

LEJOG 14-Day



The Land's End to John O'Groats cycle tour or LEJOG conjures up a variety of images: an escapade, a challenge, hard work, a puncture or two, stunning scenery and a tremendous sense of achievement. Since the 1960's the End to End has become a firm favourite with the British people. Every year, walkers, cyclists, joggers and runners navigate the length of the British Isles. We are proud to support hundreds of cyclists to complete this iconic rite of passage every year.

Covering a total of approximately 1000 miles, this iconic ride provides another rewarding experience hosted by Peak Tours. Averaging 70 miles a day, the route is covered in 14 days of cycling. If you would like more challenge, see our 10-day route.

Highlights

Cycle the length of the UK!

A tried and tested route, which keeps away from busy roads where possible. A truly remarkable journey showcasing the spectacular countryside and exhilarating cycling the UK has to offer, including:
The dramatic coastal scenery of Cornwall.
The beautiful landscape of Dartmoor - complete with plenty of wild ponies!
The quiet and underrated Shropshire.

Excellent views as we weave our way through and around the Forest of Bowland, the Yorkshire Dales, the Howgill Fells and the Lake District.

Lovely steady climbs greet us as we enter Scotland...

...followed by longer and harder climbs as we venture north - the Cairngorms offers a particularly spectacular and memorable couple of days of cycling.

The wild and vast landscapes of Northern Scotland, where mountains and lochs dominate.

Views of the Atlantic Ocean as we reach our destination: John O'Groats .

"Fantastic tour, Peak Tours couldn't do enough for us all. Loved every mile of it, including the hills which were fantastic." Martin

What's included?

15 nights' accommodation, 15 breakfasts, 14 lunches

Refreshment stops with our famous red brew vans

Mechanical support including spare bikes and equipment

GPS files and route notes

Full logistical planning and support from the first to the last night including luggage transfers

2 back up vans and a guide cycling at the back of the group

Pick up from the station on arrival day (Saturday) and transfer to Inverness station and airport at the end of the tour (Sunday).

Peak Tours cycle shirt and certificate

Lots of fun!



Itinerary

Saturday: Non-riding day

Arrival day – welcome to the tour!

Sunday: Day 1 Land's End to Fowey

Distance: 65 miles / 102 km

Elevation: 4622 ft / 1409 m

An early departure from the signpost sees us begin our journey in Cornwall.

Steep climbs warm the legs up on the first day of this adventure!

Monday: Day 2 Fowey to Moretonhampstead

Distance: 63 miles / 96 km

Elevation: 6730 ft / 2051 m

A tough day today with more Cornish hills before we move into Devon and cycle through Dartmoor National Park.

Tuesday: Day 3 Moretonhampstead to Street

Distance: 70 miles / 109 km

Elevation: 4000ft / 1200m

Weave along pretty back roads towards Exeter

Head into Somerset in the afternoon towards the little town of Street for our evening's rest.

Wednesday: Day 4 Street to Monmouth

Distance: 69 miles / 102 km

Elevation: 3372 ft / 1028 m

Continue through the beautiful city of Wells and up and across the tops of the Mendip Hills.

Cycle over the iconic Clifton suspension bridge and into Bristol.

After lunch continue over the Severn Bridge, into Wales and along the River Wye to the quaint town of Monmouth.

Thursday: Day 5 Monmouth to Clun

Distance: 58 miles / 93 km

Elevation: 3451 ft / 1052 m

An easier day today with stunning scenery including views of the Black Mountains.

Pass west of Leominster and into Clun, which has several great places to eat with local ales.

Friday: Day 6 Clun to Runcorn

Distance: 79 miles / 126 km

Elevation: 4000 ft / 1200 m

Take scenic, undulating roads from Clun to the white, black timbered buildings of Shrewsbury.

Enjoy one of the easier days on the tour—longer mileage but a flattish day.

Saturday: Day 7 Runcorn to Lancaster

Distance: 73 miles / 117 km

Elevation: 3953 ft / 1205 m

Weave through Manchester / Liverpool conurbations—concentration required! Countryside beckons again as we head towards Lancaster.

Sunday: Day 8 Lancaster to Penrith

Distance: 60 miles / 96 km

Elevation: 3359 ft / 1024 m

Take the cycle path by the River Lune up to Kirby Lonsdale.

The Howgills to the right, the Lake District to the left, continue past Sedbergh and up to Penrith.

Monday: Day 9 Penrith to Moffatt

Distance: 70 miles / 112 km

Elevation: 2127 ft / 648 m

Leaving the Lake District, head to the cathedral city of Carlisle.

Enjoy the flatter routes as we head over the border into Scotland to the small town of Moffatt.

Tuesday: Day 10 Moffatt to Kinross

Distance: 82 miles / 131 km

Elevation: 3956 ft / 1206 m

Climb gradually up over the Lowther Hills through wild and stunning scenery.

