



THE BOB CHAMPION CANCER TRUST

CYCLE CHALLENGE

14-25 MAY 2012

LAND'S END TO JOHN O'GROATS



Cycling from Land's End to John O' Groats, the entire length of mainland Britain is a classic cycling challenge that many dream of. Starting at Land's End on the south westerly tip of England, we pedal our way through Cornwall, over Dartmoor and north along the Welsh border, skirting the Lake District into Scotland, via lochs and the highlands to the North Coast and John O'Groats.

We will cover almost 1,000 miles in 12 days, passing through some of the most stunning and remote countryside in the British Isles. This fully supported challenge allows you to enjoy some of the best cycling the British Isles have to offer.

Day 1: Land's End – Liskeard

Land's End is stunningly situated on the southwestern-most tip of England. Its rocky cliffs and pounding seas make a fabulous backdrop for the obligatory photos before we start! Then we gather at the Start line and begin our challenge. Our journey starts initially along the coast from Land's End to Penzance, passing the smallest city in England, Truro, before heading inland. We overnight in Liskard.

Today is mainly undulating but with a few longer climbs and some shorter steep ones!

Approx Mileage: 78 Miles

NB: We will start fairly early from Land's End, so you will probably find it more practical to arrive the night before. We can arrange transport from the nearest mainline railway station, Penzance, the night before as well as hostel accommodation in St Just (approx 5 miles away.)



Day 2: Liskeard – Tiverton

Make sure that you have a hearty breakfast today as we cross Dartmoor, which is generally recognised to be the most challenging section of the ride. We cycle over rolling hills into Devon and through Tavistock, where we have a steep climb onto Dartmoor itself. The views are fabulous if it's a clear day, though it can often be foggy in this wild part of Southwest England. There are still a few short sharp hills as the road winds its way to the edge of Dartmoor, where it's downhill all the way to Exeter, before finally arriving in Tiverton.

Approx Mileage: 75 Miles



TO JOIN THE LAND'S END TO JOHN O'GROATS CYCLE CHALLENGE, PLEASE CONTACT:

The Bob Champion Cancer Trust, 6 Old Garden House, The Lanterns, Bridge Lane, London SW11 3AD.

Tel: 020 7924 3553 Web: www.bobchampion.org.uk Email: cycle@bobchampion.org.uk

Reg. Charities Act 1960 No. 1024664



Cycle Challenge is run by Adventurous Ewe Ltd. Tel: 07747 346588. Email: info@adventurousewe.co.uk Website: www.adventurousewe.co.uk
Registered in England & Wales No. 7603245

Day 3: Tiverton – Chepstow

Continuing north, we cycle mainly on quiet, flat roads, as we cross into Somerset and pass Wellington. On back roads again, we cycle towards Cheddar, cycling through lovely countryside and small villages enjoying the typically English rural scenery. There are a few short hills but we avoid the steep Gorge itself.

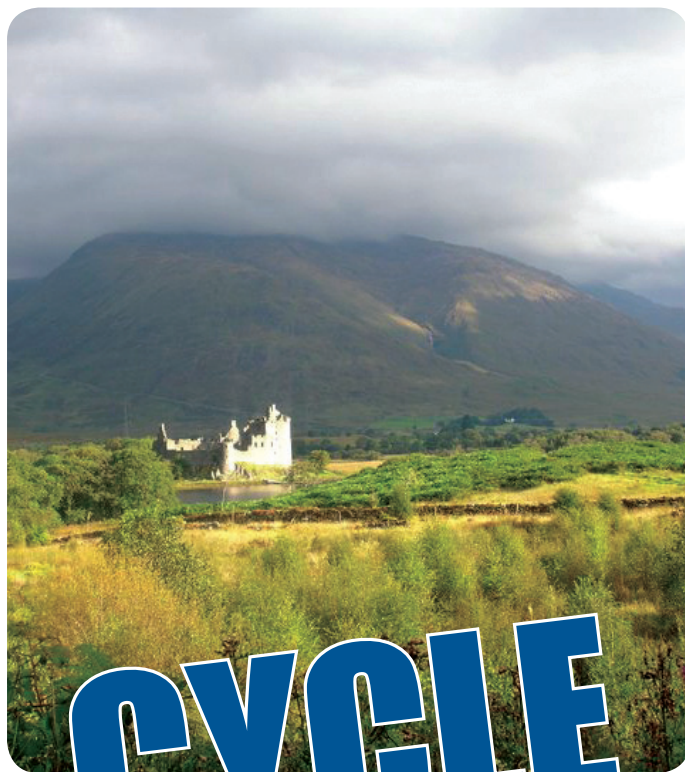
We near the Severn Estuary as we approach the outskirts of Bristol, and take the Avon Gorge cycle path for a short stretch as we take the busy roads through Avonmouth and up to the Severn Bridge. We cross the bridge, and celebrate our arrival in Wales!

