

LANDS END TO JOHN O'GROATS SCHEDULE (based on route described by Andy Robinson in his book "The End to End Trail" published by Cicerone).

Date	Day of Week	Destination (Bold = Mail Pickup)	Day	Activity	Maps	Kilometres		B&B/ Hotel	Hostel/ Bunk- house	Hostel Website	Hostel Address	Bothy/ Hut	Camp- site	Wild Camp- ing	Pub	Café/ Rest.	Grocer	Post Office	Out- door Shop	Bank	ATM	Public phone	
						Day	Cum.																
24-Apr-10	Saturday																						
25-Apr-10	Sunday																						
26-Apr-10	Monday	Copa	Day 07-	Fly to the UK																			
27-Apr-10	Tuesday	Flying	Day 06-	Fly to the UK																			
28-Apr-10	Wednesday	London	Day 05-	London																			
29-Apr-10	Thursday	London	Day 04-	London																			
30-Apr-10	Friday	London	Day 03-	London																			
01-May-10	Saturday	London	Day 02-	London																			
02-May-10	Sunday	London	Day 01-	London																			
03-May-10	Monday	Land's End	Day 00	Travel to Sennen				x	x	www.whitesandslodge.co.uk/	Whitesands Lodge, Sennen, (01736) 871776		x		x	x	x	x				x	
04-May-10	Tuesday	Zennor	Day 01	Hiking	SWCP Guide	26	26	x	x	www.backpackers.co.uk/zennor/	The Old Chapel, Zennor Backpackers, Zennor (01736) 798307		x		x	x							
		St Ives																					
		Hayle																					
05-May-10	Wednesday	Gwithian	Day 02	Hiking	SWCP Guide	26	52	x					x		x	x							x
		Portreath																					
		St Agnes																					
06-May-10	Thursday	Perranporth	Day 03	Hiking	SWCP Guide	31	83	x	x		YHA Hostel, Droskyn Point, Perranporth, 0845 371 9755		x		x	x	x	x		x	x	x	
		Holywell																					
		Crantock																					
		Newquay																					
07-May-10	Friday	Mawgan Porth	Day 04	Hiking	SWCP Guide	27	110	x					x		x	x							x
		Porthcothan																					
		Treyarnon Bay																					
		Trevone																					
		Padstow																					
08-May-10	Saturday	Wadebridge	Day 05	Hiking	SWCP Guide	28	138	x					x		x	x	x	x	x	x	x	x	x
		Port Isaac																					
		Port Gaverne																					
		Trebarwith Strand																					
		Tintagel																					
09-May-10	Sunday	Boscastle	Day 06	Hiking	SWCP Guide	30	168	x	x		YHA Hostel, Palace Stables, Boscastle, 0845 371 9006				x	x	x					x	
		Crackington Haven																					
		Widemouth Bay																					
10-May-10	Monday	Bude	Day 07	Hiking	SWCP Guide	26	194	x	x		North Shore Bude Backpackers, 57 Killerton Road, Bude, 01288 354 256		x		x	x	x	x	x	x	x	x	
11-May-10	Tuesday	Clovelly	Day 08	Hiking	SWCP Guide	37	231	x					x		x	x	x	x	x			x	
12-May-10	Wednesday	Barnstaple	Day 09	Hiking	SWCP Guide	37	268	x							x	x	x	x	x	x	x	x	x
		Bratton Fleming																					
13-May-10	Thursday	Warren Farm	Day 10	Hiking	OL9 Exmoor	34	302	x						x	x						x		x
		Wheddon Cross			OS 140 Quantock Hills & Bridgwater																		
		Luxborough			OS 141 Cheddar Gorge																		
14-May-10	Friday	Roadwater	Day 11	Hiking	OS 154 Bristol West & Portishead	29	331	x							x		x	x					x
		Monksilver			OL 14 Wye Valley & Forest of Dean																		
		Bicknoller																					
		Enmore																					
		Goathurst																					
15-May-10	Saturday	Bridgwater	Day 12	Hiking		36	367	x							x	x	x	x	x	x	x	x	x
		Bawdrip																					
		Cossington																					
16-May-10	Sunday	Cheddar	Day 13	Hiking		32	399	x	x		YHA Hostel Hillfield, Cheddar, 0845 371 9730		x		x	x	x	x	x	x	x	x	
		Sandford																					
		Yatton																					
		Kenn																					
		Clapton in Gordano																					
17-May-10	Monday	Easton-in-Gordano	Day 14	Hiking		44	443	x							x	x	x	x				x	x

LANDS END TO JOHN O'GROATS SCHEDULE (based on route described by Andy Robinson in his book "The End to End Trail" published by Cicerone).

