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Founded 1878

Land's End to John O'Groats The B&B Route

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This route runs from Land's End to John O'Groats to take advantage of the (usually) prevailing westerly winds. A quote from a female member of Cycling UK (formerly CTC) should give courage to those who need it: *"Having only once cycled more than 10 miles at a stretch and too busy to follow your suggested practice runs, I was delighted to actually arrive at John O'Groats! One of my best holidays ever. Having your information made me see it was easily possible and not daunting at all. What fun it was one month later to be fit, tanned and full of fantastic memories."*

The route is a compromise between directness and peaceful cycling, using mainly lanes and 'B' roads, but with no large detours to avoid busy areas. There are many opportunities for scenic diversions to visit nearby places of interest. Possible detours are marked (*). Do be aware that this is a highly scenic route, which equates to it being hilly - not all the time, but quite a lot of the time. Low gears are recommended.

Note that it is sometimes possible to get on to the National Cycle Network (NCN) route, which offers a tranquil (for the most part) signposted route. However, we feel that if you intend following that route, then you would just buy the maps and go that way. For some notes on a 'combination route', send a small SAE to CTC National Office and ask for the NCN/LEJOG notes. You should be aware that following NCN routes can be very time consuming since they will go a mile to avoid a few yards of main road.

Maps for the ride: the following OS Landranger series (1:50 000 scale) cover the route as described: nos.203, 204, 200, 190, 180, 181, 182, 172, 162, 149, 138, 127, 118, 109, 103, 98, 97, 91, 90, 86, 85, 79, 73, 66, 65, 58,52, 53, 43, 44, 37, 36, 35, 26, 27, 21, 16, 10, 11 & 12. There may be one or two others not listed here but which cover some of the alternative sections. Carrying them all is not recommended. Do refer to the General Information sheets in this pack for further advice.

Mileages: The total distance of this route is approximately 1,000 miles. In our route itinerary we list the approximate distance between each place in column 1 and the cumulative miles in column 2. However numerous revisions over time mean that you may find anomalies.

Accommodation: Accommodation is listed separately and is in route order i.e. Land's End accommodation is listed first, John O'Groats accommodation is listed last. B & B information includes the owner's name, address and the national dialling code, phone and /or fax number. For more B&B's, you can refer to Cycling UK's *Cyclists Welcome* web based accommodation guide. www.cyclistswelcome.co.uk

Tourist Information Centres (T.I.C.'s) along the route will also be able to provide details of accommodation and make bookings for you. The telephone numbers of T.I.C.'s can be obtained on the following website:

<https://www.visitengland.com/explore>

Here you are able to filter to just the TIC's in the given area, the main Visit England site (www.visitengland.com) is a good resource for various things related to your journey.

Further information on accommodation may be found in the 'General Information' section at the beginning of the pack.

If you discover any accommodation which is not listed in Cyclists Welcome, or in this booklet, and which you would like to recommend to other cyclists, please follow the link below this will allow you to recommend an establishment:

<http://www.cyclistswelcome.co.uk/recommend-an-establishment>

Terrain: If you're not particularly familiar with the landscape of Great Britain, you may be surprised by the remoteness of some of the areas you will be passing through. A shop is not always conveniently situated in the next village; indeed the next village may be many miles distant. It's worth being aware of this and ensure that you do have some emergency rations with you.

NOTES ON ROUTE DIRECTIONS

(*...) = Place of interest off the route - worth a visit if you have time!

(....) = Place of interest on the route

Alternative routes are shown in a different typeface

Mileages: the approximate distance between each place is listed in column 1 and the cumulative miles in column 2.

ABBREVIATIONS

R = right,

Thro = through

x-roads = crossroads

sp = signposted

N, S, E, W, NE = Points on the

Compass - North, South, East, West, North-East etc.

L = left

Cont. = continue

m = miles

SO = straight on or over

GPS Users ~ GPX Files can be downloaded from www.cyclinguk.org/lejog

LEJOG B&B Route

1. Land's End to Wadebridge (B&B LEJoG)
2. Wadebridge to South Molton (B&B LEJoG)
3. South Molton to Cheddar (B&B LEJoG)
4. Cheddar to English Bicknor (B&B LEJoG)
5. English Bicknor to Much Wenlock (B&B LEJoG)
6. Much Wenlock to Bucklow Hill (B&B LEJoG)
7. Bucklow Hill to Slaidburn (B&B LEJoG)
8. Slaidburn to Kirkoswald (B&B LEJoG)
9. Kirkoswald to Ettrick (B&B LEJoG)
10. Ettrick to Drum (B&B LEJoG)
11. Drum to Spittal of Glenshee (B&B LEJoG)
12. Spittal of Glenshee to Dava (B&B LEJoG)
13. Dava to Bonar Bridge (B&B LEJoG)
14. Bonar Bridge to John O'Groats (B&B LEJoG)

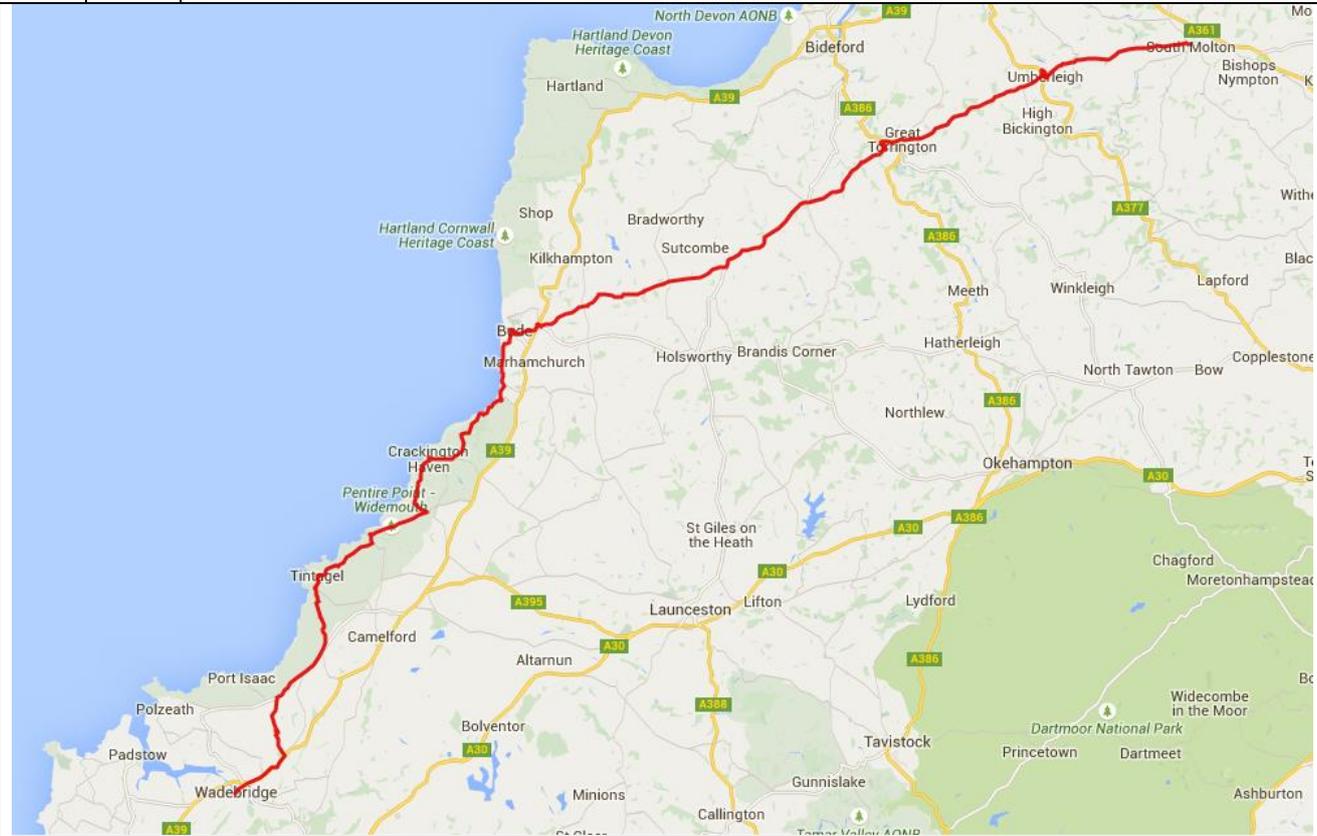
Miles	Cum. miles	ROUTE DIRECTIONS
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CORNWALL