Approx Mileage: 84 miles

Day 4: Chepstow – Shrewsbury

Today we follow the Wye River and head north leaving Wales behind. The long, fairly gentle gradients are still with us as we ride north towards the town of Hereford, with its striking cathedral and red sandstone buildings. Here we see the Wye for the last time, crossing into Shropshire, We cycle on undulating country lanes, passing fields and small villages, and the lovely scenery of the Hope Valley. We re-join the main road just south of Shrewsbury, where we have a short run-in to hotel.

Approx Mileage: 100 Miles



**CYCLE
CHALLENGE**



Day 5: Shrewsbury – Preston

Our morning starts with a gentle cycle through the medieval town of Shrewsbury, with its historic black and white timbered buildings, and we cross the River Severn before heading north onto quiet country roads passing through the small market town of Bishops Castle. Our route is mainly flat and the miles pass quickly, during the afternoon there's dramatic change in scenery as we pass through some of the more urban and industrial areas of England by passing Warrington we cycle on fast flat roads into Lancashire and on to our hotel just below Preston.

Approx Mileage: 92 miles

Day 6: Preston – Carlisle

Today is a long day, but it will be our last ride on English soil for the trip! We cross Preston early, avoiding the morning traffic, and break free of the urban areas and head for the stunning open country heading north on quiet roads once more through along the edge of the impressive Bowland Forest. The roads are primarily flat as we cross into Cumbria, and pedal on through Kendal, The hills of the Lake District rise to our left as we head towards Shap Fell, at over 1,000ft the most notable climb since Dartmoor. The climb is long but the gradient is fairly gradual. A fabulous descent now awaits almost all the way to Penrith, where we cycle past the castle and on to Carlisle.

Approx Mileage: 90 miles

Day 7: Carlisle – Kilmarnock

Crossing over into Scotland. Our first day on Scottish roads will be enjoying a traffic free ride on mainly flat, quiet back roads bypassing the pretty town of Dumfries. The morning's ride is very picturesque with the lush green rolling hills of the Southern Uplands to either side as we cycle northeast through small towns and villages. There are some long but fairly gentle climbs and descents as we pass through this beautiful countryside. We pass through the small town of Sanquar, home to Britain's oldest post-office, and a great old Tolbooth, look out for memorials and plaques commemorating the Covenanters who rebelled against the religious dictates of the Stuart Kings in the late 1600s. Nearing Kilmarnock our hotel lies just out of town.

Approx Mileage: 101 miles



Day 8: Kilmarnock – Inverary

We cycle through Kilmarnock and turn onto quieter B-roads we will be greeted with some amazing scenery as we head north east to the Firth of Clyde via Irvine and Kilwinning. Following the coast road via the pretty waterside town of Largs, we enjoy fabulous views across the water to the Isles of Arran and Bute. The road continues to climb and descend as we cycle along the coast where we take the ferry across the short strait to Dunoon. We cycle north through beautiful forest and along the shores of Loch Eck, sometimes hidden from view by the trees, at other times we cycle right beside the water with tempting views of Inverary a short distance away (as the crow flies) on the opposite side of the loch! We pass the world-renowned oyster beds of Loch Fyne and approach Inverary. Look out for the fairytale towers of the castle among the trees to your right just before the town.

Approx Mileage: 80 miles

Day 9: Inveraray – Loch Lochy

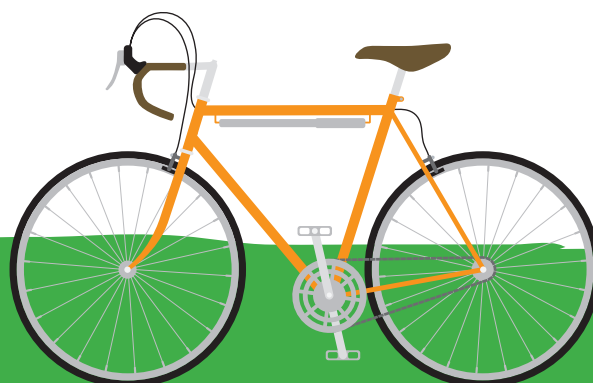
Our day starts with a long but fairly gentle climb out of Inveraray, and we start to feel as though we are really in the Highlands! After a few miles we reach the shores of Loch Awe, admiring the ruins of Castle Kilchurn at its head. Heading east to the coast again, we cross over the iron bridge at Connell, with great views of Loch Etive to our right and the Isle of Mull across the sea on our left. As we follow the coast road with views of stunning desolate beaches, and hilly islands and peninsulas across the water. Inland, the higher peaks are visible in good weather Skirting the forests of Appin, we head north again, still following the coast, to Ballachulish – where the road splits off to the famous Glencoe. We continue straight on, crossing Loch Leven, and cycle along the banks of Loch Linnhe, enjoying a much-deserved flat run into Fort William. In good weather we may get good views of Ben Nevis and the surrounding high peaks. We cycle an undulating route alongside Loch Lochy to our hostel at the end of the Loch.

