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Land's End to John O'Groats YHA Route

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Distance: a little over 1,000miles - Based on 14 or 15 days cycling

(Originally compiled and led as a Cycling UK (formerly CTC) Tour by Brian Wood in 1989. The diagram above reflects this original route, details updated periodically.)

Please note that mileages, where given, are **approximate**. Not all options are measured.

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



You are now unfortunately unable to ride the route exactly as described below using only YHA/SYHA establishments as a number have closed over the years. The days are already too long for some and travelling to the next nearest YHA hostel will in a lot of cases seriously increase the days riding, meaning alternative accommodation must be sought. Fortunately some ex-YHA hostels are re-opening as independent hostels – see <http://www.independenthostels.co.uk/> , alternative information on accommodation will be listed in each section and alternative accommodation can also be sought at www.cyclistswelcome.co.uk

You are advised to book well in advance, whatever time you plan to do the ride. Bookings can be taken at individual hostels or centrally. For up-to-date opening times for each hostel, consult the websites below.

As a benefit of Cycling UK Membership you are eligible for 50% reduction on first year of YHA membership and also 10% discount on YHA accommodation bookings. Please be aware there are terms and conditions that apply and you will need to create an online account and be logged in to view the discount codes. Please see the www.cyclinguk.org/member-benefits for full details>

YHA Membership Details: <https://www.cyclinguk.org/member-benefits/half-price-yha-membership>

YHA Accommodation Discount Details: <https://www.cyclinguk.org/member-benefits/10-off-yha-accommodation-bookings>

Youth Hostels Association

Trevelyan House, Dimple Road, Matlock, Derbyshire, DE4 3YH

YHA Contact Centre Hours:

Mon – Fri: 8am to 8pm, Sat: 9am – 5pm, Sun & Bank Hols: 10am – 4pm

Tel: 0800 0191 700 / 01629 592700

Email: customerservices@yha.org.uk

Website: www.yha.org.uk

Scottish Youth Hostels Association

7 Glebe Crescent, Stirling, FK8 2JA

General enquiries:

Mon – Fri: 9am – 5pm

Tel: 01786 891400

Email: info@syha.org.uk

SYHA Reservations (Mon – Fri: 9am – 5pm)

Tel: +44 845 293 7373

Email: reservations@syha.org.uk

Website: www.syha.org.uk

Please note also that hostels can also be booked using: <http://www.hihostels.com/>

Be aware that the majority of the hostels you will be using are **self-catering only** -Steps Bridge (now called Blytheswood), Street, Clun, Slaidburn, Carlisle and almost all SYHA hostels, including Glencoe, Loch Ness, Tongue and John O'Groats. Do check and don't forget to prepare accordingly! Also in Scotland, local eateries are in short supply!

If really stuck, there are over 120 independent hostels in Scotland (and some in England). See www.hostel-scotland.co.uk; the Independent Hostel Guide Tel: 01629 580 427
<http://independenthostels.co.uk/>

NOTES ON THE ROUTE

Alternatives have been incorporated into the YHA route, this does make it more complicated, but we believe the benefits outweigh the disadvantages. Hostels are often fully booked so it could be useful to have an alternative route up your sleeve.

The 'normal' Youth Hostels Route uses the hostels in the left hand column. Alternatives are shown in the other column – Please note this list was compiled based on the original route information. Please check your route against the YHA map supplied for current hostels.

<i>Normal Route</i>	<i>Alternatives</i>
Land's End	Penzance
Golant	Treyarnon Bay
Exeter*	Blytheswood (Steps Bridge) (ind), Okehampton, Moretonhampsted (ind)
Street	Cheddar, Bristol
Welsh Bicknor (Wye Valley)	St Briavels
Clun Mill	Bridges, Leominster
Chester Backpackers (ind)	Liverpool
Slaidburn	Preston University, Kirkby Stephen (ind), Dufton, Kendal
Carlisle	Birdoswald, Greenhead (ind)
New Lanark	Glasgow
Stirling	Crianlarich, Loch Lomond
Glencoe	Glen Nevis
Loch Ness	Inverness
Carbisdale Castle	Rogart (ind)
Tongue	Bettyhill Hotel, Helmsdale
John O'Groats*	

[Ind = independent]

YHA Route on GPS - Please contact CTC and request the GPX tracks for each stage – membership@cyclenguk.org

Mileage Chart: see route description for distances of routes described. Two alternative routes in Scotland have the following distances between hostels:

Alt Route 1		
From	To	Distance (miles)
Greenhead	New Lanark	88
New Lanark	Stirling	42
Stirling	Perth	32
Perth	Pitlochry	29
Pitlochry	Aviemore	62
Aviemore	Inverness	39

Alt Route 2		
From	To	Distance (miles)
Carlisle	(Kendoon)*	61
(Kendoon)*	Lochranza (Arran)	65
Lochranza	Oban	61
Oban	Glen Nevis	50
Glen Nevis	Loch Ness	46
Glen Nevis	Inverness	67
Loch Ness	Carbisdale Castle*	63
Inverness	Carbisdale Castle*	42

* Closed YHA or SYHA

Kendoon YHA is now closed, alternative accommodation can be found here:

<http://www.lochken.co.uk/accommodation/loche>

Also please note that Carlisle YH during University term time is student accommodation so check for availability in advance.

A larger scale version of the map can be found at the end of the route or downloaded direct from www.yha.org.uk/all-hostels



THE YHA ROUTE

ABBREVIATIONS USED IN THE ROUTE DIRECTIONS

R = right	L = left
Thro = through	Cont. = cont
xrds = crossroads	m = miles
YH = Youth Hostel	SO = straight on
TJ = T-Junction	Imm = immediately
sp = signposted	r'bt = roundabout
N, S, E, W, NE = Compass Points North, South, East, West, North-East etc.	
(*...) = Place of interest off the route - worth a visit if you have time!	
(...) = Place of interest on the route	

DAYS ONE TO THREE ~ OPTION 1

DAY 1: LAND'S END TO GOLANT (approx 65m)

Land's End YHA, Letcha Vean, St-Just-in-Penwith, Penzance TR19 7NT.

