertap data - If you've looked at the table showing my ride data you might have noticed that my departure times were on average around 9:45am. This is partly explained because my trip involved two weekends and several of the places we stayed at didn't serve breakfast until 8 or 8:30am and 9am at the Dog Inn Belmont.

As I explained earlier, I didn't pause my Garmin's data recording if I stopped to examine a hedge, mend a puncture, wait for a ferry, stop for food or take photographs etc. I knew it was all too easy for me to forget to turn record back on. The average speed calculated by my Garmin became meaningless. It's main purpose anyway was to record my gps tracks.

The Powertap computer turns off automatically, if the wheel is stationary for more than 5 minutes. If just wheeling the bike, the Powertap would remain on and my average speed would decrease. I think this is possibly the reason my average speed for Day1 is low, I just missed the King Harry Ferry and had to wait for its return before I wheeled the bike on board. It's also low on Day8 when I walked round Blackburn's town centre with the bike. In contrast there are several days when my average speed was 14mph or more (and above my usual performance level). Was I fired up, was there a tail wind or some other explanation? Also on Day8 when I reviewed my Powertap data, I was apparently doing 49mph whilst under a railway bridge in the centre of Blackburn!

Weather - Thankfully the weather wasn't extreme and I didn't have many headwinds to cope with. Day2 was the hottest day and there were three days when I experienced light rain. The last day was cold and drizzly, deteriorating further by John O'Groats.. At Duncansby Head there was strong wind and horizontal rain, the lighthouse barely visible. The bike was finally packed away in the car and I'd finished.

Overview - Without doubt my route can be undertaken in less than my 17 days. Most days I set off nearer to 9:45am and arrived around 4pm but at Chester I arrived at 2:30pm. Two days later if I'd not stopped in Blackburn, I'd have arrived sooner in Slaidburn, to have even more beers at the Hark to Bounty pub. I didn't like having to use the A-roads south of Oban and through the Great Glen to Drumnadrochit, where I turned off. There was too much traffic and a lack of alternative roads. The Scottish hills can be relentless at times, though more bearable if the roads are quiet.

My wife thoroughly enjoyed the trip, in spite of some initial doubts. I have no hesitation in recommend my LEJOG route, which was partly based on the CTC's YHA route. I very much enjoyed my LEJOG, the places we stayed and now the memories.

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Accommodation

Day1 Crown Inn, Lanlivery, PL30 5BT

www.wagtailinns.com/

Day2 Half Moon House B&B, 23 High Street, Topsham, EX3 0ED

www.halfmoonhousetopsham.co.uk/

Day3 Bridge Inn New Lodge, North End Road, Yatton, BS49 4AU

www.booking.com/hotel/gb/bridgeinnyatton.en.html?tab=4

Day4 The Dog Inn, Ewyas Harold, HR2 0EX

www.places2stay.org.uk/html/thedoginn.html

Day5 The Inn on The Green, Wentnor, SY9 5EF

www.theinnonthegreen.net/

Day6 Chester Central Premier Inn (South East), Caldley Valley Road, CH3 5PR

www.premierinn.com

Day7 The Black Dog Pub, Belmont, BL7 8AB

www.eastlancscamra.org.uk/files/pub_info.php?id=4

Day8 Hark to Bounty, Slaideburn, BB7 3EP

www.harktobounty.co.uk/accommodation.htm

Day9 Redmayne House, Kirkby Stephen, Silver Street, CA17 4RB

www.kirkby-stephen.com/bed-and-breakfast/redmayne-house.html

Day10 Carlisle Central Premier Inn, Warwick Rd, CA1 2WF

www.premierinn.com/

Day11 Blackaddie Country House Hotel, Sanquhar, DG4 6JJ

www.blackaddiehotel.co.uk/hotel-room1.php

Day12 The Lochranza Hotel, Arran, KA27 8HL

www.lochranza.co.uk/

Day13 The Pierhouse Hotel, Port Appin, PA38 4DE

www.pierhousehotel.co.uk/

Day14 The Caledonian Hotel, Fort Augustus, PH32 4BQ

www.caledonian-hotel.co.uk/location.html

Day15 Kyle House B&B, Bonar Bridge, IV24 3EB

www.kylehouse.co.uk/

Day16 The Bettyhill Hotel, Bettyhill, KW14 7SP Tel: 01641 521352

Day17 John O'Groats Guest House, KW1 4YR Tel: 01955 611251

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Directions

(see also the zip file containing daily .gpx files)

Day 1 - Lands End to Lanlivery

LAND'S END START

A30 for 1.8m, thru **SENNEN** 300yds after mini-r'bt **R** on UC road for 2.8m to **L** on B3283 to

St BURYAN

R after church onto Newlyn Rd for 2.2m past TREGADGWITH to **L** on B3315 then 2.8m to

NEWLYN

SO onto New Rd along coast road into

PENZANCE

after marina bridge imm **R** thru Car Park to coastal path (NCR3) to **Marazion** between railway and sea for 2m. At MARAZION BEACH CAR PARK leave path to join B3280 to

MARAZION

SO at r'bt across A394 onto B3280 for about 1m

GOLDSITHNEY

go thru village then fork **R** onto Trescowe Rd then 4m, past Higher Downs, at Millpool **SO** past farms, go **R** at TJ in 0.25m and then by the Greatwork mine chimney turn **L** at TJ to

