

INTRODUCTION

Things to see
Getting there
Accommodation
Getting back
Which way and when to go
Health and safety
Training fitness
What to take
Food and drink
Using this guide

THE ROUTE

Stage 1 Land's End to Fowey
Stage 2 Fowey to Moretonhampstead
Stage 3 Moretonhampstead to Street
Stage 4 Street to Monmouth
Stage 5 Monmouth to Clun
Stage 6 Clun to Runcorn
Stage 7 Runcorn to Slaidburn
Stage 8 Slaidburn to Keswick
Stage 9 Keswick to Moffat
Stage 10 Moffat to Loch Lomond
Stage 11 Loch Lomond to Glencoe
Stage 12 Glencoe to Inverness
Stage 13 Inverness to the Crask Inn
Stage 14 The Crask Inn to John o'Groats

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