Tel: 0845 371 9643 Fax: 01736 787337 landsend@yha.co.uk

From YH retrace along lane to

ST JUST Join B3306 then A30 to

LANDS END Leave on A30 to

Return along A30 to **PENZANCE**.

On outskirts of **PENZANCE** turn R at r'bt (sp Town Centre). SO at r'bt into town centre. Shortly after road bends sharp L turn R down Market Jew Street (main shopping street) L at TJ to go alongside railway lines. Follow road along railway lines to L at r'bt with A30, imm R onto Jelbert Way (parallel to A30), past heliport. SO at r'bt over A30 (sp Long Rock). SO at two r'bt (sp Marazion), follow road over railway thro **MARAZION**.

SO at r'bt with A394 onto B3280 to **GOLDSITHNEY**.

R at 1m from r'bt at end of village, onto Trescowe Road thro **MILLPOOL**.

R at TJ and L at TJ to **GODOLPHIN CROSS**.

SO at xrds then SO across B3302 & B3303 thro **NANCEGOLLAN**.

SO across B3297 to **PORKELLIS** where L at 1m after B3297 (effectively SO) when road bends sharp R. Thro **CARNKIE** and follow main road around to L in **RAME** thro **STITHIANS**.

SO across A393 thro **PERANWELL STATION** to **CARNON DOWNS**.

Shortly after one-way section turn R (sp Come-To-Good), cross A39 on bridge, then SO at xrds onto B3289 (Trelissick Gardens are on R; café and restaurant) to cross River Fal using **KING HARRY FERRY** (charge).

L at top of hill (eff SO when road bends to R, sp Treworga), onto minor road thro **PHILLEIGH**.

L at TJ onto A3078 to **TREGONY**.

R onto B 3287 in **TREGONY**.

R at 2.7m to stay on B3287 then L at 0.2m to stay on it again.

R at TJ with A390, imm R into **HEWAS WATER** to **STICKER**.

Thro **STICKER**, then R at 1.5m from A390 onto Treloweth Road thro **POLGOOTH** to **LONDON APPRENTICE**.

L at TJ (sp St Austell B3273).

R at 0.9m (just after sewage works, sp Tregorick) stay on main road at next xrds, SO at xrds onto Duport Road (sp Charlestown).

L at TJ onto Charlestown Road.

R at 0.2m onto Church Road, SO at r'bt (sp Carlyon Bay and Crinnis). Road becomes Crinnis Road then Beach Road.

L onto Sea Road (just before Beach Road runs out by becoming car park) under railway to R at TJ onto Par Moor Road (A3082).

PAR

TYWARDREATH Cross B3269 towards **GOLANT**.

Golant YHA: This hostel has now closed, alternative accommodation can be found online at www.cyclistswelcome.co.uk, and suggestions include:

<http://www.wellhousefowey.co.uk/>

<http://www.breezydaze.co.uk/>

<http://www.cyclistswelcome.co.uk/establishment/trevanion-guest-house-0>

DAY 2: GOLANT TO EXETER (approx. 84m)

Retrace to B3269, L to r'bt, and then L at xrds, downhill to

BODINNICK FERRY L uphill. R at 2nd green with seat (sp Polrun). SO at xrds. R at TJ past Car Park. L at TJ and L at next TJ (sp Pelynt). Take next R then bear L to

WATERGATE. R and L in village and L at A387 to

LOOE Leave Looe on A387, bear R B3253. At junction A387, R to

HESSFENFORD R A374 to

TORPOINT Ferry to

PLYMOUTH (**see below for alternative bad weather route*)

Either ~ busy main road route Follow signs A386 (Tavistock) to

YELVERTON R at RBT on to B3212

Or ~ Plym Valley Cycle Route (very pleasant, rough in parts)

Follow signs A379 (Yealmpton). Cross Laira Bridge and join cycle route here to end at Clearbrook. Re-join road. R at T, cross small river, L (Hoo Meavy), L at X to Yelverton. Join B3212

PRINCETOWN

POSTBRIDGE

MORETONHAMPSTEAD *Alternative accommodation at Sparrowhawk Backpackers Hostel, 45 Ford Street, Moretonhampsted, Devon TQ13 8LN Tel: 01647 440318, Fax: 0164 440318 Email:*

ali@sparrowhawkbackpackers.co.uk

Web: <http://www.sparrowhawkbackpackers.co.uk>

OR the now independent Steps Bridge hostel, a further couple of miles down the road.

*Tel 01647 252435 It's now known as **Blytheswood**. Full information at www.blytheswood.co.uk*

Continue under the A30 to the city centre where **either** get on to the NCN route south along the river for about two miles

Or take the A3015 Holloway Street / Topsham Road south.

R into School Lane & shortly L into Countess Wear Road. (About 2mi from centre.)

Exeter YHA: This has now permanently closed, alternative accommodation can be found online at www.cyclistswelcome.co.uk, suggestions include:

<http://www.parkviewexeter.co.uk/>

****In case of severe weather, this alternative route avoids Dartmoor by going round the south side. From PLYMOUTH (see above)...***

A379 sp Kingsbridge. After 10m fork L, A3121 to

ERMINGTON. After about 4.5m, minor road to

AVONWICK

TOTNES A381 to

NEWTON ABBOT town centre

KINGSTEIGNTON L B3193; R B3344 thru Chudleigh to A38 junction where minor roads via Shillingford St George to Exeter. Locate A379 (near where you enter Exeter), which passes very close to YHA.

