

GREAT BEAR 10 DAY LANDS END TO JOHN O'GROATS CYCLE

10 day LEJOG's are all the same but vary in price due to the time of year they are run so please see website for exact dates and prices

WHAT THE PRICE INCLUDES

- * Collections on route from Milton Keynes to Lands End / Transfers from John O'Groats to Inverness
- * 11 Nights accommodation in twin rooms in hotels/B&Bs
- * Breakfasts
- * Baggage transfers for the duration of the trip
- * Vehicular support for the entire cycle including back up vehicle carrying spares, mechanical support and use of spare bike should you need it
- * Overnight bike storage
- * Photos of your trip

WHAT THE PRICE EXCLUDES

- * Bike and helmet hire
- * Personal clothing and equipment
- * Insurance
- * Lunches and evening meals

DAILY

Day 1 - Collections from Milton Keynes and en route down to Cornwall

Day 2 - Land's End to Launceston - 86.8 mi

Day 3 - Launceston to Weston super mare - 103.3 mi

Day 4 - Weston super mare to Stourport – 97.7 mi

Day 5 – Stourport to Bamber Bridge - 117.2 mi

Day 6 - Bamber Bridge to Carlisle - 100.5 mi

Day 7 - Carlisle to Irvine - 108 mi

Day 8 - Irvine to Inveraray – 76.5 mi

Day 9 - Inveraray to Fort William - 72 mi

Day 10 - Fort William to Tain - 95.3 mi

*Daily mileages can sometimes vary due to road closures, route deviations etc

TRANSPORT

OUT - Collections start at Milton Keynes train station at 11am on the morning of your trip date; from here we drive down past Oxford and Swindon before passing Bristol and continuing down the M5 to Cornwall. If flying over from Ireland we recommend using Bristol airport so we can collect you from there. You can also meet us down in Cornwall that evening or at Lands End the next morning.

HOME - We head south and back to Tain when you have finished at John O'Groats for the final night of the trip where you can finally relax/collapse (this is the same accommodation as the previous night so no unpacking of bags).

The following morning you will be transferred to Inverness – I have stopped running transport South of Inverness due to how long the journey takes by road – Most riders have started flying out from

Inverness or getting the train and then collecting their bikes from me at a later date or having them couriered back to their home address. Please let me know your intentions when booking with regards to onward travel after the ride.

WHAT HAPPENS DAY TO DAY?

This is your ride and we want you to make of it what you had in your head when you first googled 'Lands end to John O'Groats cycle'. There are no set times to leave in the morning, you don't have to ride in a group if you don't want to, there are no set dinner times. Usually on the ride people make great friends and all end up riding together, eating together and setting a time for next day's riding and sometimes people do their own thing.

I have Garmin edge cycle computers for navigation which have the daily routes planned into them. We have a Garmin for every 2 riders if you wish to use one. For those of you with your own Garmin's I will send out the routes prior to the ride.

If you want to go on a different route entirely then it is up to you providing that you turn up at the same accommodation as us! Please be advised that support in case of a severe breakdown off of the main route may be limited.

ACCOMMODATION

The accommodation provided on the trip is a variety of independent and chain hotels. They vary due to nature of our locations each night and are based on 2 people sharing a twin room. Most accommodation has food and a bar available on site or nearby as well as Wi-Fi.

Single supplements are charged for those not wanting to share – please contact for availability.

BIKES AND EQUIPMENT

We strongly recommend that you ride a road or touring bike for the cycle and have put in sufficient training on this same bike. Whatever you choose make sure the bike has a suitable range of gears as you will be climbing steep hills in places and if you are not familiar with the mechanics of your bike it would pay to take it to a cycle shop for a service prior to the trip.

If you intend on completing the ride on anything other than a road bike then please let me know prior to the ride as the vehicles are set up to carry road bikes. One bike only please. If completing the ride on a touring bike please do not turn up for collection with panniers fitted as your bike won't fit in the trailer, you may also end up leaving them in the van halfway through day one. Also please consider if you really need that bar bag on your road bike, I would guess that 90% of people who turn up with one end up leaving it in the van for the entire trip after day one.

If you don't already own a pair prior to the ride you may want to get hold of some waterproof overshoes. These are often overlooked when planning the trip as most riders don't choose to go out in the rain but in completing the LEJOG it is inevitable that you will have to set out in the rain at some point.

Lights, you may think well 'I won't be riding at night', but in heavy rain, fog and under tree cover you need to give that vehicle approaching you from behind at 60mph every chance they can to see you. Some people turn up with lights that can barely be seen halfway down a lay-by and I would only recommend a high output LED pulsating rear light as there is a good chance you will have dense sea fog on the final push up to John O'Groats. Knog, Moon, Lezyne and Exposure all make good powerful rear lights.