		LAND'S END (County of Cornwall). After 0.5 m bear R on B3315 (*Mousehole)
11.5		NEWLYN Follow seashore road (or cyclepath) to
1.0	12.5	PENZANCE Continue (tricky navigation) around the bay to
3.0	15.5	MARAZION Continue through village, up hill and straight over A394 at roundabout to
1.5	17.0	GOLDSITHNEY After village bear R on lane. Turn R at T junction in 2 miles
4.5	21.5	GODOLPHIN CROSS Continue to cross B3302 & B3303
2.0	23.5	NANCEGOLLAN Continue E. Cross B3297
4.0	27.5	PORKELLIS There's a L here which is effectively straight on, up the side of the pub. Continue generally East
2.0	29.5	CARNKIE 0.5m after village turn L (Northwards), effectively staying on the priority road which bends around to the left
2.5	32.0	STITHIANS Continue forward uphill, cross A393 heading generally E through Perranwell to
4.0	36.0	PERRANWELL STATION Turn L across railway, then R & R again to cross river & cont straight up hill generally E, pass under railway bridge and turn left (North) at crossroads by Church. Take first lane right and continue to
5.0	41.0	TRURO (Cathedral) Take B3284 NW (direction of Shortlanesend), just beyond cathedral turn right, then L under railway, follow river
3.0	44.0	IDLESS Take the next 3 R turns, then L after Tretherres farmhouse to
3.5	47.5	ST ALLEN Continue past Tolcarne, Trefronick & Trenergy farms. <u>Don't</u> turn left for Zelah! Turn L on A30 then bear R on B3285, turn sharp R immediately on lane north to
3.5	51.0	FIDDLERS GREEN Turn R

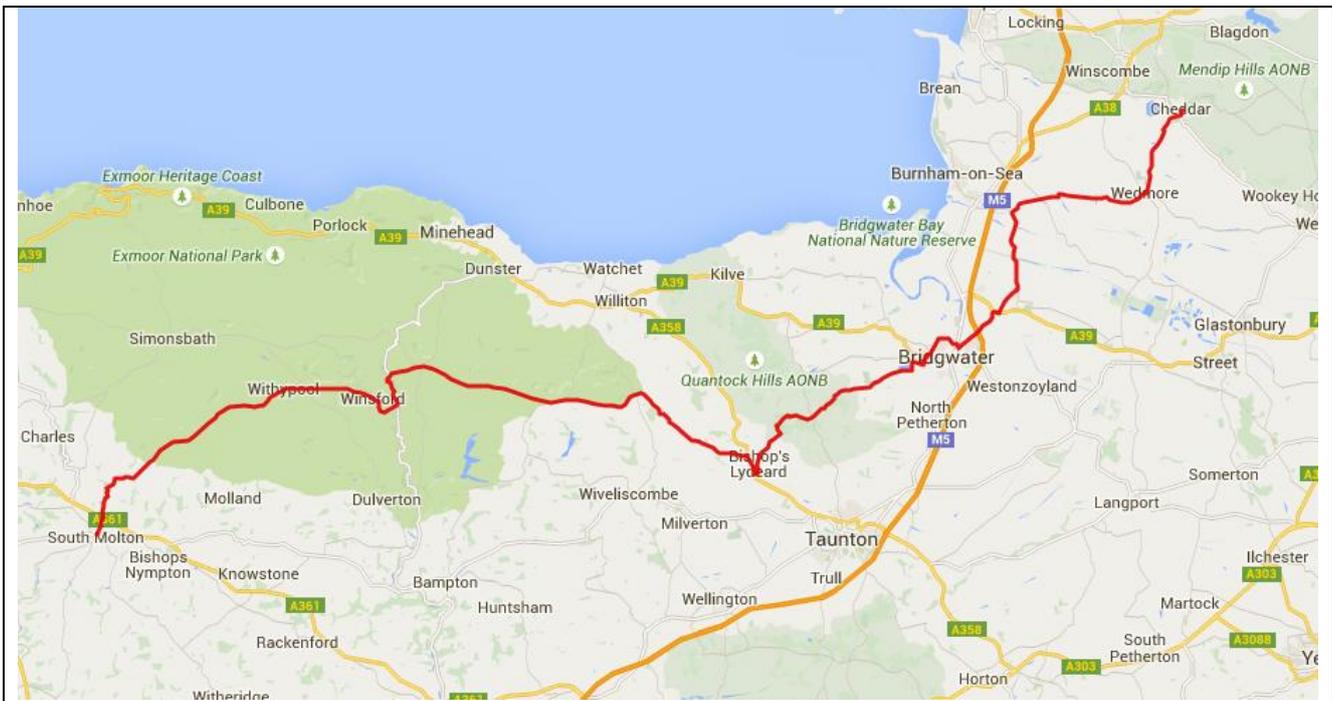
1.0	52.0	<u>ST NEWLYN EAST</u> Bear L past church on lane. Follow lanes E to cross A3058 to
5.0	57.0	<u>WHITECROSS</u> Lanes N/NE
2.5	59.5	<u>ST COLUMB MAJOR</u> Leave on A39 (alternatively use lanes to E of A39).
9.0	68.5	<u>WADEBRIDGE</u> (* <i>Bodmin Moor</i>) Cont on A39, after 3m turn L on lane. Stay on the same lane. Be guided by the road markings through



4.5	73.0	<u>ST KEW</u> Pass church on L & cont. to follow lane as above. R on B3314
2.0	75.0	<u>PENDOGGETT</u> After 3m turn L on lane
7.0	82.0	<u>TINTAGEL</u> Cont on B3263. (It's tough now for a few miles!)
3.0	85.0	<u>BOSCASTLE</u> B3263, after 3.5m turn L at x-roads. Follow coast N to
3.0	88.0	<u>CRACKINGTON HAVEN</u> Cross stream at valley bottom turn inland, take 3rd turn on L through Coxford and Millook, along coast to
6.0	94.0	<u>WIDEMOUTH BAY</u> Cont. along coast
6.5	100.5	<u>BUDE & STRATTON</u> Unless you want to go into Bude (in which case go straight on) R to Upton. Keep R on to County Road & cross canal. R on to St Anne's Hill. At A3073 (King's Hill), R and shortly L SO A39. At next junction L (road probably veers round) & cont. into Stratton. R at T (Union Hill – might be one-way so walk). R at T on to main road & 1 st L (Fore St). 2 nd R (Church Street, becomes Diddies Road).
5.0	105.5	Cont for 2.5m thro Leigh and Hershams. Cross B3254 pass Moreton Pound Farm and junction to your left and cont past Moreton Mill on your left. Enter County of Devon. Cont past Youldonmoor Cross. In 2 ¾ miles. Turn L on A388. STEEP, NARROW MAIN ROAD ASCENT OR SEEK ALTERNATIVE ROUTE THROUGH LANES.

DEVON

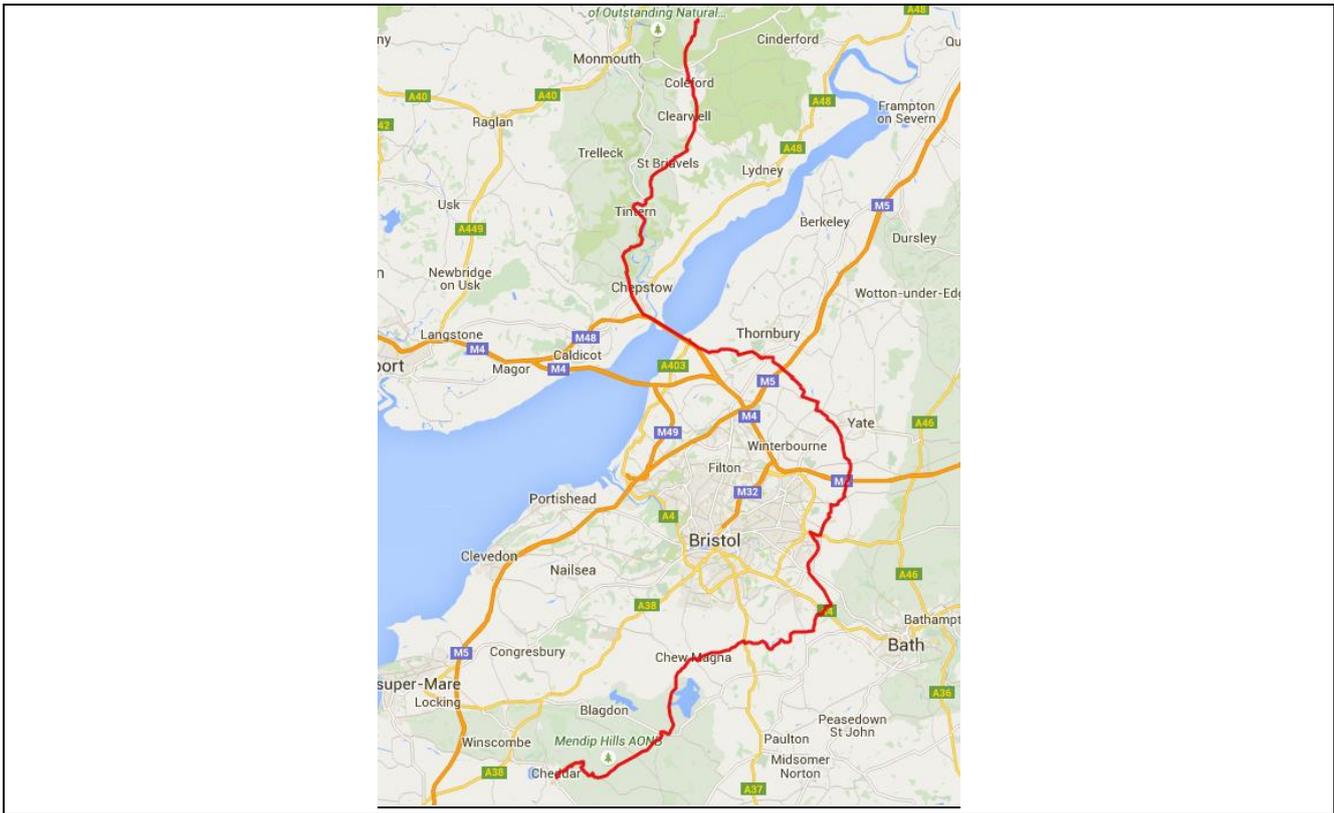
15.0	120.5	<u>STIBB CROSS</u> Turn R on B3227
1.5	122	<u>LANGTREE</u>
4.0	126	<u>GREAT TORRINGTON</u> Leave on B3227 (Alternative route: continue on B3227 all the way to Taunton, then lanes North over the Quantocks to Bridgwater where rejoin route below).
7.0	133	<u>ATHERINGTON</u> Cont. on B3227 crossing B3217 & A377, and River Taw cont on B3227
9.0	142	<u>SOUTH MOLTON</u> L on Station Road northwards crossing the A361(T) Cont. on lane