Alternative route round the north of Dartmoor from GOLANT

(Recommended by Colin Langdon who says it is less hilly)

From YH return to road, R at TJ and imm R onto minor road. Follow main road into LOSTWITHIEL. R at TJ (effectively SO) onto A390. R onto Fore Street. Follow road thro centre of Lostwithiel, turning R to cross bridge to re-join A390 on other side of town. Thro WEST, MIDDLE and EAST TAPHOUSE. L onto B3360 to DOUBLEBOIS.

SO across A38 onto minor road. Stay on main road thro

MINIONS (refreshments). Carry on main road to

UPTON CROSS where L onto B3254. Stay on B3254 thro

CONGDON'S SHOP. SO at xrds with B3257, thro

SOUTH PETHERWIN to LAUNCESTON.

SO at r'bt onto A388 Western Road. Stay on A388 (main road) to avoid Launceston town centre. At bottom of descent cross river. R at r'bt onto A388 Dutson Road. 1st R onto Ridgeway Lane. R at TJ. L at TJ onto A388 (eff SO). Stay on A388 as it runs parallel to A30 thro LIFTONDOWN, under A30 to

LIFTON. You are now on old A30 which has been downgraded to unclassified road, but is super. Stay on main road thro

LEWDOWN and BRIDESTOWE. L at TJ onto A386, under A30, past Little Chef. 2nd R sp Meldon (1st R takes you onto A30, then there is a farm entrance), follow around to L then L at TJ onto B3260 into OKEHAMPTON. Stay on B3260 into town centre; road becomes Fore Street. Go under A30 & thro STICKLEPATH, SOUTH ZEAL to WHIDDON DOWN.

Minor roads to Exeter via Crockernwell, Cheriton Bridge, Tedburn St Mary, where keep R to parallel A30 all the way into Exeter. Follow normal route directions.

DAY 3: EXETER TO STREET (approx. 52m)

Return to NCN route N or retrace on A3015 to city centre. (NCN route stops here)

EXETER, cross river on one-way system. Take right-hand lane on bridge (avoiding inner ring road) then imm L onto New Bridge Street which becomes Fore Street and is main road thro town centre; part is pedestrianised and you may need to walk your cycle. Follow road until r't, 2nd exit is B3212 Pinhoe Road, stay on this to L at TJ onto B3181 (sp Broadclyst).

There are two options; both run roughly parallel with the A30 to Honiton. Which is better is not known, but there is a suspicion that the first may be slightly less hilly.

Option 1

On B3181 pass under M5, then slip road L and follow signs & pass thro **SOWTON, CLYST HONITON, JACK IN THE GREEN, FAIRMILE, WESTON** to **HONITON**.

Option 2

From **DOG VILLAGE** on B3181, fork R and follow signs & pass thro **WHIMPLE, TALATON** Turn R in village centre, sp Feniton. Join A30 at **FENNY BRIDGES** and proceed to **HONITON**

Either use by-pass or ride thro **HONITON** & cont. on A30 to

MONKTON After approx. 1m take next L fork, sp Upottery. After passing thro

RAWRIDGE take 1st R fork (at Bidwell Farm) i.e. do not pass thro centre of Upottery village. Cross xrds and keep to R of River Otter. Road bears R up hill. Towards top of hill, take 1st L by farm buildings. After 1m R at Twistgates Farm and follow minor lane round to R, uphill to A303. Turn L onto A303 and follow for approx. 6m, then L thro

BROADWAY R in village, cross A358 to

PUCKINGTON (B3168). R to

BARRINGTON

SHEPTON BEAUCHAMP

WEST LAMBROOK

EAST LAMBROOK

STAPLETON L at B3165 to

LONG SUTTON R A372, L B3165 to

SOMERTON thro town then L B3151. Before reaching Street at top of Ivythorn Hill turn L, sp Bridgwater. YH is 500 yards on R at public car park.

Street YHA: The Chalet, Ivythorn Hill, Street, Somerset BA16 OTZ

Tel: 0845 371 9143 Fax: 01458 840 070 street@yha.org.uk

DAYS ONE TO THREE ~ OPTION 2

DAY 1: LAND'S END TO TREYARNON BAY

(Approx. 65m)

Leave on A30.

R onto B3315.

R onto minor roads via

LAMORNA, MOUSEHOLE & NEWLYN into

PENZANCE and onto A30. R towards

MARAZION. SO across A394 on B3280 and minor roads to

CAMBORNE (NCN3 weaves its way thro here – hard to follow). Cont. via **REDRUTH, ST DAY, CHACEWATER** to

THREEMILESTONE

L and SO across A390 to join B3284 at

SHORTLANDSEND. L to join NCN 32 and cont. via

St ALLEN to A30. SO (L and imm R) to

St NEWLYN EAST, ST COLUMB MAJOR & RUMFORD. Minor roads to **TREYARNON BAY** via **PORTHCOTHAN** or **SHOP**.

Treyarnon YHA, Tregonnan, Treyarnon, Padstow Cornwall PL28 8JR

Tel: 0845 371 9664 Fax: 01841 541 457 treyarnon@yha.org.uk

DAY 2: TREYARNON BAY TO OKEHAMPTON

(Approx. 65m)

Return inland to B3276 and L into

PADSTOW. Cross to **ROCK** on passenger ferry. Join B3314 and follow to

DELABOLE 1m further on L to join B3266. At next junction, R and cross A39 **DAVIDSTOW**. Follow minor roads near Tremail, St Clether and Laneast to A395.R and cont. for 1.8m before L into Under Lane.