Same goes for clothing, that all black Castelli gear looks great but when you have a logging truck bearing down on you in the rain in Scotland you want to make sure he knows you are there.

Gloves - you can never have too many pairs.

Water bottles – If you have 1 x 500ml bottle then you may want to invest in a couple of nice big bottles.

Helmets – I used to give you the option but from 2014 it is mandatory to be wearing a helmet while on one of our rides.

It is recommended that you bring a range of spares for your bike (chain links, spokes, inner tubes) I have a certain amount for sale on board the support vehicle, please understand however that it is not possible to stock for every single bicycle. I have tyres, tubes, bar tape, cleats, brake pads, gear and brake cables, chains, chamois cream and more.

You are responsible for your own routine maintenance throughout the trip but I will help out in any way that I can. I have track pumps and you do not need to bring your own.

BAGGAGE ALLOWANCE

Your baggage allowance for this trip is just the one piece of main luggage in the form of a sports/expedition bag or suitcase (**not 4 small bags**). If you have anything with wheels this will be preferred. Please also bring a small rucksack for you to keep all of your items in that you may need during the day (sun cream, tablets, chamois cream etc)

I can only accommodate a small number of bike bags and these spaces will be reserved for people flying in to complete the ride so please enquire if you intend to bring one. Wheel bag space is also limited, we already have spare wheels on the support vehicle and it won't be necessary for you to bring your own.

PREPARATION

There is no sugar coating it, the Lands End to John O'Groats cycle ride is tough, you can however make it easier on yourself by preparing for the trip as much as possible.

It is generally noted that preparing physically for the ride is only 50% of the battle; the other 50% is managing those sores, pains, getting into a routine and summoning the drive to get back on that saddle each morning no matter what your situation.

You ideally need to make time to get in 3 good rides consecutively in training and set off one day in the rain and replicate the sort of mileage you will be doing on your chosen ride to see what gear you need to buy to make yourself more comfortable.

Avoid doing all of your training on a turbo trainer or you may as well book your train home from Bristol now.

If you plan to be stopping off taking pictures and frequenting pubs and tea rooms (why wouldn't you be?!) you may want to consider not riding SPD-SL pedals as they are rubbish for walking in and are the cause of quite a few injuries every year.

Treat yourself to some new gear cables, or while the bike is in for a service ask your bike shop to do this, after punctures a snapped gear cable is the most common breakdown on these trips, they can be brought for as little as £2 each and replacing them pre ride can save you a whole world of hassle! Bottom brackets – a good day in the wet will bring out all of the gremlins so pop a new one in now instead of scratting around trying to find one in Scotland.

SUPPORT

The support vehicle will always be on hand should you need assistance at any time during the trip. In the van is a full tool kit, spare wheels and spare bikes. I will always be close to the riding group and will get ahead of you now and again for you to fill up water bottles and have a sit down. Whether you need a break, have bike trouble or just need emotional support getting up a big hill, I will do what I can to keep you going.

FOOD

Breakfast is provided by your accommodation and ranges from the usual full English/Scottish through to cereals, yoghurts, fruit, toast and fruit juices, tea and coffee.

Lunches – from 2015 onwards I regret that I will no longer be able to offer lunches as I used to due to unpredictable weather, unpredictable locations and unpredictable breakdowns. Feel free to leave any food you require in the van or sample all of the great local produce as you wind your way North. Evening meals and drinks are not included in the price. Evening meals are available at most accommodations or we are close to pubs/towns with selections of eating places.

If you have any dietary requirements i.e. vegan, vegetarian etc please let us know so we can advise accommodations in advance.

LAUNDRY

Due to the fact that we are constantly moving on during the cycle trips it is not practical to be using commercial washing services and it is recommended that you bring enough cycle clothing to rotate and wash in your accommodation by bringing some detergent with you. Due to the material that most bibs are made from people find they are normally dry by the next morning's ride anyway. If not you are welcome to hang gear up to dry in the vehicle.

GUIDES

I do not use guides on the Lands End to John O'Groats trips for a couple of simple reasons:

- * No guide enables us to keep the costs as low as possible and pass that on to you as a customer.

- * Mainly though we feel that for the majority of you, as riders, this is a massive personal challenge, which with the odd exception will only be completed once ever in your lifetime and to add a guide would somewhat take away from the personal achievement of riding the length of mainland Britain!

We are not providing you with a 'tour' we are providing you with support for your expedition! You will be provided with relevant information on a suggested route by way of Garmin GPS with the route planned into it. Feel free to undertake whichever route you wish, I am just there to help out in any way I can!

Any further queries or questions please contact me on – Carl – 07860 563810

carlshearman@live.co.uk or through the website at www.great-bear-tours.co.uk