3.5	145.5	<u>NORTH MOLTON</u> Cont through village (enter County of Somerset)
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SOMERSET

8.0	153.5	<u>WITHYPOOL</u> Bear R, cross B3223
4.0	157.5	<u>WINSFORD</u> Turn R on road to Minehead and Dulverton. Turn L on to A396 and continue for approx 2 miles. In wooded area, turn R on lane (sp Watchet / Taunton), then R along B3224 following Brendon Hills eastwards to
13.5	171	<u>ELWORTHY</u> Cont. on B3224 SE to A358 where turn R to
6.5	177.5	<u>BISHOPS LYDEARD</u> Turn left to centre of Bishops Lydeard where turn left on lane NE to
2.0	179.5	<u>COTHELSTONE</u> Cont. on lane NE. At crossroads at top of hill turn R, following lanes NE to
6.0	185.5	<u>ENMORE</u> Cont. on lanes NE to
4.5	190	<u>BRIDGWATER</u> Coming into town go R at T (Durleigh Rd); 2 nd L (Oakfield Rd); R (Willoughby Rd); R (Alfoxton Rd); L (Danesboro Rd); to T (A39 Quantock Rd). Either turn R here and follow thru & out of town on A39. OR follow quieter route by going L, then 3 rd exit at RBT on to Western Way. SO to X where SO on to The Drove; R & L (Union Street); thru barrier to T where L (A39) to cross over motorway. Continue to
3.0	193	<u>CRANDON BRIDGE</u> where R on A39 (towards Street)
2.0	195	1 st L (Crancombe Lane). At T in WOOLAVINGTON, R & soon L on to B3141. R at grassy triangle to join B3139 and continue to
7.0	204	WEDMORE where L at TJ onto B3151. After CLEWER look out for, and take, a shallow R turn (SP Leisure Centre / Business Park)
6.0	210	<u>CHEDDAR</u> Turn R then L at the market cross and SO at RAB to leave on B3135 up the gorge. At the top bear L on B3371 (unsigned as such). Ignore R fork signed Bristol. Cont on lane NE and over two X roads to



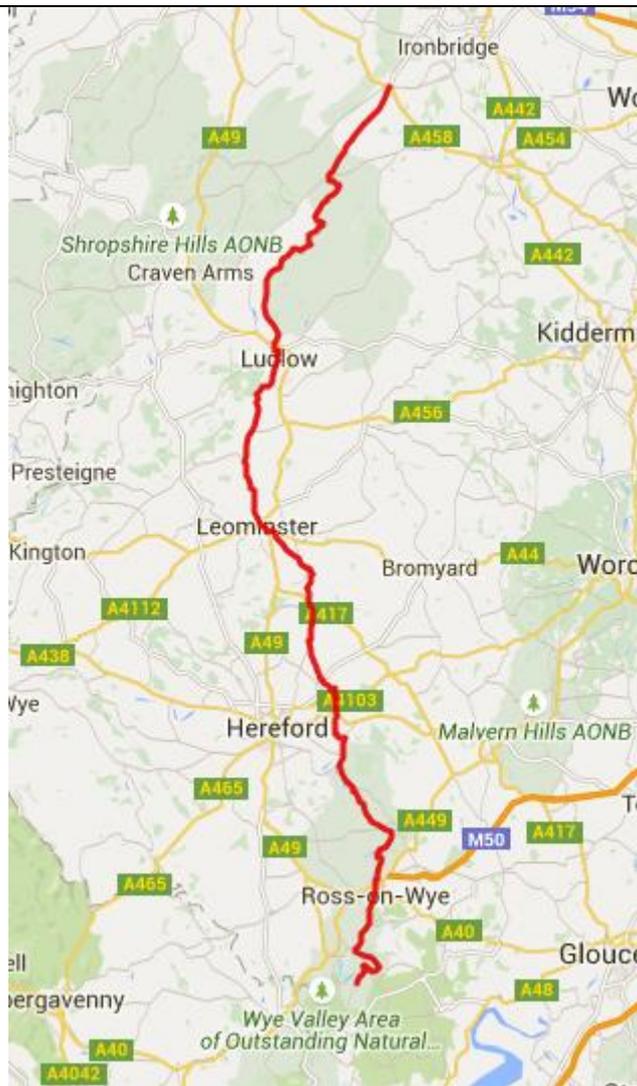
AVON [now several unitary authorities]

2.5	212.5	<u>COMPTON MARTIN</u> (Enter County of Avon) Turn R on to A368 to
		<u>WEST HARPTREE</u> Then 1 st L (SP Chew Valley Lake) Merge on to B3114 to
4.5	217	<u>CHEW STOKE</u> Continue on B3114 to meet B3130 at
1.5	218.5	<u>CHEW MAGNA</u> Go R on B3130 for 2¾ miles through Belluton where turn R on lane to A37. Straight over A37 <i>with care</i> and cont on lanes to
3.5	222	<u>PUBLOW</u> Continue eastwards to
0.5	222.5	<u>WOLLARD</u> where turn R over River Chew to
1.5	224	<u>COMPTON DANDO</u> Turn R in village (before the R Chew bridge), on lane eastwards, then take first L up steep hill to
1.5	225.5	<u>BURNETT</u> Straight ahead through village to junction with B3116. Cross straight over B3116 into Middlepiece Lane. At T junction turn L. Contine straight over crossroads along Longwood Lane to
2.0	227.5	<u>SALTFORD</u> Turn R on edge of Saltford and follow road round to left (Manor Road) to reach A4. Go SO A4 (<i>BUSY ROAD</i>) on to Beech Road. (NB Cyclists may prefer to dismount and cross the A4 at the light controlled pedestrian crossing 250 yards to the E). Then turn R to pass under railway bridge (Mead Lane). Take first L (Avon Lane) & then turn R to head N on the Bristol and Bath Railway Path. <i>(Built by Sustrans, this path is open to pedestrians, cyclists and wheelchair users only. It provides a flat route into either Bath or Bristol for anyone wishing to detour into these cities.)</i> Follow railway path N for 4½ miles, past Bitton Station, Oldland common and North Common to the traffic lights on the A420 (London Road). Here turn R off the Railway Path onto the A420. Follow the A420 for ½ mile to x-roads by public house. Turn L onto lane Northwards to
7.0	234.5	<u>SISTON</u> Follow lane thro village to 'T' junction with B4465. Turn R onto B4465
1.5	236	<u>PUCKLECHURCH</u> Continue on B4465 over motorway. Where B4465 bears sharp R continue straight on, taking lane to
2.5	238.5	<u>WESTERLEIGH</u> Bear R in village to go northwards under railway line. Through Rodford to
2.0	240.5	<u>NIBLEY</u> Turn left onto A432 and first R on lane northwards. Keep left at junction in village and continue across railway line into
1.5	242	<u>IRON ACTON</u> Take B4059 NW over railway to
1.5	243.5	<u>LATTERIDGE</u> where B road bends sharp L going into the village, turn R on lane NW. Follow to 'T'

		junction where turn R and then first L passing under motorway to
3.0	246.5	<u>ALVERSTON</u> Keep left in Alveston and continue to junction with A38. Cross straight over A38 and follow roads through Alveston to join B4461. Turn L on B4461 to
3.0	249.5	<u>ELBERTON</u> Cont on B4461 towards Aust and Severn bridge. Follow B4461 to roundabout underneath motorway and follow signposts to approach road to Severn Bridge Cycle Path Northbound. Cross Severn bridge (M48) and turn right to roundabout to