Cycle alongside the River Tweed and down into Edinburgh.

Pass over the iconic Forth Road Bridge, over the Firth of Forth and on to Kinross.

Itinerary

Wednesday: Day 11 Kinross to Ballater

Distance: 80 miles / 128 km
Elevation: 5262 ft / 1604 m

Continuing north, skirt around Perth and cross the River Tay.

Pass through Blairgowrie and climb up to Glen Shee before a beautiful descent to the high-land town of Ballater.

Thursday: Day 12 Ballater to Inverness

Distance: 73 miles / 116 km
Elevation: 5561 ft / 1695 m

Conquer the tough climb of The Lecht and down to Tomintoul, passing ski resorts and castles, continue through the Grampian Mountains before arriving in the capital of the Highlands—Inverness.

Friday: Day 13 Inverness to Crask/Lairg

Distance: 69 miles / 106 km
Elevation: 3628 ft / 1106 m

Enjoy impressive views and stunning scenery alongside the Beaulieu Firth and on to Dingwall.

Look forward to the Crask Inn or Lairg—our destination for the evening, arguably one of the most friendly pubs in the UK!

Saturday: Crask to John O'Groats

Distance: 82 miles / 131 km
Elevation: 3815 ft / 1163 m

Enjoy the freewheel descent and enjoy some of the finest cycling of the journey.

Savour the sight of the Atlantic Ocean from Bettyhill and enjoy a flat finish over to John O'Groats where champagne awaits to celebrate this fantastic achievement!



"The route was outstanding in every aspect. The scenery in each county stunning and the back roads sublime. All pre-tour information was timely and relevant. Cannot speak highly enough of the guides. They were friendly and helpful from start to finish. The tour was excellent in every way. A great experience and outstanding value for money." John

Tour Logistics

The start of the tour

The tour starts at Land's End and finishes at John O'Groats

You can get to Penzance by car, train, plane & ferry (or you could cycle). We can pick you up at Penzance when you arrive from 10 am onwards on the Saturday and transport you and your bike to your first night's accommodation. Penzance is about 8 miles from our accommodation in St. Just. To get to Penzance:

By Car The M5 will take you as far as Exeter, there you can join the A30 which will take you all the way to Penzance. If you are hiring a car there is a Europcar depot at Penzance train station where you can leave your hire car.

By Train There are frequent trains from London, Paddington and major stations along the way.

By Plane If flying to Newquay, you can take the train from Newquay, then onwards to Penzance, changing once at Par station. This journey takes just under 2 hours.

By Ferry For visitors coming from Europe there are ferry links from Roscoff, in France or Santander, in Spain, both to the nearby port of Plymouth. A train or coach can then be taken to Penzance.

Bike: You may choose to cycle to St Just!

The end of the tour

The tour ends on Saturday where we will stay for the final meal in John O'Groats. The following morning, a coach will arrive at 06:15/06:30 and take us to Inverness and you will then be dropped at either the airport or the train station for your onward travel. We aim to get you to the train station at around 09:15 and the airport at around 09.45

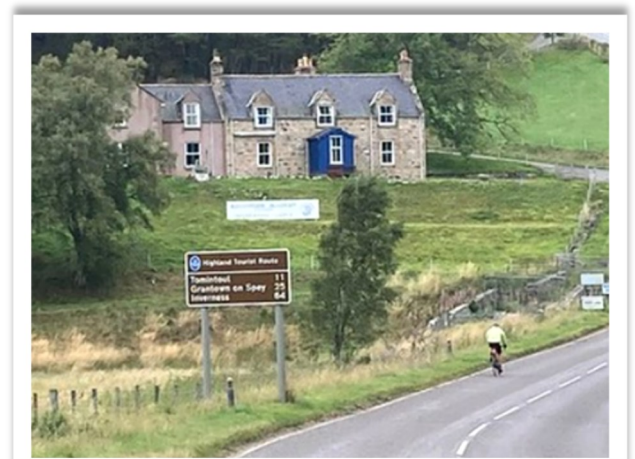
If you are taking your bike back with you then we will transport your bike to Inverness for you or we can take it back to our HQ in Glosop for you to collect at a later date.

If you choose the 'return transport' option then your bikes will be packed & couriered back to your address for you.

Support

Usually each tour has 3 guides:

- One driving the 'brew van' - each day will usually have a morning and afternoon 'brew stop,' with a table full of snacks and drinks. You will also bring a small bag/rucksack to the morning brief and leave this in the 'brew van' which can be accessed throughout the day.
- One driving the 'luggage / lunch van' - transporting your luggage from hotel to hotel, as well as setting up your lunches.
- One riding at the back of the group - you will have detailed route notes so that you can go slower or faster than the rest of the group or, if you prefer, you can cycle with the tour guide at the back so that you don't have to navigate at all.
- Mechanical support: we carry a range of spare parts so that repairs can be made en route and we also have spare bikes available in the event that your bike has a serious breakdown. If we can't fix your bike then we will get it to the nearest bike shop.
- Each guide will be contactable by phone during the day so if you have any issues you can get straight in touch with them.
- For smaller groups you might only have one guide that cycles with the group and one back up driver or for groups of 12 or less just one tour leader will provide back-up for you.



