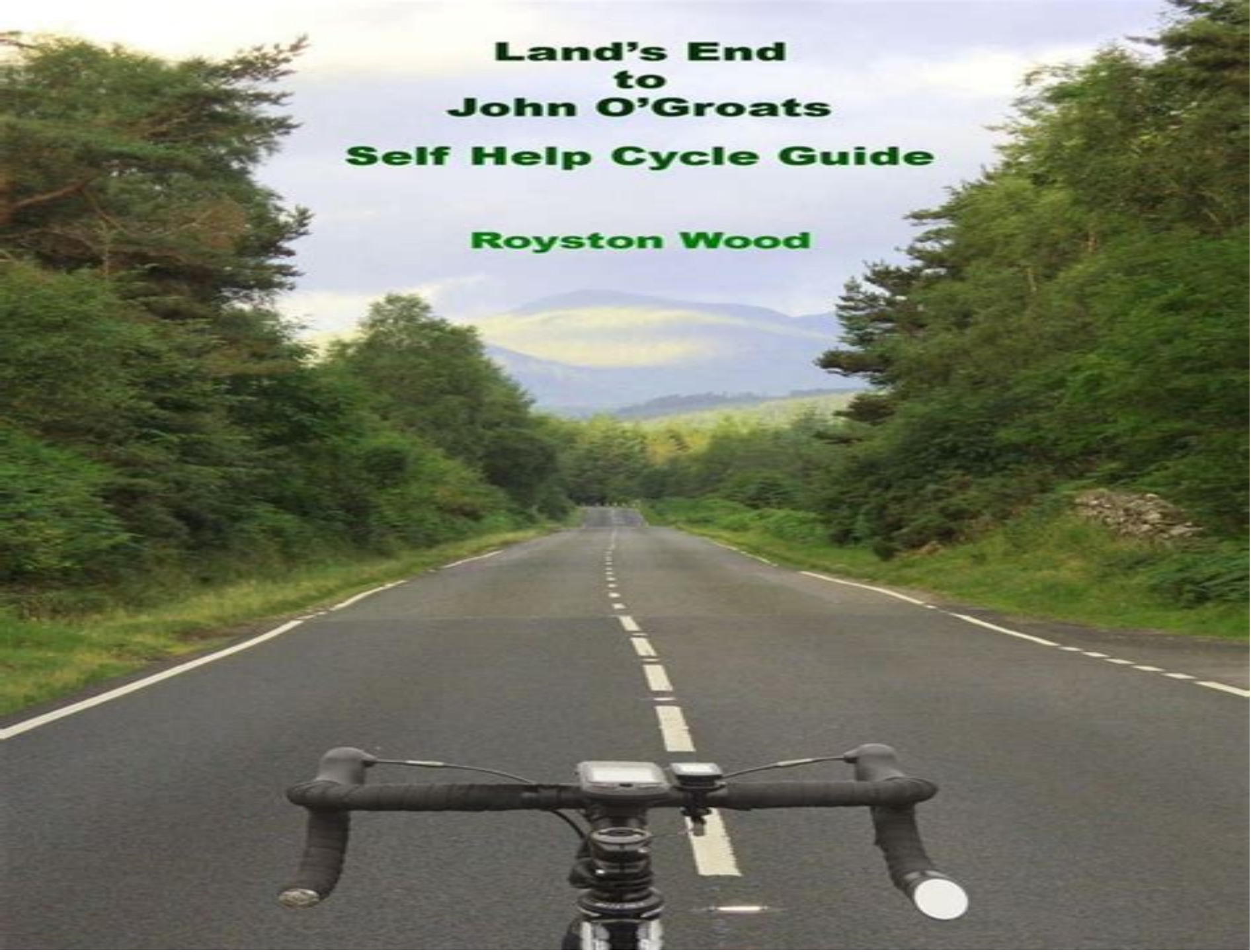


**Land's End
to
John O'Groats
Self Help Cycle Guide**

Royston Wood



Lands End To John Ogroats Self Help Cycle Guide

Andy Robinson



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an online series of Google maps and gpx files designed to guide you across the country from Land's End to John O Groats using a satellite navigation device a smart phone or similar device that can navigate using gpx files Links to all these electronic files are contained within the book along with instructions on how to access them and adjust the route to meet your needs if necessary Accommodation on or near the route has also been listed to assist your planning along with a list of bike repair shops that you may need in an emergency The locations of these places as well as local food stores are saved on the Google Maps and the gpx files I have cycled End to End three times With the safety of cyclists increasingly in the spotlight I wanted to find and share a relatively safe route that was close to a straight line but used quiet roads tracks and paths After a year of researching and test riding the result is a quiet route using mostly small roads and lanes and utilising cycle ways old railway lines and canal tow paths where possible This route therefore does contain a small amount of off road cycling which follows mainly old railway lines and canal paths through beautiful countryside However the surfaces range from tarmac through cinder to bare earth and grass and will be affected by weather conditions I have ridden the route on a road bike a Cube Agree GTC Pro with Schwelbe Marathon tyres in October and June to show that it is a feasible route However if you only want to ride on tarmac or the weather is against you then I have also given instructions on how you can make a detour to avoid these parts both en route or planning ahead The route is designed to be used as a set of gpx files that are ready to go download instructions in book However to add functionality and flexibility the book also contains links to the route maps on Google Maps This will enable you to amend or reverse the route to suit your exact requirements e.g. to divert to your chosen accommodation or bypass a certain section The appendices contain basic instructions on how to use Google Maps and how to create a gpx file from your amended map to load onto your navigation device Google Map images of the route are set out in the body of the book These are too small a scale to navigate by but are intended to give you a good visual representation of the route They are only included as an accompaniment to the gpx routes The book includes a link to a free PDF version where you can take advantage of active hyperlinks to Google Maps etc with the ability to zoom in on the reproduced maps and pictures in colour Please make use of the Look Inside facility to see samples of the interior Although the interior of the printed book is in black and white as stated above you will be able to download a PDF version of the book in full colour for free details in the book This self help resource is designed to provide everything you need to map your End to End cycle safely either following my route in its entirety or deviating from it to suit your requirements It is part of a series of books I have written to complete this challenge successfully Also available on Amazon are Land's End to John O Groats Self Help Cycle Guide tells you how to plan prepare and train for this epic adventure Land's End to John O Groats Cycling the Google Route Roy's Mad Adventure is my travelogue detailing my experience of cycling this route