GODOLPHIN CROSS

After 1.2m **SO** across B3302 then in 0.8m **SO** across B3303 thru

NANCEGOLLEN

past Nancegollan mine and chimney on for 2.75m to **SO** across B3297 then for 1m to

PORTKELLIS

turn off **L** by Star Inn for 2.3m thru **Carnkie** to follow main road around to left in RAME then on for 5.5m thru **Stithians**, up Tubbon Hill, **SO** across A393 thru **Peranwell** then

PERANWELL STATION

In 0.5m down then turn **R** after crossing Carnon Downs Creek, across A39 then a **R&L** to

DEVORAN

From Greenbank Rd cont **R** (eff **SO**) on Quay Rd then in 400yds **L** then **R** to go alongside Restronguet creek, thru Point. At Penpol Creek **SO** (not sharp right), in 440yds **R** to climb Harris Hill **L** then **R** onto B3289 past Trelissick Gardens to ferry

KING HARRY FERRY

Ferry time departures 00,20,40 mins past the hour across River Fal. at top of hill **L** sp **Philleigh** (eff **SO**) to leave B3289 as it bends right

PHILLEIGH

In 0.92m turn **R** sp Treworlas/Treworthal (also sp NCR3) then **L** onto A3078 for 3m thru Ruan High Lanes to sharp **R** just before Jet Petrol (sp Portholland, Veryan, Portloe)
In 470yds **L** (sp Mevagissey/Caerhays) past Tippetts Shop to fork **L** at Y jctn (sp St Austell) In 1.3m after the Y jctn turn **R** (no sp) to pass thru **GOVILEY MAJOR** then on for 1.3m to **R** at TJ onto B3287. After 1.5m **R&L** to stay on B3287. At A390 either turn **R** then imm **R** or preferable perhaps just before A390 jctn go off-road onto path on the right to cut corner to

STICKER

In 1.5m from A390 jctn turn **R** in **Trelowth** onto Treloweth Rd thru **POLGOOTH** to

LONDON APPRENTICE

where **L** onto B3273 to St Austell. For optional short cyclepath **R** in 380yds for access to cycle path go thru entrance of River Valley Holiday Park to turn **L** in 90yds onto cyclepath.

St AUSTELL

By start of housing turn **R** onto Sawles Road, next **L** (still Sawles Road) then **R** onto A390 After 2.25m on A390 **R** at r'bt onto A3082 for 2m under bridges to next **R** onto Par Green

In 200yds imm after bridge **L** onto Moorland Rd for 0.3m then **L** onto Eastcliffe Rd then next **R** onto Tehidy Rd. At TJ turn **R** onto Church Rd, **SO** to Fore St and Mount Bennett Rd After 300yds turn off **L** by Locksmiths (right is Golant) in 0.6m crossing railway bridge to

TREESMILL

R up lane for 2m then **L** onto B3269 to a **R** and **L** across A390 for a final climb of 0.5m to

LANLIVERY and the Crown Inn

Day 2 – Lanlivery to Topsham

From Crown Inn go down and bear **L** passing Caravan site to **L** on A390 to

LOSTWITHIEL

In centre **R** onto B3268, across bridge **R** to rejoin A390 at far side of town. Then 6.5m thru

WEST, MIDDLE and EAST TAPHOUSE

to **L** onto B3360 for 0.8m to **DOUBLEBOIS** where **R&L** across A38 onto minor road follow signs to **Minions** then after a long ascent

MINIONS (alt 302metres, refreshments available)

Continue on main road for 1.37m descending to B3254 at

UPTON CROSS

where **L** onto B3254. Stay on B3254 (steep ascents) for 4.5m to

CONGDON'S SHOP

SO at xrds with B3257. Stay on B3254 for 3m to

SOUTH PETHERWIN then on a further 1.8m to rdbt where **SO** then under A38 into

LAUNSTON

From A388 Western Road bear left to go down St Thomas' Rd and avoid Launceston town centre and cross River Kensey. Turn **R** at r'bt onto A388 Dutson Road **SO** at next mini rdbt then in 160yds **R** onto Ridgegrove Ln. After 1.3m **R** at TJ then **L** at TJ onto A388. Stay on A388 for 2.3m as it runs parallel to A30 thru **LIFTONDOWN**, under A30 to

LIFTON

Continue for 11m thru **LEWDOWN** and towards **BRIDESTOWE** to **R** at TJ with A386

In 280 yds turn **L** then in 250yds just after old rly bridge **R** to path then **L** for the **Granite Way**. At Okehampton Station proceed downhill to centre of Okehampton and **R** onto B3260.

OKEHAMPTON

After 1.8m across A30 then as UC rd for 5.8m thro **STICKLEPATH, SOUTH ZEAL** and **WHIDDON DOWN**

Turn **L** just before A30 to cross over bridge then next **L** onto lane running parallel by A30.

In 2.4m turn **L** imm after re-crossing A30. In 0.6m **L** at TJ to go north crossing again the A30 then imm turn **R** and on for 1.9m to cross back south over A30. In 0.58m **R** at xrds to

CHERITON BISHOP

where **L** at TJ then **SO** at r'bts to cross A30 again then 2m to

TEDBURN St MARY

R at mini rdbt (sp Exeter) then in 1.3m bear **L** at r'bt

In 4.3m at Pocombe Bridge **L** at TJ onto B3212.