Date	Day of Week	Destination (Bold = Mail Pickup)	Day	Activity	Maps	Kilometres		B&B/ Hotel	Hostel/ Bunk- house	Hostel Website	Hostel Address	Bothy/ Hut	Camp- site	Wild Camp- ing	Pub	Café/ Rest.	Grocer	Post Office	Out- door Shop	Bank	ATM	Public phone	
						Day	Cum.																
		Shirehampton																					
		Henbury																					
		Easter Compton																					
		Pilning																					
		Aust																					
18-May-10	Tuesday	Chepstow	Day 15	Hiking			30	473	x				x		x	x	x	x			x	x	x
19-May-10	Wednesday	Monmouth	Day 16	Hiking	ODP Guide		27	500	x				x		x	x	x	x	x		x	x	x
20-May-10	Thursday	Pandy	Day 17	Hiking	ODP Guide		26	526	x	x	www.theoldpandyinn.co.uk		x		x								x
21-May-10	Friday	Hay-on-Wye	Day 18	Hiking	ODP Guide		26	552	x	x			x		x	x	x	x			x	x	x
		Kington																					
22-May-10	Saturday	Knighton	Day 19	Hiking	ODP Guide		45	597	x				x		x	x	x	x			x	x	x
		Clungunford																					
23-May-10	Sunday	Craven Arms	Day 20	Hiking	LR 148 Presteigne & Hay-on-Wye OS 217 The Long Mynd & Wenlock Edge OS 242 Telford, Ironbridge & The Wrekin OS 244 Cannock Chase		23	620	x						x	x	x	x			x	x	x
		Strefford																					
		Much Wenlock																					
24-May-10	Monday	Ironbridge	Day 21	Hiking			37	657	x	x					x	x	x	x					x
		Coalport									YHA Hostel, High Street, Coalport, 0845 371 9325												
		Tong Norton																					
		Bishop's Wood																					
25-May-10	Tuesday	Penkrige	Day 22	Hiking			37	694	x						x	x	x	x			x	x	x
		Bednall																					
		Little Haywood																					
		Colton																					
26-May-10	Wednesday	Abbots Bromley	Day 23	Hiking	OS 259 Derby OL 24 The Peak District OL 1 The Peak District OL 21 South Pennines		26	720	x						x		x	x					x
		Uttoxeter																					
		Rocester																					
		Ellastone																					
27-May-10	Thursday	Thorpe	Day 24	Hiking			35	755	x				x		x								x
		Milldale																					
		Biggin																					
28-May-10	Friday	Youlgreave	Day 25	Hiking			26	781	x	x					x	x	x	x					x
		Edensor																					
		Baslow																					
29-May-10	Saturday	Hathersage	Day 26	Hiking			29	810	x	x			x		x	x	x	x	x	x	x	x	x
30-May-10	Sunday	Dunford Bridge	Day 27	Hiking			33	843															x
		Holme																					
		Marsden																					
31-May-10	Monday	Hebden Bridge	Day 28	Hiking			45	888	x						x	x	x	x	x	x	x	x	x
		Cowling																					
01-Jun-10	Tuesday	Thornton in Craven	Day 29	Hiking	PW Guide		36	924	x														x
		Malham																					
02-Jun-10	Wednesday	Horton in Ribblesdale	Day 30	Hiking	PW Guide		41	965	x	x			x		x	x	x	x	x	x			x
03-Jun-10	Thursday	Hawes	Day 31	Hiking	PW Guide		22	987	x	x			x		x	x	x	x	x	x	x		x
		Thwaite																					
04-Jun-10	Friday	Keld	Day 32	Hiking	PW Guide		20	1007	x				x		x								x
		Baldersdale																					
05-Jun-10	Saturday	Middleton-in-Teesdale	Day 33	Hiking	PW Guide		33	1040	x				x		x	x	x	x	x	x			x
		Langdon Beck																					
06-Jun-10	Sunday	Dufton	Day 34	Hiking	PW Guide		32	1072	x	x			x		x		x	x					x
		Garrigill																					
07-Jun-10	Monday	Alston	Day 35	Hiking	PW Guide		31	1103	x	x			x		x	x	x	x	x	x	x		x
08-Jun-10	Tuesday	Greenhead	Day 36	Hiking	PW Guide		26	1129	x	x			x		x	x							x
09-Jun-10	Wednesday	Bellingham	Day 37	Hiking	PW Guide		34	1163	x	x			x		x	x	x	x			x	x	x
10-Jun-10	Thursday	Byrness	Day 38	Hiking	PW Guide		24	1187	x				x		x	x							x

LANDS END TO JOHN O'GROATS SCHEDULE (based on route described by Andy Robinson in his book "The End to End Trail" published by Cicerone).

