

# **LeJog Cycle 1—16 June 2019 Costs**



**Peak Tours Fee: £1795**

**Additional costs to be included**

**The following are at time of print and may  
alter close to June**

**Bike transportation from start to finish £160**

**Flight to Exeter: £30**

**Train from Exeter to Penzance: £22.50**

**Flight from Inverness to Belfast: £40**

**For more info or to register your interest call Anne on 028 90 650 650 or email:  
cycle@cause.org.uk**

**or book your place now**

**<https://www.peak-tours.com/shop/lands-end-to-john-ogroats-14-day-tour/>**

**NB: Make sure you book this date**

**Sat 1st – Sun 16th June 2019**

**fightED**

**Helping families fight eating disorders**

 **cause**  
families, partners, friends  
caring for mental health

# LeJog Cycle 1 - 16 June 2019 Itinerary



## **Saturday: Arrival Day**

Everyone will arrive at St Just today ready for a welcome brief and group meal at 7:30pm. You can travel directly to St Just or you can travel to Penzance and we will meet you there and transfer you to your accommodation.

**Sunday:** Lands End to Fowey (64 miles) Elevation Gain: 1409m / 4622ft

**Monday:** Fowey to Moretonhampstead (60 miles) Elevation Gain: 2133m / 6998ft

**Tuesday:** Moretonhampstead to Street (68 miles) Elevation Gain: 1752m / 3799ft

**Wednesday:** Street to Monmouth (64 miles) Elevation Gain: 1028m / 3372ft

**Thursday:** Monmouth to Clun (58 miles) Elevation Gain: 1052m / 3451ft

**Friday:** Clun to Northwich (82 miles) Elevation Gain: 1256m/4120ft

**Saturday:** Northwich to Conder Green (73 miles) Elevation Gain: 1205m/3953ft

**Sunday:** Conder Green to Penrith (62 miles) Elevation Gain: 1024m / 3359ft

**Monday:** Penrith to Moffat (70 miles) Elevation Gain: 648m / 2127ft

**Tuesday:** Moffat to Kinross (82 miles) Elevation Gain: 1206m / 3956ft

**Wednesday:** Kinross to Ballater (80 miles) Elevation Gain: 1604m / 5262ft

**Thursday:** Ballater to Inverness (73 miles) Elevation Gain: 1695m / 5561ft

**Friday:** Inverness to Crask (66 miles) Elevation Gain: 1106m / 3628ft

**Saturday:** Crask to John O'Groats (82 miles) Elevation Gain: 1163m / 3815ft

## **Sunday: Departure Day**

A coach will transport us all to Inverness today making a drop of at both Inverness Train Station at around 11:30am and Inverness Airport at around midday.

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## 1 - 16 June 2019

### Itinerary



#### WHAT'S INCLUDED?

The tour price includes 15 nights accommodation, 15 breakfasts, 14 lunches, snacks, Tea, coffee, & hot chocolate, full trip support including a tour leader that cycles with the group, back up van with spare parts and a few spare bikes, detailed route notes so that you can cycle at your own pace, Lands End to John O'Groats Cycle Shirt, certificate, luggage transfer each day, transfer from Penzance to Lands End and transfer from John O'Groats to Inverness.

#### WHAT'S NOT INCLUDED?

Evening meals, cycle hire (available for a fee), Garmin hire (available for a fee), transport to Penzance, transport from Inverness.

#### GROUP SIZE

The group will be a minimum of 8 and a maximum of 25 people.

#### ACCOMMODATION

You have a choice of staying in a mixture of hostels and B&B's or B&B's only sharing a double or a twin room. If you would like your own space then you can choose the single room option, or sole occupancy of a double. Most of the rooms are en-suite however there maybe a few nights where your room isn't en-suite (Sole occupancy of a double room is guaranteed e/suite).

#### ROUTE

Although the shortest route from Lands End to John O'Groats is 874 miles our route of 990 miles avoids main roads

#### FOOD

All of your breakfasts and lunches are included in the price of the trip. Evening meals can be bought at your accommodation or in a nearby pub. We also have fruit, biscuits, nuts etc in the back up van

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#### **BACK UP**

An experienced tour leader will cycle with you each day and be on hand to help with any bike problems that may occur. You will have detailed route notes so that you can go slower or faster than the guide if you prefer or you can cycle at the back with the tour guide so that you don't have to navigate at all. A back up van will leap frog the group a number of times each day so that help is never far away. It carries a range of spare parts so that repairs can be made en-route and we will have a spare bike available in the event that your bike has a serious breakdown.

#### **BIKES**

We highly recommend that you use a bike that you are used to and feel comfortable riding. Your bike should be fully serviced and in good condition before you start. Either a road bike or a hybrid bike is preferable however the ride can be done on a mountain bike if you prefer. Peak Tours has a range of road and hybrid bikes available for hire if you need one. At the end of your trip they can arrange for your bike to be sent to your address (£70 in mainland UK) if you don't want the hassle of transporting it yourself.

#### **FITNESS**

This tour is suitable for someone with a good level of fitness and who wants a challenge. If you do plenty of training beforehand you should have no problem completing the ride. We will have a training day in the Peak District available if you would like to join the group before the main event.

It must be stressed that a good amount of training before the ride will make your tour much more enjoyable and ensure that you finish your ride. We are always happy to advise you about training plans in preparation for the ride.

#### **CLOTHING & EQUIPMENT**

Clothing for all weathers is recommended so waterproofs are essential. A full recommended kit list is provided & we are always happy to answer any questions that you may have.

You can do washing at many of the B&B's & hostels so that you don't have to bring a mountain of clothes.

#### **INSURANCE**

It is highly recommended that you take out adequate insurance to cover against, personal accident, loss of belongings and cancellation cover.

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### Booking / Cancellation



#### BOOKING WITH PEAK TOURS

To book a tour please send a completed booking form and (a) Deposit of £250.00 per person for tours of 7 days or longer or £50.00 for all other tours or (b) The full holiday cost. If only the deposit is paid at time of booking then full payment of the holiday is required no less than 8 weeks before the start of your holiday. No further reminder is sent. If you book your holiday within 8 weeks of the holiday start date, the full holiday cost is required at time of booking.

#### CANCELLATION BY PEAK TOURS

In the unlikely event that Peak Tours has to cancel the tour you will be entitled to a full refund of all monies paid or they will move you to a different tour date if you're able to do so. If the tour is cancelled because the minimum number of people required to operate this tour hasn't been reached then you will be notified no less than 3 calendar months before the departure date. If the tour is cancelled by them they will not be responsible for any incidental expenses that you may have incurred such as travel expenses, visas etc & no compensation will be paid to cover these expenses.

#### CANCELLATION BY YOU

If you have to cancel your holiday then please notify Peak Tours and CAUSE/ FightED as soon as possible. We always try to be fair and will always try to move you to different tour date if possible. If you cancel your tour less than 8 weeks before your tour start date then you will lose all monies already paid. It is for this reason that we strongly recommend that you take out adequate travel insurance to cover cover this.