

**THE END TO END WALK – LANDS END TO JOHN O’GROATS
12 JUNE TO 11 SEPTEMBER 2009**

Day	Date	From	To	Km	Climb in metres
Day 1	Friday 12 June	Lands End	Pendeen	16	660
Day 2	Saturday 13 June	Pendeen	St Ives	21	900
Day 3	Sunday 14 June	St Ives	Rest Day	37	
			Stage Km	18.5	
			Av. per day		
Day 4	Monday 15 June	St Ives	Portreath	28	800
Day 5	Tuesday 16 June	Portreath	Perranporth	19	1040
Day 6	Wednesday 17 June	Perranporth	NewQuay	18	600
Day 7	Thursday 18 June	Newquay	Padstowe	28	850
Day 8	Friday 19 June	Padstowe	Pt Isaac	20	430
Day 9	Saturday 20 June	Pt Isaac	Boscastle	20	1170
Day 10	Sunday 21 June	Boscastle	Rest Day	133	
			Stage Km	22.2	
			Av. per day		
Day 11	Monday 22 June	Boscastle	Bude	26	1440
Day 12	Tuesday 23 June	Bude	West Titchberry	25	1320
Day 13	Wednesday 24 June	West Titchberry	Clovelly	15	1040
Day 14	Thursday 25 June	Clovelly	Westward Ho	18	930
Day 15	Friday 26 June	Westward Ho	Rest Day	84	
			Stage Km	21	
			Av. Per day		
Day 16	Saturday 27 June	Westward Ho	Barnstaple	21	200
Day 17	Sunday 28 June	Barnstaple	Challacombe	21	750
Day 18	Monday 29 June	Challacombe	Simonsbath	14	390
Day 19	Tuesday 30 June	Simonsbath	Luxborough	24	570
Day 20	Wednesday 1 July	Luxborough	Bicknoller	16	480
Day 21	Thursday 2 July	Bicknoller	Rest Day	96	
			Stage Km	19.2	
			Av. Per day		
Day 22	Friday 3 July	Bicknoller	Bridgewater	25	580
Day 23	Saturday 4 July	Bridgewater	Blackford	20	80
Day 24	Sunday 5 July	Blackford	Sandford	27	660
Day 25	Monday 6 July	Sandford	Easton-In-Gordano	28	380
Day 26	Tuesday 7 July	Easton-In-Gordano	Seven View	25	370
Day 27	Wednesday 8 July	Bath	Rest Day	125	
			Stage Km	25	
			Av per day		
Day 28	Thursday 9 July	Bath	Rest Day		
Day 29	Friday 10 July	Seven View	Monmouth	27	950
Day 30	Saturday 11 July	Monmouth	Pandy	26	620
Day 31	Sunday 12 July	Pandy	Hay on Wye	26	750
Day 32	Monday 13 July	Hay on Wye	Kington	23	710
Day 33	Tuesday 14 July	Kington	Knighton	22	780
Day 34	Wednesday 15 July	Knighton	Rest Day	124	
			Stage Km	24.8	
			Av. Per day		