What's Included?

- 15 nights' accommodation, 15 breakfasts, 14 lunches
- Refreshments from the brew van
- Mechanical support including spare bikes should these be needed
- GPS files and route notes
- Full logistical planning and support from the first to the last night including luggage transfers
- 2 back up vans and a guide cycling at the back of the group
- Pick up from airport / station on arrival day (Saturday)
- A Peak Tours cycle shirt and certificate
- Luggage transfer each day
- Lots of fun!

Food

Breakfast

Breakfast is included in the cost of the tour, and will vary slightly between the various hotels and B&Bs that we use, but you can usually expect to have a choice of some cooked breakfast options, as well as toast, cereals, fruit juices, tea, coffee etc.

Lunch

Lunches will be provided each day and will generally be a buffet at a cafe or a country pub.

Evening meals

Evening meals can be bought at your accommodation or in a nearby pub. On the first and final evenings of the tour we will have a group meal at the hotel.

Dietary requirements

Please let us know of any dietary requirements you have and we will ensure that all lunch stops and places we eat evening meals are informed.

There will also be snacks on the 'brew van' to suit any and all dietary needs!

Accommodation

You have a choice sharing a double or a twin room. If you would like your own space then you can choose the single room option, or sole occupancy of a double. Most of the rooms are en suite however there maybe a few nights where your room isn't en suite (Sole occupancy of a double room or double/twin option is guaranteed en suite). Generally on the LEJOG tour we stay in hotels, pubs or smaller bed and breakfasts. You also have the option of staying in a mixture of B&B's in twin rooms and hostels in dormitory rooms for some nights (always same sex rooms).

What's not included?

- Evening meals / dinner
- Drinks at lunchtime
- Insurance
- Cycle hire (available for a fee)
- Garmin hire (available for a fee)

Kit list

Clothing for all weathers is recommended so waterproofs are essential.

A full recommended kit list is provided and we are always happy to answer any questions that you may have. You can see details of a kit list [here](#).

Luggage is restricted to a maximum of 18kg per person—we have to look after our guides and their backs as they will be carrying your luggage in and out of the hotels!

Insurance

We strongly recommend that you take out adequate insurance for your tour which, as an absolute minimum should cover your bike and belongings and cancellation cover in the event that you have to cancel your tour for unforeseen circumstances.

You should be aware that if you have an accident or fall ill while on the tour you will lose the money paid for the trip. A travel insurance policy would allow you to reclaim most of the money as well as providing insurance in case you lose your bags or if your bike is stolen, broken etc.

Your policy should also cover cancellation costs if you cancel the tour within 8 weeks of departure. If this happens we will try to fill your space and return your funds to you but if we are unable to fill your place you will lose the funds paid for the tour.

We have partnered with Yellow Jersey who provide Travel and Cycle insurance for UK residents. You can find further details [here](#).

Am I fit enough?

Difficulty

The LEJOG route covers similar distances to the Dover to Durness and Channel to Med Routes and is another memorable achievement. This tour is rated as a grade 7 tour. See details of difficulty rating [here](#).

You will be expected to be able to complete an average of 70 miles / 115 km per day.

Most people on the tour will be active cyclists, and cycling the above distances on consecutive days will not be too challenging for them.

How fast do I need to be?

Generally, most cyclists completing this tour will be capable of cycling at 10-12 miles / 16-19 kmph over the whole day, keeping in mind that some days are hillier than others, and you will be stopping for breaks and lunches.

Most days start at 8:30 and we ask that all riders are finished by 19:00 at the latest if possible, to allow you time to relax and explore the places that you stay in the evenings.

Are there any hills on the tour?

The route is challenging and has some tough climbs along the way but there are many sections with undulating and or flatter stretches.

Training

The fitter you are and the more training that you do beforehand will add to the enjoyment of your tour and improve your chances of succeeding the challenge.

If you need any advice about fitness please contact us and we will be happy to discuss any questions and concerns that you may have.

We have a training document which has a suggested training programme, which you can access [here](#).

Bikes

The LEJOG tour can be completed by people on all types of bikes: it is important you ride on a bike on which you are most comfortable. Most people choose to ride on road or touring bikes for this tour.

You can transport your bike in the following ways:

- Bringing your own - most people using this option will arrive by train.
- We can transport your bike for you if you can get your bike to us in Glossop in the Peak District.

Please ensure that your bike is fully serviced and in good working order before the start of the trip. It is advisable to have your bike service a few weeks before the start of the tour. This will allow time to 'bed in' before you start your ride.

Alternatively you can hire a bike from us, please see our website for more information.

