

The Route

Day	Start	Finish	Distance	Climbing
Day 0 - May 7th	Lands End	Lands End	0kms	0 metres
Day 1 - May 8th	Lands End	Penzance	16kms	350 metres
Day 2 - May 9th	Penzance	Camborne	23kms	350 metres
Day 3 - May 10th	Camborne	Newquay	33kms	600metres
Day 4 - May 11th	Newquay	Padstow	23kms	500metres
Day 5 - May 12th	Padstow	Boscastle	28kms	500metres
Day 6 - May 13th	Boscastle	Bude	23kms	800metres
Day 7 - May 14th	Bude	Bideford	30kms	700metres
Day 8 - May 15th	Bideford	Barnstaple	23kms	700metres
Day 9 - May 16th	Barnstaple	Woolacombe Beach	17kms	500metres
Day 10 - May 17th	Woolacombe Beach	Combe Martin	18kms	600metres
Day 11 - May 18th	Combe Martin	Lynton	17kms	900metres
Day 12 - May 19th	Lynton	Alleford	20kms	900metres
Day 13 - May 20th	Alleford	Watchet	18kms	350metres
Day 14 - May 21st	Watchet	Bridgwater	26kms	700metres
Day 15 - May 22nd	Bridgwater	Banwell	28kms	300metres
Day 16 - May 23rd	Banwell	Bristol	26kms	450metres
Day 17 - May 24th	Bristol	Chepstow	19kms	250metres
Day 18 - May 25th	Chepstow	Magor	18kms	250metres
Day 19 - May 26th	Magor	Cardiff	31kms	350metres
Day 20 -May 27th	Sedbury Park	Monmouth	20kms	700metres
Day 21 - May 28th	Monmouth	Pandy	27kms	700metres
Day 22 -May 29th	Pandy	Hay On Wye	28kms	800metres
Day 23 -May 30th	Hay On Wye	Kington	22kms	500metres
Day 24 -May 31st	Kington	Knighton	20kms	500metres
Day 25 -June 1st	Knighton	Montgomery Community	30kms	1'296metres
Day 26 - June 2nd	Montgomery	Welshpool	15kms	200metres
Day 27 - June 3rd	Welshpool	Llanymynech	15kms	200metres

Day 28 - June 4th	Llanymynech	Chirk Mill	18kms	300metres
Day 29 - June 5th	Chirk Mill	Llandeglah	23kms	800metres
Day 30 - June 6th	Llandeglah	Bodfari	24kms	450metres
Day 31 - June 7th	Bodfari	Prestatyn	15kms	300metres
Day 32 - June 8th	Prestatyn	Connahs Quay	29kms	400metres
Day 33 - June 9th	Connahs Quay	Frodsham	27kms	300metres
Day 34 - June 10th	Frodsham	Prescot	21kms	250metres
Day 35 - June 11th	Prescot	Ormskirk	20kms	200metres
Day 36 - June 12th	Ormskirk	Preston	28kms	300metres
Day 37 - June 13th	Preston	Garstang	17kms	150metres
Day 38 - June 14th	Garstang	Lancaster	17kms	200metres
Day 39 - June 15th	Lancaster	Burton in Kendal	17kms	250metres
Day 40 - June 16th	Burton In Kendal	New Hutton	18kms	250metres
Day 41 - June 17th	New Hutton	Tebay	18kms	300metres
Day 42 - June 18th	Tebay	Clifton	31kms	700metres
Day 43 - June 19th	Clifton	High Hesket	19km	300metres
Day 44 - June 20th	High Hesket	Longtown	29km	350 metres
Day 45 - June 21st	Longtown	Lockerbie	35kms	700metres
Day 46 - June 22nd	Lockerbie	Moffart	29kms	500metres
Day 47 - June 23rd	Moffart	Abington	28kms	500metres
Day 48 - June 24th	Abington	Lesmahagow	24kms	350metres
Day 49 - June 25th	Lesmahagow	Hamilton	19kms	200metres
Day 50 - June 26th	Hamilton	Glasgow	18kms	150metres
Day 51 - June 27th	Glasgow	West Highland Way	14kms	250metres
Day 52 - June 28th	West Highland Way	Balloch	23kms	700metres
Day 53 - June 29th	Balloch	Arrochar	29kms	900metres
Day 54 - June 30th	Arrochar	Crianlarch	29kms	1000metres
Day 55 - July 1st	Crianlarch	Clifton	8.4km	150metres
Day 56 - July 2nd	Clifton	Kinlochleven	44kms	1104metres
Day 57 - July 3rd	Kinlochleven	Fort William	20kms	1477metres

Day 58 - July 4th	Fort William	Spean Bridge	15kms	350kms
Day 59 - July 5th	Spean Bridge	Invergarry	27kms	800metres
Day 60 - July 6th	Invergarry	Fort Augustus	14kms	400metres
Day 61 - July 7th	Fort Augustus	Drumnadorchit	31kms	1200 metres
Day 62 - July 8th	Drumnadrochit	Inverness	23kms	800metres
Day 63 - July 9th	Inverness	Dingwall	22kms	400metres
Day 64 - July 10th	Dingwall	Kildary	29kms	600metres
Day 65 - July 11th	Kildary	Tain	8.1kms	200metres
Day 66 - July 12th	Tain	Golspie	27kms	600metres
Day 67 - July 13th	Golspie	Helmsdale	27kms	600metres
Day 68 - July 14th	Helmsdale	Dunbeath	24kms	700metres
Day 69 - July 15th	Dunbeath	Wick	33kms	450metres
Day 70 - July 16th	Wick	John O' Groats	27kms	300metres
Party Time.				