Date	Day of Week	Destination (Bold = Mail Pickup)	Day	Activity	Maps	Kilometres		B&B/ Hotel	Hostel/ Bunk- house	Hostel Website	Hostel Address	Bothy/ Hut	Camp- site	Wild Camp- ing	Pub	Café/ Rest.	Grocer	Post Office	Out- door Shop	Bank	ATM	Public phone		
						Day	Cum.																	
11-Jun-10	Friday	Jedburgh	Day 39	Hiking	OL 16 The Cheviot Hills	31	1218	x					x		x	x	x	x	x	x	x	x	x	
12-Jun-10	Saturday	Melrose	Day 40	Hiking	LR 73 Peebles, Galashiels	29	1247	x	x		Melrose YH, Priorwood, Melrose, 01896 822 521		x		x	x	x	x			x	x	x	
13-Jun-10	Sunday	Traquair	Day 41	Hiking	LR 72 Upper Clyde Valley	29	1276	x				x											x	
14-Jun-10	Monday	West Linton	Day 42	Hiking	LR 65 Falkirk & Linlithgow	32	1308	x							x	x	x	x			x	x	x	
15-Jun-10	Tuesday	Linlithgow	Day 43	Hiking	LR 64 Glasgow	44	1352	x					x		x	x	x	x			x	x	x	
16-Jun-10	Wednesday	Kilsyth	Day 44	Hiking		33	1385	x							x	x	x	x			x	x	x	
17-Jun-10	Thursday	Drymen (Strathblane)	Day 45	Hiking	WHW Guide	35	1420	x					x	x	x	x	x	x	x	x	x	x	x	
18-Jun-10	Friday	Inverarnan	Day 46	Hiking	WHW Guide	45	1465	x	x				x		x	x								
19-Jun-10	Saturday	Bridge of Orchy	Day 47	Hiking	WHW Guide	29	1494	x	x	www.westhighlandwaysleeper.co.uk	The West Highland Way Sleeper, Bridge of Orchy Station, 01838 400 548			x	x					x			x	
20-Jun-10	Sunday	Kinlochleven	Day 48	Hiking	WHW Guide	33	1527	x	x	www.blackwaterhostel.co.uk/	Blackwater Hostel, Lab Road, Kinlochleven, 01855 831253		x		x	x	x	x				x	x	
21-Jun-10	Monday	Fort William	Day 49	Hiking	WHW Guide	23	1550	x	x	www.bankstreetlodge.co.uk	Bank Street Lodge, Fort William, 013977 700070		x		x	x	x	x	x	x	x	x	x	
22-Jun-10	Tuesday	Glen Garry	Day 50	Hiking	LR 41 Ben Nevis, Fort William & Glen Coe	37	1587	x	x					x										
23-Jun-10	Wednesday	Glen Affric	Day 51	Hiking	LR 34 Fort Augustus	26	1613		x		Glen Affric YH, Allt Beithe, Glen Affric, 0845 293 7373	x		x										
24-Jun-10	Thursday	Bendronaig Lodge	Day 52	Hiking	LR 33 Loch Alsh, Glen Shiel	34	1647					x		x										
25-Jun-10	Friday	Kinlochewe	Day 53	Hiking	LR 25 Glen Carron & Glen Affric	32	1679	x	x	www.kinlochewehotel.co.uk	Kinlochewe Hotel Bunkhouse, Kinlochewe, 01445 760253	x		x	x	x	x	x	x	x			x	
26-Jun-10	Saturday	Inverlael	Day 54	Hiking	LR 20 Beinn Dearg	39	1718	x						x										x
27-Jun-10	Sunday	Oykel Bridge	Day 55	Hiking	LR 16 Lairg, Loch Shin	32	1750	x						x	x									x
28-Jun-10	Monday	Overscaig	Day 56	Hiking	LR 15 Loch Assynt	38	1788	x						x										x
29-Jun-10	Tuesday	Crask	Day 57	Hiking	LR 17 Helmsdale & Strath of Kildonan	18	1806	x						x										
30-Jun-10	Wednesday	Kinbrace	Day 58	Hiking	LR 12 Thurso & Wick	40	1846							x										
01-Jul-10	Thursday	River Thurso	Day 59	Hiking		26	1872							x										
02-Jul-10	Friday	Watten	Day 60	Hiking		33	1905	x							x		x	x						x
03-Jul-10	Saturday	John O'Groats	Day 61	Hiking		37	1942			www.sandras-backpackers.co.uk/	Sandra's Backpackers, 24/26 Princes Street, Thurso, (01847) 894575													
04-Jul-10	Sunday	Train	Day 62	Train to London																				
05-Jul-10	Monday	London	Day 63	London																				
06-Jul-10	Tuesday	London	Day 64	London																				
07-Jul-10	Wednesday	London	Day 65	London																				
08-Jul-10	Thursday	London	Day 66	Flying to Sydney																				
09-Jul-10	Friday	London	Day 67	Flying to Sydney																				
10-Jul-10	Saturday	London	Day 68	Flying to Sydney																				