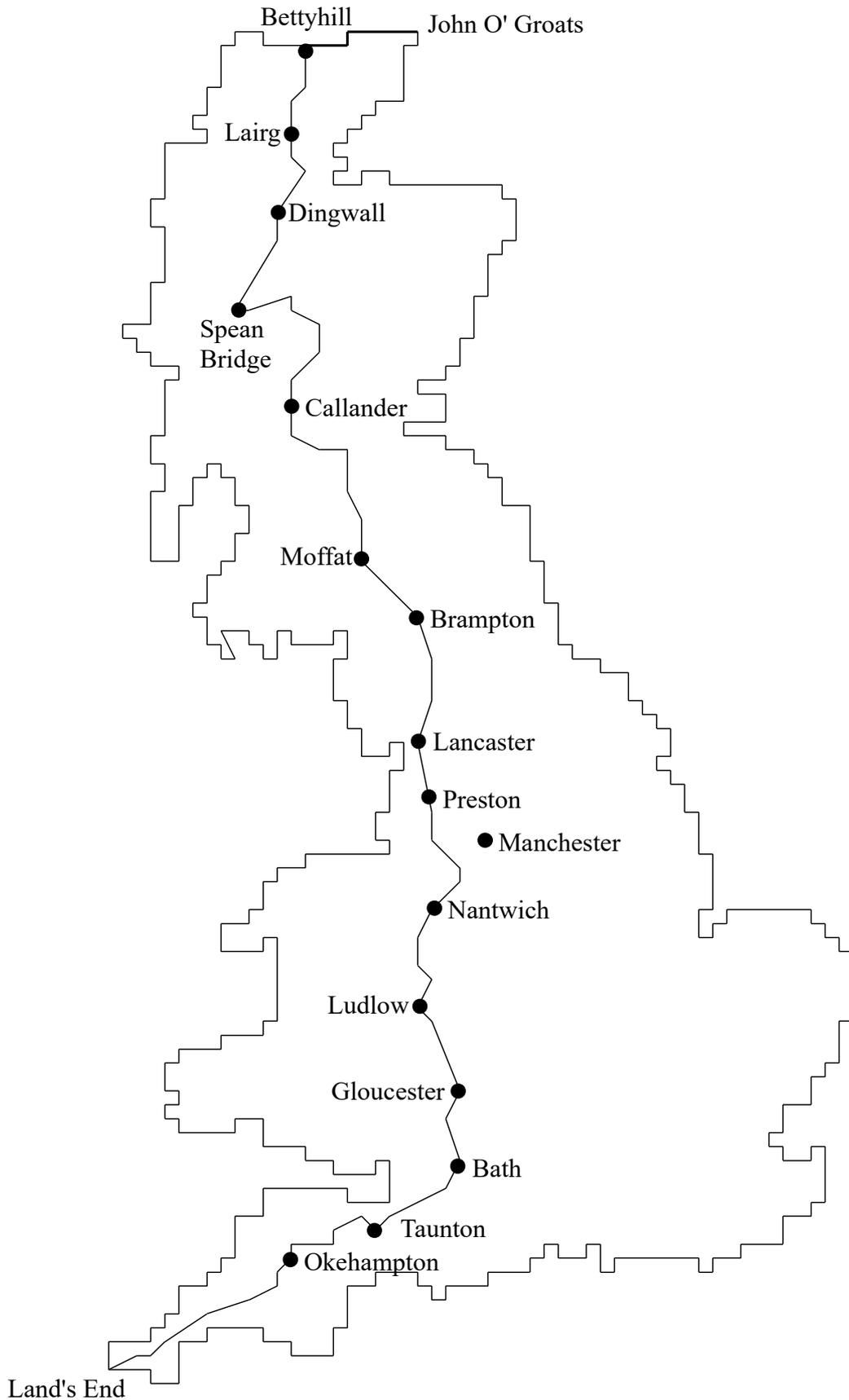


**Land's End to John O' Groats by Bike**  
**Linda Brackenbury**



**Notes:** This is an unsupported bike ride of 25 days in the saddle, averaging about 44 miles each day except for a shorter last stage.

Wonderfully scenic route with time to enjoy the views and visit features of interest.

Uses mainly minor/quiet roads, cycle paths/routes and canal towpaths.

Cycle paths (mainly off-road) are used into Bath and through the large towns/cities of Taunton, Gloucester, Preston and Lancaster.

Some cycle path surfaces are quite rough and more suited to mountain than touring/racing bikes; we walked small sections to avoid damage to our bikes.

Having a road map which shows minor roads is desirable.

Good B&B accommodation is available at all the stage stops. An evening meal is within walking distance (or available at the B&B) except at Prees.

Regard the ascent and descent figures as a relative guide only; a *ft* is approximately 0.3metres.

A normal ascent rate is around 1000ft every 10miles, less indicates fairly flat terrain while more indicates harder work for the legs.

I believe the listed bike shops all have workshops and do repairs although some are off-route.

If using trains to transport bikes then these need to be booked on the trains.

Penzance Railway Station is used as a start point and Wick's Station as the finish point as these are the nearest railway stations to Land's End and John O' Groats.

For other coast to coast routes, see [www.brackwalks.co.uk](http://www.brackwalks.co.uk)

### **Stage 1 Penzance to Land's End to Redruth: 41.8miles, ascent 4010ft (1234mtrs), descent 3620ft (1114mtrs)**

**Penzance Railway Station** Turn left out of the station and immediately swing right into Albert Street (following outbound traffic sign). Almost immediately at the top of Albert Street, fork left onto Market Jew Street (signed Town Centre). At a Give Way sign turn right into Greenmarket and just follow the road which becomes Alverton Street. At the next Give Way sign, go ahead (not right) to stay on Alverton Road. On meeting a mini-roundabout go straight on (signed for Land's End). Eventually, when Alverton Road meets the A30 at a roundabout, take the first exit left signed for Land's End and follow the main road to **Land's End** 10.2m, 1025ft, 890ft

**Land's End** Take the A30 but after 0.6mile turn off right on the B3315. Follow through Treen (steep hill beyond). Beyond, follow the B3315 as it turns off right to Newlyn (sign). In Newlyn descend and at the road junction at the bottom go straight on, signed for Penzance, joining cycle route 3. **Newlyn** 11.1m, 1105ft, 1235ft

**Newlyn** Follow the coast road, cross a bridge (with the harbour on the right) then turn right into a (large) car park; follow its access lane to the 'No Entry' sign at the bottom and cross the lane met (with the bus station to the left) to the cycle path opposite. **Penzance** 1.7m, 160ft, 145ft

**Penzance** Follow off-road cycle route 3 along the coast. At Marazion car park, need to join the road and follow the coast road through Marazion. Beyond, follow the coast road to meet the A394 at a roundabout. Go straight on onto the B3280 signed for Goldsinthey. Follow the B-road as it passes through Goldsinthey, Relubbus and Townshend to reach a B-road cross-road in Leedstown. Take the B-road straight across to continue on the B3280, signed to Praze-an-Beeble. Follow the B-road to a 'Give Way' sign at a cross-road at Praze. **Praze-an-Beeble** 11.6m, 1040ft, 760ft

**Praze-an-Beeble** Take the B3280 road opposite right and follow it to a T-junction with the B3297. Turn left signed Redruth. Follow the B-road through Four Lanes and into Redruth. When the B3300 is met at a road junction with traffic lights, take the second road off left (Clinton Road) which passes to the left of the Trefusis Arms. There's a B&B just after a turn off right along Park Road.

**Redruth** 7.2m, 680ft, 590ft

Bike shop: Cycle Centre, 1 New St, Penzance. Tel. 01736 351 671.

### **Stage 2 Redruth to St Neot: 43.8miles, ascent 4770ft (1468mtrs), descent 4870ft (1498mtrs)**

**Redruth** Turn right up Park Road, cross Albany Road and at the next cross-road, turn left into Trefusis Road. Cross Raymond Road into Channel View Terrace opposite. This becomes Trefusis

Terrace and at a T-junction turn right onto St Day Road. Follow to a (small) double roundabout. Turn left at the first and immediately right at the 2<sup>nd</sup>. Follow the road into St Day. Turn left up Telegraph Street (by the Post Office) which curves right to meet a road and turn left down Telegraph Hill to meet the B3298. Take the lane opposite, signed to Chacewater and follow the major lane to a T-junction. Turn right and follow the road into and through sizeable Chacewater. Beyond, keep to the major lane (ENE) which ascends Chacewater Hill and then take the 1<sup>st</sup> turn off left, signed Perranporth & St Agnes, to meet the A390. Turn left for 110mtrs then turn right on a lane signed for Tregavethan but after 110mtrs turn off right (signed to Tregavethan). When a T-junction is reached turn left, signed Chybucca. At the next T-junction go left to the B3284 at Chybucca. Turn right (signed Truro) and take the 2<sup>nd</sup> left off (after 2/3 mile) signed to St Allen. At a T-junction turn right, signed St Allen and shortly give way at a cross-road. Take the lane opposite, signed to St Allen. Keep to the major lane until a lane off right signed to Lanner Barton and follow this twisting lane to the A39. Take the road opposite right signed to St Erme, turning off right when signed to St Erme & Ladock. Turn off first right on a very narrow lane which curves left past St Erme's church and continues to a T-junction. Turn right and keeping to the major lane with its signs to Ladock meet the B-road in **Ladock** 17.1m, 1750ft, 2070ft

**Ladock** Turn right for a few metres then turn off left immediately after the Falmouth Arms. Ascend to a T-junction and turn left. Turn off left from the major lane at a sign to Ladock Church and keeping to the main lane reach a T-junction. Turn left signed St Stephen but after a short distance turn off right, signed Penhale. Keep to the major lane following a sign to St Stephen and meet the A3058. Turn right for 0.4mile into St Stephen and turn left up Creakavose Road (distinguished by its '20 Zone' signs). Follow the road up to a T-junction and turn left. Keep to the major lane following signs to Nanpean, pass some quarry entrances and reach a T-junction. Go right (straight on) towards a 40mph sign and follow the major lane to the B3279 then turn left through Nanpean village. When the B-road bends left in the village turn off right (immediately after the Grenville Arms), signed to Whitemoor & Roche. As always, follow the major lane with signs to Roche and meet the B3274 in **Roche** 9.7m, 1340ft, 850ft.