Follow to A388 where L (away from Launceston) and 1st R (Ridgegrove Lane). When met again, L onto A388 ("old" A30) and cont. on minor roads to

BRIDESTOWE. Follow Granite Way (NCN 27) signs to

OKEHAMPTON (which can also be reached via A386 and B3260).

Okehampton YHA, Klondyke Road, Okehampton EX20 1EW

Tel: 0845 371 9651 Fax: 01837 53965 okehampton@yha.org.uk

DAY 3: OKEHAMPTON TO CHEDDAR or STREET (approx. 87m or 80m)

Leave on B3260 ("old" A30) and minor roads via

SOUTH ZEAL to **WHIDDOW DOWN**

Straight across A382 to A30. Straight over on minor roads via

HITTISLEIGH & YEOFORD where R to

CREDITON. Leave on A3072. After 1m R. onto minor roads thro

SHOBROOKE, & SILVERTON to **CULLOMPTON**. (Note: there are major hills around Bradninch, so suggest you head E from Silverton, thru Ellerhayes to cross M5 towards Budlake).

L on to B3181 & continue to jnct with A38. Cross and cont. on minor roads to **WESTLEIGH**. Pick up NCN route 3 which takes you thro

TAUNTON, BRIDGWATER (almost) to run past **STREET** (turn off soon after village of **ASHCOTT** to reach **STREET**). YH is S of the town.

For **CHEDDAR**, leave Bridgwater on A39. After 3.4m, L on B3141 which becomes B3139. At **WEDMORE** L onto B3151 to **CHEDDAR**

Cheddar YHA, Hillfield, Cheddar Somerset BS27 3HN

Tel: 0845 371 9730 Fax: 0 1934 744724 cheddar@yha.org.uk

DAY 4: STREET TO WELSH BICKNOR (WYE VALLEY) (approx. 75m)

From YH return to B3151 and turn L thro

STREET to A39. Turn R,

GLASTONBURY

WELLS Exit on A39 & soon L onto minor lane (Old Bristol Road), thro

UPPER MILTON Over xrds at Hunters Lodge Inn, cross B3135 onto B3134 and after ½m go SO at Castle of Comfort Inn, minor lane to

WEST HARPTREE Cross A368, turn L at B3114 past Chew Valley Lake to **CHEW STOKE**.

R onto Walley Court Road. This leads to Chew Lake and the Chew Lake Visitor Centre for refreshments.

L out of Visitor Centre and imm R onto Denny Lane. L at TJ thro

CHEW MAGNA. L at TJ onto B3130. SO at r'bt to stay on B3130. Thro

WINFORD to SO at xrds with A38 (onto closed road, sometimes overgrown but usually passable, if you don't fancy it turn R onto A38 then L onto B3130).

SO at xrds with B3130. R at TJ into

LONG ASHTON.

In **LONG ASHTON** L up Providence Lane (hill! at 0.5m from turn onto road)

SO across B3128 onto Longwood Lane (sp Clifton).

R at xrds onto B3129.

R at TJ onto A369 then L to re-join B3129 (Bridge Road) and cross Clifton Suspension Bridge (free for cycles).

1st L onto Clifton Down, then L to stay on Clifton Down.

SO across A4176 onto Ladies Mile.

L at TJ onto Stoke Road and 1st R onto Saville Road.

Keep SO until end, then R and imm L at r'bt onto Westbury Road.

Stay on main road which becomes Falcondale Road.

L at signalled junction onto Henbury Road (the B4055), pass Henbury Castle.

R at r'bt onto Station Road.

L at r'bt onto Avonmouth Way, this becomes Hallen Road.

Go under M5 and next R onto Berwick Lane (sp NCN4).

L at TJ onto B4055 thro

EASTER COMPTON. R onto minor road following NCN4, pass Pilning Station, SO on main road (when NCN4 turns L towards Awkley) to

TOCKINGTON (nice pub). L in Tockington, then L again (sp Aust) thro **OLVESTON**. L at TJ onto B4461. R at motorway junction r'bt to access M48 bridge cycle track on L of road to services. Cross **Severn**

Estuary on bridge.

From CHEDDAR YH

L onto A371 and cont. to **AXBRIDGE**. At end of town fork R and just before A38, bear L onto NCN 26 which leads via long unlit tunnel to **WINSCOMBE**. (Alternatively NCN 26 can be joined (unsigned) where

B3151 meets A371). Cont. to **SANDFORD** (A368) where SO, 1st R (Sandmead Road), and 1st L into Church Lane. L on B3133 and follow this via **CONGRESBURY** and **YATTON**. Just after crossing railway, R (Kennmoor Road). At end, L and R into Court Lane. L onto B3130 (Avon Cycleway NCN 41) and R into All Saints Lane. R on B3124 and 2nd R into Nortons Wood Lane. Cycleway is followed via **CLAPTON IN GORDANO** and **PILL** and across M5 Avon Bridge. From here there are at least 2 NCN routes (10 and 41) to "old" Severn bridge (neither is direct and minor roads (B4057, B4055) are fairly quiet). Whichever route you take, you end up on **M48 crossing the Severn Estuary** to end up near Chepstow.

From Chepstow there are two routes of similar distance.

Option 1: SCENIC ROUTE VIA THE WYE VALLEY

Follow Monmouth signs, A466 to

TINTERN ABBEY, TINTERN PARVA, LLANDOGO

REDBROOK Cont. almost to Monmouth. R at junction A4136 then almost imm L, minor road (with 'No Through Road' sign) follow until road becomes a footpath by Hadnock Court. This section to Symonds Yat is, we are informed, very pleasant cycling on a well surfaced track (2006).

SYMONDS YAT L at junction, downhill, over river then R to

GOODRICH L at Castle sign, R over dry arch to Welsh Bicknor. Hill up to YH.

