

# LEJOG

## Land's End to John O'Groats

The challenge of a lifetime...  
...for the charity of your choice

# Cycle



**Pedal 1,000 miles, end to end, on this classic challenge  
from Land's End to John O'Groats!**



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**GLOBAL  
ADVENTURE  
CHALLENGES**  
**UK SERIES**

# One thousand miles, One tough challenge, One heck of a bike ride!

## Your cycle challenge...

...is to pedal from Land's End to John O'Groats, the furthest possible distance in the British Isles. This is a classic challenge that is on many a cyclist's 'to do' list. Covering more than 12 counties, this is one of the toughest fundraising cycle events available. From the rocky cliffs and pounding seas of Land's End, through the rolling hills of Dartmoor, the stunning mountains of the Lake District and along the lochs of Great Glen to our finish line at the northernmost point of the UK mainland, LEJOG will test you to your limits!

## Your itinerary...

### Day 1 Land's End to Liskeard

Leaving the southernmost tip of England, our route winds along Cornish roads and along the coastline passing the famous, St Michael's Mount. The terrain is mainly undulating with a few long climbs and some short, steep ones too!

**Cycling distance –  
approx. 83 miles**

### Day 2 Liskeard to Tiverton

Today we head off to cross Dartmoor, one of the most challenging parts of the ride. If the weather is good, we'll be rewarded with spectacular views. After Dartmoor there are still a few short, steep hills to conquer before the downhill all the way to Exeter, then north to Tiverton.

**Cycling distance –  
approx. 70 miles**

### Day 3 Tiverton to Tintern

This morning sees us heading north again on rural roads into Somerset and past Cheddar Gorge. We continue on to cross the Severn Bridge into Wales and follow one of the most scenic parts of our journey along the Wye Valley to Tintern where we stay overnight, passing the Abbey ruins en route.

**Cycling distance –  
approx. 105 miles**

### Day 4 Tintern to Shrewsbury

After following the River Wye to Monmouth, we leave Wales and head towards Hereford then cross into Shropshire, cycling on undulating country lanes, through picturesque villages along the Hope Valley. We spend the night in Shrewsbury.

**Cycling distance –  
approx. 89 miles**

### Day 5 Shrewsbury to Preston

After re-crossing the River Severn we head north through Cheshire where the route is mainly flat, so today gives us a good opportunity to eat up some miles and plough on past Warrington and Wigan and into Lancashire, finally arriving at our destination of Preston.

**Cycling distance –  
approx. 92 miles**

### Day 6 Preston to Carlisle

The last full day of cycling in England before we cross the border into Scotland and a long one at that! We cycle through the edge of the Lake District and the long but gradual climb onto Shap at 1,006 feet. There is a long downhill to Penrith as a reward for our efforts. We continue on to our overnight stop at Carlisle.

**Cycling distance –  
approx. 104 miles**

### Day 7 Carlisle to Kilmarnock

Today we pass the famous blacksmith's forge at Gretna Green – anyone wanting to stop off for a quick marriage ceremony should let us know in advance! There are several long, steady climbs and descents as we pass by Dumfries and onto Kilmarnock for the night.

**Cycling distance –  
approx. 108 miles**





**Day 8**  
**Kilmarnock to Inveraray**

Today we head west, following the coast line with beautiful views of Arran and Bute. We take the ferry across a short strait to Dunoon, then head through stunning forests at the edge of Loch Eck. The route is mainly flat until we arrive at Loch Fyne where we climb once again, before the flatter roads to Inveraray.

**Cycling distance – approx. 86 miles**

**Day 9**  
**Inveraray to Loch Lochy**

There is a long climb out of Inveraray until we reach Loch Awe and the ruined Castle Kilchurn. We cross an iron bridge at Connell with the Isle of Mull to our left across the water. Following the coast road once again, we pass lochs and forests with views of Ben Nevis, weather permitting. We reach Loch Lochy for our overnight stay, after an undulating day's ride.