**Roche** Turn right along the B-road briefly and take the first (unpromising) turn-off left (Tremodrett Road). Just out of Roche take the first turn-off right, signed to Tregonhay. Take the first turn-off left at a small triangular junction onto an even more minor lane and reach a T-junction. Turn left here and when the lane reaches another T-junction turn right, signed for Criggan. Through Criggan, the lane runs parallel to a railway line before turning left to cross it and continuing on to meet the A391 at Bilberry. Turn right and shortly take the first turn off left (Minorca Lane). Follow the lane to a T-junction and turn right. Shortly turn off left following the lane to a T-junction (another unsigned junction!). Turn left, northwards. Follow the main lane and take the second turn-off on the right signed for Reperry Cross; there's a post box near this junction. Follow the main lane to a T-junction with an old stone guide post on the corner. Turn right on a lane which runs parallel to the A30 and keeping to the main lane meet the B3268 at a roundabout. Cross to the lane opposite and shortly on the left take a signed cycle path which runs parallel to the lane on the right. This has to be left at the next access point (because the one after is on the other side of the A30). The cycle path emerges at a road junction and turn left on the more major road (signed sometimes to Launceston & Liskeard) following it to a roundabout with the busy A38. Cross to take the lane opposite, signed for Fletchersbridge & Mount. Follow the main lane through Fletchersbridge and ascend the (long) hill beyond. Ignore a lane turn-off left to stay with the main lane signed for Mount & Warleggan but take the next turn-off right signed for Liskeard (ignoring the straight on sign to Mount here). Follow the major lane (now signed for Mount) and reach a T-junction. Turn right, signed Mount & St Neot and shortly arrive in Mount village. **Mount** 14.5m, 1370ft, 1450ft.

**Mount** Keep to the major lane pass through Mount, cross the Warleggan River at Pantersbridge and continue into St Neot. **St Neot** 2.5m, 310ft, 500ft.

Bike shop: Cranked Bikes, 1 Paadeburg Road, Bodmin. Tel. 01208 77714.

**Stage 3 St Neot to Okehampton: 35.8miles, ascent 4420ft (1360mtrs), descent 4210ft (1295mtrs)**

**St Neot** *Cross the St Neot River, pass the London Inn and immediately after the church turn off left up Liskeard Hill, signed to St Cleer. Keep to the major lane and descend to cross the River Fowey; the old bridge just to the left looks much nicer! Over, immediately turn off left on an 'Unsuitable for Heavy Goods Vehicles' lane and ascend a steep hill. Pass the farms at Trengale (still ascending) and eventually climb to reach a T-junction. Turn left, keep to the major lane following signs to St Cleer. Pass Redgate Smithy B&B then ignore turn offs left and right to continue on the major lane signed to Minions. When the major lane curves left to Minions go straight on (turn off right) signed to Pensilva, Crow's Nest and Darite. Keep on the major lane passing through Darite and Crow's Nest to meet the B3254. Turn left then shortly turn off right into Pensilva village and follow the road through the village to the Victoria Inn at the end of the village. **Pensilva** 7.8m, 1220ft, 850ft.*

**Pensilva** *At the cross-road in Pensilva (by the Victoria Inn) turn off to take the road ahead left signed to Golberdon. Keep to the major lane, cross the River Lynher on Kerney Bridge and ascend into Golberdon. Follow the major lane through the village to reach a T-junction. Turn right signed for Kelly Bray. Shortly turn off left and follow the lane to the A388. Take the lane opposite right and keeping to the main lane meet a more major road (with a lane opposite). Turn left towards Stoke Climsland but take the next lane off right at Alren Farm and at a cross-lane, cross to take the lane opposite. On shortly reaching a T-junction turn right. Keep along the major lane to a T-junction. Turn right (eastwards), keep to the main lane and pass a sign announcing the River Tamar. Horsebridge with the bridge over the Tamar into Devon is just beyond. **Horsebridge** 8.4m, 780ft, 1370ft.*

**Horsebridge** *Over the bridge curve left, signed Sydenham Damerel. Ignore a lane off left opposite the Royal Inn and ascend. Turn off left at a sign to Sydenham Damerel. Keep to the main lane until a B-road is met. Take the lane opposite signed to Foghanger. Keep to the major lane and at a T-junction turn right signed Tavistock but after a few metres turn off left. Shortly there's a T-junction with two lanes off opposite. Take the left of the two opposite lanes, signed for Brentor (which passes to the left of Longcross Farm) and after about 1.3miles comes to a cross-lane. Take the lane opposite, signed for Brentor and keeping to the main lane reach a T-junction with Brent Tor Church on top of the hill directly ahead. Turn left, signed for Lydford. Follow the major lane into and through Lydford; cycle route 27 has been joined by this time and will be followed to Okehampton. After passing Lydford's war memorial, pass its school and shortly after turn off left onto a disused railway (immediately before a stone bridge); there's a cycle route sign. Follow the cycle path to an exit onto Station Road. The cycle path continues opposite and after crossing under the A386 continues to cross Lake Viaduct and then Meldon Viaduct. Beyond the cycle path runs alongside the Dartmoor Railway line, only diverging from it briefly when crossing under the A30. A mile after the A30 crossing, take an exit curving left to meet Tors Road. Turn right, follow the road down to a T-junction, turn left onto Station Road and follow the road down to the B-road which is Okehampton's main street (Fore Street); Okehampton has a launderette. **Okehampton** 19.6m, 2420ft, 1990ft.  
Bike shop: Granite Way Cycle Hire, Klondyke Road, Okehampton. Tel. 01837 650 907.*

**Stage 4 Okehampton to Bampton: 43miles, ascent 4335ft (1334mtrs), descent 4475ft (1377mtrs)**

**Okehampton** *From the B-road (the main street, Fore Street) in Okehampton follow the B-road to the right, shortly cross the East Okement River then immediately turn off left (No Entry except for bikes on bike lane). Keep to the major lane. About ¾mile out of Okehampton ignore a cycle route 27 sign off left so as to go straight on along the major lane, signed to Exbourne. When the road meets the A3072 take the lane opposite into Exbourne. Keep to the major lane, following signs to Monkohampton, to pass through Monkohampton. Beyond the village descend, cross a brook and shortly after take the next turn-off right, signed to Winkleigh. Ascend! Keep to the major lane, following signs to Winkleigh and reach a T-junction in Winkleigh. Turn right and follow the major street eastwards (Exeter Road) to meet the A3124 road (although turn off left to shortly reach*

*Winkleigh's attractive centre*). **Winkleigh** 11.4m, 1015ft, 995ft.

**Winkleigh** From the main road, take the lane opposite right and follow Eggesford Road, keeping to the major lane, to a T-junction. Turn left for Eggesford Station, shortly cross the River Taw, go across the level crossing at Eggesford Station and immediately meet the A337. Cross the A-road to take the B3042 opposite left, signed to Chawleigh & Witheridge. Keep with the B3042 through Chawleigh and continue on the B-road following signs to Witheridge & Tiverton. Half a mile beyond the Thelbridge Cross Inn turn off right on a lane signed to Tiverton. Keep to the major lane to reach a T-junction with the B3137 and turn right (signed Tiverton). Keep following signs to Tiverton and eventually as the outskirts of Tiverton are reached a T-junction is met. Go right here, signed Tiverton B3137 and the road descends to meet the A3126 at a roundabout. Turn right, pass a bike shop (on the left) then when road forks, keep left (on West Exe North) (the right fork is No Entry) and continue to a roundabout. Go left here into Bridge Street and almost immediately cross the River Exe. **Tiverton** 23.8m, 2220ft, 2520ft.

**Tiverton** Beyond the River Exe keep left into St Peter Street and as the church is passed, reach a street branch. Take the left branch (signed for Knightshayes). As pavement railings commence on the right, turn half right onto Park Hill. The lane leads into the People's Park. Follow the main path through the park onto Park Road and turn left to a T-junction. Turn right briefly then turn off left (signed to Chettiscombe & cycle route sign). The road crosses the A361. Beyond ignore the lane off right to Chettiscombe and go straight on signed for Knightshayes. Take the next turn off right into the National Trust's Knightshayes Court grounds. Follow the drive up passing left of the Court buildings and continue to the Stables (cafe). Take cycle route 3 which turns left just before the Stables and ascends northwards to a T-junction with a lane. Go right to shortly reach a T-junction and turn left (cycle route sign). Keep to the major lane following signs to Bampton and cycle route 3. The lane reaches a T-junction with the B3227 in Bampton. Turn right on the B3227, cross the River Bathern and get to a B-road T-junction in **Bampton** 7.8m, 1100ft, 960ft.

Bike shop: Ron's Cycle Centre, 10 Wellbrook Street, Tiverton. Tel. 01884 255 750.

### **Stage 5 Bampton to Wedmore: 48.9miles, ascent 3180ft (978mtrs), descent 3460ft (1065mtrs)**

**Bampton** At the B-road junction, turn right, on the B3227 signed Wiveliscombe. Keep to this (the major) B-road. Pass through Shillingford and Petton. Continue on to just past the Waterrow Service Station and turn off right on a lane signed to Bathealton and Stawley. Keep to the major lane, so ignore a lane off right then one coming in on the left but take the next turn-off left which is signed to Wiveliscombe. Ignore turn offs left and right to stay on the major lane which heads eastwards. The lane turns sharp right, passes under a railway bridge and reaches a T-junction. Turn left, signed Wiveliscombe & Taunton and shortly reach another T-junction. Turn right, signed for Wellington but after ¼mile turn off left (just after a house) on an 'Unsuitable for HGVs' lane and follow this to a T-junction. Turn left and follow the main lane (which becomes Butts Way) eastwards into Milverton. At a T-junction in Milverton, meet a B-road and turn left into Sand Street. Keep to the major street which becomes Fore Street and curves left to meet a more major road at a corner. Go straight ahead (i.e. right arm) along the B3187 (Station Road) to a roundabout and turn right onto the B3227 (signed for Taunton). Nearly 2miles beyond the roundabout, at Hill Common village, turn off right on a lane signed for Oake. Shortly, at a small roundabout, ignore the left turn in order to go straight on. Keep to the major lane, signed Bradford but turn off left at a sign to the Anchor Inn, also signed for Hillfarrance; cycle route 3 is joined here and will be followed through Taunton, towards Bridgwater and on to Cossington. Ignore turn-offs as the lane passes through Hillfarrance and follow signs to Allerford & Fitzwarren. On reaching a T-junction turn right (cycle route 3 sign) but shortly turn off right signed to Bradford. The lane crosses the River Tone and then immediately reaches a T-junction. Turn left and ignoring (more minor) turn-offs, rise to a T-junction in the Bishop's Hull suburb of Taunton. Turn left and follow the road as it passes a cross and church then curves right to meet the A3065.

