

Land's End to John O Groats
24 June - 24 August 2010

Stage	Day	Date	From	To	Dist. (miles)	Dist. (km)	Cum. Dist. (miles)	Cum. Dist. (km)	Ascent (m)	Descent (m)	Time (hrs)	Accommodation	Cost	People	Notes
	Thur	24-Jun	Leeds	Lands End		14									Follow A30 from Penzance
1	Fri	25-Jun	Land's End	St Ives	18.13	29	18.13	29	1470	1410	8.5	Hellesveor Farm	5		South West Costal Path
2	Sat	26-Jun	St Ives	St Agnes	20.63	33	38.75	62	1050	1050	8.5	Beacon Cottage	6		South West Costal Path
3	Sun	27-Jun	St Agnes	Trevarrian	20	32	58.75	94	1120	1160	8.5	Trevarrian Holiday Par	7	Leah	South West Costal Path
4	Mon	28-Jun	Trevarrian	St Mabyn	16.88	27	75.63	121	620	600	6.5	Glenmorris Park	12	Leah	Wind Farms and Roads
5	Tue	29-Jun	St Mabyn	Launceston	23.75	38	99.38	159	820	890	8.5	White Hart Hotel	40	Leah	Bodmin Moor and Roads
6	Wed	30-Jun	Launceston	Okehampton	21.25	34	120.63	193	910	850	8.5	Betty Cottles Inn	7	Leah	Two Castles Trail
7	Thur	01-Jul	Okehampton	Crediton	25	40	145.63	233	1100	1250	10	Salmonhutch Coarse F	3		Roads
8	Fri	02-Jul	Crediton	Greenham Weir	25	40	170.63	273	850	750	9.5	Gamlins Farm Carava	8	x	Roads and Great Western Canal
9	Sat	03-Jul	Greenham Weir	Bridgewater	22.5	36	193.13	309	350	350	7.5	Folletts Farm Certifica	8	x	West Deane Way, Samaritans Way
10	Sun	04-Jul	Bridgewater	Cheddar	23.75	38	216.88	347	400	350	8	Petruith Paddocks	10	x	Samaritans Way
11	Mon	05-Jul	Cheddar	Bristol	27.5	44	244.38	391	850	850	10.5	Bristol Travel lodge	35	Leah	Roads and River Avon Trail
	Tue	06-Jul		Rest Day			244.38	391				Bristol Travel lodge	35	Leah	
12	Wed	07-Jul	Bristol	Chepstow	16.25	26	260.63	417	300	250	5.5	Upper Sebury Guest H	10		Roads
13	Thur	08-Jul	Chepstow	Monmouth	18.75	30	279.38	447	1050	1050	8	Rickyard Bunkhouse	6		Offa's Dyke Path
14	Fri	09-Jul	Monmouth	Pandy	11.25	18	290.63	465	450	450	5	Little Oasis Campsite	8		Offa's Dyke Path
15	Sat	10-Jul	Pandy	Hay on Wye	16.25	26	306.88	491	750	750	6.5	Radnor's End	5		Offa's Dyke Path
16	Sun	11-Jul	Hay on Wye	Kington	14.06	22.5	320.94	514	750	750	6	Fleece Meadow Camp	8		Offa's Dyke Path
17	Mon	12-Jul	Kington	Knighton	13.13	21	334.06	535	850	850	6	Panpwnton Campsite	5	Alf	Offa's Dyke Path
18	Tue	13-Jul	Knighton	Mellington Hall	13.13	21	347.19	556	1200	1200	6.5	Mellington Hall	9	Alf	Offa's Dyke Path
19	Wed	14-Jul	Mellington Hall	Pant	21.88	35	369.06	591	550	650	7.5	?	8	Alf	Offa's Dyke Path
20	Thur	15-Jul	Pant	Grindley Brook	27.5	44	396.56	635	300	300	9	Canalside Caravan Pa	10	x	Shropshire Union Canal
21	Fri	16-Jul	Grindley Brook	Crewe Travellodge	25.63	41	422.19	676	450	350	9.5	Travellodge	25	Leah	Cheshire Way and Roads
22	Sat	17-Jul	Crewe Travellodge	Buxton	25	40	447.19	716	1300	1100	11	Lime Tree Park	10	Lu/JP	Dane Valley Way
	Sun	18-Jul		Rest Day			447.19	716				Lime Tree Park	10	Lu/JP	
23	Mon	19-Jul	Buxton	Edale	16.88	27	464.06	743	1050	1150	7.5	Fieldhead Campsite	5		Limestone Way
24	Tue	20-Jul	Edale	Crowden	15.63	25	479.69	768	950	950	6.5	Crowden Camping and	7		Pennine Way
25	Wed	21-Jul	Crowden	Littleborough	16.88	27	496.56	795	1050	1150	7.5	Hollingworth Lake Car	12		Pennine Way
26	Thur	22-Jul	Littleborough	Haworth	18.75	30	515.31	825	1100	900	8	??	5		Pennine Way
27	Fri	23-Jul	Haworth	Gargrave	15.63	25	530.94	850	800	1050	6.5	Eshton Road Caravan	5	x	Pennine Way
28	Sat	24-Jul	Gargrave	Hornton	20	32	550.94	882	1100	1000	8.5	Holme Farm	3	x	Pennine Way
29	Sun	25-Jul	Hornton	Sedbergh	17.5	28	568.44	910	700	800	7	Pinfold Caravan Park	5	x	Yorkshire Dales
30	Mon	26-Jul	Sedbergh	Crooks Beck	11.88	19	580.31	929	800	600	6	??	x	Yorkshire Dales	
31	Tue	27-Jul	Crooks Beck	Dufton	11.88	19	592.19	948	500	500	6	Grandie Caravan Park	5	x	Yorkshire Dales
32	Wed	28-Jul	Dufton	Alston	18.75	30	610.94	978	1050	950	8	Tyne Willows Caravan	5	x	Pennine Way
33	Thu	29-Jul	Alston	Brampton	23.13	37	634.06	1015	750	950	8.5	??	10	x	Pennine Way and Hadrian's Wall
34	Fri	30-Jul	Brampton	Langholm	21.88	35	655.94	1050	650	650	8.5	Whitshiels Caravan Pa	7	x	Roads
35	Sat	31-Jul	Langholm	Lochmaben	20.63	33	676.56	1083	600	650	7.5	Kirk Loch Caravan and	8	x	Roads