Option 2: THE HIGH ROAD

R at A466 thro

CHEPSTOW then L B4228

ST BRIAVELS

COLEFORD

ENGLISH BICKNOR Cross the river by footbridge, on old railway bridge to Welsh Bicknor YH

YHA Wye Valley (Formerly Welsh Bicknor YHA)

Nr Goodrich, Ross-on-Wye

Herefordshire HR9 6JJ

Tel: 0845 371 9666 Fax: 01594 861276 welshbicknor@yha.org.uk

DAY 5: WELSH BICKNOR (WYE VALLEY) TO CLUN (approx. 50m)

Leave YH by footbridge over River Wye. L on B4234 to

ROSS-ON-WYE Cross main road at town centre, down hill steeply then fork L, minor road (past school).

BRAMPTON ABBOTTS

HOLE-IN-THE-WALL

FOWNHOPE L B4224 to

MORDIFORD 2nd R in village, minor road. After 1m L, then after ½m R. Cross A438. Cross A4103 (L then soon R),

WITHINGTON R then bear L to A465. R then L to A417 at

BODENHAM L to junction A49, R then bear L B4361

LEOMINSTER town centre. Leave on B4361. After ½m, L minor road. L at

EYTON then after 1m turn R. Cross cross-roads. Cont for 1m bear L thro

LUCTON VILLAGE to B4362. L,

MORTIMERS CROSS then R on A4110 to

WIGMORE

ADFORTON

LEINTWARDINE In village L minor road by health centre. At TJ turn R. At junction B4367, R to
HOPTON HEATH STATION L B4385 to
TWITCHEN
PURSLOW L B4368 to
CLUN

Clun Mill YHA: The Mill, Clun, Nr Craven Arms, Shropshire SY7 8NY
Tel: 0845 371 9112 or 0845 293 7373 (Central Reservations & bookings more than 7 days ahead)
Fax: 0845 371 9127 leominster@yha.org.uk this is a volunteer-run hostel.

DAY 6: CLUN TO CHESTER (approx. 60m)

From YHA, leave on A488 to

BISHOPS CASTLE Go past town on main road then R (sp Craven Arms). At A489 L and almost imm R, minor road. Follow road R after bridge and L then R past Oaklands up beautiful valley to

BRIDGES After 2m, about 200 yards beyond top of hill, bear L

HABBERLEY

PONTESBURY Follow one way system then minor roads to

HINTON

LEA

NOX R B4386, then almost imm L,

FORD R onto A458. After 1m L to A5

MONTFORD BRIDGE. L then after bridge turn R

FORTON

YEATON

BASCHURCH then minor roads to

STANWARDINE-IN-THE-FIELDS

BAGLEY

LOWER HORDLEY

LEE

ELLESMERE R A495, then L A528 to

OVERTON B5069 to

BANGOR-on-DEE L on A525 to

CROSS LANES Then R on B5130 via

HOLT to

CHESTER In Chester, L A41 L at r'bt, L at next r'bt, R at third r'bt (A549) YH is 500 yards from r'bt on RH side of Saltney Road

Chester YHA has closed. Fortunately there is an alternative:

Chester Backpackers, 67 Boughton, Chester CH3 5AF

Tel: 01244 400185 www.chesterbackpackers.co.uk or

The Bunkroom Chester: 106 Brook Street, Chester, CH1 3DU

Tel: 01244 324524 www.thebunkroom.co.uk

DAY 7: CHESTER TO SLAIDBURN (approx 80m)

This is a tough day. It's long and complicated, so adding miles and time by getting lost is a possibility. Consider riding Preston (university accommodation in holiday times – Tel: 01772 892529) – Kendal, Dufton or Kirkby Stephen - Carlisle. See below for further details

Leave YH turning L. L at r'bt and cross bridge.

SO at r'bt thro archway then follow one-way system around to L then R to gyratory. Take road signed A41/A51 (3rd exit) onto short section of dual carriageway.

Fork L at next section of one-way system staying on main road (sp A51).

SO at xrds with ring road,

SO at major r'bt with A55 onto Tarvin Road (still A51).

L at r'bt onto A54 thro

TARVIN.

L onto B5393 thro

ASHTON then R onto Delamere Road at Goshawk Inn.

SO at xrds thro Delamere Forest to

HATCHMERE.

SO at xrds with B5152. R at TJ onto Norley Rd,

2nd L at Village Hall onto Maddocks Hill, L at TJ onto School Bank,

L onto Onston Lane. R at TJ onto Station Rd (B5153). L imm after

ACTON BRIDGE station onto Hilltop Rd (it wiggles R then L). L at TJ onto A49, cross swing-bridge. Cont on A49. At M56 r'bt take A49 (sp Warrington) to

STRETTON. R in STRETTON onto B5356.

SO at r'bt to stay on B5356 thro

APPLETON THORN. L at TJ to stay on B5356. R at r'bt to stay on B5356. R at r'bt (sp Lymm).

SO at r'bt, cross M6 and leave 2nd r'bt on B5158 to

LYMM. Follow road to R; L at TJ then 1st R (sp Village Centre). Continue through village centre. L onto B5159 (sp Warburton) and over toll bridge (free for bikes). R at TJ onto A57, 1st L into

HOLLINS GREEN, stay on road thro village to L at TJ onto B5212.

GLAZEBROOK [*After Glazebrook, see below for alternative route via Preston*] then R at r'bt onto A574 (sp Leigh). Thro **GLAZEBURY** to SO A580 at r'bt into

LEIGH. L at TJ onto A572 (sp Town Centre).

SO at signalled junction to stay on Spinning Jenny Way.

Pass Spinning Gate Shopping Centre and Bus Station to turn R at next signalled junction onto King Street B5215 into town centre. Head towards

ATHERTON L at signals onto B5235 (Lovers Lane), SO A579 and SO A577 (L then R, sp Westhoughton) to R at TJ onto A58 then 1st L onto Park Road, R at xrds onto Bolton Road to A6 where L.