Cross the A-road and take short cycleway half-left into Robin Close. Turn left up the close (cycle route 3 sign) and very shortly when it meets Heron Drive turn right. At the Drive end enter the

grounds of Somerset College (cycle sign) and shortly from a roundabout go half-right round a barrier and up a ramp. Follow the cycle path signs so as to keep left of the buildings and car parks, crossing access roads where indicated; none of this is as complicated as it sounds due to excellent signing. The cycle path (still keeping left of the buildings) turns to run parallel to Longrun Lane. Keep going to a noticeable left turn and look for a cycle path sign off right. Take this and it soon turns right. When it meets a cycle path, turn left to a footbridge over a side branch of the River Tone. Beyond, turn right and follow the cycle path along the river branch until signed off to meet Castle Street. Turn left and follow the cycle path (as directed) across (busy) Tangier Way and almost immediately after turn off left on a path back to the river. Follow the path between the river (on the left) and its branch (on the right) rightwards to a footbridge over the branch. The cycle path continues along the line of the river (river still on left) to a footbridge which is crossed and over turn right. The cycle path follows the river and meets a track. Turn right here onto the canal towpath (canal on left), signed as the cycle path for Bridgwater. **Taunton** (start of canal towpath) 20.2m, 1690ft, 1980ft.

**Taunton** Follow the cycle path (cycle route 3) along the Bridgwater & Taunton Canal towpath. The towpath is left for a parallel lane shortly after passing under the A361 (turn left on the lane - cycle route 3 sign). At the point the lane crosses the canal, the towpath is rejoined (cycle route 3 sign). Follow the towpath (canal still to the left) until the M5 is in sight then cross a bridge over the canal (cycle route 3 sign) and turn right on a lane. Pass under the M5 and at the next crossing of the canal take this (leaving the cycle route temporarily). When the lane beyond turns left, carry straight on along a dirt track, (Marsh Lane) to meet a track along the River Parrett. Negotiate the steps opposite right to cross the river by the footbridge that runs alongside the railway and over, turn right on the path beside the River Parrett (river on right and cycle route 3 is rejoined). Shortly pass under the M5 and shortly afterwards the cycle path emerges on River Lane. Turn right to the A372. Turn right briefly then turn off left on a lane signed to Chedzoy. Keep to the main lane, pass Chedzoy's church and continue on the lane to (wide) King Sedgemoor's Drain. Don't cross but turn left on its towpath (cycle route 3 sign). When the next road is met turn right on Bradney Lane (cycle route 3 sign). Cross the drain and follow the lane into Bawdrip, keeping right of its church. Just beyond, turn off right (cycle route 3 sign) and follow the lane to a signed turn-off left on a cycle path along a disused railway. Continue until it emerges on a lane at **Cossington** 18.7m, 1010ft, 935ft.

**Cossington** Turn right. Follow the lane as it turns right then shortly take the first turn off left (into Locks Way). Soon reach a T-junction and turn left into Bell Lane. Ignoring turn offs right and left, follow the lane over the Huntspill River. Beyond, keep going to meet a more major lane at a corner. Here go right on Long Moor Drove and at the next T-junction turn left over the River Brue and then take the first turn off right. Ignore an Environment Agency lane off right and continue to a T-junction. Turn right, signed Blackford & Wedmore. Shortly reach another T-junction and turn left, signed Blackford. Follow the main lane to the B3139 at Blackford. Turn right. As Wedmore is reached, follow the major B-road to the church in the centre of **Wedmore** 10m, 480ft, 545ft.  
Bike shop: Ralph Colman, 69-71 Station Road, Taunton. Tel. 01823 275 822.

### **Stage 6 Wedmore to Yate: 45.8miles, ascent 4720ft (1452mtrs), descent 4550ft (1400mtrs)**

**Wedmore** Just past the church reach a T-junction. Turn right briefly then turn off left, signed B3139 for Wells. Follow the B3139 and after passing through Wookey Hole, the B3139 meets the A371. Turn right signed for Wells. After ¼mile (and just after a pedestrian crossing), turn right on Coronation Road. Follow the major street to a T-junction. Turn left into Burcott Road and follow it to meet the A39 at traffic lights. Take the street opposite (heading for the church which is now visible). Keep straight ahead at traffic lights into St Cuthbert Street, pass (large) St Cuthbert Church (often mistaken for the cathedral) and turn left immediately after the church up a one-way street (Priest Row). At the top, turn right into Chamberlain Street and continue straight on past a 'No Entry' sign (which says OK for cycles). When the road gets to the White Hart Inn turn right down Sadler Street, half-way down pass through a gatehouse archway on the left onto Cathedral

*Green lane and thence arrive at **Wells Cathedral** 7.6m, 585ft, 470ft.*

**Wells Cathedral** *Continue past the cathedral on Cathedral Green lane, pass through a gatehouse archway and continue straight ahead to reach a T-junction. Turn right onto the B3139 but after a few metres turn-off left (signed for the Harringtons). Follow the B-road (now named Bath Road) out of Wells and after a mile it turns north. Keep on the B3139 at a B-road cross road (the B3139 is the major B-road throughout) following signs to Bath and meet the A37. Turn right briefly and almost immediately turn left on the B-road continuation, signed to Radstock and Bath. Follow the major B-road (B3139) through the south edge of Chilcompton and continue on this B-road following signs to Radstock. When the A367 is met at a roundabout, go straight on to continue on the B-road through Charlton then descend Kilmersdon Hill into Kilmersdon village. Immediately before the church turn off left onto Church Street (11m, 1025ft, 910ft). Almost immediately turn off left onto Ames Lane and follow the lane which swings right and rises to a disused railway line.*

*Turn left on the disused line, joining cycle route 24; cycle routes 24 and then route 244 are followed into Bath. Follow the disused line which at the time of writing (2017) joins a (new) estate road on the edge of Radstock. Follow the road through this new estate, curving right to a roundabout. Go straight on (Frome Road) and shortly arrive at a busy A-road roundabout junction in the centre of Radstock. Get on the pavement on the right so as to turn right at the junction (on the pavement), continue on the pavement which almost immediately crosses the Wellow Brook and then immediately turn off right (cycle route sign) down Waterloo Road. Follow the road for 1/3 mile and then turn off right (cycle route 24 sign) on a cycle path which soon turns left onto the line of a disused railway. Continue, following cycle route signs. When the track reaches a lane, go straight ahead to reach another lane junction and go straight ahead (signed Wellow). Continue to a Give Way sign at a cross-lane and take the lane opposite. Continue to a T-junction. Turn right here (cycle route sign) to descend Hang Hill, but take the next lane off left (cycle route sign) which follows the line of the Wellow Brook. Eventually when a T-junction is reached, turn right into Wellow village (cycle sign). **Wellow** 17.8m, 1660ft, 1595ft.*

**Wellow** *Continue straight on through Wellow (passing to the left of its primary school) and 0.45 miles after its pub (the Fox & Hounds), turn off left through a walkers' gate (cycle route 24 sign) and curve right onto a disused railway track. Cross the Hope & Anchor (pub) car park (dismount), pass Milford Station and very soon after cycle routes 24 and 244 part. Stay with cycle route 244 which continues on the disused railway line (route 24 branches right to a lane). Route 244 passes through a long (lit) tunnel (a highlight of the trip). When it emerges continue for 0.2 miles, then dismount to take a descending path off half-left which follows a left fence then turns right through a walkers' gate with a (small) step. Through, pass under the disused line and meet Lyncombe Vale Road at a corner.\* Follow this lane to the right to a T-junction. Here go left ascending to a junction and turn right onto a more major road which descends Lyncombe Hill to the A36. From the A36, there's a footbridge over the River Avon opposite left. Cross the A36 by the pedestrian crossing, cross the footbridge and over, follow the Way Out sign to the right to pass under the railway line. At the T-junction just beyond, turn left briefly to traffic lights where go right. Keep straight ahead until the Abbey is on the left and turn left to it. **Bath Abbey** 5.7m, 890ft, 1030ft.*

*\*The alternative to taking the path to Lyncombe Vale Road is to continue on the disused railway line which soon enters another tunnel. On emerging leave at the first access point encountered which turns right on a cycle path and turns right again to meet Bloomfield Road. Turn right and take the 2<sup>nd</sup> turn off left into Hatfield Road which shortly meets the A367. Take the 'No Entry' road opposite (OK for bikes) and almost immediately get to a T-junction. Turn left and almost immediately right into Greenway Lane. Follow this, ignoring turn offs, to the A36 and follow the instructions above for crossing the River Avon and reaching Bath Abbey. This adds 1.3m, 170ft, 170ft to the overall figures.*

**Bath Abbey** *Continue past the Abbey and shortly on seeing a pedestrian area ahead turn right (A3039). When the road branches, go straight on (not right). On reaching a church with a steeple, pass left of the church up Broad Street. Ignore a right branch (signed Car Park) to continue up*

*Broad Street. Beyond, when the street splits into two lanes, get in the right lane (traffic lights) to go straight on onto Lansdown Road (which passes to the left of the Bang & Oulsen shop). Ascend on the major road until a church is reached (0.86miles from Abbey) and turn off left here, signed for Lansdown & Wick. Pass Bath's Racecourse and just keep going to meet the A420 at Wick 6.1m, 895ft, 700ft.*

**Wick** Turn left for  $\frac{2}{3}$ mile then turn right at traffic lights, signed for Pucklechurch. Ascend Naishcombe Hill. Keep going on the major lane into Pucklechurch. Here, turn off right on the (busy) weight-restricted B4465, signed to Westerleigh & Yate. Almost immediately pass Pucklechurch's church and follow the B-road over the M4 to a traffic lights junction at Westerleigh Hill. Go straight on into Westerleigh village. Continue to follow the major road, pass under a railway line and just over  $\frac{1}{3}$ mile later when the road curves right (signed to Yate), go straight on along Nibley Road to meet the A432. Go left here briefly (130mtrs) then take the first lane off right. Cross the River Frome and very shortly turn-off right onto Hope Road (cycle sign). Stick to the major lane, cross a railway line and reach a T-junction. Cross the lane half-right (cycle sign) then turn left on a surfaced track up the side of a house and follow it to meet the B4059. Cross opposite right into Wade Road and then immediately turn right onto an off-road cycle track signed for Yate. The cycle track terminates by going half-left into Lodge Road and this road is followed to meet North Road on the western fringe of Yate. **Yate** 8.6m, 690ft, 755ft.