Day 35	Thursday 16 July	Knighton	Craven Arms	23	700
Day 36	Friday 17 July	Craven Arms	Iron Bridge	37	760
Day 37	Saturday 18 July	Iron Bridge	Penkridge	37	380
Day 38	Sunday 19 July	Penkridge	Abbots Bromley	26	290
Day 39	Monday 20 July	Abbots Bromley	Thorpe	35	650
Day 40	Tuesday 21 July	Thorpe	Youlgreave	26	780
Day 41	Wednesday 22 July	Youlgreave	Hathersage	29	840
Day 42	Thursday 23 July	Hathersage	Dunford Bridge	33	1120
Day 43	Friday 24 July	Disdbury	Rest Day	246	
			Stage Km	30.7	
			Av. Per day		
Day 44	Saturday 25 July	Didsbury	Rest Day		
Day 45	Sunday 26 July	Didsbury	Rest Day		
Day 46	Monday 27 July	Dunford Bridge	Marsden	20	700
Day 47	Tuesday 28 July	Marsden	Hebden Bdge	25	860
Day 48	Wednesday 29 July	Hebden Bridge	Cowling	25	890
Day 49	Thursday 30 July	Cowling	Malham	28	760
Day 50	Friday 31 July	Malham	Horton in Ribblesday	24	880
Day 51	Saturday 1 August	Horton in Ribblesday	Hawes	22	520
Day 52	Sunday 2 August	Hawes	Keld	20	710
Day 53	Monday 3 August	Keld	Middleton in Teasdale	33	800
Day 54	Tuesday 4 August	Middleton In Teasdale	Rest day	197	
			Stage Km	24.6	
			Av. per day		
Day 55	Wednesday 5 August	Middleton in Teasedale	Dufton	32	710
Day 56	Thursday 6 August	Dufton	Alston	31	1070
Day 57	Friday 7 August	Alston	Greenhead	26	600
Day 58	Saturday 8 August	Greenhead	Bellingham	34	940
Day 59	Sunday 9 August	Bellingham	Byrness	24	550
Day 60	Monday 10 August	Byrness	Jedburgh	31	830
Day 61	Tuesday 11 August	Jedburgh	Rest Day	178	
			Stage Km	29.7	
			Av. per day		
Day 62	Wednesday 12 August	Jedburgh	Melrose	29	590
Day 63	Thursday 13 August	Melrose	Traquair	29	990
Day 64	Friday 14 August	Traquair	West Linton	32	1020
Day 65	Saturday 15 August	West Linton	Broxburn	30	590
Day 66	Sunday 16 August	Edinburgh	Rest day	120	
			Stage Km	30	
			Av. per day		
Day 67	Monday 17 August	Edinburgh	Rest Day		
Day 68	Tuesday 18 August	Broxburn	Falkirk	28	290
Day 69	Wednesday 19 August	Falkirk	Kilsyth	18	200
Day 70	Thursday 20 August	Kilsyth	Strathblane	20	220
Day 71	Friday 21 August	Strathblane	Drymen	22	
Day 71	Saturday 22 August	Drymen	Rowardenan	23	760
Day 72	Sunday 23 August	Rowardenan	Inverarnen	22	670
Day 73	Monday 24 August	Inverarnen	Rest Day	126	
			Stage Km	25.2	
			Av. per day		
Day 74	Tuesday 25 August	Invararnen	Bridge of Orchy	25	580
Day 75	Wednesday 26 August	Bridge of Orchy	Kingshouse	18	670

Day 76	Thursday 27 August	Kingshouse	Kinglochleven	14	460
Day 77	Friday 28 August	Kinglochleven	Fort William	23	710
Day 78	Saturday 29 August	Fort William	Rest Day	80	
			Stage Km	20	
			Av. per day		
Day 79	Sunday 30 August	Fort William	Laggan	34	
Day 80	Monday 31 August	Laggan	Invermoriston	30	
Day 81	Tuesday 1 September	Invermoriston	Drumnedrochit	22	
Day 82	Wednesday 2 September	Drumnedrochit	Inverness	30	
Day 83	Thursday 3 September	Inverness	Rest Day	116	
			Stage Km	29	
			Av. per day		
Day 84	Friday 4 September	Inverness	Alness	40	
Day 85	Saturday 5 September	Alness	Dornoch	30	
Day 86	Sunday 6 September	Dornoch	Brora	28	
Day 87	Monday 7 September	Brora	Helmsdale	17	
Day 88	Tuesday 8 September	Helmsdale	Rest Day	115	
			Stage Km	28.7	
			Av. per day		
Day 89	Wednesday 9 September	Helmsdale	Dunbeath	25	
Day 90	Thursday 10 September	Dunbeath	Watten	30	
Day 91	Friday 11 September	Watten	John O Groats	37	
			Stage Km	93	
			Av per day	31	
			TOTAL DISTANCE WALKED	1859	