



WALKING THE END TO END TRAIL

Land's End to John o' Groats on foot

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This guide describes a 1956km (1215 mile) walking route from Land's End in Cornwall to John o' Groats in Scotland's far north – the two points on mainland Britain that are the furthest apart. The route avoids road walking as much as possible and frequently takes advantage of existing long-distance trails, including the famous South West Coast Path, Pennine Way and West Highland Way. Since it passes through remote terrain and keeps to the hills where practical, it is intended for experienced hill-walkers.

The guide includes route description and maps, concentrating on the 'gaps' between the major long-distance trails covered in other Cicerone guides. There is also a wealth of advice to help you prepare for and undertake your walk, covering equipment, safety, supplies and facilities. Notes on history, geography and local sights, along with anecdotes from those who have successfully completed the journey, add interest and inspiration.

Presented in 61 daily stages (each averaging around 32km), divided into 6 sections, the route can be walked in 2 months. An alternative 3 month schedule is also provided. The UK's ultimate challenge walk, the End to End Trail promises a magnificent adventure through some of the best the British countryside can offer, and a unique sense of achievement on completion of your walk.

Key marketing points

- The ultimate challenge walk

About the author

Andy Robinson has been walking around the hills and mountains for more years than he cares to admit to, and is a mean hand with a map and compass. He has a habit of setting off on unreasonably optimistic expeditions and usually gets away with it. But not always. His family is very supportive and puts up with a lot, but he's not quite sure why.

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