Bike shops: BikeCity, 8 Queen Street, Wells. Tel. 01749 670 002.

Bike It, County Bridge (A367), Radstock. Tel. 01761 431 502.

Julian House Bike Workshop, 35 Corn Street, Bath. Tel. 01225 463 350.

Avon Valley Cyclery, Brunel Square, Bath. Tel. 01225 442 442.

### **Stage 7 Yate to Newent: 43miles, ascent 2630ft (809mtrs), descent 2710ft (834mtrs)**

**Yate** Turn left on North Road. Keep to the major road and reach a T-junction with the B4058. Turn right and follow the B-road through Rangeworthy and Cromhall. Just beyond Cromhall, leave the B-road to go straight on following the large sign to Leyhill and Tortworth. After 200mtrs turn off left (there's a large white house on the right opposite the turning). Stick to the major road, pass Leyhill Prison and then immediately turn off right to shortly reach the B4509. Take the lane opposite signed to Damery and Wick. Keep to the major lane, cross the Little Avon River and immediately get to a T-junction. Turn right, signed North Nibley. Keep to the major lane, following signs to Wick and pass under the M5. Ignore a left turn off but then turn off right and immediately pass Hogsdown Caravan & Camping Park. Continue, cross a railway line and then give way at a cross-lane. Turn right, signed North Nibley & Stinchcombe and cross the M5 again. Beyond, take the first turn off left (unsigned) and follow the lane to Stinchcombe's church. **Stinchcombe Church** 11.9m, 910ft, 870ft.

**Stinchcombe Church** Immediately after passing the church turn off left by the war memorial and soon cross over the M5. Beyond, meet the B4066 at a T-junction. Turn left to meet the A38 and turn left on this for 0.14mile, then turn off right on a lane signed to Breadstone, Halmore & Purton. Follow the lane through Breadstone and then take a lane off right 1.84miles from the A38; it's signed for Halmore & Purton and cycle route 41 is about to be joined; this cycle route plus numbers 45 and 42 will be used to and through Gloucester to Highnam and the routes are well signed. After 0.14miles take the next turn off right, signed for Slimbridge (cycle route sign). Take the next lane off left, signed to Slimbridge and stay on the major lane to reach a T-junction in Slimbridge village. **Slimbridge** 6.6m, 280ft, 475ft.

**Slimbridge** Turn left and follow the lane over the canal and immediately turn right on the towpath of the Gloucester & Sharpness Canal (continuing on the lane leads to the Slimbridge Wildfowl & Wetlands Trust). Ignore the first bridge across the canal but cross at the second (cycle route sign) onto a lane. Follow the main lane to a T-junction with the B4071 at Frampton on Severn and take the lane opposite right signed to Whitminster (cycle route sign). Follow the main lane for 0.58mile then turn off left, signed for Sandfield Mill (cycle route sign). Follow Church Lane to a T-junction with the B4071 and turn right for Saul village. Beyond follow the main lane as it comes close to

Upper Framilode and continues to Epney, latterly passing along the River Severn. Beyond Epney continue on the main lane to reach a T-junction at Longney and turn right (cycle route sign). On reaching a T-junction, turn left (signed for Elmore & Stonebench & cycle route). Take the next turn-off right, signed to Stonebench & Gloucester. The lane comes back to and follows the River Severn before curving right leaving the river and making for the canal. On reaching the canal, don't cross but turn left on its towpath. Follow the towpath which leaves the canal temporarily to circle round a dock and continue to emerge on Llanthony Road (Gloucester) at a 'Cycle Route End' sign. Turn left and after 0.1mile take the first turn off right into Severn Road. Follow the road for 0.2mile and the footbridge across East Channel, signed by a cycle route 45 sign, is on the left.

Over the footbridge, turn left on the cycle path and on reaching a car park turn left round the car park perimeter looking for an exit on the left onto the cycle path. After passing under the A430, the cycle path turns north-northwest through Alney Nature Reserve. Continue on the main path until a cycle path T-junction. Go left here and continue to where the (mega) A40 is just ahead. Just before the straight on track passes under the A40, turn off left on a narrower tarmac track following the sign for cycle route 42 (may be hidden by undergrowth). Follow the track over the bridge; this is the old main road crossing of the River Severn. Over, the track descends to the pavement on the south side of the A40. Turn right as directed and the path descends to the River Severn, passes under the A40 and ascends to the A40 pavement on its north side. Turn right along the pavement cycle path. Shortly, at the Over Farm Market building on the right, turn off right (keeping to the left of this building) for the cycle path to Highnam (cycle path sign) on a 'No Through Road'. Ignore a turn-off left to a farm and follow the cycle path out to meet a road at the south-east end of Highnam. Turn left on Oakridge (road) to shortly meet the B4215 at a small roundabout. **Highnam** 17.9m, 1000ft, 950ft.

**Highnam** Turn right and follow the B4215 to a branch off left signed to Newent Town. Take this and just follow the road to the Market Place in the centre of Newent. **Newent** 6.6m, 440ft, 415ft.  
Bike shop: Eastgate Cycles, 76-78 Eastgate Street, Gloucester. Tel. 01452 300 366.

### **Stage 8 Newent to Brockton: 56.1miles, ascent 5025ft (1546mtrs), descent 4510ft (1388mtrs)**

**Newent** From the Market Place continue on the major road (passing to the right of the Red Lion) and come to a B-road junction with traffic lights. Turn right and immediately turn left onto the B4215, signed to Ledbury. The B4215 crosses over the M50 and beyond, at Dymock turn right onto the B4216. Continue to a roundabout on the edge of Ledbury and take the third exit to stay on the B-road which passes through the centre of **Ledbury** 8.3m, 755ft, 610ft.

**Ledbury** at the A-road/B-road junction in the centre of Ledbury turn left onto High Street (A438) (signed Town Centre). Continue through the town passing the Market Place and immediately past Ledbury Railway Station, leave the main road (which bends sharp left) to go straight on under a railway bridge on the B4214. Follow the B4214 to a B-road fork and take the left (minor) branch (still the B4214) signed for Bromyard & Hereford. When the A4103 is reached, the B4214 continues opposite right. Stay on the B-road through Bishop's Frome. When the B-road meets the A465 turn right for 0.2miles then turn off left on the B4214. On reaching a T-junction, go opposite right (signed for Tenbury Wells). Continue to a left turn for Tenbury (but go straight on a short distance for the centre of Bromyard). **Bromyard** 13m, 1190ft, 1020ft

**Bromyard** Take the B4214 road to Tenbury Wells and when it meets the A4112 turn right (signed Kidderminster). The A-road passes through Tenbury's centre and then continues to cross the River Teme and over meets the A456 **Tenbury Wells** 11.2m, 830ft, 1060ft.

**Tenbury Wells** Turn left on the A456. Shortly ignore the first turn off right signed to Cleobury Mortimer but a few metres further on turn off right on the B4214 (signed Clee Hill). After a short distance on the B-road take the first lane off left signed for Greete. Keep to the main lane to reach a lane junction in Greete and turn left here, signed for Caynham & Ludlow. Ignore a lane off right (signed to Rockhill Farm) and continue to a T-junction at Caynham. Turn left (signed Ludlow). Almost immediately after crossing the Ledwyche Brook turn off right (signed Ludlow) and follow the lane to a roundabout with the A49. Go straight on here and follow the road under the railway

line. Continue on the road which curves right past Budgens and ignoring a turn off left into a car park, take the next left into Station Drive. Follow the road as it curves right then left (passing the railway station) to meet the B4361 in Ludlow; the main part of the town is to the left. **Ludlow** 8.2m, 920ft, 820ft.

**Ludlow** Turn right on the B4361 which merges onto the A49. The A-road is followed for ¾mile to a B4365 turn off right signed for Much Wenlock. Follow the B-road to a T-junction and turn right onto the B4368 signed for Much Wenlock. Thirteen miles from Ludlow, at Shipton, look for a turn off left signed B4378 to Much Wenlock. Take this and Brockton is about 2 miles beyond this junction. **Brockton** 15.4m, 1330ft, 1000ft.

Bike shops: Cycles Clements, 6 Bank Crescent, Ledbury. Tel. 01531 632 213.  
Pearce Cycles, Fishmore Road, Ludlow. Tel. 01584 879 288.

### **Stage 9 Brockton to Prees: 37.9miles, ascent 2980ft (917mtrs), descent 3185ft (980mtrs)**

**Brockton** Continue on the B4378 to meet the A458 in **Much Wenlock** 5.1m, 530ft, 590ft.

**Much Wenlock** Take the A4169 road opposite right (signed for Telford) (but note that continuing on the A456 to the right for a few more metres then taking the next street left (High Street) and following it down leads to the centre of Much Wenlock). Follow the A4169 for nearly a mile and take the second C-road off left signed to Cressage. Follow the lane through Sheinton and over the Sheinton Brook into Cressage. At the end of Cressage meet the A458 with the B4380 immediately right. Turn right on the B-road signed to Telford. Follow the B-road over the River Severn and reach a T-junction. Turn left on the (busy) B4380 signed for Shrewsbury. After ¾mile turn off left on a C-road signed for Eyton-on-Severn and join cycle route 45 (which will be largely followed into Prees). Keep to the main lane passing through Wroxeter and re-meet the B4380 at a T-junction. Turn left, signed Atcham and meet the B5061 at a T-junction. Turn left to **Atcham** village 11.3m, 745ft, 1110ft.

**Atcham** Turn right in the village (immediately past the entrance to the National Trust's Attingham Park which has a tearoom), signed Uffington. Take the first lane turn off right onto Pelham Road, signed Upton Magna and cycle route 45 sign. (If visiting Attingham Park (free entry for those arriving by bike), shortcut by following its 'Way Out' signs to meet the lane from Atcham, turn right and turn first right into Pelham Road.) Follow Pelham Road over the A5 and the railway line and continue into Upton Magna. Turn left at the Corbet Arms. Shortly take the next turn off right, signed cycle route 45 to Whitchurch. Keep to the major lane to meet the B5062 and take the lane opposite right. Take the first turn off right, signed Bings Heath and at a T-junction in Bings Heath turn right. At a small triangular junction turn left, signed Shawbury and follow the lane to meet the A53 in **Shawbury** 9.6m, 660ft, 590ft.

