RIPPLE Rockets take on LEJOG – Lands End to John o’Groats

Distance: 1,000 miles / 1,600km
Start date: 19th April 2017
End date (hopefully): 3rd May 2017
Hi all,

Welcome to this mad yet exciting challenge of cycling Lands End to John o’Groats in aid of RIPPLE Africa.

We are the RIPPLE Rockets!

I’ve put together an itinerary/daily plan of the route and accommodation that has been booked.

The route each day isn’t fixed. I know we want small roads and scenic routes but as we get nearer the time I’ll have a detailed mapped route for each day. For now though this is just the starting point A to finishing point B each day. I do have proposed stops but once I’ve fully mapped it out, I’ll send this out separately.

Happy reading.

Nikki
**Day 0: April 18th**

Travel from our homes to Lands End. Proposed route is the train from either London Paddington or Reading to Penzance. From Penzance we’d have a cycle of about 10 miles to reach Lands End. Train tickets are expected to be around 35 to 50 each depending on time and where you go from. See www.gwr.com Geoff has said Liz wants to come to start line so will probably drive him down. There might be room in their car for another person and their bike.

That night we’re staying at the Lands End Hotel. It’s our most expensive night but I thought we could have a great last supper and be at the start line ready to start the following day. www.landsendhotel.co.uk

**Day 1: April 19th**

Set off from Lands End to Bodmin. We’ve a 60.6 mile journey ahead of us, and it’s expected to be a tough day - although there is some downhill. Phew!

That night we’re staying at St. Benet Abbey, a charming and historic bed and breakfast.

www.stbenetsabbey.co.uk
**Day 2: April 20th**

We’ll depart St. Benet Abbey in the morning after a tasty breakfast and head to Combe Lancey Farmhouse Bed and Breakfast in Crediton. A total day of 63.1 miles.

The B&B have recommended a local restaurant for dinner, so I’ll book us in as I think after the hills we’ll be needing some fuel.

www.combelancey.co.uk

**Day 3: April 21st**

An early start again to ensure we finish before sunset. From Crediton to Cheddar. Can our legs cope with 72.9 miles?

For something a little different we’re staying in a ‘Shepherds Hut’.

It’s an Air BnB booking so this is the only property with no breakfast included however they’ve said that there are some great places to get food a short distance away.
**Day 4: April 22nd**

Time to stop sheeping about and get back on the bike to Ross-on-Wye.

We’re going to meet Rebecca’s family at one of our stops along the 61 mile journey.

Our last stop for the day will be at the Inn on the Wye. A nice comfortable inn.

[www.thewyeinn.co.uk](http://www.thewyeinn.co.uk)

---

**Day 5: April 23rd**

A 70.2 mile day from Ross-on-Wye to Ironbridge.

I’m not sure whether Geoff would ever have had to sleep in a place like this so I thought we could add another ‘first’ in there!

A night at the Ironbridge Youth Hostel. A comfortable room for five anyone?

[www.yha.org.uk/hostel/ironbridge-coalport](http://www.yha.org.uk/hostel/ironbridge-coalport)
Day 6: April 24th

Wakey wakey, we’re off! Time to pedal our way to Warrington. It’s a 71 mile trek but a fair amount of flat or downhill which our little legs will enjoy.

We’re booked in at the Villaggio Hotel for some scrumptious Italian grub.

www.villaggiowarrington.co.uk

Day 7: April 25th

A 64 mile gentle incline day, leaving the pizza and pasta behind. Although we’ll be a week in to our cycling, I reckon we should be able to power through parts of this day.

We’re staying the night at the Black Horse in Settle. There’s a yummy (calore-filled) English breakfast included.

www.black-horse-cottage.co.uk
**Day 8: April 26th**

We’re over the half way mark now and after the hearty breakfast at The Black Horse we’re embarking on a 54.9 mile cycle to the Station Hotel in Penrith - but we’re not catching a train. [www.stationpenrith.co.uk](http://www.stationpenrith.co.uk)

An up and down day with what looks to be a finishing down-hill cycle! Woohoo!