**Cycling distance – approx. 72 miles**

**Day 10**  
**Loch Lochy to Tain**

Today we are well and truly in the Highlands, following the Caledonian Canal towards Fort Augustus and the famous Loch Ness. After climbing up through Alness, the route undulates until we sweep down to Tain, our overnight stop and also the home of Glenmorangie whisky!

**Cycling distance – approx. 107 miles**

**Day 11**  
**Tain to Tongue**

Our penultimate day of cycling and the taste of the finish is in the air. There are a few flat stretches today, punctuated of course with a few climbs as we head up onto the moors. There is very little traffic on the route and we may see red deer, ospreys or even golden eagles soaring above us. We descend down to the coast and head east in this almost deserted landscape until we reach Tongue where we stay overnight.

**Cycling distance – approx. 66 miles**

**Day 12**  
**Tongue to John O'Groats – transfer to Inverness**

The final day of the challenge will seem much shorter, as we start to pick up the signs for John O'Groats. Our last few miles will be along a mainly flat road to the finish line where we celebrate finishing LEJOG! After signing the official End to End book we transfer back to Inverness for our celebration dinner!

**Cycling distance – approx. 65 miles**

**Day 13**  
**Depart Inverness - Homeward Bound**

After breakfast, it's time for goodbyes as you go your separate ways and start your journey home with an incredible sense of pride after achieving the challenge of a lifetime!



*(Please note, this is a complex itinerary and subject to change)*

# Your questions answered...

## Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

## How fit do I need to be?

This cycle ride has been designed to be challenging, and is one of the toughest cycle challenges we run, but it is achievable by anyone as long as you fitness train beforehand. Remember, you are cycling for 12 consecutive days, covering approximately 1,000 miles, over some very hilly terrain with some long and steep climbs. Expect to be in the saddle for at least 7-8 hrs per day – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction.

## Where will we stay?

We will stay in local hotels en-route, which range from 2\* to 3\* – remember, this is a challenge! All accommodation has washing facilities available. Rooms are normally twin share, but there may be the use of some triple rooms too.

## Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Each participant will need to bring their own bicycle for this challenge. Other items of kit will be required, such as cycling shorts, cycling helmet and cycling gloves – other than this, you do not need any specialist kit.

## Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling to carry items such as camera, sun-screen, energy snacks, etc.

## Food matters...

All meals will be provided with the exception of breakfast on day 1. Whilst cycling, we will either stop at local cafes/restaurants or have open air buffets – this depends on the size of our group. We cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form.

## What's not included?

Accommodation the night prior to the start of the challenge, breakfast on day 1, lunch and dinner on day 13, alcoholic drinks and tips, bicycle hire – it is requested that all participants bring their own bike – road bikes are highly recommended, bicycle insurance, travel insurance.

## What's included?

All accommodation with the exception of the evening prior to the start of the challenge, lunch and dinner on day 1, breakfast, lunch and dinner on days 2, 3, 4, 5, 6, 7, 8, 9, 11 and 12, breakfast on day 13, water/refreshment/snack stops – a minimum of one in the morning and one in the afternoon depending on the day's cycling distance, vehicles for back up and support, route markers, a team of Global Adventure Challenges leaders, mechanic and medical support, transfer of bicycles to Inverness, transfer of participants to Inverness. Basic spare bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition. You will be billed for any spare parts used in repairing your bike.

## Can I stay in Inverness after the challenge?

Once we have arrived in Inverness you will make your own travel arrangements for you and your bike, so you are free to extend your stay in Scotland if you wish.

## What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenges leaders. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle with medical support and a mechanic will follow the group providing support if needed.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling – there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your chosen charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested... what do I do now?

Places are limited and are allocated on a first come first served basis, so try to register as soon as you can! You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) or fill in the enclosed registration form and return it to Global Adventure Challenges, along with the registration fee - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact with you to discuss your fundraising.

1,000 miles, end to end...  
Are you ready to ride?

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