**Shawbury** Turn left then immediately turn right on the B5063, signed for Wem. Turn off right on a lane signed for Moreton Corbet Castle and shortly at a T-junction turn left, signed Stanton. Shortly, at the next T-junction turn right, signed Stanton. The lane crosses the River Roden and enters Stanton. Just after road curves right in Stanton, turn off left down Booley Road (signed Booley) and shortly on meeting a road turn left. Follow the lane to a T-junction and turn right, signed Hodnet. After 1.3miles (as the lane is about to enter a wooded area) turn off left on a lane (cycle route 45 sign) and keeping to the major lane, reach a T-junction. Turn right signed Hodnet but after about 60mtrs turn off half-left (cycle route 45 sign). Ascend the steep hill into Marchamley village and follow the main lane to a T-junction. Turn left (cycle route 45 sign). Keep to the major lane for just over a mile (so temporarily leaving the cycle route), then turn off right signed for Faulsgreen. Shortly turn off left (so rejoining the cycle route) and follow the major lane to a T-junction at Fauls (small village). Turn left (cycle route 45 sign), pass through Darliston (village) and meet a B-road. Turn right on the B5065 (signed Whitchurch) then turn off first left (signed Prees) and enter Prees on Lacon Street. **Prees** 11.9m, 1045ft, 895ft.

### **Stage 10 Prees to Chelford: 44.2miles, ascent 2790ft (858mtrs), descent 2900ft (892mtrs)**

**Prees** Continue along Lacon Street which turns right and then left round the church and after the

left bend, turn off right on Moreton Street, signed Calverhall; cycle route 45 is left here. Keep to the main lane and give way at a cross-lane. Take the lane opposite and shortly meet the A41. Continue on the lane opposite, signed for Calverhall & Ightfield. Just after a sharp bend right, take the lane off left (there's a farm on the right at the turn off) and keeping to the main lane reach a T-junction. Turn right, signed for Ightfield & Burleydam, but shortly as the main lane swings right go straight on (i.e. turn off left), signed for Burleydam. Keep to the main lane to arrive at a T-junction and turn right, signed to Wilkesley. Follow the main lane into (tiny) Wilkesley and turn off left onto Heywood Lane following it to meet the A529. Turn left for 0.4mile to the next lane turn off on the left (easy to miss) and follow Mill Lane to the A525. Turn left for ½mile then turn off right on Coole Lane (signed to Overwater Marina); different cycle routes will now be followed to Nantwich. Take the second lane off left (there's an isolated house on the right at the turn) which is part of cycle route 552 and follow the main lane (Hollingreen Lane) until some beautiful (fairly large) wrought iron gates on the right when turn off left to the A530. Turn left briefly then turn off right onto Newtown Road and on shortly meeting a lane turn right. Keep to the main lane through Sound Heath, following signs to Ravensmoor. Sound Lane curves right to go northwards, crosses a railway line and then meets a more major lane at Ravensmoor (18m, 990ft, 1160ft). Turn right here signed for Nantwich and follow Marsh Lane (cycle route 451). Just over the Shropshire Union Canal, turn off right into Queen's Drive and follow the road round as it curves left to a T-junction. Turn right along Welsh Row and cross the River Weaver (close to Nantwich's centre which is straight on). **Nantwich** 20.5m, 1090ft, 1350ft.

**Nantwich** At the traffic lights immediately beyond the river crossing, turn left and soon take a tarmac cycle path off left (cycle route 75). This passes under the road then turns left along the east side of the River Weaver. Keeping to the east side of the river, follow the path as far as it will go and emerge on the B5074. Turn left to a busy roundabout with the A51. Go straight across to continue on the B5074 and follow this B-road to Church Minshull. Just after its church, at a mini-roundabout turn right into Cross Lane. Cross both the River Weaver and the Shropshire Union Canal then turn off left, signed Minshull Vernon following the lane to the A530. Turn left for just over ¾mile to the first turn off right (Chapel Lane) signed to Occlestone Green. After Occlestone Green (hamlet) follow the main lane towards Warmingham but after crossing the River Wheelock on a brick bridge, take the next lane off left (Warmingham Lane). Follow the lane northwards for 1.5miles (going straight on at a mini-roundabout) then turn right into Cross Lane (which is just before a pub on the left) and reach the A533.

Take Cledford Lane opposite (cycle route 71) signed to Sproston. At a T-junction turn left and follow Cledford Lane to a T-junction at Dawfields. Turn left (signed Holmes Chapel) and shortly at the next T-junction turn left onto Brereton Lane (signed for Holmes Chapel). Take the next turn-off right after ¼mile and follow the main lane (Broad Lane) over the M6 and on to meet the A54 on the edge of Holmes Chapel. Turn right and follow the road to a double mini-roundabout in the centre of Holmes Chapel. Go right at the first, then immediately left at the second onto the A535 (signed for Macclesfield). After ¼mile turn off left on Hermitage Drive. Follow it to the end and continue straight ahead on an unsurfaced byway track. When the track meets a surfaced access drive, turn right and follow it to a cross-road. Cross the more major lane into Hermitage Lane opposite. When it meets a road turn right through Goostrey village to its church and turn left here. Keep to the main lane and ⅓mile after crossing the railway line, turn off left. Descend to Bate Mill and beyond ascend, passing under the railway line. On meeting a lane turn right. Ignore the first turn-off right signed for Chelford and continue on the main lane to a Give Way sign at a cross-road. Turn right to the A537 in Chelford village. **Chelford** 23.7m, 1700ft, 1550ft.

Bike shops: Wheelbase, 21 Watergate, Whitchurch. Tel. 01948 663 323.

Steve's Cycles, Regents Park, 129 London Road, Nantwich. Tel. 07866 534 966.

### **Stage 11 Chelford to Chorley: 44.3miles, ascent 2830ft (871mtrs), descent 2760ft (849mtrs)**

**Chelford** Turn left on the A537. As Knutsford is approached, go straight on at a roundabout and later in Knutsford go straight on at traffic lights (signed Town Centre). As the road then bends left,

turn off right up King Street, pass the entrance to Tatton Park (on the right) then immediately turn right into Mereheath Lane. Follow the lane to the A5034 and turn right to lights onto the A556. Turn right on the A556 briefly and then turn first left into Chapel Lane. Keep on the main lane to meet the B5159. Turn right on the B5159, cross over the M56 then cross the A56 (lights) and continue on the B-road to meet the A6144 at Heatley. Turn right for a short distance then turn left on the B5159 to Warburton (village) and continue ahead on the C-road to the **Warburton Toll Bridge** (over the Manchester Ship Canal) 15.3m, 900ft, 1100ft

**Warburton Toll Bridge** Over (it's free for cyclists), continue to meet the A57 at traffic lights. Turn right for a short distance then take the first left, signed Hollins Green. Almost immediately the lane swings right. Keep to major lane, pass the Black Swan pub and get to a T-junction. With the A57 visible on the right turn left on the B5212 and follow it through Glazebrook and over the M62 to meet the A574 on the edge of Culcheth. Go left on the A-road for  $\frac{2}{3}$  mile then turn right on the B5207 (signed to Golberne). Follow the B5207 as it crosses the A572 opposite right (lights here) and then shortly crosses the A580 dual carriageway (lights here) opposite left. From the A580 follow the B5207 for a further  $\frac{2}{3}$  mile to a church set back on the right and turn right into Slag Lane (lights). Follow the major lane to the canal (11.4m, 710ft, 670ft) and turn left on the towpath of the Leigh branch of the Leeds & Liverpool Canal (canal on right). When the towpath rises to a road, don't cross the road but turn right (on the pavement) cross the canal and immediately turn right down a steep descending path to the towpath on the other side (canal now on left). Further on, the towpath again swaps sides after a footbridge crossing. Continue on the towpath to meet the Leeds & Liverpool Canal (proper) and join it using the footbridge provided. Turn right northwards (canal on right) and follow the towpath; a lot of the kissing gates on the towpath are awkward to negotiate with a bicycle. Continue on the towpath, coming off at bridge 80 onto the B6229 above and turning left for a short distance if staying at the nearby Motel. **Chorley** 29m, 1930ft, 1660ft.

## **Stage 12 Chorley to Bolton-le-Sands: 36.8miles, ascent 2570ft (791mtrs), descent 2770ft (852mtrs)**

**Chorley** Return to the canal and continue on the towpath. Don't cross any footbridges and after about 0.4mile the canal finishes at a C-road. Turn left on Town Lane, pass under the M61 and get to a T-junction. Go left for a few metres (on Chorley Old Road), then turn off right and immediately right again onto School Brow (lane) to shortly meet the A6. Turn right for 300mtrs then turn left down Factory Lane to join cycle route 55 (following signs to Preston) to the River Ribble; it is not always well or unambiguously signed. On reaching a car park, enter the Cuerden Valley Park near its car park and follow the tarmac track to the left of the river. When an unsurfaced track is met, turn left (no sign) and follow it to the B5256. Turn right for 130mtrs, pass the car park on the left and immediately after turn off left on a surfaced track into another part of the Cuerden Valley Park. Follow the main track to a multi-track junction and follow the sign to the Wigan Road Car Park. After crossing the M6 on a footbridge, the track shortly emerges on the A49 (Wigan Road).