In 100yds next **R** for 1.5m under A30, past **IDE** to

EXETER

SO across rdbt under A30 onto A377 then dismount to cross over A377 then **R** on footpath to reach path to Ide Ln then cycle down and **R** to stay on Ide Ln. Dismount and cross Chudleigh Rd to go round churchyard then across to Clapperbrook Ln and cycle to far end.

Go thru gate and bear **R** then **L** to cross road bridge (Hennock Rd Central) Imm after bridge turn **L** onto cycle path by Alphin Brook to loop round under bridge.
Bear round **L** on cycle path onto Grace Road South then **R** at TJ to cross railway line and Salmonpool Swing Bridge then **R** to follow Cycle Path 2 between the Exeter Canal and River Exe to **L** onto Bridge Road A379. **R** imm after bridge using pedestrian crossing to Glasshouse Ln and follow lane **R** (eff SO) as it narrows then round to left, in 500yds turn **R** onto Topsham Rd for 1.3m, under M5, Half Moon House is at 23 High Street.

DAY 3 - Topsham to Yatton

Exit Half Moon House **R** onto Topsham Rd, next **R** to go under rly bridge, **L** at TJ. In 1.3m sharp **L** across M5. After passing under rly bridge **R** onto cycle path **SO** over A 379, **L** at r'bt onto Russell Way and follow across next 3 r'bts then **R** at traffic lights onto A3181 to

BROADCLYST, CULLOMPTON to

WILLAND

At r'bt turn **R** onto B3440 for 3.2m into

UFFCOLME

L imm after Ostler Inn to go left up by The Square onto Ashley Rd

In 0.4m at Y junction fork **R** then after 0.75m lane bends left to ascend Brooks Hill

SO at Lower Cross rds then in 0.35m turn **R** at Higher Cross rds sp Nicholashayne

In abt 0.55m fork **L** then **SO** across B3391, thru **Nicholashayne**, over M5 then thru **SAMPFORD MOOR**

After 1.2m **R&L** to cross A38 then in 0.35m **R** onto Exeter Rd thru Rockwell Green into

WELLINGTON

SO in High St onto B3187 then for 1.3m to **L** at r'bt onto A38 to

TAUNTON

After passing on left the Somerset College of Arts and Techo, bear right to continue on Wellington Rd then bear left onto Park St **SO** thru 1st mini rdbt then **R** through 2nd mini r'bt onto Corporation St. In town centre turn **R** at r'bt with cross onto A3027 (East St) then 100yds after A38 joins dismount at pedestrian crossing for next right onto South Street for 90yds then remounting when 2-way **SO** Holoway Rd and Upper Holoway Rd to **L** at TJ onto Chestnut Drive. Next **R** onto Haydon Ln to cross bridge over M5, **SO** thru

HENLADE

R onto busy A358 (walk across) then **L** in 0.4m onto A378 fork next **L** on UC rd for 2.6m to

NORTH CURRY

Turn **L** in 3.4m then on for 2.2m by River Tone thru **CURLOAD** and **ATHELNAY** to

BURROWBRIDGE

L across bridge then **R** on A361 across River Parrett then imm **L** to go alongside river.

In 1.2m lane bends right leaving river take next **L** then bends right after Westonzoyland Pumping

Museum, next **L** (sp Andersea) eventually **L** onto A372 towards BRIDGEWATER.

Turn next **R** for CHEDZOY (joining NCR3 here). Follow lane **SO** past farms into

CHEDZOY

SO for 0.8m then **L** before Parchey Bridge onto Stop Line Way (NCR33), **R** over bridge to

BAWDRIE

After church turn **R** at bend then left in 350yds to take cyclepath (NCR3) under A39 towards

COSSINGTON. Leave old railway line **L** onto UC rd then in 0.45m turn **R** to

WOOLAVINGTON

On B3141 for 4.3m thru **East Huntspill** to **R** on B3139 for 2.5m thru **WATCHFIELD** to

MARK

Before "Village Stores" **L** on Kingsway (sp Cross/Axbridge on opposite side) for 3m to **R** at TJ onto A38

then **L** in 2m to **CROSS** where **R** then in 0.5m **L** on A38 North. In 0.3m **L** onto Strawberry Line cycle path

NCN 26, thru the Shute Shelve Tunnel then for 2.2m past **WINSCOMBE**, past Sandford and Banwell

Railway Station to **R** on A368 for 0.4m into

SANDFORD

Sharp **L** onto Nye Rd for 0.7m then **R** on cyclepath NCR26 for 2.4m to

CONGRESBURY

L on A370 for 300yds (walking perhaps safer here) then **R** to cross River Yeo bridge then in 0.3m rejoin

Strawberry Line for 1.4m to

YATTON STATION

L onto B3133 over railway bridge to **R** (eff SO) at r'bt to NORTH END then on left the Bridge Inn New Lodge on the left (note:partially hidden by hedge as you approach)

Day 4 - Yatton to Ewyas Harold (near Hereford)

Exit Bridge Inn New Lodge **R** onto B3133 to NORTH END then next **L**

In 0.5 mile **L** at Xrds then **L** at TJ by River Kenn to join AVON CYCLEWAY10 to **Pill**
next **R** to cross Manmoor Bridge into Court Lane then across M5 to **L** at TJ onto B3130

Turn **R** immediately after r'bt onto minor road then **R** onto B3124 to PORTISHEAD

R In 0.3 mile onto AVON CYCLEWAY10 for 4m to **R** at TJ in CLAPTON IN GORDANO then in 270yds **L**
(eff SO and not up hill) for 1m to bridge under M5 then on to