Cont along A6 for 5½m then R (Grimeford Lane) minor road. Cross main road (A673) and soon L at T. Cont to

CHORLEY 2nd exit at r'bt B6228 (Eaves Lane). Cont. to T where R, downhill. At A674 turn R. Next L into **WHEELTON** 1st L at R hand bend sp Brindle; R (over canal), then R to

BRINDLE turn R and join B5256, take L after Motorway Bridge (Hill House Lane), then 2nd R (Private Road) to

HOGHTON R at T, R on to A675, then L, and then R on bend (Goosefoot Lane). In **SAMLESBURY BOTTOMS** R into Further Lane, R at T (A677) then L to

MELLOR R at TJ, SO at traffic lights, fork L sp Whalley just before road crosses reservoir, L at shallow T, then R at the end of the road into

WHALLEY Over river, SO at 1st r'bt, then L at next r'bt on B6246 to

GREAT MITTON Turn R at junction B6243. After 0.7m cont SO at corner to

BASHALL EAVES Bear L in Bashall Eaves. Turn R at

COW ARK uphill to B6478 where turn L thro

NEWTON to **SLAIDBURN**

Slaidburn YHA, Kings House, Slaidburn, Clitheroe, Lancs BB7 3ER

Tel: 0845 371 9343 Fax 0845 371 9016 slaidburn@yha.org.uk

This is a volunteer-run hostel. (Central Reservations & bookings more than 7 days ahead 0845 293 7373)

ALTERNATIVE ROUTE to PRESTON (& onwards to KENDAL OR KIRKBY STEPHEN)

From r'bt at junction of B5212 and A574, 1st exit to CULCHETH. R in village onto B5207 & follow to GOLBORNE, ASHTON IN MAKERFIELD & BILLINGE. R onto A571 & soon L onto B5206. Follow N. L onto B5375 (sp Appley Bridge). After 1.5m, R to jnct with A5209. L & R onto B5250. Pass thro ECCLESTON. R at A581 and shortly L onto B5253. Cont to r'bt with A582. 1st exit N to centre of PRESTON.

Depart PRESTON on A6 (traffic isn't too bad). Before Catterall, R on minor road, over M6 and follow minor roads, via OAKENCLOUGH, STREET & QUERNMORE to CATON. (For speed you may wish to stay on A6.) Minor roads N to reach B6254. R to KIRKBY LONSDALE. For Kendal, stay on B6254. For KIRKBY STEPHEN, follow A683.

DAY 8: SLAIDBURN TO CARLISLE (Approx 75m)

Another hard day; consider using an intermediate hostel such as Kendal, Dufton or Kirkby Stephen

Leave Slaidburn on lane N to

HIGH BENTHAM Cross B-road and cont N to

BURTON-IN-LONSDALE Cross A687 and cont to A65 where turn L to

KIRKBY LONSDALE take A683

SEDBURGH Minor road N to join A685 to

TEBAY Take B6260 to

ORTON Cont to minor road L to

CROSBY RAVENSWORTH, KING'S MEABURN to A66. **TEMPLE SOWERBY**. B6412 to **LANGWATHBY, LAZONBY**, minor roads to **ARMATHWAITE & CARLISLE**.

Carlisle YHA (open early July – early Sept)

Old Brewery Residences

Bridge Lane, Caldewgate

Carlisle CA2 5SR

Tel: 0870 770 5752 Fax: 01228 594631 deec@impacthousing.org.uk

[Alternative for other times: **John Street Hostel**, John Street, Shaddongate, Carlisle CA2 5TR Tel 01228 522435]

ALTERNATIVE ROUTE THROUGH THE LAKE DISTRICT

From **KIRKBY LONSDALE** (see above) exit on A65 soon to turn R onto B6254 & cont to

OXENHOLME where L & follow lanes to

BRIGSTEER

UNDERBARROW

CROOK where cross B5284 and bear R to

INGS and **TROUTBECK**

Join A592 to cross **KIRKSTONE PASS** & cont onto L at A5091. 2nd R at

MATTERDALE END & keep L to cross AA66 to join B5288 to

GREYSTOKE where SO (leaving B5288) to

BLENCOW where SO across B5305 and cont on lanes via Hutton End, Low Braithwaite and Durdar to **CARLISLE**

ADD AN EXTRA DAY TO YOUR TRIP AND EASE THE MILEAGE HEREABOUTS

SLAIDBURN - DUFTON YHA - CARLISLE

Leave Slaidburn on lane N to

HIGH BENTHAM Cross B road and cont N to

BURTON-IN-LONSDALE Cross and cont to A65 where turn L to

KIRKBY LONSDALE Fork R in town, B6254 & soon R at

KEARSTWICK & cont N along River Lune to A684 where R & soon L on B6257. Under motorway and R onto A685 to RBT where take B6280 to

ORTON. Cont on B6280 to

APPLEBY IN WESTMORLAND, to join B6542. Soon R to cross A66 and cont to **DUFTON**

Dufton YHA, Dufton, Appleby, Cumbria CA16 6DB

Tel: 0845 371 9734 Fax: 0845 371 9735 dufton@yha.org.uk

Take minor roads through **KNOCK, MILBURN, BLENCARN, SKIRWITH, OUSBY, MALMERBY, GAMBLESBY, RENWICK, CROGLIN NEWBIGGIN, CUMREW, CUMWHITTON & WETHERALL.**

SLAIDBURN - KENDAL YHA - CARLISLE

From **KIRKBY LONSDALE**, take B6254 to **KENDAL**

Kendal YHA, 118 Highgate, Kendal, LA9 4HE

Tel: 0845 371 9641 Fax: 01539 724906 kendal@yha.org.uk

EITHER Join above route at Crook by exiting Kendal on A591 and soon going L on B5284.