Approx Mileage: 96 miles

Day 10: Loch Lochy – Bonar Bridge

Another day of beautiful Highland scenery awaits us as we head further north. We are nearing our destination now, taking the hills in our stride! We follow the Caledonian Canal to Fort Augustus, with its impressive ladder of canal locks, and the foot of Loch Ness, which will be our companion for many miles. We pass the ancient Urquhart Castle, very picturesque against the backdrop of the loch. At Drumnadrochit we leave Loch Ness and head north again, uphill, to Beaulieu, skirting the end of the Moray Firth, and on to Dingwall. Just out of Dingwall brings another ascent onto what the locals call the 'Struie'. As we reach the top of the 'Struie' we will be amply rewarded with impressive views of the Dornoch Firth and away in the distance Loch Shin. The roads are flatter here but we start to climb again as we take the back-roads from Alness across bleak but beautiful moorlands to the Dornoch Firth. From the great viewpoint above the Firth we have a fantastic descent to Bonar Bridge, where we find tonight's hotel.

Approx Mileage: 86 miles



Day 11: Bonar Bridge - Thurso

Leaving Bonar Bridge, we head due north once more, passing through Lairg at the foot of Loch Shin and encountering our first long climb of the day. Now in northern Scotland, the Highlands are behind us and the landscape is much bleaker, with rich peaty moorlands and clear rivers. A few miles from Lairg we turn onto single-carriageway road – we will encounter very few vehicles on this road. Look out for herds of red deer and birds of prey such as osprey or even the elusive golden eagle. After 23 miles we stop at The Crask Inn for homemade cake and hot drinks. This C17th Inn is the remotest of havens for travellers in the far north with a very warm welcome! We skirt the beautiful forest of Naver turn right at Altnaharra and cycle along its beautiful Loch Naver heading north. This is the most sparsely populated region in Northern Europe, and after enjoying some of the finest cycling of the whole trip we arrive at the Atlantic Ocean on the North Coast at Betty Hill for a well deserved lunch. Before a stunning and fairly undulating ride to our overnight stay in Thurso.

Approx Mileage: 85 miles

Day 12: Thurso – John O’Groats

A few miles out of Thurso, our road passes through the high sand-dunes of Dunnet Bay, with its beautiful white-sand beach and renowned bird-life. On this our final day we will first visit the most northerly point in the UK, Dunnet Head, and then pedal the remaining miles along a mainly flat road to John O’Groats and our finish line! We then have time to collect our thoughts as we are transferred down to Inverness in plenty of time for a Large Celebration!!

Approx Mileage: 26 miles



Tour Cost

The Tour will cost £1,500 plus £1,000 for our cancer research programmes.

This includes all meals, except breakfast on Day 1, accommodation, support vehicles and back-up, Adventurous Ewe leaders and support crew.

One, two and three day participants are very welcome. The costs, to include all the above, would be £200, £350 and £500 respectively, with a commitment to raise sponsorship for the Trust. Please contact us for a Day Tripper Booking Form.

Not included in the Tour cost: personal insurance or bicycles (we do not recommend cycling on a mountain bike.) Also snacks, drinks and personal expenses are not included.

Food & Accommodation

Our accommodation ranges from small B&Bs to larger hotels. Due to the route we take, some nights are in Travel Lodges to minimise unnecessary extra mileage. In Scotland, we stay in hostels for one or two nights (depending on group size) as these are our best option in remote areas.

The hotels are comfortable and well situated but not luxurious. All rooms have en suite facilities. All food is included except the one meal as indicated above.

Weather & Safety

The weather in the UK can change very quickly especially in Scotland. The prevailing wind direction will have more of an impact on the cycling difficulty than rain. It is very important to be well equipped and prepared for all conditions. A good level of fitness is required.

Cycling Information

Support vehicles are with the group all of the time. All luggage and spares will be carried in them.

The cycling is mainly undulating over rolling countryside though there are some longer, tougher climbs (primarily on Dartmoor). Distances are fairly long, averaging approx 100 miles per day, with two shorter days at the end.

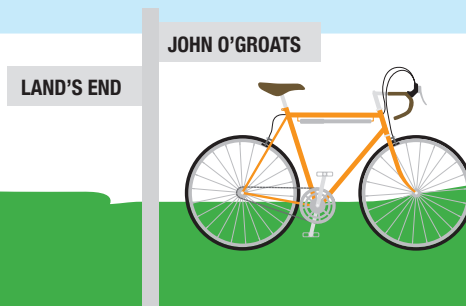
Contact details:

**The Bob Champion Cancer Trust,
6 Old Garden House, The Lanterns, Bridge Lane,
London SW11 3AD.**

Tel: 020 7924 3553

Web: www.bobchampion.org.uk

Email: cycle@bobchampion.org.uk



CYCLE CHALLENGE