Turn right using the cycle path on the pavement, pass under the M65 and reach a mega cross-road. Go straight across using pedestrian crossings (on right pavement then cross to left pavement) onto the B5258 but after 175mtrs take the first turn off left into Havelock Road. After the road crosses the River Lostock ignore a street off left and carry straight on down Holme Road (signed as a 'No Through Road'). When this ends carry on along the cycle path (don't cross the river) and emerge on Cuerden Way (road). Turn right briefly and as Cuerden Way turns left into Dewhurst Row, go straight on along a (signed) cycle path which almost immediately turns right to go parallel to the A6. Follow the path to emerge on Brownedge Road. Turn left through bollards on an underpass of the A6. Through continue briefly to a T-junction with the B5257. Turn right to a big (visible) roundabout but take the cycle path off left immediately before it onto a disused railway line (cycle route sign). Cross Todd Lane North opposite right and continue on the disused line. Cycle route 55 turns north and at a multi-track junction ignore a cycle route 55 sign pointing half-left so as to continue straight on due north to a bridge across the **River Ribble** 7.5m, 430ft, 710ft

**River Ribble** Cycle route 6 is now followed through Preston; this is well signed except in the heart

of the city. Over the bridge, ascend the steep slope ahead into (attractive) Avenham Park, following the cycle signs set in concrete on the tarmac track. These lead to the end of (cobble) Avenham Colonnade which is followed to very shortly reach a T-junction. Turn right on Avenham Lane and take the third road on the left (Avenham Road). When it meets Cross Street turn right. At the next T-junction go left into Syke Street and take the third turn off left (immediately before the Avenham St Car Park) into Avenham Street. At the T-junction at the top, turn left (one way) along Fishergate. Take the second turn off right into Cheapside (missing sign); there's an Ann Summers shop on the corner. At a fork go straight ahead (right) into Market Street. Bend right with the major road into Earl Street. Follow this to a T-junction and turn left onto Lancaster Road. Bend right with the major road into Ormskirk Road and swing left (with a Holiday Inn opposite) to a busy junction of the A59 and A6; both roads need to be crossed (pedestrian crossings) to get into Meadow Street which is half-right from the junction. Go down Meadow Street, take the third left into St Paul's Road and continue to a roundabout. Go straight across. Continue on in the same direction, go straight across at a cross-road, pass through bollards and cross Moor Park Avenue (road) to take the marked cycle path through Moor Park to the A5085.

Cross to the north going track opposite. The track crosses Chapman Road, passes the end of Higher Bank Road, crosses Victoria Road and finally reaches the B6242 (Watling Street Road). Turn right briefly then turn left into Chapel Road. Shortly at a T-junction turn right then take second left into Devonshire Road. The road bends right to a T-junction and here turn left onto Fulwood Hall Lane. Keep on the main lane, passing through bollards at its end to reach the B6241. Cross to take the lane opposite left (Longsands Lane) and shortly at a roundabout, go left onto Midgery Lane. Follow Midgery Lane to where it ends at a field gate (the road turns left into Loxley Green lane here). Take the track through gate. It crosses Pitman Way then continues north-west to cross Olivers Place (road) and continues on to where Midgery Lane emerges on D'Urton Lane. Turn left here (leaving route 6 which turns right). Take the next turn off right (signed as a cycle route to Broughton) and follow D'Urton Lane under the M55 and continue to shortly meet the A6 (5.4miles, 530ft, 430ft).

Turn right and follow the A6 (wide road with a cycle lane/path in many places) to a turn off right on the B6430 signed for Garstang. As the B-road passes left of Garstang (divert right to visit its centre), keep straight on at mini-roundabouts until Cockerham and Lancaster are signed straight on; ignore this and turn right onto Croston Road then very shortly at the next mini-roundabout turn left on the B6430 (signed to Lancaster). When this B-road re-meets the A6, turn right. After 5½miles on the A6, there's a big roundabout for junction 33 of the M6. Keep on the A6 and if the traffic is bad, ¾mile after the roundabout at traffic lights in Galgate, turn left and follow the main lane to miss a section of the A6; the lane runs parallel to the A6 but is on the other side of the railway line. Otherwise, continue on the A6 beyond the Galgate lights for (about) another 2¾miles to traffic lights at a cross-road with a Booths supermarket on the opposite right corner. Turn left at the traffic lights into Ashford Road. Pass the cemetery and when the road bend sharp right, go straight on along a cycle path to shortly meet the A588. Turn left for 170mtrs, cross the Lancaster Canal and turn right onto the towpath (canal on right). The towpath swaps to the right bank after passing under a bridge where flats line the canal ahead. The right bank is followed past two canalside pubs but then rises to meet Quarry Road where the towpath swaps back to the left bank. Continue to follow the towpath through Lancaster to a crossing of the River Lune on the Lune Aqueduct. Over, go under the next canal bridge and then escape left to a lane and turn left. Take the first left up Kellet Lane (signed to Nether Kellet). Take the next left (signed to Slyne) and then take the first right into Ancliffe Lane. The lane descends and keeping left of the church reaches the main street in **Bolton-le-Sands** 29.3m, 2140ft, 2060ft.

Bike shops: Leisure Lakes Bikes Preston Hub, Butler Street, Preston. Tel. 01772 200 944.

Leisure Lakes Bikes, 103-105 Penny Street, Lancaster. Tel. 01524 844 389.

**Stage 13 Bolton-le-Sands to Orton: 35.4miles, ascent 4020ft (1237mtrs), descent 3360ft (1034mtrs)**

**Bolton-le-Sands** From the main street, take the lane opposite right and once over the canal bridge turn left onto the towpath and turn left (northwards). After 2¼miles on the towpath, come off half-left, keeping left of a playground, to meet the B6254. Turn left (towards Carnforth) for 80mtrs and then turn off half-right into North Road (by the Shovel Inn). Follow this road under the railway, over the A601(M) and under the M6 to a T-junction. Turn left (northwards) on Kellet Lane and when it meets a more major lane at a cross-road, take the lane opposite (still Kellet Lane). When the lane reaches the A6070, turn right (signed for Kendal). Follow the A-road through Burton-in-Kendal and continue to a roundabout with the A590 and A65. Go straight across here onto the A65 signed for Endmoor (fairly busy roundabout as junction 36 of the M6 is signed to the left). Follow the A65 under the M6, through Crooklands and then Endmoor. Beyond, look for a cycle route 70 sign on a lane off left. Don't take it but immediately turn off the A65 onto an unpromising, unsigned lane off right (with a hard-to-spot cycle route 70 sign) (4.6miles from A6070/A65 roundabout).

**Cycle Route 70 (south of Oxenholme) 15.7m, 1350ft, 1130ft**

**Cycle Route 70** Well-signed cycle route 70 is now followed all the way to the A-road into Tebay. From the turn off from the A65 follow the lane to the B6254 and take the lane opposite right. Follow the lane to the A684, turn right for a few metres and then take a lane off left to meet a more major lane. Turn right here and immediately before meeting the A684 again, turn off left on a minor lane. At the next T-junction, turn left. Come to a fork and go straight on (right) along the more minor lane (sign to Lambrigg and cycle route sign). When a T-junction is reached, turn right eastwards (no sign). Continue eastwards, cross the M6 and get to a T-junction. Turn left (parallel to the M6) signed to Beckfoot and meet the B6257 at Beckfoot. Turn right for a few metres then turn off left (cycle route sign). Follow the lane over the River Lune and ascend to meet a lane. Turn left along Howgill Lane (cycle route sign). Follow the lane which recrosses the River Lune to a T-junction and turn right (passing under the M6) to the A685. Turn right and follow the main road over the M6 into and through Tebay to a roundabout just north of the village. Take the B-road straight across and follow the B6260 into charming **Orton** 19.7m, 2670ft, 2230ft.

Bike shop: *Brucie's Bike Shop, 9 Kirkland, Kendal. Tel. 01539 727 230.*

**Stage 14 Orton to Longtown: 51.1miles, ascent 3720ft (1145mtrs), descent 4420ft (1360mtrs)**

**Orton** Keep on the B6260 which is the major B-road through Orton and signed for Appleby but after about a mile, turn off left on a lane (signed Crosby Ravensworth). Follow the major lane down through Crosby Ravensworth and on to Maulds Meaburn. Beyond, keep to the major lane until there's a turn-off right signed to Kings Meaburn. Follow the main lane to a T-junction and turn left (unsigned). Pass through Kings Meaburn and continue to a T-junction. Turn left (signed Cliburn) then turn off first right after 0.3mile (signed T. Sowerby) and follow the lane across the River Eden. Follow the main lane which passes under the A66 and at the T-junction shortly beyond, turn left into Temple Sowerby (sign). **Temple Sowerby** 13m, 960ft, 1370ft

**Temple Sowerby** Continue on the main lane through Temple Sowerby to a turn off right onto the B6412 signed to Culgaith. Follow the B-road through Culgaith and at Langwathby get to a T-junction with the A686. Turn left on the A-road (signed Penrith), cross the River Eden and ¼mile further on, at a cross-road, turn right on a C-road which leads to a T-junction with the B6412. Turn right and follow the B-road through Great Salkeld to a T-junction with the B6413 in Lazonby. Turn right (signed Kirkoswald and Brampton) and follow the B-road over the River Eden and through Kirkoswald, Croglin and Castle Carrock. Continue on the B-road, passing under the A69 and shortly after arrive in the main square of **Brampton** 27m, 2200ft, 2310ft.

**Brampton** Continue through the town on the B-road and meet the A6071 at a T-junction. Turn left but almost immediately turn off right on the A6071 (signed Longtown). Follow the A6071 to a T-junction with the A7 in Longtown. Turn right on the A7 for a short distance into the centre of **Longtown** 11.1m, 560ft, 740ft.

Bike shops: *Pedalpushers, Lonnings End, Sandy Lonning, Capentree Road, Brampton. Tel. 01697*

742 387 or 07770 976 187.

Bike Seven Cycle Service, Unit 2 Sandilands, Longtown. Tel. 01228 792 497.

**Stage 15 Longtown to Moffat: 33.9miles, ascent 3355ft (1032mtrs), descent 3040ft (935mtrs)**

**Longtown** Follow cycle route 7 which continues on the A7 over the River Esk to Dickstree Cottage (0.83miles from the Esk) where it turns left onto a C-road; the cottage is on the left corner and is named. Keep to the main lane following signs to Chapelknowe and 2¼miles from the A7, cross the insignificant River Sark, marking an unsigned entry into Scotland. Ignore the next left turn-off (where cycle route 7 goes) to go straight on. Continue to a T-junction and turn right, signed Chapelknowe. At Chapelknowe, meet a B-road and take the lane opposite left, signed for Kennedy's Corner. Keep to the main lane following signs to Kennedy's Corner. At Kennedy's Corner meet a T-junction and turn right briefly then turn off left (signed for Corrie). Keep to the main lane, ignore a lane off left and meet the B722. Take the lane opposite (signed Corrie) and follow it to meet the B7068 at a corner. Turn left and follow the B-road for 2½miles to Paddockhole where there are two roads off right only metres apart; take the second of these; the lane crosses a river on an elegant stone bridge and almost immediately curves left. This is followed by the main lane curving right but go straight on here (left) following signs to Corrie and Boreland. Keep to the major lane, ignoring signs off left to Corrie's Village Hall. The B723 is met at Boreland (no facilities).