PORTBURY

where **R** at TJ then **SO** at r'bt to **R** at TJ A369 (use corner lay-by and pedestrian crossing) to access
the cyclepath opposite. Continue on to bear left and join road into **Pill**

PILL

In 1 mile fork **L** straight down Station Rd, over rly bridge then imm **L** onto Monmouth Rd cont on Severn
Rd to end, circle **L** round houses to access cyclepath by row of garages

Bear right and under railway (watch out for broken glass) then over Avonmouth motorway bridge, River
Avon and Portway. Leave cyclepath NCR 41 and turn **L** onto Avonmouth Rd B4054 to go under M5 into

AVONMOUTH

At first r'bt take middle lane for 3rd exit (safer to dismount and cross to middle of r'bt)

L at second r'bt then **R** at third r'bt onto A403 thru Avonmouth for 8.5m crossing over in turn M49 and M4
towards Aust services

SEVERN BRIDGE north side cyclepath

At r'dbt with M48 pick up north cyclepath just after eastbound traffic enters r'bt from the Severn Bridge. If
feeling unsafe, dismount and use paths here (The N side crossing avoids the subway glass etc). Cross
bridge and use cycle paths at next r'bt onto A466 to

CHEPSTOW

The cycle path ends near the r'bt with A48, walk across the A48 and use the paths and pedestrian
crossings to continue on the A466 to **Monmouth**

Follow A466 for 16m, climbing to St Arvans then thru Wye valley passing Tintern Abbey to

MONMOUTH

Enter on A466 over River Wye **SO** across A40 to **L** at TJ then next **R** onto St Mary's St continue round
on Whitecross St to **L** on Monk St **SO** across Monnow St then next **L** onto Osbaston Rd to follow lane
on east side of River Monnow for 4m to **L** at TJ and across Tregate Bridge, in 0.5m **R** at TJ in St
Maughans Green for 2.5m (ascent) to

SKENFRITH

where **L** onto B4521 (eff SO) then in 0.75m **R** on B4347 for 4.25m, ascending to

GROSMONT

In 1m **L** at KENTCHURCH then 1.6m to

PONTRILAS

L and **R** across A465 then 0.8m to

EWYAS HAROLD

In centre as road sweeps right turn off **L** to The Dog Inn.

Day 5 – Ewyas Harold to Wentnor

Exit The Dog Inn to centre of EWYAS HAROLD bear **L** onto B4347 then in 380yds turn next **R** to pass
thru defence establishment to **R** at TJ then **L** onto A465

Follow A465 for 3m until **L** onto B4348 to **THRUXTON** and **KINGSTONE**

Imm after junction with B4349 turn **R** to **BRAMPTON**, **L** then **R** in **LITTLE BRAMPTON SO** at
SHENMORE then **L** onto B4352 for 6m thru **TYBERTON** to

BREDWARDINE

Turn **R** (by Red Lion) on lane to bridge over River Wye then imm **L**, in 1m **L** onto A438 to

LETTON

Turn first **R** (sp Kinnersly) for about 2m thru **AILEY** to

R onto A4112 then in 0.2m **L** for 4m thru **ALMELY** to

HOLME MARSH

L onto A480 thru

LYONSHALL

After 0.5 m **R** onto A44 then in 0.3m before bend turn **L** on lane. Next **L** in 0.3m then thru

NEXTEND

After 1.25m **R** onto A4355 for 3.3m thru **TITLEY** to r'bt approaching **Presteigne**

PRESTEIGNE (the bypass option)

SO at r'bt towards town then in 250yds turn first **R** (sp Mortimers Cross/Leominster)

R at next r'bt onto B4362 for 1.5m then before bend **L** (sp Kinsham/Lingen)

LOWER and **UPPER KINSHAM** then cont north to
LINGEN

Road bends left then right round churchyard in **Lingen**

After 1.6m **L** then in 100yds fork **R** then on for 2m to

BRAMPTON BRIAN

SO across A4113 to cross bridge over River Teme

In 100yds turn sharp **L** then in 0.9m **R** onto B4367 thru level crossing to

BUCKNELL

Follow B4367 for 3m to

HOPTON HEATH

Bear **L** to continue on B4385 for 5.75m to

PURSLOW

cross B4368 by The Hundred House onto lane opposite then in 1m fork **R** then bear **L** to

KEMPTON

where **L** to rejoin B4385

In 1.8m turn **R** off B4385 as it bends sharp left then imm turn **L**

in 0.25 mile **R** at **Five Turnings** then in 1m to

EYTON

Just after lane bends left then right turn **L** then in 0.5m to

CHOULTON

Sharp **L** by Choulton Farm to **L** onto A489 then in 0.5m to

EATON

Fork **R** where A489 bends left onto lane for 2m thru The Home to

WENTNOR

First L in Wentnor down hill then **R** to The Inn on the Green

Day 6 - Wentnor to Chester

From The Inn on the Green **WENTNOR** exit **L** then in 5.2m after passing Bridges YHA, Stitt Farms and 200yds beyond the top of Cothercott Hill fork **L** (sp Westcott/Habberly)

Descend hill and on for 4m thru **WESTCOTT** then **L** in **HABBERLEY** to

PONTESBURY

To avoid one way system, dismount and cross A488 onto opposite pavement and walk round to left then in 100yds take lane on **R** for 1.3m to