GWENT

6.0	255.5	<u>CHEPSTOW</u> (Enter County of Gwent). Cont on A466 to
		<u>TINTERN ABBEY</u> Turn R across river
9.0	264.5	<u>BROCKWEIR</u> Ascend hill on lane; L (SP Coldharbour), R at T
3.5	268	<u>ST BRIAVELS</u> (Castle) Join B4228
6.0	274	<u>COLEFORD</u> (Forest of Dean)
3.5	277.5	<u>ENGLISH BICKNOR</u> (* Turn L across river to see Goodrich Castle) Otherwise stay on R bank of river and join the B4234 to (Enter County of Hereford & Worcester)



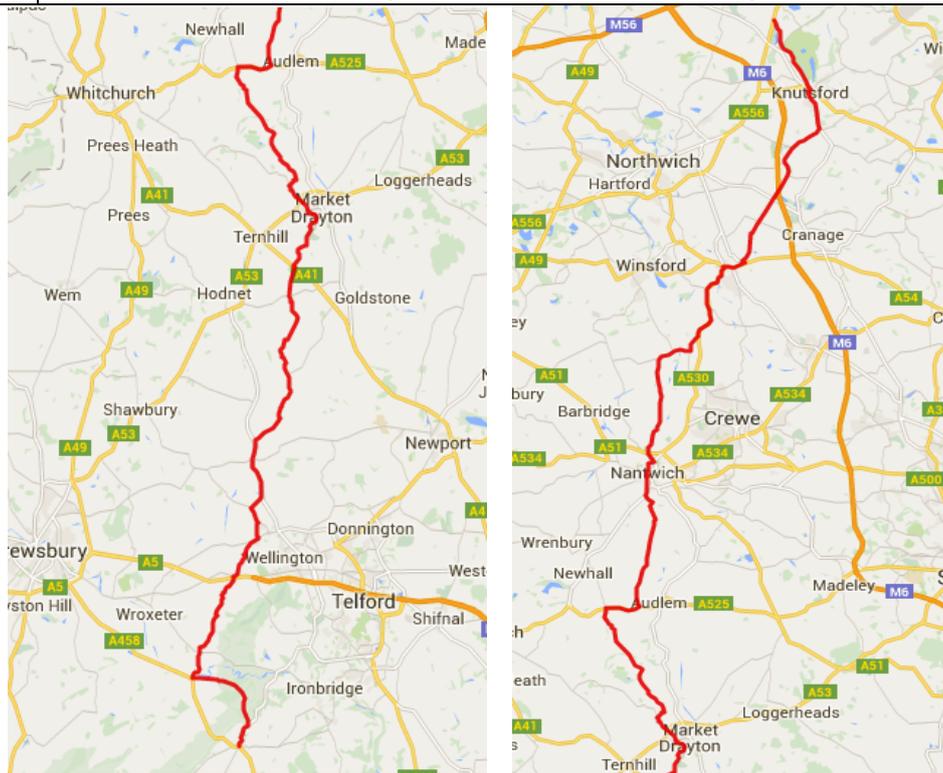
HEREFORD & WORCESTERSHIRE

9.0	286.5	<u>ROSS-ON-WYE</u> Bear R at Market Place (SP Ledbury). 1 st exit, then 2 nd exit at two adjacent mini-RBTs and immed. L on Brampton St. Cont over A40 to <u>BRAMPTON ABBOTS</u> <u>HOW CAPLE</u> (Church)
7.0	293.5	<u>FOWNHOPE</u> L on to B4224
2.5	296	<u>MORDIFORD</u> Cont straight on at bottom of hill on to lane (direction Prior's Frome). After 1m turn L, cross River Lugg, then turn R. Cross A438; cross A4103

		<u>WITHINGTON</u> Bear L in village, turn R & L across A465, cont on lane to
10.5	306.5	<u>BODENHAM</u> Join A417. After 0.25m R on lane. Turn L for <u>STOKE PRIOR</u> . Continue to join A44
5.0	311.5	<u>LEOMINSTER</u> ... just before the A44/A49 junction. Take a cycleway off to the right, crossing the A49 at a toucan (signaled) crossing. R at the end into Leominster. The road bends sharp left and becomes one-way as it goes through the town centre. Follow the one-way circuit all the way until L at TJ (SP Other Routes). SO at junction where you join the A44 Broad Street. L at RAB (SP RICHARDS CASTLE) onto the B4361 North Road through LUSTON.
3.0	314.5	<u>LUSTON</u> (* Take L for Croft Castle & Croft Ambry Camp)

SHROPSHIRE

5.0	319.5	<u>RICHARDS CASTLE</u> (Enter County of Shropshire)
6.0	325.5	<u>LUDLOW</u> (Church, museum, many old houses). Bear R after bridge on to Old Street, R into Tower St (narrow), fwd past Somerfield & bear L on to Upper Galdeford. Over TR Lights into Gravel Hill. L at RH bend on to New Road. Follow to mini RBT where 2 nd exit on to Fishmore Road. Fly over A49. Proceed to <u>BOULDON</u> Turn L across stream
10.5	336	<u>TUGFORD</u> (Church) Bear L out of village <u>STANTON LONG</u> Turn L. R on to B4368 & soon L. R on to B4378
1.5	342	<u>BROCKTON</u>
5.0	347	<u>MUCH WENLOCK</u> (Raynalds Mansion, Priory, Guildhall) (*For Wenlock Edge turn L at Brockton, bear L at Easthope, turn R on B4371- adds 2.2m to the route). Leave on A4169. In approx 1m L (SP Cressage). (For historic Ironbridge* - 18c cast iron bridge, museum of early iron founding etc, cont. further on A4169 & go R after crossing river.)



5.0	352	<u>CRESSAGE</u> R on B4380. SO staggered Xroads and pass through Eaton Constantine, Rushton & Aston to
4.0	360	<u>WROCKWARDINE</u> Keep R by church. R on B4394
1.5	361.5	<u>ADMASTON</u> Turn L on Bratton Road, turn L on B5063, take next R turn, cross canal onto A442
4.0	365.5	<u>CRUDGINGTON</u> After 0.5m bear R into <u>WATERS UPTON</u> Cont on lane
3.0	368.5	<u>GREAT BOLAS</u> Turn L
3.0	371.5	<u>OLLERTON</u> Ollerton Lane, Rosehill Rd, cross A41, Colehurst, Sutton, come into
8.0	379.5	<u>MARKET DRAYTON</u> SO at T (Red Bank); R at X (Dalelands Est); SO at X (Alexandra Rd); 1 st exit at

		miniRBT (Longslow Rd); 2 nd exit at miniRBT (Bridge Rd); R at T on to A53 and 1 st L
1.5	381	<u>LONGSLOW</u> Bear R, in Shavington Hall Park turn L

CHESHIRE

4.5	385.5	<u>WILKESLEY</u> (Enter County of Cheshire) After 0.6m turn R. At T turn R on to A525. L (SP Nantwich) on Coole Ln. Follow all the way to T where R.
11.0	396.5	<u>NANTWICH</u> . R at TJ onto A530 & soon L on Shrewbridge Rd. L at T (Waterlode); R at TRLights; 1 st L (Manor Road); L at T (Barony Rd, A51); 2 nd exit at RAB onto B5074 (SP Church Minshull).
9.0	403	<u>CHURCH MINSHULL</u> Turn R across river & canal. Turn L at 'T' junction, join A530
6.0	409	<u>MIDDLEWICH</u> Follow 'Town Centre' on one-way system on to Kinderton St /A54 (SP Congleton); L at RBT (SP Knutsford) on (B5309), then soon R on to B5081 (SP Knutsford). L & R at B5082. L at T on to A50. Come to
9.0	418	<u>KNUTSFORD</u> R at TRLights. Next L B5083 King St. At 5-way jnct. Take 2 nd R on Mereheath Lane. R at T on A5034
3.5	421.5	<u>BUCKLOW HILL</u> Cross A556, follow lane NW



