

## HEARTCYCLE BICYCLE TOURING CLUB LEJOG - without the boring bits 2022

**Dates:** May 23 - June 12, 2022. Orientation meeting: May 23. Riding: May 24 - June 11 (with two rest days).

**Leaders:** Graham Hollis (Coordinator) /Active England

**Miles:** Approximately 1,000 miles over 17 riding days, with about 55,000 ft of climbing

**Rating:** Advanced.

**Riders:** 16 (includes tour coordinator)

**Price:** Total: \$6,000 if 13-16 riders or \$6,250 if 8-12 riders. Deposit \$1,000 at registration. Balance due by January 23, 2022. Based on double occupancy, single supplement +\$1,000 (limited to 6 singles).

**Cancellation:** Cancellation prior to December 24, 2021 \$75 fee, between %December 25, 2021 -January 23, 2022 50% of deposit, after January 23rd no refund. Trip insurance is recommended.

### OVERVIEW

The LEJOG cycle ride is the granddaddy of all cycling challenges in the UK, starting at Land's End in Cornwall (the extreme southwest point in England) and ending at John o'Groats, almost the most northerly point of mainland Scotland. You will have rolling hills, stone villages, thatched houses, moors, dales, lochs, mountains, rivers and seas. Like all iconic routes it has boring bits, BUT we plan to take a van around those and spend time on the more scenic parts (think Masterpiece Theatre).

Average daily distances are around 65 miles with no day above 4,000 ft of climbing. The terrain is not flat, and riders will encounter some challenging grades, although short by Colorado standards. Roads in the UK are generally of high standard, but narrow compared to the U.S. Motorists will drive on the left, are typically fast, but patient and courteous toward cyclists.

Although it is unlikely to be cold, be well prepared for variable weather (eg wind and rain). The routes may change in response to the weather, COVID, etc.

**Monday May 23, 2022:** Travel to Wadebridge, Cornwall (see below) for orientation meeting that evening and group dinner.

**Tuesday May 24:** We take a van to Land's End and start riding! You can have fish and chips in Padstow at the end of day at the world famous Rick Stein's.





**Wednesday May 25:** Ride to Dartmoor's opulent Gidleigh Hotel where you can get a Devonshire cream tea and on to Chagford.

**Thursday & Friday May 26, 27:** We cycle through Somerset and the Cheddar (of cheese fame) gorge and up to the beautiful Georgian city of Bath, the backdrop for many a period movie.

**Saturday-May 28:** We continue to Moreton in Marsh, a quintessential Cotswold Village.

**Sunday & Monday-May 29, 30:** We cycle to Stratford upon Avon to visit Shakespeare, then transport to Liverpool where you could have dinner and a night out at the Cavern Club. Look around Liverpool the following morning and then we take a van to Settle in the Yorkshire Dales on Monday afternoon.



**Tuesday-May 31:** In the cycling Mecca of the Yorkshire Dales, we cycle on the Tour de France route from 2012 (including Buttertubs Pass).

**Wednesday-June 1:** We stay in the Dales and head off to Kirkby Stephen.

**Thursday June 2:** Off to the wild border country between England and Scotland ending up in Hawick.

**Friday & Saturday-June 3, 4:** We arrive in Edinburgh for our second rest day: The Royal Mile, Holyrood Castle, Princes St, New Town, Edinburgh has a whole host of spectacular sites.





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**Sunday - Tuesday, June 5, 6, 7:** We cross over the River Tay into the beautiful Cairngorm mountains, the Queen's Scottish Estate at Balmoral and onto Inverness. There should be a chance for some monster hunting in Loch Ness, and a visit to a whisky distillery.



**Wednesday - Friday, June 8, 9, 10:** This is a truly epic section. We ride the most famous pass in Britain - Bealach Na Ba, not long but it's 2,000 ft of climbing. Then on to the route of the North Coast 500, rated one of the 5 best coast rides in the world, around the NW corner of Scotland and on to Bettyhill.

**Saturday-June 11:** And finally to John o'Groats where we should be in time for a pint before we van to Inverness for our last night and group dinner.

**Sunday June 12:** We depart (see below for details).



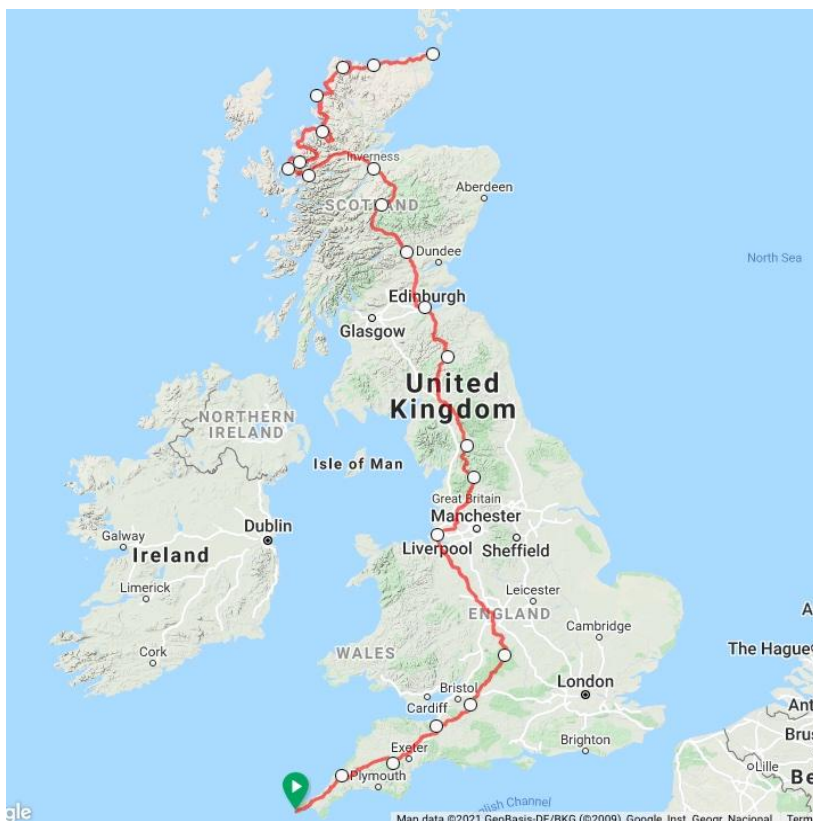
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### What's included:

- Hotels based on twin rooms for 20 nights (May 23 through June 11) with breakfast. Two dinners - first and last nights.
- All daily van snacks and water top-ups.
- Daily planning, taking into account all weather / route changes which may need to be made. We will have a daily planning meeting
- Two vehicles (2 guides), in order to be able to transport everyone, their bikes and luggage
- All bikes, equipment and spares. eBikes are an option at no additional cost. There is a discount of \$350 if you bring your own bike. Because of the configuration of the bike racks we cannot accommodate tandems.

### What's Not included:

- Dinners, apart from first and last nights. Hotels are near restaurants.
- For Lunch, there are plenty of cafes and pubs.
- Side trips to Whisky distilleries / Castles / Attractions in Liverpool, Edinburgh etc.
- Travel to Cornwall at the beginning. It's best to travel by train from London Paddington (links to Heathrow Airport) to Bodmin Parkway station, or it is possible to fly from London to Newquay. There should be shuttles from Bodmin or Newquay to the hotel.
- Travel at the end of the trip: We will drop people at Inverness airport/train station, or Edinburgh airport/train station (more connections than Inverness) for your onward travel.



### For more information contact

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