HINTON

where lane bends **R** at TJ then **R** again to

LEA

Turn **L** (sp Nox/Ford) then in 1.3m cross B4386 (**R** then **L**) at **NOX**

In 0.5m at xrds bear slightly right to follow main road then in 0.6m **L** at TJ to Shoot Hill

Turn first **R** in 0.62m at Shoot Hill (just after white house) then **R** onto A458

Next **L** in 0.56m on B4473 then under A5 to **L** on B4380 to

MONTFORD BRIDGE

Cross River Severn then in 100yds **R** to **FORTON** then follow lane passing disused airfield on left. Follow lane round as it bends left then 1.3m to cross River Perry into

YEATON

where **L** then in 1.1m **SO** at rdbt onto B5067 thru

PRESCOTT

BASCHURCH

SO at mini-r'bt then in 0.3m bear off **L** to church

L at TJ to around church then **SO** to cross B4397 then 1.3m to

STANWARDINE IN THE FIELDS then in 2.4m **L** in

BAGLEY

In 1.4m at **LOWER HORDLEY** soon after passing ABP Abattoir on left turn **R** (sp Lee/ Ellesmere) for

3.4mm thru LEE to **ELLESMERE**

ELLESMERE

R at TJ, cross Ellesmere canal bridge then imm **L** thru gate onto canal tow path, **L** over next canal bridge, **R** to follow towpath to canal basin, bear **R** onto Wharfe Rd.

R at TJ onto Scotland Street, **SO** (eff **L**) to Cross St, **SO** at rdbt onto Grange Rd A528 signposted to Wrexham. Follow A528 for 5m to

OVERTON

Across A539 onto B5069 for 3m under A525 to Bangor-on-Dee then **L** at TJ to cross Bangor Bridge then **R** on A525 for 1.2m to

CROSS LANES

where R onto B5130 for 5.2m then just before A534 R onto cyclepath leading to a pedestrian crossing across A534 and to Francis Lane. SO onto B5102 for 1m to **Holt**

HOLT

SO to Bridge Street to Cross River Dee into

FARDON

In 200yds L onto Churton Rd and B5130 for 6m thru **CHURTON** to

CHESTER

After B5130 crosses over A55 turn first R by Hartwell Garage onto Gorse Way continuing as Caldly Valley Rd, SO at rdbt to Chester Central Premier Inn on left and Twirl of Hay, Brewers Fayre

Day 7 - Chester to Belmont

Exit Chester Premier Inn L onto Caldly Valley Rd then using cycle paths and pedestrian crossings go SO at r'bt then imm cross A41 Ring Road to access opposite cycle path.

Turn L to go along cyclepath over canal and railway tracks then R onto Pearl Ln to

LITTLETON

Turn L then at xrds R at Vicarscross onto A51 Tarvin Rd (if busy use traffic island) for 2.7m

SO at r'bt onto A54 for 1.6m thru **Tarvin** to L onto B5393

Continue for 1.7m thru **Ashton** then shortly after the **Moldsworth** village sign, turn R onto Delamere Rd (sp Delamere Forest). Continue SO at xrds thru Delamere Forest to

HATCHMERE

SO across B5152 then R at TJ onto Norley Rd, next L onto Norley Ln, R at TJ B5153 thru

COOKSONG GREEN

CROWTON to

ACTION BRIDGE STATION

Cross rly bridge then L (eff SO) off B5153 onto Hill Top Rd then L at TJ onto A49 across River Weaver swing bridge then Trent and Mersey canal. Cont on A49 crossing A553 then for 3.4m to M56 r'bt to take A49 (sp Warrington) for 0.3m to

STRETTON

R onto B5356

SO at r'bt to stay on B5356 thru

APPLETON THORNE

R at TJ for 3m crossing M56 and M6 to L then R across A50 onto Mag Ln then in 0.85m L at TJ onto Crouchley Ln for 1m into

LYMM

L at TJ on A56 then first R onto Rectory Ln to R by The Cross monument onto B6144 for 1.6m over the Bridgewater canal and thru mini-r'bts to

HEATLEY

L onto B5159 (sp Warburton and Irlam by toll bridge) over Manchester Ship canal (free for cycles) to R at TJ onto A57 then in 0.3m L (or earlier going across grass verge) into

HOLLINFARE

Stay on Manchester Rd thru village to L at TJ onto B5212 thru

GLAZEBROOK

cross over M62 to R at TJ (mini-r'bt) onto A574 (sp Leigh) then thru

GLAZEBURY

SO A574 at r'bt with A580 into

LEIGH

after crossing Bridgewater canal L at TJ onto A572 (sp Town Centre)

SO at traffic lights onto Spinning Jenny Way. **Warning** unsafe right turn coming soon. After passing shopping centre and bus station at the next jcn (King Street B5215) either risk a right turn across traffic or stay in left lane and dismount to use the pedestrian controlled lights to complete the right turn onto the B5215 then on for 1.7m to

ATHERTON

L at traffic lights onto B5235 (Lovers Lane)

SO across A579 and SO across A577 (L then R, sp Westhoughton)

thru Daisy Hill to L at TJ on A58 then first R onto B5235 Mill St, SO at xrds onto Bolton Road B5235 then across A6 to next L onto Chew Moor Ln then across M61 to

LOCKSTOCK JUNCTION

250yds after crossing rly bridge L (eff SO) to Lockstock Junction Ln to R at TJ onto A673

L at next jctn onto A58 Victoria Rd, then in 0.5m L onto B6402 (Old Kiln Ln). In 0.8m

across B6226 and carry on for about 3m to the A675 where L for 1.7m to

BELMONT

Day 8 Belmont to Slaidburn

Leave Belmont on A675, about 1m after passing Belmont Reservoir **R** (sp Tockholes) Follow lane for 4.7m thru Ryal Fold, Tockholes to cross M65 to **SO** thru 2 mini-r'bits into

BLACKBURN

R at TJ onto A6062 then in 0.25m bear round **L** on A666 through one way system

Move out of inside lane (from B6447 which peels off left) to bear **R** in front of the theatre to go over the River Darwen, under railway bridge, over canal, **SO** at jctn passing the fancy Wainwright's Bridge on left to go under Darwen Street railway bridge.

