

Lands End to John O’Groats - Camping

Trip Code: LJC



“Four of us completed LEJOG June 2014 & More Adventure is quite simply the first port of call for any cycling or activity holiday. The passion for the job, customer care and sense of humour are the stand out reasons why my friends and I will always go back” **Dave, LEJOG Rider 2014** ”

 Total 16 days

 Camping

 Difficulty: 

 Cycling 14 days

 UK

 April - September

Overview

Complete the Lands End to Johns O’Groats Cycle in 14 days! This is a once in a lifetime trip and travels over 975 miles, taking in some of Britain’s finest scenery along the way.

The End-to-End is an incredible journey to fundraise for, or simply challenge yourself and take part in an amazing outdoor experience. Aside from sleeping in some gorgeous parts of the UK (where there are no hotels!), our camping trip averages a little less than the B&B option at 74 miles a day. Often the camping adds a great deal to the experience and by the end of the trip, many see it as having been an integral element of their overall experience.

Highlights

- The beautiful countryside of Southwest England
- Magnificent views of the Lake District
- The dramatic Scottish highlands and rugged coastline
- The Lecht & Glenshee climbs in the Cairngorms
- Getting off your bike each day!!
- Reaching John O’Groats

Detailed Itinerary

Day 1: Join tour in Penzance

We meet in the afternoon in Penzance. Here you will be met by your Tour Leader, given a full kit check and briefing before going out for our first group meal together.

Day 2: Lands End to Bodmin (60 miles)

After breakfast and making packed lunches, we will be transferred to Lands End for our first group photo at the world-famous landmark sign. From here we head north-east and begin our journey through this quiet, picturesque area of the UK.

Day 3: Bodmin to Tiverton (70 miles)

From Bodmin we cycle through beautiful countryside, skirting around Dartmoor National Park. It is a challenging day today with many hills to overcome but the views make up for it!

Day 4: Tiverton to Bath (75 miles)

We continue our journey northwards past Taunton and on to the historic city of Bath...which as those familiar with the area will testify, is surrounded by some very demanding hills!

Day 5: Bath to Leominster (70 miles)

Leaving Bath we push up over the hills that surround the city and head up towards Gloucester, from here we head slightly eastwards towards the picturesque town of Ross-on-Wye. A short cycle northwards and we hit our destination for the night on the outskirts of Leominster.

Day 6: Leominster to Winsford (80 miles)

A long but very scenic day today as we head directly north up past Shrewsbury and Telford and on to our stopover at Winsford.

Day 7: Winsford to Lancaster (85 miles)

Another long day as we make our way around the big cities of the North West, nipping between Liverpool and Manchester keeping on as quiet roads as possible. Once through the built up areas, it is plain sailing up towards the Lake District.

Day 8: Lancaster to Carlisle (80 miles)

A stunning day today as we skirt the beautiful Lake District and head through Kendal and Penrith. The climb to Shap is a challenge, but by this time you should breeze up it! After some fantastic downhill sections we head to Carlisle for our stopover.

Day 9: Carlisle to Edinburgh (65 miles)

Today we cycle across the border into Scotland and straight into fantastic scenery and stunning roads. A shorter day today, we head to the outskirts of Edinburgh for our stopover.



Day 10: Edinburgh to Blairgowrie (75 miles)

A treat today as we head into the stunning city of Edinburgh and across the Forth road bridge with great views across the city and onto the Forth rail bridge. Once across we head directly north to Blairgowrie.

Day 11: Blairgowrie to Ballater (66 miles)

This is the first of two days that most people find the most challenging of the trip. However, they are also some of the most stunning. We head into the famous Cairngorms National Park and onto the big climb of the day, the Spittal of Glenshee. Luckily, once over this beast, it is more or less downhill into Ballater.



Day 12: Ballater to Inverness (71 miles)

This is our second big day in the Cairngorms, it picks up where we left off yesterday and we are straight into the climbs, some are long and gradual, and others short and steep! Again we forgive the terrain due to the stunning scenery. Today we have to overcome “the Lecht”, which many find the hardest climb of the whole trip, long and winding with sections of 20%. Make no mistake, this will test the fittest of riders! Once over the summit though we have lots of downhill to rest our aching legs!

Day 13: Inverness to Lairg (50 miles)

A much shorter day today enables our legs to have a nice rest after the Cairngorms. A straightforward cycle into the small town of Lairg in the heart of the Scottish Highlands completes the day.

Day 14: Lairg to Melvich (60 miles)

Again a fairly short day with a few hills near the end to get the blood pumping again! Most people really enjoy this day as it has a fantastic feeling of complete isolation and, if the weather is kind, is picture-postcard stunning.

Day 15: Melvich to John O’Groats (40 miles)

The final day! A nice easy day today, we head through the main town from this area, Thurso, and then along the final 20 miles towards the holy grail of cycling.....John O’Groats!

Congratulations! You made it!

We should be in camp reasonably early which will enable you time to explore and take plenty of photos. We then use a local pub for a well-earned drink and celebratory meal.

Day 16: John O’Groats to Inverness

Today you and your bike will be transferred to Inverness where we hope to arrive by around 1pm for your travels home. From here we say our goodbyes and the trip ends.



Included

- Cycle Leader(s) and Support Driver(s)
- Spacious two-man tents
- 15 x nights campsite fees
- 15 x breakfasts
- 14 x buffet lunches
- Bicycle mechanics
- Large mess tent for breakfasts each morning
- All luggage transported during your trip
- Tea, coffee and biscuits
- Transfer from Penzance train station to Lands End
- Transfer from John O'Groats to Inverness train station

Not Included

- Bicycle and helmet
- Camping mats and sleeping bags
- Transport to and from pick up and drop off points
- Evening meals, drinks and snacks
- Insurance



This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.



Trip Notes

Trip suitability

You will be cycling for around 7-10 hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here:
www.moreadventure.co.uk/cycling-grades

Most important of all is a positive attitude!

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.



Money

Meals each evening tend to cost between £10 and £15. This will either be eaten in hotel restaurants, local pubs or from local takeaways.

Accommodation

Accommodation for this trip is camping in two-man tents based upon two people sharing in each tent. As a group you will be expected to erect tents each evening and take them down each morning. This will be done as a group with help from the leaders. Campsites are generally nice quiet spots in the countryside (as much as possible). All have hot water showers and basic amenities.

If you wish to have your own tent, the single tent supplement is £170.

Food

Breakfast will be a continental buffet style, which is laid out in our mess tent each morning. Breakfast will include cereals, fruit, yoghurts, bread and jams. Lunches will be a buffet of breads, ham, cheese, tuna, salad, fruit, pasta salad and cereal bars. We will also be stopping at shops along the way for you to buy snacks and drinks if you wish to.

Evening meals and drinks are not included in the price. Most evenings we will give you the opportunity to eat out as a group at a local pub/restaurant. At some rural campsites leaders will pickup takeaways for you. Approximate costs per evening meal £10-15.

Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager Race Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

You will be required to bring all your own bedding for camping, camping mat, sleeping bag and pillow.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each days cycling and for evening meals. Better to “have and not need than to need and not have”!

Luggage

All luggage will be transported between campsites as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry a waterproof or



windproof, spare inner tubes and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

Leaders

This trip is led by at least two experienced and qualified cycle leaders who will either cycle with the group or drive the support vehicle. They guide and encourage the group, and help deal with any bicycle mechanicals.

This trip will run on a minimum number of 12 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

