

## Land's End to John O'Groats – LEJoG - June – August 2022

Dear friends,

Andy Robinson has written a book Called “The End To End Trail – from Land’s End to John O’Groats on foot” (Cicerone) and I am grateful to Andy as much of our route for [#onemanwalkingamilliontalking](#) (at least through England and southern Scotland) is based on his wisdom and advice.

From Land’s End to Barnstaple we take the route of The South West Coastal path and, from Barnstaple, we will head across Exmoor, over the Quantocks, past Bristol and across the Severn to Chepstow. We then take the first part of the Offa’s Dyke Path along the River Wye and up the Wales-England border to Knighton. We then head north-east along Wenlock Edge and south of Telford to join The Staffordshire Way near Penkridge, south of Stafford. Together, The Staffordshire Way and The Limestone Way follow the River Dove into the heart of the Peak District.

The Alternative Pennine Way takes us near Hebden Bridge in West Yorkshire where we join The Pennine Way up The Pennines and the Cheviot Hills to the Scottish Borders, turning north-west along St Cuthbert’s Way to Melrose and then The Southern Upland Way to Traquair. The Cross Border Drove Road takes us to Peebles and over the Pentland Hills to Linlithgow. A combination of canal towpaths and a disused railway line then take us across to Kilsyth and onto The West Highland Way, north-west of Glasgow. We then follow three standard routes – The West Highland Way to Fort William, The Great Glen Way to Inverness, and The John O’Groats Trail straight up the east coast of Scotland to the end of LEJoG at John O’Groats.

The daily schedule is on the following posts so please plan to come and join us somewhere on the route. **Full details of each day’s walking route will be posted as we get nearer to the start date.**

### **Please note the following:**

- 1 The schedule could be subject to unexpected changes due to injuries or illness. We hope this will NOT happen but any changes will be posted as soon as we know about them. You will be able to track our whereabouts at all times on the website.
- 2 On Day 55 – Saturday 6<sup>th</sup> August – there will be a special “Meet & Greet” event in Edinburgh. Full details will be posted in due course but this is a chance for all our supporters to come together with the walking team for a giant pic-nic and celebration during the day. Please plan to be there! If a disability or illness would prevent you from taking part in the days of walking, please come to this and feel an essential part of all that is happening. Bring families, bring practice staff, bring everyone!
- 3 On Day 59 – Wednesday 10<sup>th</sup> August - I have added in an extra day of walking (from Drymen to Aberfoyle and then over the hill to Callander) to allow me to say a huge thank-you to the people of Callander for all their love and support. After an over-night in Callander, Day 60 will start back at Drymen.
- 4 Each day of walking will start at 09.00 and we will stop for an hour at lunch-time. This will allow most walkers to catch up with the lead team. Please be aware that we will be walking at a pretty fast pace so don’t be disappointed if you lag a bit behind. WE HAVE TO KEEP UP THE PACE! Also please say who you are – we will be tired and will have met dozens of people so please don’t be disappointed if we don’t immediately recognise you!

THANK YOU for your amazing support and for your love. The target is £250,000 – let’s do it!  
[#onemanwalkingamilliontalking](#)