In 160yds dismount at start of one-way system and walk across Darwen St onto George St (which is on the right) then first **L** off George St onto Pilkington St remount then **R** at TJ onto Jubilee St going left past bus station then right past shopping precinct to **L** onto Penny St to **SO** at xrds to continue on A666 for 5m thru

WILPSHIRE

LANGHO

Pass under railway bridge to r'bt with A59 take 3rd exit minor road (not A59) for 2.2m to cross the River Calder into

WHALLEY

SO onto B6246 then **L** at mini-r'bt for 2.6m going under rly line, under A59, across River Ribble, thru Great Mitton then **R** at TJ onto B6243.

L (eff SO) in 0.64m where B6243 bends 90 degrees sharp right

In 1m **SO** at xrds

In a further 0.83m **L (eff SO)** at Y junction to join road from Bashall Town then 0.5m to

BASHALL EVES

SO at Bashall Eaves, bear **R** in 0.36m at fork, road bends left past Browsholme Hall

In 0.72m turn **R** in Cow Ark by dwellings sp Whitewell

In 350 yds turn **R** sp Newton for 3.5m to follow lane past Marl Hill to **L** at TJ to continue on B6478 thru Newton where **R** then on for 1.6m into

SLAIDBURN

Hark to Bounty PH is situated in centre

Day 9 - Slaidburn to Kirkby Stephen

From Hark to Bounty go **L** by War Memorial

Follow lane for 12m up over Catlow Fell apex at 1400 feet and then drop down into

HIGH BENTHAM

R at TJ onto B6480 then imm **L** onto Robin Ln

In 1.3m **L** (the main road bends right) onto Bentham Moor Rd sp Burton in Lonsdale

In 1.7m **R** to cross River Greta into

BURTON-in-LONSDALE

R at TJ onto A687 then in 350 yds fork **L** sp Ireby for 1.8m to **R & L** across A65

In Ireby turn **L** (sp Leck) for 1.2m to **L** at TJ then to

COWAN BRIDGE

R on A65 for 0.4m then turn **R** sp to nursery(a flower pot)

In 200yds fork **R** then **SO** for 1.8m to bear left then right over old rly bridge

In 260 yds at TJ **R** for 9m on A683 (later joins with A684) into

SEDBERGH

Follow signs for A683 then **Kirkby Stephen** for 12m to

R onto A685 for 3.5m into

KIRKBY STEPHEN

L at mini-r'bt opposite church onto Silver St

Redmayne House is next left on the corner

Day 10 - Kirkby Stephen to Carlisle

from Redmayne House return to mini-r'bt to **L** on A685 for 0.4m then **L** on B6259 for 2.3m

L (sp L Musgrave) then 2.3m **R** (sp Bleatarn/Warcop) then after 0.6m **L** at TJ at Bleatarn

In 0.35m **R** (sp Appleby) then in 0.8m **R** for 5.9m then **R** to follow B6260 into

APPLEBY IN WESTMORLAND

Cross River Eden then **L** onto B6542 to go under railway bridge then A66

In 0.6m and shortly after lane bends right turn **L**. Continue on thru

LONG MARTON

leave under railway bridge then 3m to

MILBURN

option to bypass village with fork **L** just before village, **R** then **L** to rejoin route for 1.5m to

BLENCARN

SO for 1.9m to

SKIRWITH

In 0.34m fork **L** (sp Hunsonby) then in 1.7m **L** at TJ then **R** onto A686 for 0.9m then **L**

SO in 1.6m then to

GLASSONBY

where bear left then 2.2m to **R** on B6413 into

KIRKOSWALD

passing church bell tower on hill to **SO** in village centre where B6413 bends right

In 0.8m fork **L** (sp Staffield/Armthwaite) then in 3.3m **L** at TJ to cross River Eden into

ARMATHWAITE

L then first **R** onto Station Rd to go under railway bridge for 6m thru **Cotehill** to

CUMWHINTON

where **L** onto B6263 then in 0.3m **R** crossing over M6 into

CARLISLE

R at TJ on A6 then **R** at next lights (sp Ring Road/Hexham), If unsafe use cyclepaths and pedestrian crossings. In 0.7m shortly after crossing road bridge **L** then **R** at mini-r'bt onto Durrhill Rd **SO** to Victoria Rd then **L** onto A69 and in 170yds **L** to Carlisle Premier Inn.

Day 11 Carlisle to Sanquhar

Exit Premier Inn Carlisle Central **L** onto Warwick Rd A69 towards city centre for 0.5m.