OR take A685 to **TEBAY**, B6260 thro **ORTON** to L to **CROSBY RAVENSWORTH, KING'S MEABURN** to A66. **TEMPLE SOWERBY**. B6412 to **LANGWATHBY, LAZONBY**, minor roads to **ARMATHWAITE & CARLISLE.**

OR take A6 direct to Carlisle, via Shap

SLAIDBURN - KIRKBY STEPHEN Ind. Hostel - CARLISLE

As above to A684 after **KEARSTWICK** (or follow A683). Reach

SEDBURGH to take A683 to **KIRKBY STEPHEN**

Kirkby Stephen Hostel (NOT YHA but still the same place & still listed on YHA website)

Market Street, Kirkby Stephen CA17 4QQ

Tel: 0845 371 9525

Take minor roads to **SOULBY, DRYBECK, KING'S MEABURN** & follow **as** above

With the closure of Wanlockhead the route has needed to be changed and now runs from Carlisle to New Lanark to Stirling to Glencoe. One advantage is that it is no longer necessary to ride through Glasgow – seldom a pleasant experience.

Alternative1 is to head west and go via the Isle of Arran – Oban – Glen Nevis – Loch Ness (or Inverness) – Carbisdale etc. This still involves main roads but these are quiet as far as Ballachulish. There is also a gap in the hostels between Carlisle and Lochranza on Arran so you'll need to seek alternative accommodation. Alternative 2 veers off to Edinburgh and follows the NCNs 1, 77 & 7 up to Inverness, so you can enjoy a route pretty much totally free of main roads. Hostels: New Lanark – Stirling - Perth – Pitlochry – Aviemore – Inverness – Carbisdale. (See beginning of sheet for mileage chart.)

DAY 9: CARLISLE TO NEW LANARK (approx 74m)

Take the main A7 northwards out of Carlisle. Keep on the A7 past the first entrance to Kingstown industrial estate, past the BP garage and then turn left onto Parkhouse Road at HSBC. This is the last turnoff before junction 44.

SO at the mini roundabout passing various car dealerships and the turnoff for Asda. Keep on this road until you have gone right round the corner at Aero Nurseries.

At sign for Floriston, Metal Bridge and the refuse site (Hespen Wood), turn R. This takes you onto the new road which runs between the railway line and the motorway.

Take an L and then an R, signed to

GREтна. Follow NCN74, (which should be signposted all the way) which runs close to the M6 /A74 (M), as far as the A70 where R. (approx 59 miles from Gretna). L on B7078 to

HAPPENDON. After river, R on minor road. Follow this to L at 4th turn (Kirkfieldbank Road). Keep R at fork in under a mile and follow all the way to the A72 imm. After crossing river. R here and follow into

LANARK. R into Wellgate and soon R again into Braxfield Road. Follow this road round two RH bends and fork L into Rosedale Street. The hostel is located at the bottom of a big hill.

New Lanark SYHA

Wee Row, Rosedale Street, New Lanark, ML11 9DJ

Hostel Tel: 01555 666 710; Central Bookings: 0845 293 7373

weerowhostel@newlanark.org Map Reference: O.S.71 (GR 878429)

DAY 10: NEW LANARK TO STIRLING (approx 42m)

Return up Braxfield Road to L at Wellgate, then soon R on to Mousebank Road. Keeping R at fork cont. to R and 1st L to cross railway. Follow Craigenhill Road to

KILNCADZOW. L & imm. R over A721. L & R to cross B7056. 2nd R on to Stonedyke Road. R at T on to Belstane Road. Cont. WNW on minor roads to

ALLANTON. L & R to cross A71 (13.4miles). R imm into Mill Road – becomes Hartwood Road. Cross railway at

HARTWOOD. Cont. to

KIRK OF SHOTTS. Cross B7066 on to Duntilland Road. Pass under motorway. L at T on to Stepends Road and very shortly R on Brownieside Road. L at T on to A89 and R in 300metres on to Meadowhead Road. L at T on to Ballochney Road.

AIRDRIEHILL. 2nd L on to Dykehead Road (23.9 miles). SO A73 & cont. to T at B802 where R (Glenmavis Road).

AIRDRIE. R at T on to B803 Coatbridge Road.

GLENMAVIS. Shortly fork L on to Condorrat Road (B802) and follow this road all the way to

KILSYTH (34.4 miles). R at T and take 4th L on to Tak-ma-Doon Road. Cross the B818 at

CARRON BRIDGE. Cont NE towards Stirling. At

WHINS OF MILTON pass under motorway and enter

STIRLING on New Line Road. R at T and shortly L on to A872. L at RBT on to Borestone Crescent B8051. Numerous road name changes but remain on this road keeping straight ahead all the way to A811 Port Street / Wellgreen Road. Keep straight ahead for a further 150 metres. A811 turns to L, you keep SO on Port Street. L on to King Street. Cont. on to Spittal Street. St John Street is on L. The hostel is located on a hill.

Stirling SYHA

St. John Street, Stirling, FK8 1EA

Hostel Tel: 01786 473 442 Central Bookings: 0845 293 7373

reservations@syha.org.uk Map Reference: O.S.57 (GR 792939)

DAY 11: STIRLING TO GLENCOE (approx. 80m

the next two days involve riding main roads.

L out of hostel to take 1st R and another two R turns on to Baker Street. R on to Corn Exchange Street to T at A811 Albert Place. R here.

R at RBT on to B8051 Raploch Road. Cont. across two mini-RBTs to large RBT. Take 2nd exit on to A84 heading NW.