Turn left, cross Dryfe Water and shortly after take the first turn off right (signed for Moffat). Keep to the major lane and arrive at a T-junction in Wamphray. Turn right (signed Moffat) and almost immediately cross Wamphray Water. Follow the major lane northwards which is now named Old Carlisle Road. Eventually, it crosses Moffat Water and 1¼miles later meets the A708. Turn left, go straight on at two mini-roundabouts, cross Birnock Water and follow the main road as it curves right into Moffat's centre becoming the A701. **Moffat** 33.9m, 3355ft, 3040ft.

Bike shop: Annandale Cycles, Caledonian Place, Moffat. Tel. 01683 220 033.

**Stage 16 Moffat to Blackburn: 50.1miles, ascent 4490ft (1382mtrs), descent 4340ft (1335mtrs)**

**Moffat** Continue on the A701 following signs to Edinburgh. The A-road is followed all the way to Broughton and is shown (correctly) as a scenic route. From Moffat, there's a long noticeable climb up the Moffat Hills passing the source of the River Tweed. This is followed by a long descent following the line of the River Tweed before leaving it to reach Broughton. Near the far end of Broughton village, reach a turn off left onto the B7016 signed to Biggar. **Broughton** 23.5m, 2350ft, 2020ft

**Broughton** Turn left on the B7016 following it to meet the A702 in **Biggar** 5m, 450ft, 410ft

**Biggar** Turn left through Biggar's High Street (signed Carlisle) and after ¼mile turn right on the B7016 signed for Carnwath. The B-road passes through Liberton then crosses Medwin Water before meeting the A70 at traffic lights in **Carnwath** 7.6m, 710ft, 700ft

**Carnwath** Turn right onto the A70 (signed Edinburgh) and shortly reach a mini-roundabout. Here, stay on the A70 (signed Edinburgh) by turning left. After 1¼miles take a turn off left on a C-road signed to Auchengray. Ignore left turns and follow signs to Auchengray (the lane keeps east of railway line). At a T-junction turn right and pass through Auchengray (small village) keeping to the major lane. Continue on the main lane which crosses the railway line and then shortly passes through the small village of Woolfords. Beyond, keep to the major lane, ignoring turn offs and meet the A704 road. Turn right briefly (signed West Calder) then turn off left on a C-road signed as 'Unsuitable for HGV's'. After 0.4mile the lane meets the A71. Turn right briefly (signed Addiewell) and then turn off left on a C-road signed for Addiewell. When a T-junction is reached, turn right (signed to the Station) and follow the street to meet the B792 at **Addiewell** 12m, 870ft, 990ft

**Addiewell** Turn left on the B792. Ignore a B-road off right to Livingstone and very shortly after ignore a B-road off left to stay on the B792 following signs to Bathgate. Continue to meet the A705 at Blackburn. Turn right to enter East Main Street in the centre of **Blackburn** 2m, 110ft, 220ft

**Stage 17 Blackburn to Callander: 54.3miles, ascent 4790ft (1474mtrs), descent 5020ft (1545mtrs)**

**Blackburn** *The route turns left on the B792 shortly (at traffic lights), signed for Bathgate. Pass over the M8 and beyond, at a roundabout go straight on (second exit signed Bathgate). After the B-road passes under a major A-road it reaches a roundabout. Go straight on at this roundabout and at the next (second exit in both cases). The B-road meets the A89 at the next roundabout (busy) and need to take the second exit (Kirk Road) to stay on the B792 (signed Linlithgow). Follow the B-road which becomes Marjoribanks Street, to meet a more major road at a cross-road. Bathgate 2.7m, 170ft, 150ft.*

**Bathgate** *Turn right briefly (Drumcross Road and signed for Linlithgow) and take the first left (Torphichen Street and signed Linlithgow) to stay on the B792. Go straight on at a roundabout (signed Linlithgow) and ½mile further on turn off right onto a C-road signed for Beecraigs Country Park. Keep to the major lane following signs to Linlithgow; the road passes left of Beecraigs Country Park. As the road (now named Preston Road) descends into the outskirts of Linlithgow it crosses the Union Canal (easy to miss). Immediately over the bridge turn off left onto the canal towpath. Union Canal at Linlithgow 5.5m, 630ft, 900ft*

**Union Canal at Linlithgow** *Follow the towpath to the right (westwards with the canal on the left). It passes through a couple of tunnels and after the second tunnel (named Roughcastle) turn off half-right and descend to the Visitor's Centre at the Falkirk Wheel 10.8m, 850ft, 950ft*

**Falkirk Wheel** *From the Visitor's Centre, cross the Forth & Clyde canal ahead and turn left (westwards with the canal on the left) for 2miles to where the towpath crosses the B816 at Bonnybridge. Leave the canal here and turn right to a mini-roundabout. Turn left on the A803 (signed Kilsyth) up Bonnybridge's High Street but turn off right at the next mini-roundabout up Drove Loan (road). Shortly, go straight across at the next mini-roundabout, follow the lane under the M876 and continue on to meet the A872. Turn right and after ¼mile at a roundabout, turn off left on a road signed for Fintry. Follow the main road round for 1mile to a signed left turn on the B818 for Fintry. This soon passes under the M80 and keeping straight on along the 'major' road reach the start of the Carron Valley 9m, 1050ft, 530ft*

**Carron Valley** *Continue on the B818 along the north side of the Carron Valley Reservoir. Beyond, keep going and (eventually) meet the B822 at a T-junction. Turn right signed for Fintry. At Fintry, pass the Fintry Inn then almost immediately turn off right (by an ornate lamp stand), signed B822 to Kippen. Follow the B-road to the cross-road in the centre of Kippen (by the Cross Keys) Kippen 15.5m 1230ft, 1620ft*

**Kippen** *Continue straight on along the B822 to a roundabout with the A811. Go straight across here to stay on the B822 (signed for Callander & Thornhill). The B-road crosses the River Forth and beyond continue on the 'major' road to meet the A873 at a corner in Thornhill. Go straight on along the A873 (left) but after a few metres turn off right onto the B822 signed for Callander. Follow this B-road to meet the A81 at a T-junction and turn right. As Callander is approached, go straight on at a mini-roundabout. At the next mini-roundabout take the right branch, signed A81 Callander Town Centre and continue to meet the A84 running along Callander's Main Street. Callander 10.8m, 860ft, 870ft.*

*Bike shops: Hooked on Cycling Bike Shop, 17B Glasgow Road, Bathgate. Tel. 01506 631 919.  
Bike + Ski Clinic, 10 Park Terrace, Brightons, Falkirk. Tel. 01324 718 700.*

**Stage 18 Callander to Coshievile: 41.9miles, ascent 4810ft (1480mtrs), descent 4690ft (1443mtrs)**

**Callander** *Turn left along the A84 for ¼mile and take a cycle route 7 track off left; most of this stage is on this cycle route. Follow the cycle route signs taking the track by Loch Lubnaig at an unsigned fork (right fork). When the cycle track (sometimes unsurfaced) rises to meet a forest road turn right. After the forest road becomes a lane, look for a cycle-signed turn off right which passes between two houses and then turns left (sign) to shortly emerge on a lane; Strathyre village is just to the right but the cycle path continues across the lane following the line of the A84. It emerges on*

the lane to Balquhiddar. The cycle path continues opposite right (but turn right on the lane for refreshments at Mhor 84). Follow the cycle path which loosely follows the line of the A84 crossing a lane near Edinchip. Further on, near Lochearnhead, the track ascends steeply in zigzags to a disused railway line which is then followed (parallel to the A85) up Glen Ogle. Eventually, the cycle route crosses the A85, parallels the A85 before turning off into forest; some of the surfaces make for difficult riding here. The cycle track turns to follow the line of the A827 (eastwards) before turning left to meet this A-road in Killin. Turn right along the A-road, noting the lane off right, just before the bridge, signed South Loch Tay; Killin and its facilities lie across the bridge. **Killin** 21.6m, 2430ft, 2260ft.

**Killin** Take the C-road signed to South Loch Tay. It wends its way to the loch and then loosely follows the line of its south shore, passing small settlements. Eventually towards the eastern end of the loch, curve left to the A827 and turn left (signed Killin) into Kenmore. Pass the east end of the loch then turn off left (cycle route sign) on a short lane which avoids a small stretch of main road. When it re-meets the main road, turn left and cross the River Tay. **Kenmore** 17m, 2000ft, 2050ft

**Kenmore** Shortly beyond turn off right (immediately after the Mains of Taymouth buildings); this is signed to Drummond Hill Forest Walk and there's also a cycle route 7 sign. Follow this lane and ignoring a lane off left to Duneaves, cross the River Lyon and meet the B846. Leave cycle route 7 here by going left (signed Tummel Bridge) for 0.6mile to Coshieville at the junction of the B-road and the lane to Fortingall. **Coshieville** 3.3m, 380ft, 380ft.

Bike shops: *Wheelology*, 4 Ancaster Square, Callander. Tel. 01877 331 052.

*Wheels Cycling Centre*, Invertrossachs Road, Callander. Tel. 01877 361 089.

**Stage 19 Coshieville to Laggan (7miles west-southwest of Newtonmore): 46.3miles, ascent 4530ft (1394mtrs), descent 4020ft (1237mtrs)**

**Coshieville** Continue on the B846 (which follows the Pass of Keltney). At Tummel Bridge cross over the River Tummel and note the lovely old bridge to its right. **Tummel Bridge** 8.2m, 1190ft, 1040ft.

**Tummel Bridge** Beyond stay on the B846 which curves left and is signed for Kinloch Rannoch. But  $\frac{3}{4}$ mile after the bridge turn off right on a C-road, signed to Trinafour and Calvine and follow it to a T-junction where the B847 is met. Turn right and follow the B847 through Trinafour and beyond stay on the B-road which follows Errochty Water. At Struan, the B-road passes under the railway line as the road crosses the River Garry. Shortly beyond, reach a T-junction where a B-road is met. Turn left for about 180mtrs then turn off left on a cycle path (sign) **Calvine** 11m, 1270ft, 1110ft.