Fork **R** after passing Brunton Park (Carlisle United) and in front of church onto Victoria PI

next **R** onto St Aidans Rd then sharp **L** thru Golf Club car park to join cycle path and cross over River Eden into Rickerby Park

Bear round monument then **L** on path to park exit cross Brampton Rd B6264 onto Well Ln then **R** onto Knowe Rd. At TJ turn **L** then **R** onto A7 North. In 1.3m **L** just after HSBC bank to Park House Ln thru mini-r'bt **SO** then after left bend **R** sp Todhills/Floriston/Refuse site

In 2.3m **L** then **R** following signs for **Gretna**. In 2.6m **L** on B7076 to **L** at r'bt onto B721 into

GRETNA

Continue on B721 for about 8.5m going **SO** at r'bt to

ANNAN

L onto B724 for 6.5m thru **Cummertrees** to

RUTHWELL

stay on B724 for 6.5m to TJ with A75 dual carriageway cross **R** then **L** onto UC to **Collin**

COLLIN

go thru (sp Tinwald) to cross A709 (**L** then **R**) onto Low Rd for 2.7m to **L** at TJ for 0.4m to **L** onto A701 for 100yds then **R** up hill past the sand and gravel works for 0.6m to TJ

R onto Quarry Rd next **L** (opposite quarry entrance) to **KIRKTON** where in village turn **R**

then on for 5.4m thru **DUNCOW** and **DALSWINTON** to A76 at

AULDGIRTH

R to follow A76 North to **Sanquhar**

In 1.6m **L** onto UC road then **SO** for 4m thru Berscar to **L** onto B731

After 0.8m **L** onto A702 then after crossing River Nith next **R** to

DRUMLANDRIG CASTLE

Follow tree lined main drive round then left over River Nith to fork left onto A76

In 4.3m **L** across River Nith bridge then turn **R** then for 5.2m following river to **R** at xrds to

SANQUHAR

Cross over River Nith then first **L** into drive of Blackaddie House Hotel

Day 12 Sanquhar to Lochranza

Exit Blackaddie House Hotel **L** then at TJ turn **L** onto A76 for 10.7m thru **Kirkonnel** to

NEW CUMNOCK

L at mini-r'bt onto B741 (sp Dalmellington) then in 0.75m turn **R** (after old level crossing).

Fork **L** In 2.5m at xrds (sp **Skares**)

In 2.75m **L** onto B7046 for 1m thru

SKARES

In 2.5m **SO** (and off B7046) then in 1.5m **SO** across A70 and in 100yds **SO** towards **Stair**

In 0.5m follow road round to left then **SO** for 3.6m to **R** onto B730 to

STAIR

Follow B730, across River Ayr, **SO** across B743 to

TARBOLTON

Follow A730 bear **L** then **R** thru Tarbolton crossing B744

R at TJ onto A719 for 0.5m then **L** back onto B730

SO in 2.6m across A77 dual carriageway

In 0.3m turn **R** then **L** to stay on B730 thru

DUNDONALD

R and **L** across A759 then in 0.8m thru traffic lights over railway bridge into

DRYBRIDGE

First **L** onto Shewalton Rd and stay on past GlaxoSmithKline and **SO** thru r'bt

L in 0.27m to cont on Shewalton Rd to end. **Warnings** Go **SO** to follow path across narrow bridge over A78. Before bridge a small barking **dog** might suddenly appear. After crossing it there is an unsafe **drop down** to the path. Continue for 0.4m **R** onto A737 into **IRVINE**

IRVINE

Follow A737 SO thru r'bts, under shopping centre and over River Irvine to traffic lights.

Bear L on A736 then L in 0.6m onto Sandy Rd (between school and golf course)

In 1.2m **R imm** after bridge over Garnock River onto cyclepath. The river should be on your right. Go under A78 and follow the cycle path round picking up signs to **Ardrossan**.

SO across B799 onto cyclepath, across Lodge Av then across onto Byrehill Rd.

Follow Byrehill Rd under railway bridge and under A78 bridge now Dubbs Rd

Follow Dubbs Rd under bridge to TJ B752. Go across inbetween bollards then up Dubbs Rd to turn left at top then parallel with A738. At the end of the road **R & L** onto A738

In 1.5m bear right after crossing bridge on A738 then **SO** thru r'bts onto seafront road to

ANDROSSAN

Bear round right then across level crossing to **L** onto Harbour St and ferry to Arran.

Arrive with time to buy ticket and at least 10mins before departure.

BRODICK

From ferry terminal **R** to follow A841 for 15m (8m to **Sannox** then 7m to **Lochranza**)

SANNOX

from here ascend about 656ft (200metres) then descent to

LOCHRANZA

Lochranza Hotel is on road to ferry

Day 13 Lochranza to Port Appin

Arrive at Ferry 10mins before departure for 30min crossing to

CLAONAIG

Disembark **L** onto B8001 then **R** to stay on B8001 for 5m to

KENNACRAIG

R onto A83 for 5m to

TARBERT then for 12m to **Ardrihaig** then on towards **Lochgilpinhead**

In 1.6m turn **L** at r'bt onto A816 and follow A816 for 8m to

KILMARTIN then 7.5m to

BARRAVULLIN for 3m to

ARDUAIN then 4m to

KILMELFORD then 7m to the turn off to **Kilniver**

Stay on A816 to bypass **Kilniver** then 5m to

KILMORE then 4m to

OBAN

SO at r'bt onto Station Rd then bear round to go along the Esplanade

R at r'bt then **L** at next r'bt to rejoin A85 for 5m to

CONNEL

R on A828 (sp **Fort William**) to cross **Connel Bridge** over A85 and **Loch Etive** then 3m to