GREATER MANCHESTER

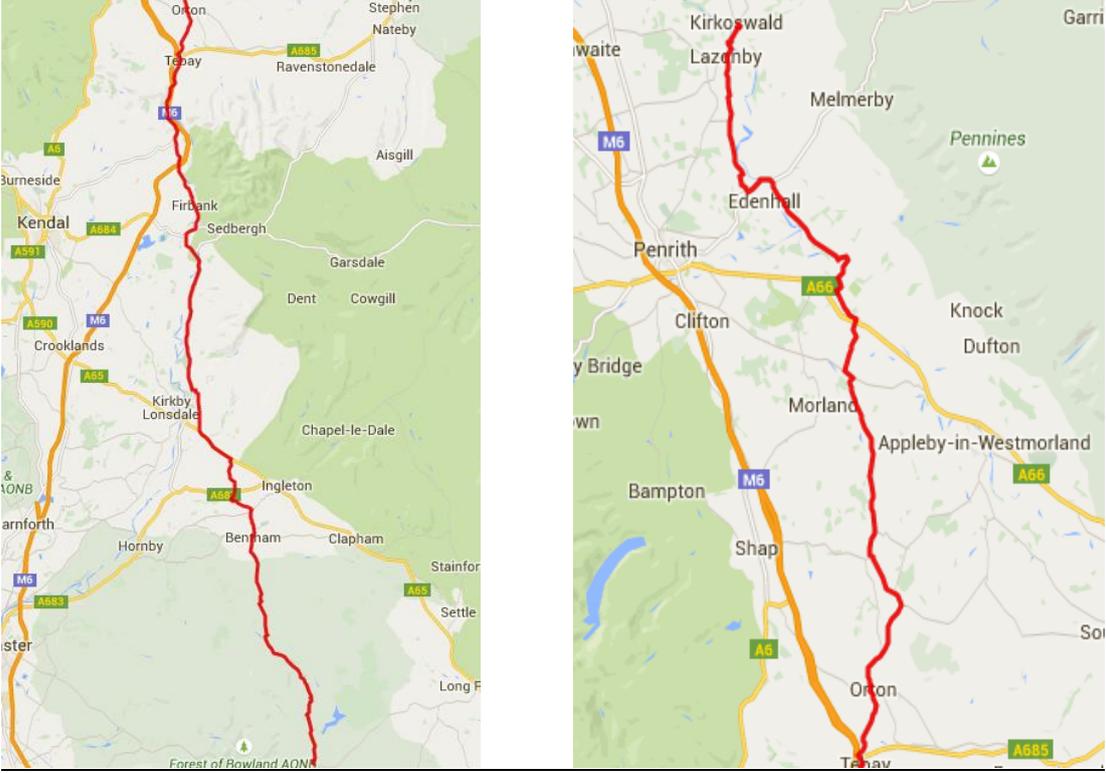
3.0	424.5	<u>BROOMEDGE</u> L on to A56. Soon R on to B5159 (enter Metropolitan area of Greater Manchester)
2.0	426.5	<u>WARBURTON</u> Forward over canal (toll), turn R on A57, after 0.7m turn L on B5212. Turn R at RBT on A574, cross A580 at large fast RBT. In 0.8 miles turn L to A572
9.0	435.5	<u>LEIGH</u> At traffic lights in centre turn R (the turn is just after the Spinning Gate Shopping Centre and the Bus Station) on to B5215. If this turn is missed, take the next R (Leigh westerly bypass) A579 sp Bolton. In 1.4m turn L on B5235. SO the A579 and A577
5.0	440.5	<u>WESTHOUGHTON</u> L at A58 and in 200yds R on B5235 sp Lostock to A6 then L. Cont. along A6 for 5½-m then R (Grimeford Lane) minor road. Cross A673 and keep L at x-roads. (Cross M61 and R

		imed after.) Cont to
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LANCASHIRE

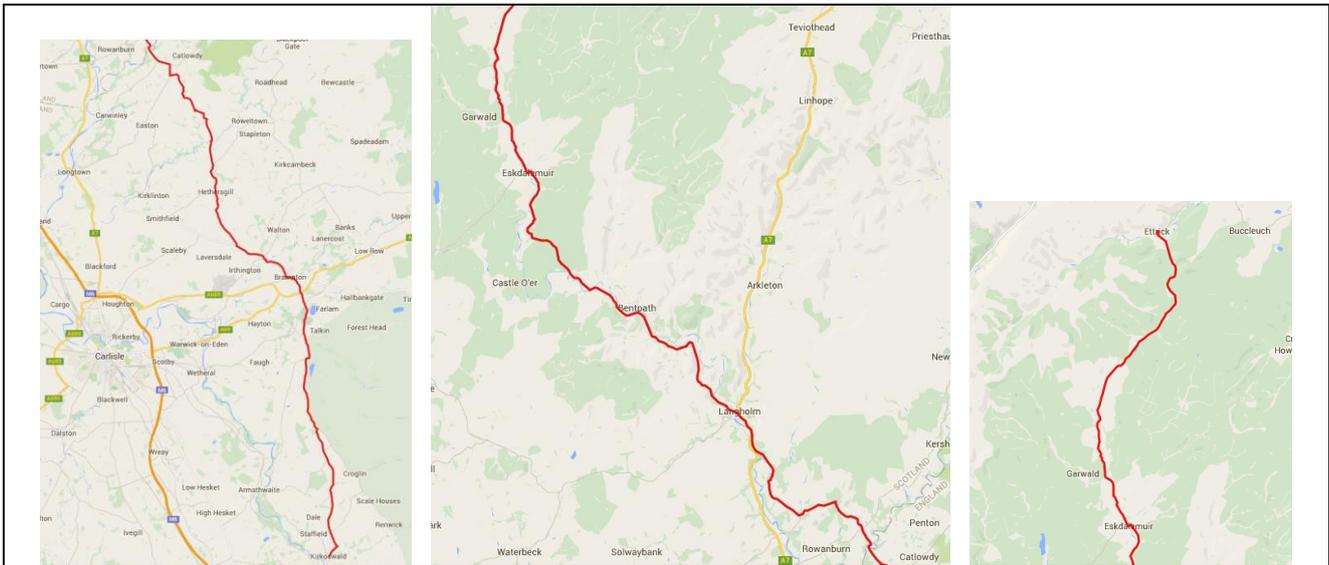
10	450.5	<u>CHORLEY</u> R at r'bt B6228 (Eaves Lane). Cont. to next r'bt then R, downhill. At A674 turn R, then L to
2.5	453	<u>WHEELTON</u> L at x-roads sp Brindle then R (over canal), then R to
2.3	455.3	<u>BRINDLE</u> turn R and join B5256, take L after Motorway Bridge, then 2 nd R (Private Road) to
2.0	457.3	<u>HOGHTON</u> (*...) R at T, join A675, then L, then R (Goosefoot Ln), then R at T (Further Ln), R at T (A677) then L to
4.2	461.5	<u>MELLOR</u> R at T, straight on at T-lights, second left sp Whalley, then L, then R to
6.75	468	<u>WHALLEY</u> (Church; carved stalls, pews etc) Turn L on B6246
4.0	472	<u>GT MITTON</u> (Church) Turn R on B6243, after 0.7m cont straight on lane
3.0	475	<u>BASHALL EAVES</u> Bear L, turn R at <u>Cow Ark</u> , up hill and R, then turn L on B6478
7.5	482.5	<u>NEWTON</u>

NORTH YORKSHIRE

2.5	485	<u>SLAIDBURN</u> Leave on lane northwards (Enter County of North Yorkshire)
		
12.0	497	<u>HIGH BENTHAM</u> Continue N on lane
3.0	500	<u>BURTON IN LONSDALE</u> Cross A687. Cont N on lane, turn L on A65 after 2m bear R on lane. (Cont on A65 for Kirkby Lonsdale) Join A683 (Enter County of Cumbria) After 6.3m bear L on B6256. (Cont on A683 for Sedbergh) Turn R on A684, after 0.5m turn L on B6257. Join A685.

