

THE CHALLENGE OF A LIFETIME,  
FOR THE CHARITY OF YOUR CHOICE...

# LAND'S END TO JOHN O'GROATS CYCLE

CYCLE BRITAIN FROM END TO  
END IN THE ULTIMATE UK CYCLE  
CHALLENGE!



 **GLOBAL  
ADVENTURE  
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01244 676 454

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# KEY INFO

Duration: 13 days

Distance: 1,000 miles approx.

Challenge Grade: Extreme 3

Location: UK

# CHALLENGE HIGHLIGHTS

- Take on the toughest UK cycle challenge!
- Witness diverse scenery - rugged highlands, lakes and coastal vistas
- Explore the length of the UK by bike
- Cycle through three countries and twelve counties

## THE CHALLENGE

A classic challenge appearing on many cyclists' bucket list, this cycle takes you along the furthest possible distance in the British Isles. This is one of the toughest cycling 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, this challenge really will test you to your limits!

### 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. 79 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. 92 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. We plough on past Warrington and Wigan and into Lancashire, finally arriving at our destination of Preston.

**Cycling distance - approx. 96 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 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. 60 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. 85 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 including the long but gradual climb into 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. 95 miles**





# ONE THOUSAND MILES, ONE UNFORGETTABLE CHALLENGE!

## Day 8

### Kilmarnock to Inveraray

We depart Kilmarnock and climb up to a viewpoint overlooking Paisley and the River Clyde from afar. Descending to Paisley we head for the Erskine Bridge, which offers astonishing views of the surrounding area. After lunch we head north to Loch Lomond where we will cycle alongside the loch all the way to Tarbet. From here we follow the Old Military Road to Inveraray, our destination for the evening.

**Cycling distance - approx. 80 miles**

## Day 9

### Inveraray to Fort William

There is a long climb out of Inveraray until we reach Loch Awe and the ruined Castle Kilchurn. We cross an iron bridge at Connel with the Isle of Mull across the water to our left. We then pass lochs and forests with views of Ben Nevis. We reach Fort William for our overnight stay.

**Cycling distance - approx. 73 miles**

## Day 11

### Tain to Bettyhill

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 Betty Hill where we stay overnight.

**Cycling distance - approx. 69 miles**

## Day 12

### Bettyhill to John O'Groats

The final day of the challenge will seem much shorter, as we start to pick up the signs for John O'Groats. We take a small detour to Dunnet Head - the most northerly point on the British mainland - before cycling our final few miles. The final part of our journey will be along a mainly flat road to the finish line where we celebrate! After signing the official End to End book we transfer back to Inverness for our celebration dinner.

**Cycling distance - approx. 61 miles**



## Day 10

### Fort William 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. 102 miles**

## Day 13

### Depart Inverness

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 is subject to change.)**



# YOUR QUESTIONS ANSWERED...

## Is this trip for me?

**ABSOLUTELY!** This cycle is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## How fit do I need to be?

This cycle ride has been graded as Extreme (3) on our challenge grading scheme. It is one of the toughest cycle challenges we run, but it's 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.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

We will stay in a combination of bunk houses, hostels, pub accommodation, B&Bs and hotels. In the hostel and bunk houses, we will stay in dorm rooms and there can be up to 12 people staying in 1 room. There may also be members of the public sharing the room. When using the pub accommodation, B&Bs and hotels we may use twin, triple or quadruple rooms.

## 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 between accommodations 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 most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

## 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 - 12, and breakfast on day 13
- Water, snacks and fruit at rest stops
- Vehicles for backup and support
- A team of Global Adventure Challenges leaders
- Route markers or cycle guides
- Mechanical support. 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
- Transfer of bicycles and participants to Inverness

## What's not included?

- Accommodation on the evening prior to the start of the challenge
- Breakfast on day 1
- Lunch and dinner on day 13
- Alcoholic drinks
- Tips and gratuities
- Bicycle hire
- Bicycle insurance
- Travel insurance

## 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 support is there on the challenge?

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 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 go 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 medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – all payment options and costs 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 touch with you to discuss your fundraising.

# #BELIEVEYOU CAN

## REGISTER ONLINE TODAY!

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