

CYCLING LAND'S END TO JOHN O' GROATS

LEJOG end-to-end on quiet roads and traffic-free paths

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Guidebook to cycling Land's End to John o' Groats, a classic cycle challenge spanning the length (more or less) of mainland Britain. Despite being a classic challenge, there is no 'official' route; this guide opts for safety and scenery over directness, linking stretches of traffic-free, shared-use paths with quieter roads to cover 1000 miles (1600km) from end to end. Suitable for any reasonably fit cyclist, the route is described over 14 stages – perfect for a two-week cycle holiday.

Passing through rich and diverse landscapes – from charming coastal scenery to haunting moorland – the route showcases some of the best of Britain. From Cornwall to Cumbria, Shropshire to Scotland, the delights of different regions make for a perfect blend of discovery.

In addition to the two-week schedule, this guide suggests 10, 12, 16 and 18 day itineraries, accommodating those who have more (or less) time available. Two alternative stages are provided through Central Scotland. Also included is information on accommodation and transport to and from the start/finish, together with invaluable practical tips and useful resources, including a handy bike shop listing and suggested kit list.

Key marketing points

- Extremely popular guidebook sells well throughout the country
- GPX tracks available

About the author

After years of road running and mountaineering wreaked havoc with his knees, Richard Barrett returned to long-distance cycling in his fifties when he bought himself a classic British made touring bike. Richard lives in West Cheshire and, if he is not touring, rides two or three times a week with local Cycling UK groups.

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