BENDERLOCH for 6.5m on A828 then **SO** at r'bt to cross

LOCH CRERAN BRIDGE

L at r'bt to follow A828 thru

CREAGAN then for 2.3m to

APPIN

L (sp **Port Appin/Lismore Ferry**) to follow lane for about 2m (views of Loch Linnhe) to

PORT APPIN

The Pierhouse Hotel is at the end of the lane by the ferry

Day 14 Port Appin to Fort Augusta

PORT APPIN

From The Pierhouse Hotel return to **L** on A828 for 100yds then **L** onto cyclepath NCR78 for 3.5m then **L** to rejoin A828 for 5.8m to **DUROR** then 1.34m to **KENTALLEN**

In 0.6m turn **L** just after the Holly Tree Hotel on railway track cyclepath to **Ballachulish** then **R** up lane for about 150yds then **L** to path down to **L** on A82 to cross bridge then thru **NORTH BALLACHULISH**

ONICH

In 1.6m pass the **Corran Ferry** on A82 for 8.6m to **Fort William**

FORT WILLIAM

L at 1st, 2nd and 3rd r'bits onto Carmichael Way, at end follow cycle path to Carmichael Cres **R&L** to cross Water of Nevis bridge **SO** Wades Rd to **L&R** at TJ go onto Lochiel Rd

Pass Nevis cycles on left then to end to access cyclepath by side of railway tracks

Cross two narrow footbridges near Inverlochy Castle to **L** onto B8006 (Killmallie Rd) follow round for 1.5m thru Caol over level-crossing then **L** onto A830

Either next **R** to follow cyclepath on East side of canal to Gairloch (see today's notes)

Or cross bridge over Caledonian Canal to 1st **R** onto B8004 for 6.4m then across canal to

GAIRLOCHY

onto B8004 for 2.4m then **L** by Commando Memorial onto A82 for 11m thru **STRONABA, ALTRUA, LETTERFINLAY** to

LAGGAN

Stay on A82 and cross over Caledonian Canal follow West bank of Loch Oich for 5.7m to

BRIDGE OF OICH

cross river bridge then **L** just before canal bridge onto West side towpath

Follow canal towpath between River Oich and the Caledonian canal for 4.7m into

FORT AUGUSTUS

R after canal locks on A82 over canal bridge. The Caledonian Hotel is 350 yds on the left.

Day 15 Fort Augustus to Bonar Bridge

Exit The Caledonian Hotel **R** onto A82 back across the canal and river to follow the West bank of Loch Ness for 6.3m thru

INVERMORISTON then 10.6m to

URQUHART CASTLE then 2.3m to

DRUMNADROCHIT where

L onto A831 then in 1.3m **R** onto A833 for a steep ascent then after 10m

L at TJ onto A862 for for 2.4m to

BEAULY then 2.5m on A862 to

MUIR OF ORD where

Bear left on A832 then across narrow railway bridge to continue on A862 for 4m to

CONON BRIDGE

In 0.7m after bridge **SO** at r'bt (across A835) then onto cyclepath by A862 for 2.7m into

DINGWALL

In 360yds after level crossing (and Dingwall Academy) turn **L** up Tulloch Av to top where

R at TJ onto and up Old Evanton Rd to **Mountgerald & Ardullie** for 5.6m to

EVANTON

L by Cross onto B817 thru

CULRAIN then in 1.8m

L onto B9176 for 15m with steep ascents going on thru **Dalnavie** and **Stittenham** to

L onto A836 (by AA Box 504) thru

ARDGAY

then over bridge into

BONAR BRIDGE

After crossing bridge bear right onto A949 Dornoch Rd

Kyle House is 300yds on the left side (just after Cherry Grove)

Day 16 Bonar Bridge to Bettyhill

Exit Kyle House **R** to centre on Bonar Bridge **R** on A836 North for 3.3m to

INVERSHIN

then continue on A836 for 7.5m to

LAIRG

then for 13m passing Loch Shin on left to

CRASK INN

then on for 7.8m to

ALTNAHARRA

In 0.7m after bridge turn **R** onto B873 to cycle by Loch Naver for about 7.5m

Follow B873 north along Stath Naver for 3.6m to

STYRE

After 9.5m **R** onto A836

In 1.7m cross River Naver then uphill into

BETTYHILL

The BettyHill Hotel is first on the right entering village

Day 17 Bettyhill to John O'Groats

Exit The Bettyhill Hotel **R** onto A836 for 13m thru

MELVICH

Then in 1.5m cross Strath Halladale. Continue for 5m to

REAY

After 2.5m pass

DOUNREAY NUCLEAR ESTABLISHMENT

then for 8.5m thru **Bridge of Forss** to

THURSO

cross bridge (River Thurso) then continue on A836 for 5m to

CASTLETOWN

then 8.4m to

DUNNET

L off A836 onto B855 to **Dunnet Head** (most northerly point on UK mainland)

Return from **Dunnet Head** to **L** at xrds to

BROUGH

DUNNET HEAD then return to

BROUGH

L at xrds thru

HAM to

L back onto A836 for about 6m (past Castle of Mey) to

GILLS

then 4.4m to

JOHN O'GROATS

L onto A99 to car park, photo site and old finish line by derelict John O'Groats Inn

DUNCANSBY HEAD

Return along A99 to **L** at Post Office to Duncansby Head (there and back about 5 miles)

The John o'Groats Guest House is 1m down on the right of the A99 leaving John O'Groats