**Calvine** Follow the cycle path which follows the line of the A9, sometimes away from it on the old A9 road and rather closer to it at other times; it requires care in places particularly on short sharp gravel ascents and descents. Eventually the cycle path emerges on the A889. Turn left through Dalwhinnie (refreshments) and continue on the A-road to meet the A86 at a T-junction. Turn right signed for Newtonmore. Shortly cross the River Spey, Laggan is reached at the right corner just beyond; the main part of the village (with accommodation) is to the left of the main road. **Laggan** 27.1m, 2070ft, 1870ft

**Stage 20 Laggan to Fort Augustus: 55.8miles, ascent 5280ft (1625mtrs), descent 6045ft (1860mtrs)**

**Laggan** Retrace the route along the A86 to the River Spey and having crossed, continue on the A86 to a T-junction with the A82 at **Spean Bridge** 29.1m, 2400ft, 3050ft

**Spean Bridge** Turn right on the A82 (signed Inverness)\*, using the cycle path when it appears on the left and follow it to meet the B8004. Turn left and follow the B-road to the Caledonian Canal at **Gairloch** 3.5m, 360ft, 450ft.

**Gairloch** Cross the canal and immediately turn off right on the B8005 signed to Loch Arkaig. Follow the B-road to Clunes. **Clunes** 4m, 450ft, 410ft

**Clunes** When the road turns sharp left, turn right onto the Great Glen Cycle Way which follows the line of Loch Lochy along its west side on a fairly difficult forest track. The forest track becomes a

lane and at end of the loch branch right following the Great Glen Way sign to **Laggan Locks** 8m, 1145ft, 1180ft.

\* The A82 although busier offers an easier option between Spean Bridge and Laggan Locks.

**Laggan Locks** Cross the canal here and turn left along the canal, following its line to meet the A82 just before the Laggan Swing Bridge. Cross the A82 to the lane opposite and follow it (keeping right at the holiday park). Beyond, as the lane curves left, take the excellent cycle track off right along the east side of Loch Oich. This meets the A82 at Oich Swing Bridge. Cross to the towpath opposite and follow it to a lock where the canal is crossed to the towpath on the opposite bank (canal on right); the water to the left is the River Oich. The Caledonian Canal towpath is now followed to meet the A82 in the centre of **Fort Augustus** 11.2m, 925ft, 955ft

**Stage 21 Fort Augustus to Muir of Ord: 35.6miles, ascent 4450ft (1369mtrs), descent 4420ft (1360mtrs)**

**Fort Augustus** (Start early for light traffic.) Turn left and following signs to Inverness, take the A82, which follows the west side of Loch Ness, through Invermoriston and on to **Drumnadrochit** 19m, 2860ft, 2830ft

**Drumnadrochit** Just beyond the village, turn left on the A831 (signed to Beaully) and 1¼miles later turn right onto the A833 (signed for Beaully); a stiff climb now ensues. Keep on the A833 until the A862 is met at a T-junction and turn left (signed Beaully). Follow the A-road across Lovat Bridge (over the River Beaully) and keep to the major road into **Beaully** 13.5m, 1410ft, 1500ft.

**Beaully** Continue on the A682 from Beaully. Keep with the major A-road which bends left to cross the railway line and immediately after this the Ullapool and Dingwall A-roads split. Go straight on here (right) on the A862 Dingwall road and shortly reach accommodation in **Muir of Ord** 3.1m, 180ft, 90ft.

Bike shop: OrangeFox Bikes, Unit 2, 44 Muir of Ord Industrial Estate, Muir of Ord. Tel. 01463 870 346 or 07775 690 076. Has both a workshop and also offers mobile repairs across the Highlands.

**Stage 22 Muir of Ord to Lairg: 43.8miles, ascent 3890ft (1197mtrs), descent 3715ft (1143mtrs)**

**Muir of Ord** Continue on the A862 crossing the River Conon on Conon Bridge and then meet the A835 at the **Kildun roundabout** 4.3m, 280ft, 360ft

**Kildun roundabout** Go straight on at the roundabout to stay on the A862 but almost immediately join a cycle path on the left. It continues across a factory access road but at the next lane met, take to the cycle path beside the A-road. Finally, it's necessary to join the A862 (Station Road) into Dingwall. Keep on the A862 going straight across at traffic lights (where Dingwall's one-way pedestrianised High Street is to the right) **Dingwall** 1.5m, 100ft, 120ft.

**Dingwall** Beyond, keep on the A862 to pass left of a big Tesco's, cross the level crossing, then bend right with the main road and 300mtrs further on turn off left at traffic lights onto Tulloch Avenue (signed to Foulis). Follow this road to a T-junction at the top and turn right (signed Evanton & cycle route sign). Follow Old Evanton Road to meet the B817 and turn left (signed Alness). Follow the B-road through Evanton and shortly after the houses end there's a cycle path off right parallel to the B-road (but if the B-road is not too busy it's probably easier to stay on the B-road). The cycle path sometimes crosses the B-road for sections and sometimes occupies the pavement beside or close to the road. When the B817 meets the B9176 at a T-junction, turn left, (signed Lairg). Keep to the B9176 following signs to Lairg & Bonar Bridge and eventually meet the A836 road; there's a stunning viewpoint on the way down to the A-road. Turn left on the A836 into **Ardgay** 26.5m, 2540ft, 2510ft

**Ardgay** Stay on the A836, cross the Dornoch Firth into Bonar Bridge and immediately over the bridge turn off left to stay on the A836 (signed Lairg). Follow the main road and after 4miles turn off left on the A837 (signed Rosehall). Cross the River Shin and immediately after turn off right on the B864 (signed for Lairg). Follow the B-road (past the Falls of Shin Visitor Centre) to a T-junction with the A839 and turn right (cycle route 1 sign). The A-road crosses the bottom of Loch Shin and re-meets the A836. Turn left and then right for the centre of **Lairg** 11.5m, 970ft, 725ft.

Bike shop: *Heaven Bikes, Unit 2, Main Street, Ardgay. Tel. 01863 766 506 or out-of-hours 07543 466 699.*

**Stage 23 Lairg to Farr: 47.3miles, ascent 3670ft (1129mtrs), descent 3730ft (1148mtrs)**

**Lairg** *Follow the A836 northwards (following signs to Tongue) past the Crask Inn to Altnaharra 21m, 1450ft, 1460ft*

**Altnaharra** *Beyond the village, cross the River Mudale and shortly after turn off right on the B873, signed to Bettyhill. Follow the B-road along Loch Naver and it then turns northwards along Strath Naver. At Syre, go straight on signed Bettyhill with the road now named the B871. Continue up Strath Naver on the B-road to meet the A836 at a T-junction. Turn right, signed Bettyhill (and Thurso). Follow the A836 through Bettyhill. Farr is beyond Bettyhill lying to the left of the main road and depending on the accommodation choice the turn off is  $\frac{3}{4}$ mile or  $1\frac{1}{2}$ miles beyond Bettyhill's General Store/Post Office; the latter is assumed in the mileage figures. **Farr** 26.3m, 2220ft, 2270ft*

**Stage 24 Farr to Mey including to Dunnet Head: 49.6miles, ascent 3640ft (1120mtrs), descent 3615ft (1112mtrs)**

**Farr** *Continue along the A836 to Melvich 11.7m, 1370ft, 1360ft.*

**Melvich** *Continue on the A836 following signs to Thurso. Pass through Reay village and  $\frac{2}{3}$ mile beyond, just after a sharp left bend and immediately after crossing a significant burn, turn off right on a lane (signed for Shebster & cycle route 1). Keep to the main lane (going steadily eastwards) following signs to Thurso. Ignore a turn off right to Halkirk to go straight on and the lane becomes the B874. Follow the B-road into Thurso passing **Thurso Station** 17m, 970ft, 1020ft*

**Thurso Station** *Continue through Thurso on the B874 and immediately after a Church of Scotland church on the left, turn right down a one-way street (cycle sign). At the bottom of Sir John's Square turn right (traffic lights) onto the A9. Turn immediately left on the A9 over the River Thurso. Over, at traffic lights, turn off left on the A836 signed to John O' Groats. Stick to the A836 and pass through Castletown. Keep on the A836 and just after the Northern Sands Hotel turn off left onto the B855 signed to Dunnet Head (8.8m, 420ft, 440ft); Dunnet Head is the most northerly point on the UK mainland. Stick to the 'major' road which soon bends right and follow signs to Dunnet Head. At the cross-road at Brough, turn off left (signed to the Dunnet Head Viewpoint) and follow the 'major' road to the lighthouse at **Dunnet Head** 13.4m, 835ft, 695ft.*

**Dunnet Head** *Return on the B-road to Brough but now at the cross-road (with a No Through Road straight ahead) turn left signed John O' Groats. Ignoring turn-offs reach the hamlet of Ham and continue on the main lane to meet the A836. Turn left (signed John O' Groats) for  $2\frac{1}{4}$ miles into **Mey** 7.5m, 465ft, 540ft.*

Bike shop: *The Bike Shop, 35 High Street, Thurso. Tel. 01847 895 385.*

**Stage 25 Mey to John O' Groats to Wick including to Duncansby Head: 28miles, ascent 1640ft (505mtrs), descent 1700ft (523mtrs)**

**Mey** *Continue on the A836 to a T-junction with the A99. Turn left for **John O' Groats Pier** 7.4m, 330ft, 410ft*

If returning home by train, it's necessary to get down to Wick by the A99 road for a train down to Inverness; there are no trains on a Sunday. There is also the additional option of visiting Duncansby Head, the most north-easterly point on the UK mainland. Both are described below.

**John O' Groats Pier** *From the pier follow the A99 for  $\frac{1}{2}$ mile to a turn off left signed to Duncansby Head. If diverting to Duncansby Head turn left here and follow the instructions below, otherwise carry on along the A99. The A-road passes small settlements, the largest of which is the village of Keiss. The road then follows the line of Sinclair's Bay before going more inland and reaching a T-junction. Turn left here to continue on the A99 towards Wick. Follow the A99 into the centre of Wick. With a 'No Entry' pedestrianised area straight ahead, the A99 turns right, crosses the Wick River and reaches a mini-roundabout. Turn right here and when the road shortly bends left, Wick*

*Station is immediately on the right. **Wick Station** 16.8m, 940ft, 920ft.*

**Duncansby Head option** *If visiting Duncansby Head, take the lane turn off and stick to the main lane following signs to the Lighthouse to arrive at **Duncansby Head**. Return along the lane back to the A99 and follow the directions above. **A99** 3.8m, 370ft, 370ft*

*Bike shop: The Spot Cycles, Francis Street, Wick. Tel. 01955 602 698.*