CUMBRIA

24.0	524	<u>TEBAY</u> Leave on B6260.
3.0	527	<u>ORTON</u> Cont on B6260. Bear left on lane at top of hill
5.5	532.5	<u>CROSBY RAVENSWORTH</u> <u>MAULDS MEABURN</u>
4.5	537	<u>KINGS MEABURN</u> Cont. N. Turn L on A66
5.0	542	<u>TEMPLE SOWERBY</u> After 1.6m turn R on B6412
2.5	544.5	<u>CULGAITH</u>
3.5	548	<u>LANGWATHBY</u> Turn L on A686. Cross River Eden. Turn R join B6412
6.0	554	<u>LAZONBY</u> Turn R on B6413
2.0	556	<u>KIRKOSWALD</u> After 1.5m cont straight on at x-rds



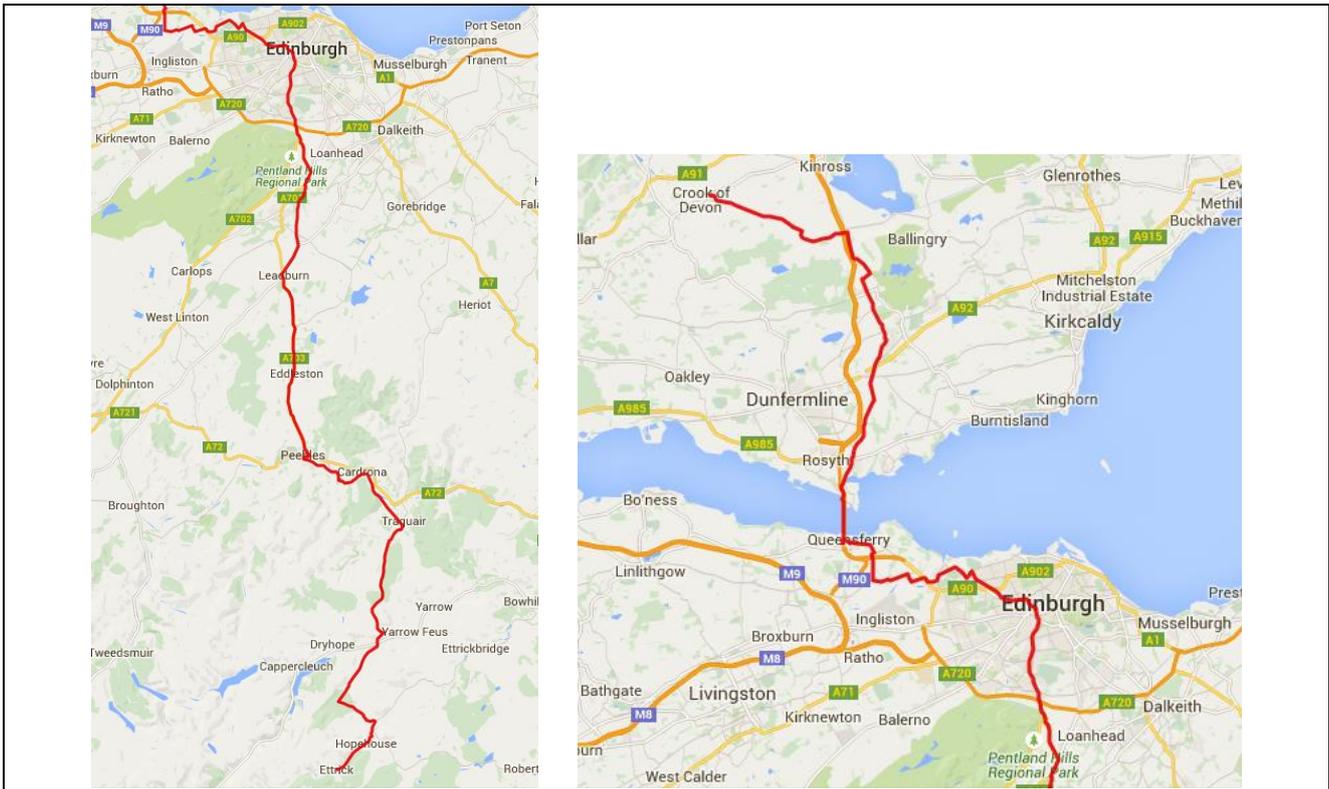
12.0	568	<u>CASTLE CARROCK</u> Cont on B6413
4.0	572	<u>BRAMPTON</u> (* <i>Lanercost Priory & Naworth Castle, 2.0 miles NE of Brampton. Hadrians Wall</i>) Leave on A6071, after 3m bear R on lane. (Alternative route to Langholm: A6071 to Longtown, A7 to Canobie, A7 to Langholm 2m longer but fewer hills)
6.0	578	<u>HETHERSGILL</u> Cont N on lanes to join B6318 turn L Cross <u>Liddell</u> Water (Enter Scotland, Region of Dumfries and Galloway)

DUMFRIES & GALLOWAY

18.0	596	<u>LANGHOLM</u> Leave on B709
6.0	602	<u>BENTPATH</u>

BORDERS

7.5	609.5	<u>ESKDALEMUIR</u> Cont on B709 (Enter County of Borders).
13.0	622.5	<u>ETTRICK & RAMSEYCLEUCH</u> (* <i>St Marys Loch 3m to W</i>) Cont on B709 (<i>not B7009 - you need to turn L to stay on the B709 after the Tushielaw Inn - lots of people miss this</i>). Cross A708



16.5	639	TRAQUAIR (<i>Traquair House</i>) Turn L on B7062. Arrive at
7.0	646	PEEBLES R at RAB, cross river, R at RAB onto High Street; almost leave town then L at RAB on to A703. Bear R on A6094 after 9.6m (Enter Lothian Region)

LOTHIAN

12.0	658	HOWGATE Bear L on B7026 (<i>alternative route avoiding Edinburgh City Centre starts here – see below</i>)
2.5	660.5	AUCHENDINNY Join A701. Turn L onto A703, then R onto A702 to Fairmilehead . Follow signs to City Centre (along A702)
9.0	669.5	EDINBURGH

The Edinburgh Cycle Map is a street plan of the city and extends south as far as the A720 ring road. It's available to order (post-free) by sending a cheque made payable to SPOKES to the following address: **Spokes (the Lothian Cycling Campaign group), St Martin's Church, 232 Dalry Road, Edinburgh, EH11 2JG**, price £5.95. This indicates suggested cycling routes and contains a wealth of other useful information. <http://www.spokes.org.uk/spokes-maps/>

With the opening of the National Cycle Network route from the centre of town to the Forth Road Bridge, what follows is really a selection of options. Your best move is to follow the directions below until you come across NCN signs and simply follow these.

Route through the City to the Forth Bridge avoiding the A720 (T)

(NB. The A720 (T) Edinburgh bypass is best avoided by cyclists as it carries fast moving and heavy traffic – it is also reportedly illegal to cycle on! The A90 is OK to use going out of the city first thing in the morning, **but** should be avoided beyond Cramond Bridge and at other times as it is busy with fast moving traffic like the A720. Cyclists using the A90 are advised to take special care at the double roundabout at Barnton).

From centre of Edinburgh follow A90 (Forth Bridge Road) for approx 1.5 miles to 5-way junction at Craigeith, (Holiday Inn is on left hand side and Sainsburys Superstore on R).

Turn R here onto South Groathill Road and after 200 yards pick up the cycle path on the left hand side. Turn L and immediately R. Follow path NW to its end.

Follow the line of the path (along Silverknowes Road) down to a roundabout where L (Lauriston Farm Road) to T

junction where turn R (Barnton Gardens). Follow downhill and L at fork (Gamekeeper's Rd). L at T junction (Whitehouse Road) and then R at bottom of hill onto Braepark Road.

Cross Cramond Bridge, then follow cycle path for 200yards after which there is an underpass leading to slip road to lane Westwards. Follow lane West. Pass under railway. After half a mile, just after farm on left hand side and just before bridge for disused railway turn R (no signpost), straight up and over hill and down to hamlet of Dalmeny. R then immediately L and downhill where L signposted Dalmeny Station, along Station Road to end where L then immediately R (Loch Road) to point directly under the Road Bridge. L up the path and fork R which takes you onto West side of Forth Road Bridge & cycle Path.

Route avoiding Edinburgh City Centre

Leave Peebles on the A703 towards EDINBURGH, through EDDLESTON and LEADBURN.

R onto the A6094 to HOWGATE.

R to stay on the A6094 until near Rosewell on the by-pass, L onto a minor road (SP for cycles to Bonnyrigg) to POLTON.

L onto Polton Bank which leads into Polton Road, descend to cross the River North Esk and then climb the hill on the other side. SO at RAB, follow to R then L onto Clerk Street. SO at Xrds with A768 to stay on Clerk Street (B702).

R at RAB, then R at RAB again onto the A701 to cross the EDINBURGH by-pass. At the first major cross roads turn L onto the EDINBURGH Cycle Ring Road which is Frogston Road East (SP Colinton B701).

Follow the RR signs (ignore any RR signs that suggest you do a 'U' turn, these are for destinations back the way you came), along Frogston Road West, Oxfangs Road, Oxfangs Road North, fork Left into Redford Road, L into Bridge Road becoming Gillespie Road then Wester Hailes Road.