The Cycling Bible Chris Sidwells, 2023-03-02 The Cycling Bible by renowned cycling author and journalist Chris Sidwells is a comprehensive guide to help you get the most out of cycling whether you go road cycling gravel riding mountain biking or enjoy any other kind of two

wheeled fun Based on the author s extensive experience and research this book collates the knowledge you will need to specifically train for the technical physical and mental aspects of cycling training It includes riding positions strength and conditioning endurance training the psychological side of training tailoring nutrition to your goals and bringing it all together to create your own training plan It also deals with choosing the right bike for you making essential safety checks and carrying out maintenance Extensively illustrated packed full of action photos The Cycling Bible will help and motivate you to improve and develop as a cyclist and find even more joy in this fantastic sport **All Downhill From Here** Paul Waters,2021-04-15 Paul and Simon hardly know each other In fact Simon thinks Paul is a bit of a % So they re both surprised when after a few drinks in the pub one evening they agree to take on Britain s most famous cycling challenge together 900 miles from Land s End to John o Groats Especially since they are both novice cyclists Somehow they persuade their partners Bek and Kirsty to give up their summer holidays to drive the length of Britain twice in the role of support crew But when the car breaks down driving to the start line the omens don t look good for a smooth ride What follows is a hilarious but life affirming adventure full of mishaps arguments and a bit too much alcohol on Simon s part as they journey up and down through the best and worst that Britain has to offer headwinds against them all the way All Downhill From Here tells the story of their journey how it sowed the seeds for a lifelong friendship and many more big adventures Based on these experiences Paul has included a section full of useful advice and insights for anyone new to long distance cycling and wanting to conquer the famous Land s End to John o Groats bike ride or other similar challenges **Water Services** ,1990 **Lands End to John O'Groats Cycle Guide** Brian G. Smailes,2004 [Subject Index of Modern Books Acquired](#) British Library,1971 **The Times Index** ,2013-04 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Time educational supplement Scotland and the Times higher education supplement [Peace News for Nonviolent Revolution](#) ,1984 **Youth's Companion** Nathaniel Willis,Daniel Sharp Ford,1893 Includes songs for solo voice with piano accompaniment **John O'Groats to Lands End** Brian G. Smailes,1999 **Picture Post** ,1956 **John O' Groats to Lands End** Smailes Brian,2004 **The Land's End to John O'Groats Walk** Andrew McCloy,2001-03-01 **The End to End Trail** Andy Robinson,2007 A practical guidebook for walking from Lands End to John O Groats The 1935km 1200 mile long distance route or end to end trail as it is also known follows paths and tracks rather than road and takes to the hills whenever it can The route is divided into 61 daily stages averaging just less than 32km 20 miles [Walking the End to End Trail](#) ANDY. ROBINSON,2023-02-15 A practical guidebook for walking from Land s End to John o Groats The 1956km 1215 mile long distance route known as the End to End Trail follows paths and tracks rather than road and takes to the hills whenever it can The route is presented in 61 daily stages averaging just less than 32km 20 miles [The End to End Trail](#) Andy Robinson,2019-09-12 A practical guidebook for walking from Land s End to John O Groats The 1956km 1215 mile long distance route known as the End to End Trail follows paths and tracks rather than road

and takes to the hills whenever it can The route is presented in 61 daily stages averaging just less than 32km 20 miles **I Walked from Land's End to John O'Groats** Krister Andrén, 1998 Braver Than You Think Claire Davies, 2025-09-17 A powerful account of a journey that proves This Girl Can A yearning for space and silence for air in the lungs for purpose the simplicity of a defined mission had banished doubt and fear and driven me to climb on my bike And as I pedalled up the country venturing far beyond my comfort zone in every sense I found within me untapped reserves of determination singlemindedness and pure joy that spurred me on further I saw the truth in the saying that you only know what you re capable of when you re pushed beyond your limits Are you braver than you think That s the question Claire Davies began asking herself as she cycled from Land s End to John O Groats ill prepared unsupported and alone At a mid life low point craving space and time to think or not to think Claire decided that a long bicycle ride was what she needed Setting off for Scotland just a few weeks later on a bike named Trixie guided by a gadget called Guillaume she had little idea what she was letting herself in for It turned out to be a journey not only to better physical fitness and mental health but also to empowerment and self discovery partly through the eyes of the people she met along the way One one level this book is a travelogue a day by day account of an iconic British journey to be enjoyed as much by those with real aspirations of cycling from Land s End to John O Groats as by armchair cycle tourers But the challenges Claire faced on the ride and her personal reflections from the saddle will also serve as inspiration for anyone who needs coaxing out of the their comfort zone or is simply seeking a spot of vicarious adventure

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