

# INTRODUCTION

How to Use This Guidebook

The Route

Geography and History

Safety

Preparation

Accommodation and Service

## Section 1

### **The South West Coast Path: Land's End to Barnstaple**

The Start: Land's En

Day 1 Land's End to Zennor

Day 2 Zennor to Gwithia

Day 3 Gwithian to Perranport

Day 4 Perranporth to Mawgan Porth

Day 5 Mawgan Porth to Wadebridge

Day 6 Wadebridge to Boscastle

Day 7 Boscastle to Bude

Day 8 Bude to Clovelly

Day 9 Clovelly to Barnstaple

Strip Maps for Section 1

## Section 2

### **The Bristol Channel and the Welsh Border:**

Barnstaple to Knighton

Day 10 Barnstaple to Warren Farm, Exmoor

Day 11 Warren Farm, Exmoor to Roadwater

Day 12 Roadwater to Bridgwater

Day 13 Bridgwater to Cheddar

Day 14 Cheddar to Easton-in-Gordano

Day 15 Easton-in-Gordano to Chepstow

Day 16 Chepstow to Monmouth

Day 17 Monmouth to Pandy

Day 18 Pandy to Hay-on-Wye

Day 19 Hay-on-Wye to Knighton

Strip Maps for Section 2

## Section 3

### **Shropshire, Staffordshire and the Peak:**

Knighton to Hebden Bridge

Day 20 Knighton to Craven Arms

Day 21 Craven Arms to Ironbridge

Day 22 Ironbridge to Penkridge

Day 23 Penkridge to Abbots Bromley  
Day 24 Abbots Bromley to Thorpe  
Day 25 Thorpe to Youlgreav  
Day 26 Youlgreave to Hathersage  
Day 27 Hathersage to Dunford Bridge  
Day 28 Dunford Bridge to Hebden Bridge  
Strip Maps for Section 3

#### **Section 4**

##### **The Pennines and Cheviots:**

Hebden Bridge to Jedburgh  
Day 29 Hebden Bridge to Thornton in Craven  
Day 30 Thornton in Craven to Horton in Ribblesdale  
Day 31 Horton in Ribblesdale to Hawes  
Day 32 Hawes to Keld  
Day 33 Keld to Middleton-in-Teesdale  
Day 34 Middleton-in-Teesdale to Dufton  
Day 35 Dufton to Alston  
Day 36 Alston to Greenhead  
Day 37 Greenhead to Bellingham  
Day 38 Bellingham to Byrness  
Day 39 Byrness to Jedburgh  
Strip Maps for Section 4

#### **Section 5**

##### **Southern Scotland and the West Highland Way:**

Jedburgh to Fort William  
Day 40 Jedburgh to Melrose  
Day 41 Melrose to Traquair  
Day 42 Traquair to West Linton  
Day 43 West Linton to Linlithgow  
Day 44 Linlithgow to Kilsyth  
Day 45 Kilsyth to Drymen  
Day 46 Drymen to Inverarnan  
Day 47 Inverarnan to Bridge of Orchy  
Day 48 Bridge of Orchy to Kinlochleven  
Day 49 Kinlochleven to Fort William  
Strip Maps for Section 5

#### **Section 6**

##### **The Northern Highlands and the Flow Country:**

Fort William to John O'Groats  
Day 50 Fort William to Glen Garry (Loch Poulary)  
Day 51 Glen Garry (Loch Poulary) to Glen Affric

Day 52 Glen Affric to Bendronaig Lodge  
Day 53 Bendronaig Lodge to Kinlochewe  
Day 54 Kinlochewe to Inverlael  
Day 55 Inverlael to Oykel Bridge  
Day 56 Oykel Bridge to Overscaig Hotel  
Day 57 Overscaig Hotel to the Crask Inn  
Day 56L Oykel Bridge to Lairg  
Day 57L Lairg to Loch Coire  
Day 58 The Crask Inn to Kinbrace  
Day 59 Kinbrace to River Thurso (Dail Righe)  
Day 60 River Thurso (Dail Righe) to Watten  
Day 61 Watten to John O'Groats (Duncansby Head)

The End: John O'Groats

How to Leave John O'Groats

Recognition of Your Feat

The Land's End John O'Groats Association

The Land's End John O'Groats Club

Registration

Strip Maps for Section 6

Appendix 1

Route Summary Tables

Main Schedule

Alternative Three Month Schedule

Appendix 2

Bibliography

Appendix 3

Other Sources of Information