SO at RAB still following RR onto Bankhead Avenue, follow the RR route turning R then follow to L, then turn R onto Bankhead Drive.

Leave the RR route when it turns L (under a railway bridge), going SO, L at RAB (SP Corstorphine B701) onto Broomhouse Road. The road becomes Meadow Place Road, SO at signals, (Tesco stop is to the left here). SO at RAB onto Drum Brae South then North to BARNTON.

L onto the Queensferry Road for a short distance, move to the right-hand lane then R at Barnton Hotel (SP Cramond) onto Whitehouse Road, at the first major junction turn L onto Braepark Road and join NCN1.

Cross the old Toll Bridge at CRAMOND, stay on NCN1 along the slip roads then onto the path adjacent to the A90, then onto B924, stay on the B924 when NCN1 turns off, to ride along the Firth of Forth to QUEENSFERRY

R at the end of the cobbled section of road (effectively SO) then stay on the B924 around to the L. When you pass under the road bridge take the path to the left then R at the road up onto the bridge then cross the Firth.

FIFE

11.0	680.5	<u>FORTH ROAD BRIDGE</u> (Enter Fife Region) Cross the Forth Bridge. Take the first exit off the bridge (which is down a path at the start of the car park), R onto road and turn R at the RAB then R at the next one to join the B981. Stay on the B981 through INVERKEITHING. R then L at the A921 RABs to stay on the B981 to
8.0	688.5	<u>CROSSGATES</u> there are two options: <i>(The second option has much easier gradients but is 1½ miles longer).</i> Option a) At the White House Pub turn left on B917 through Hill of Beath to KELTY. Carry straight on through the village and descend to junction. Turn left onto B996 towards Kinross. Rejoin route below at => or Option b) At White House continue straight on to <u>Cowdenbeath</u> Turn left at the mini-roundabout and head North up the High Street. At the mini-roundabout at the North end of the High Street turn right and at the next roundabout left towards Kelty (A909). Skirt the East of Kelty on B996 towards Kinross.

TAYSIDE

6.0	694.5	=>2½ miles North of Kelty turn left onto B9097 and cross M90 at Junction (You are now in the region of Tayside). Follow B9097 for 5½ miles. Then just before (1/3 mile before) junction with A977 turn right into a narrow road which soon angles sharply left through the lanes to
7.0	701.5	<u>DRUM</u> village. Then this road crosses the A977 (which is very busy indeed). (SP Yettes

		O'Muckhart). After 1½ m join A91 turning left. Follow to
3.0	704.5	<p>YETTS O'MUCKHART Here turn right toward Crieff on A823 (junction is slightly complicated)</p> <p><i>Alternative route: If time is short take the A823 to Gleneagles. Cont. On A823 over A9 (bridge) to Muirton. Turn R onto A824 to Auchterarder. Turn L on B8062 to Kinkell Bridge, where cross river and immediately R on lane. Cont. For 5m to x-roads where turn L to Findo Gask. Cont. N on lane, turn R at junction and take first turn L, cross A85 to Methven and Busby. Cross R Almond and follow lane round to R to Pitcairngreen. Cont. through village take lane NE. Turn R on to B8063, cross bridge over A9 to Luncarty (33m).</i></p> <p>Turn R shortly after joining A823 onto B934 (sp Dunning). At the summit here (a fairly gentle climb except for a short steep section early on) you get breathtaking views of</p>
9.0	713.5	<p>DUNNING (13th century St Serf's Church)</p> <p><i>The next section of route takes you on a loop which will eventually lead you to Luncarty, north of Perth. If the weather is bad or you're running late, try going straight thru Dunning and continuing to Findo Gask & Balgowan. Turn R at Balgowan and next left to Methven, then Busby, then a L to Moneydie.</i></p> <p>Just beyond Methven you should pick up the NCN Route 77 (later Route 7) and you could follow this all the way to Inverness and beyond if you wish. Many do nowadays!</p> <p>However we like to offer a choice, so to continue with the traditional route: The longer route from Dunning is...:</p> <p>Leave on B8062. Pass beneath railway and A9 and turn L on to A824 towards Auchterarder. Before the centre of village turn R onto B8062 to</p>
7.0	720.5	<p>KINKELL BRIDGE (*for detour to visit Britain's first public lending library (now a museum), cont. On B8062 to Innerpeffray). Cont. on B8062 and turn R on lane where B8062 bends sharp L. Cont. on lane N to A85 where straight across (R & L) to</p>
6.0	726.5	<p>FOWLIS WESTER (13th century Church with unusual 'lepers' squint'). Cont. up hill and turn L towards BUCHANTY. Before junction with B8063 turn R on lane Eastwards keeping River Almond on your left. Pass Trinity College on the left (where church ministers are trained). Turn L across river and R onto B8063 to</p>
12.0	738.5	<p>MONEYDIE Cont. On B8063 cross bridge over A9 to</p>
2.0	740.5	<p>LUNCARTY Follow B9099 NE thro' Murthly, Gellyburn to join A984 at</p>
5.0	745.5	<p>CAPUTH Turn right on A984 to left turn on B947 after Spittalfield, passing thro Lethendy and left on to the A93</p>
		<p><i>The next section of this route as far as Grantown on Spey is very strenuous - plenty of hills and a few tough climbs. It's also quite remote in places - carry food and drink! For a less strenuous (but not entirely!) and less remote alternative, here is an alternative.</i></p>

LUNCARTY. From here follow the B9099 NE. At WEST TOFTS turn R on minor road to
KINCLAVEN. Turn R on A93, then very soon L on minor road to
COUPAR ANGUS. Leave on A94, via MEIGIE and GLAMIS to
FORFAR (If you have a map, there are alternative minor roads.) Leave on B9134 to BRECHIN where continue on B966 to EDZELL and
FETTERCAIRN. Take the B974 (very hilly section) to
BANCHORY. Leave on A93 for Aberdeen, then bear L almost immediately on to A980 to
ALFORD. Leave on A944 to join A97 to HUNTLY. (OR turn R at Bridge of Alford, then soon L and continue on minor roads over Suie Hill to Clatt and Kennethmont to join B9002 to CULTS. Soon join A97 to)
HUNTLY. Leave on A920 to DUFFTOWN. (Another alternative is to cut the corner on the main road route taking the A941 from RHYNIE to DUFFTOWN: this route passes over high ground.
Leave DUFFTOWN on A941 (sp Elgin). R on to A95 & soon L on to B9102 to Upper Knockando. On outskirts of CARDOW, R on to minor road to
DALLAS, where L on to B9010 to
FORRES. Leave on A96 and continue to AULDEARN where L on to B9101. This turns into B9090. Through CAWDOR to junction with B9091 where L. Join B9096 & continue to CULLODEN to join normal route. End of low level, bad weather alternative.

Back to the normal route through the Grampians:

7.5	753	Reach <u>BLAIRGOWRIE & RATTRAY</u> and stay on A93.
6.0	759	<u>BRIDGE OF CALLY</u> Turn R on A93

GRAMPIAN

13.0	772	<u>SPITTAL of GLENSHEE</u> (Enter Grampian Region)
16.0	788	<u>BRAEMAR</u> Cont on A93
9.0	797	<u>BALMORAL CASTLE</u> Turn L onto B976 leading to A939 where L to
15.0	812	<u>COCK BRIDGE</u> Cont N