DOUNE

CALLANDER

LOCHEARNHEAD. L on to A85 up Glen Ogle

CRIANLARICH. Join A82 and remain on this road

TYNDRUM

BRIDGE OF ORCHY. Cross

RANNOCH MOOR and after descending

PASS OF GLENCOE (stunning but you often have to pedal downhill!) fork R on minor road. YH is in trees on L

Glencoe SYHA

Glencoe, Ballachulish, Argyll, PH49 4HX

Hostel Tel: 01855 811 219. Central Bookings: 0845 293 7373

glencoe@syha.org.uk Map Reference: O.S.41 (GR 118577)

Option: you could split the day neatly into two more or less equal parts, stopping at Crianlarich SYHA, Station Road, Crianlarich, FK20 8QN

Hostel Tel: 01838 300 260 Map Reference: O.S.50 (GR 386250).

DAY 12: GLENCOE TO LOCH NESS (approx. 55m)

From YH cont on minor road to

GLENCOE village. R onto A82 and stay on this road via

BALLACHULISH

ONICH (ferry option: Corran Ferry – A861 (quiet) – Camusnagaul Ferry – warning ~ very infrequent service)

FORT WILLIAM (alternative option from here: see route below)

SPEAN BRIDGE

INVERGARRY

FORT AUGUSTUS

INVERMORISTON

From Fort William after 1m L A830 (Canal-side alternative to road, path on E bank. Well signposted).

BANAVIE then R B8004. After approximately 6m fork L B8005

CLUNES Then forestry roads to

INVERGARRY along W side of Loch Lochy. Canalside from Bridge of Oich or A82 to

FORT AUGUSTUS

(A CTC information sheet, The Great Glen [S12] describes the Fort William to Invermorrison section in greater detail. Much is off road but rideable on a touring cycle. Send small SAE for copy)

About 1 or 2m outside Fort Augustus L into forest turning R at bottom of steep hill at end of path or take A82 to **INVERMORISTON**

Alternative if not staying at YHA Loch Ness: take B862 running SE of Loch Ness. Less traffic, excellent scenery and views, but hillier!

Loch Ness SYHA

Altsaigh, Glenmoriston,
Inverness-shire IV63 7YD
Tel: 01320 351 274 lochness@syha.org.uk
YH is approximately 2½m NE of Invermoriston.

DAY 13: LOCH NESS TO CARBISDALE CASTLE (approx. 60m)

From YH cont NE on A82 to
DRUMNADROCHIT L A831, R at junction A833 to
MUIR OF ORD (A862)
DINGWALL 1st L (Tulloch Avenue) after level crossing and at end R (Old Evanton Road). Continue to reach the B817. Pass through
EVANTON. CULCAIRN to L at B9176. Then L on to A836 to
ARDGAY then minor road to
CULRAIN. Please note that Carbisdale Castle SYHA has since closed, the closest available accommodation will be:

Balvaig Cottage Bed and Breakfast, Culrain, IV24 3DW
Tel: 01549 421210 or 07969 269983
Website: <http://www.explore-sutherland-and-ross.co.uk/>

DAYS 14 AND 15

This route can be cycled in one day (if you're feeling energetic!) or two days at a more relaxed pace.

Firstly, the energetic "One Day to John O'Groats" option:

DAY 14: CARBISDALE CASTLE TO JOHN O'GROATS

Option 1 (approx 92m) - not recommended as it uses the busy A9. Note there are some 'interesting hills' between Helmsdale and Dunbeath! Note: Helmsdale SYHA has re-opened so you could split the journey. If doing it in two days, the other route is much more scenic and generally more enjoyable.

From accommodation cross railway bridge (as option 2) and go south on A836 OR return to
ARDGAY L A836 to
BONAR BRIDGE SO (hill), minor road to
LITTLE TORBOLL L A9, then A99, to between Lybster and Clyth, where L onto minor road thro
ROSTER L at A882 and R to pass Loch Watten. R & L onto B870. L & R to **SORTAT** and Brabster. R at TJ, then L to
CANISBAY R onto A836 to **JOHN O'GROATS**

Option 2 (approx. 108m) - recommended

There is a footpath (signposted Invershin) on the railway bridge (you will need to negotiate a flight of steps). From Invershin go N on A836, L onto A837, R onto B864 (*spectacular waterfall*), then R on A839 to
LAIRG Leave on A836 (sp Tongue). At Altnaharra turn R onto B873. At Syre, cont N on B871 to A836. SO to
BETTYHILL
THURSO and **JOHN O'GROATS**

The more relaxed "Two Days to John O'Groats" option:

DAY 14: CARBISDALE CASTLE TO TONGUE (approx. 46miles)

Cont to Lairg as described in option 2 above. Leave on A836 and follow N to **TONGUE**

Tongue SYHA

Tongue, by Lairg, Sutherland IV27 4XH

Tel: 01847 611789 tongue@syha.org.uk

To reach it, leave on the A836 and follow to A838 (Tongue) where L on to A838 for village and YH.

DAY 15: TONGUE TO JOHN O'GROATS (approx. 66m)

From YH take the A836 N and E thro

BETTYHILL

THURSO and follow to **JOHN O'GROATS**

The John O'Groats Hostel has now unfortunately closed alternative accommodation can be found at the following local establishments:

<http://www.theanchoragejohnogroats.co.uk/>

<http://www.seaviewjohnogroats.co.uk/> - Registered as part of the Land's End to John O'Groats Association

<http://www.johnogroatsbnb.com/>

<http://www.johnogroatsguesthouse.com/>

Or try searching on <http://www.cyclistswelcome.co.uk>

A good site to use if you are looking at plotting your own route which will allow you to download turn by turn directions and create GPX routes is www.cycle.travel/map

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!

Recommendations for improvements to the route are always welcome, as is notification of errors or changes to road numbers etc. Please email to competitions@cyclingsuk.org