**Day 9: April 27th**

Oh we’re all going on a summer holiday - to Scotland! Over the border we go on our 66.6 mile route. Is anyone else thinking what I’m thinking? 6 6 6.

A fun looking downhill early on in the day before we reach the Famous Star Hotel and Restaurant in Moffat. It’s famous for being the narrowest detached hotel at 7 yards wide.

[www.famousstarhotel.co.uk](http://www.famousstarhotel.co.uk)
**Day 10: April 28th**

From Moffat to Edinburgh. A 53.7 mile trip for the day. We have the biggest hill climb first thing, making the most of the breakfast calories!

In Edinburgh, we’re staying at The O.R. Residence & Hotel where we’ll hopefully be welcomed in with a G&T (for most) by Kieran! [www.tommymiahsofficialrajhotel.com](http://www.tommymiahsofficialrajhotel.com)

We might be in Edinburgh but this hotel isn’t very Scottish - it’s Indian! And there’s an elephant outside.

---

**Day 11: April 29th**

Saying goodbye to India, sorry I mean Edinburgh, the RIPPLE Rockets go from five to six. A 54.6 mile cycle to Bankfoot with a decent incline to tackle mid-morning.

That night we’re booked in the Bankfoot Inn. [www.bankfootinn.co.uk](http://www.bankfootinn.co.uk)
Day 12: April 30th

A few more miles today. 61.2 miles to Craignerne House in Newtonmore - a place which holds lots of memories for Geoff as he used to holiday here every Easter as a child and stay at the House.

Before we arrive though, we’ve a stop at Dalwhinnie Distillery - I think we all deserve a wee drop plus it’s downhill from there to our beds!

www.craigernehouse.co.uk

Day 13: May 1st

Hopefully no sore heads as we say goodbye to Newtonmore and head to Inverness. A 50.3 mile cycle lays ahead before we reach Glasdair Bed and Breakfast.
Day 14: May 2nd

Now the fun begins - not! They say the last two days are the toughest so here’s to our penultimate painful 60.6 miles. We leave Inverness and both physically and mentally go up and down to reach Brora.

We’re staying at the Clynelish Farm B&B in Brora, booked through Air B&B.

www.clynelishfarm.co.uk

Day 15: May 3rd

The final day. Although there are some climbs, I quite like the ending to the 66.4 mile day which looks a little kinder than imagined.

At the end we’ll be welcomed and cheered in by Liz and my parents but everyone is welcome.

Geoff has it in his head that there’s going to be some swimming at John O’Groats - which one of you put that in his head? I think I’ll be celebrating with a glass of bubbles or two!

We’re staying at Hamnavoe B&B. It’s simple but has good reviews.

www.johnogroatsbnb.com

Well done RIPPLE Rockets! We did it.
If you’ve reached this page then mentally, you’ve finished Lands End to John o’Groats. We need to work out how we get ‘home’ from John o’Groats.

Hopefully this information guide gives you a brief idea of what each day will entail plus you can see where you’ll be resting your head each day. I’ll prepare the proposed stops and nearer the time we can sit as a group and discuss - but obviously if we need to stop on the day, we do.

This is not a competition between each other but a competition with our own legs and head to keep going each day. Even when it’s tough and we want to give up, just remember why we’re doing this. We’ve all had the absolute pleasure of working with and meeting some amazing people in Malawi, people who want to make that long-term sustainable change in their community. With our help through fundraising, the RIPPLE Africa team can continue to ‘provide a hand UP, not a hand out.’

Separate information on donating will be sent out too but in the meantime if we can engage our friends and family, or know of any good contacts and corporates to support us, that’d be great.

Remember to keep training hard but take some time out too to visit and share the website http://www.rippleafrica.org/get-involved/lejog It has our story, video and link through to the donation page.

Good luck!