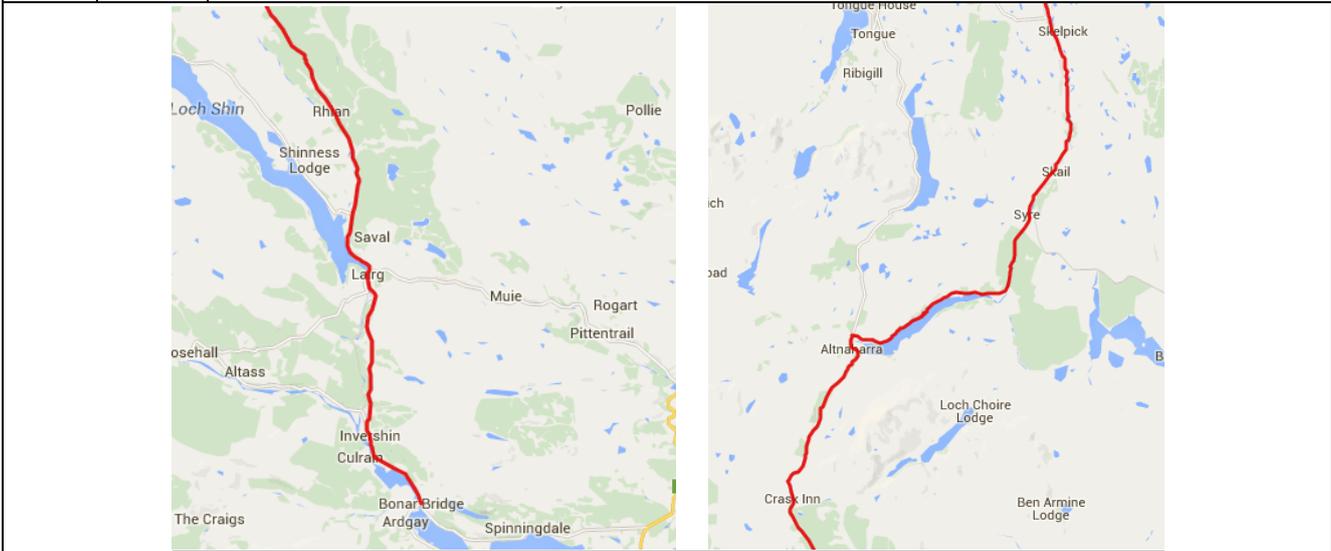
HIGHLAND

9.5	821.5	<u>TOMINTOUL</u> Leave on A939 (Enter Highland Region). Cont to
4.5	826	<u>BRIDGE OF BROWN</u> Cont. On A939, turn L on A95 at Speybridge to
9.0	835	<u>GRANTOWN-ON-SPEY</u> . Turn off on A939 across exposed moorland to
8.0	843	<u>DAVA</u> and left (still on A939 which leads to Nairn). Turn left off A939 approx 2.4 miles beyond Dava on to minor road (the only one!). Continue across B9007 thro'
5.5	848.5	<u>DULSIE</u> . Keep R to Mains of Clunas & take next left (just before Urchany), still on minor roads. Keep left just before
9.0	857.5	<u>KIRKTON OF BAREVAN</u> and turn L at next junction (crossroads). Cont towards Daviot and A9 to take first right (soon to descend and cross railway) to cross the B851 and very shortly the B9006 at the Culloden Battlefield site and visitor centre (* <i>The site of the last battle fought in Britain</i>). Alternative route from Clunas (1 mile longer):- Cont. on lane and turn left towards Kirkton of Barevan. Just before Kirkton of Barevan turn R to <u>CAWDOR</u> (<i>Castle of Macbeth fame. King of Scots, died 1057</i>). Left on B9090 and then left on B9006 to rejoin route at Culloden Battlefield).
8.0	865.5	<u>CULLODEN BATTLEFIELD</u> Continue on lane downhill to
1.0	866.5	<u>BALLOCH</u> and left to
1.0	867.5	<u>CULLODEN</u> (modern village) and Smithton to turn left onto the A96 towards Inverness. At the next rbt (junction with A9) turn right and proceed over
4.0	871.5	<u>KESSOCK BRIDGE</u> (Cycle track on bridge) Cross bridge
<p>Either: After bridge take the cycleway L down into <u>NORTH KESSOCK</u>, R onto road and follow it until just before a RAB. Take the cycle track on the R, follow it through the subway, when you exit follow around to the left then 1st R onto minor road to</p> <p><u>DRUMSMITTAL</u>, R onto the B9161 (SP Fortrose) to <u>MUNLOCHY</u>. L onto Station Brae. SO at Xrds with the A832 SP Knockbain. L at 'dead end road' sign to R when the road bends to the L into</p> <p><u>CULBOKIE</u> (this turn is very easy to miss, there are no signposts but you can see that the round you want bends around to the left with another road going straight on).</p> <p>R at Xrds onto B9169 and 1st L onto minor road (by pub). L at TJ onto B9163 and imm R onto the A9 and cross the bridge. Follow the A9 SO at RAB at end of bridge then 2nd L onto the B817 into EVANTON.</p> <p>Or: After bridge take the cycleway L down into</p> <p><u>NORTH KESSOCK</u>, R onto road and follow the firth bank. Bear L to pass through Charlestown, still following the firth. L at Redcastle, L on to A832. Through</p> <p><u>MUIR OF ORD</u> (shops & café) R on to A862 to</p> <p><u>CONON BRIDGE</u> to</p>		

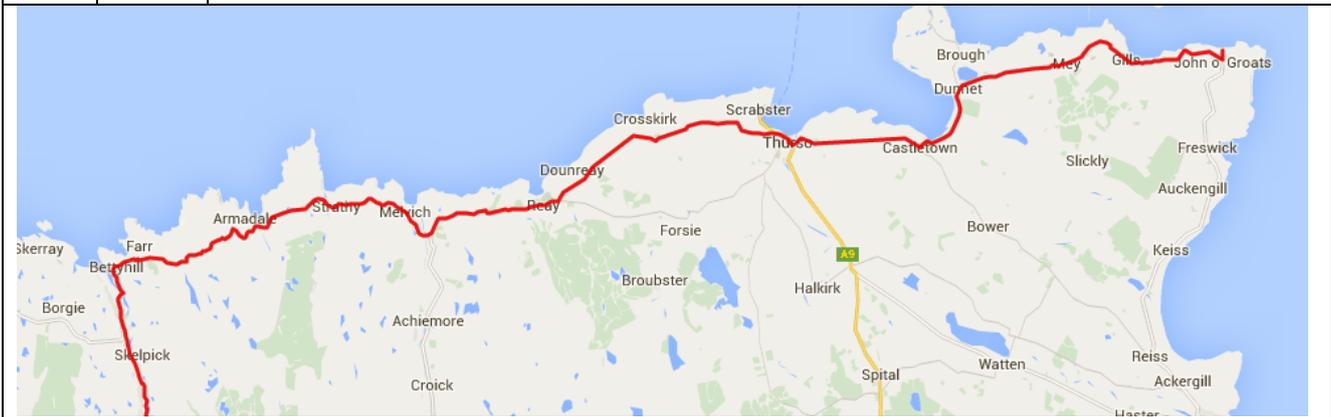
DINGWALL Coming into town, road crosses railway & bends to R. Go L soon on to Tulloch Avenue. R at T on to Evanton Road. Continue to **EVANTON** (the high road with views out over the loch)
(Alternative - flatter, but slightly longer - route between Culbokie and Bonar Bridge. This route uses the Cromarty - Nigg Ferry, which currently operates a regular service, more so in summer, Off season it only works to serve local commuters at commuting (& possibly other) times. Further information: 01381 610269.] There is also NCN1 hereabouts.

From **CULBOKIE** take B9169 north east, R on B9163 to **CROMARTY** where take ferry to Balnapaling. From **BALNAPALING** take lane R to **NIGG** and **BALINTORE**. Cont. thro. village, take lane NW, straight over B9165 to **LOCHSLIN**, **BALCHERRY**, **TAIN**. Turn R. on to A9, soon L on A836 to **ARDGAY** and **BONAR BRIDGE**).

16.0	888.5	EVANTON , follow lane alongside railway then left onto B9176 (just West of Alness). Stay on the B9176 over the Struie. Turn L on A 836 to
20.0	908.5	BONAR BRIDGE Cross Bridge and turn L to follow A836 N. Turn left on A837. Cont. to Inveran where turn right on to the B864 to Lairg passing the Falls of Shin (can't be seen from the A836) tearoom/shop (somewhat upmarket) at falls - quite scenic and better than A836. Join A839 turning left to



10.5	919	LAIRG Cont on A836 to
21.0	940	ALTNAHARRA Turn R onto B873 to Syre where keep L to cont N on B871. At junction with A836 turn right to
24.0	964	BETTYHILL Follow A836 E through
13.5	977.5	MELVICH <i>(Alternative minor road route: after approx 8m turn R on lane to Shebster, R to Broubster, and L to Halkirk. Turn R on B874 to Stemster Ho. where L on lane to B876. L on B876. Take second R thro' Greenland, Inkstack. Cont. on lanes to Canisbay (YH) and turn R on A836 to John O'Groats). Cont. to</i>
19.5	997	THURSO to (* Detour to Dunnet Head and lighthouse - the most northerly point on the British mainland where sheer cliffs drop straight into the sea).
20.0	1017	JOHN O 'GROATS (* Detour - mainly road - to Duncansby Head. Spectacular Coastal scenery includes the Stacks of Duncansby.)



CONGRATULATIONS!

Looking to celebrate after your journey try the 'The Cabin @ John O'Groats' which holds the record for being the most northerly food takeaway on the island of Great Britain. <http://www.thecabinatjohnogroats.co.uk>
#1 On Trip Advisor open 7 days a week from 8am to 8pm, reduced hours operate towards the end of the season so call ahead on 01955 611400 for opening hours and to also phone ahead your order!

Plotted using the available GPX files from CTC-Maps and visualised using <http://www.gpsvisualizer.com/>

