

**COMPANY OF CYCLING KNIGHTS ROAD BOOK
JOHN O'GROATS TO LANDS END
2017**

Instructions

This document has a page for each day of the COCKS JOGLE expedition. To browse the route online simply click on the Strava or BikeGPX links and you will go to web pages with interactive maps of the route. To download the routes to your mobile device follow the instructions below

Route Summary

Day 2, 5 and 11 look to be the difficult days. Day 2 and 11 are both very lumpy indeed so we'll be spending a lot of time in our granny gears . Should be plenty of rest stops on day 11 though as we have 3 ferry river crossing. Day 5 is just a hell of a long ride and involves circumnavigating Newcastle, Sunderland and Middleborough, a ferry crossing, a transported bridge and finally the hilly North York Moors right at the end.

Do not fear though there are a couple of easier days, one at just 70 miles and another at just 85 miles. I've got a feeling after the first few days these will feel like rest days.

Route Downloads Garmin

1. Download this zip file xxxx.
2. Extract the content
3. Plug your Garmin into your laptop
4. You should see a new drive appear on your laptop called GARMIN
5. Within the GARMIN driver browse to GARMIN > Garmin > NewFiles
6. Drag the extracted GPX files over to the NewFolder folder
7. Once there copied unplug your Garmin and the courses should be there

Route Download to BikeGPX phone app

1. Install BikeGPX from either <https://itunes.apple.com/app/bike-gpx/id1034029162?ls=1&mt=8> (iphone) or <https://play.google.com/store/apps/details?id=com.bikegpx> (android)
2. Launch BikeGPX
3. Click "Select Route"
4. Click "+ Add Route"
5. Click "Scan a bikegpx.com route barcode"
6. Wave your camera in front of the day 1 barcode in this document
7. Repeat for each day until you have 11 routes downloaded.

Day 1: John O'Groats to Invergordon (17/05/17)



99.8 Miles

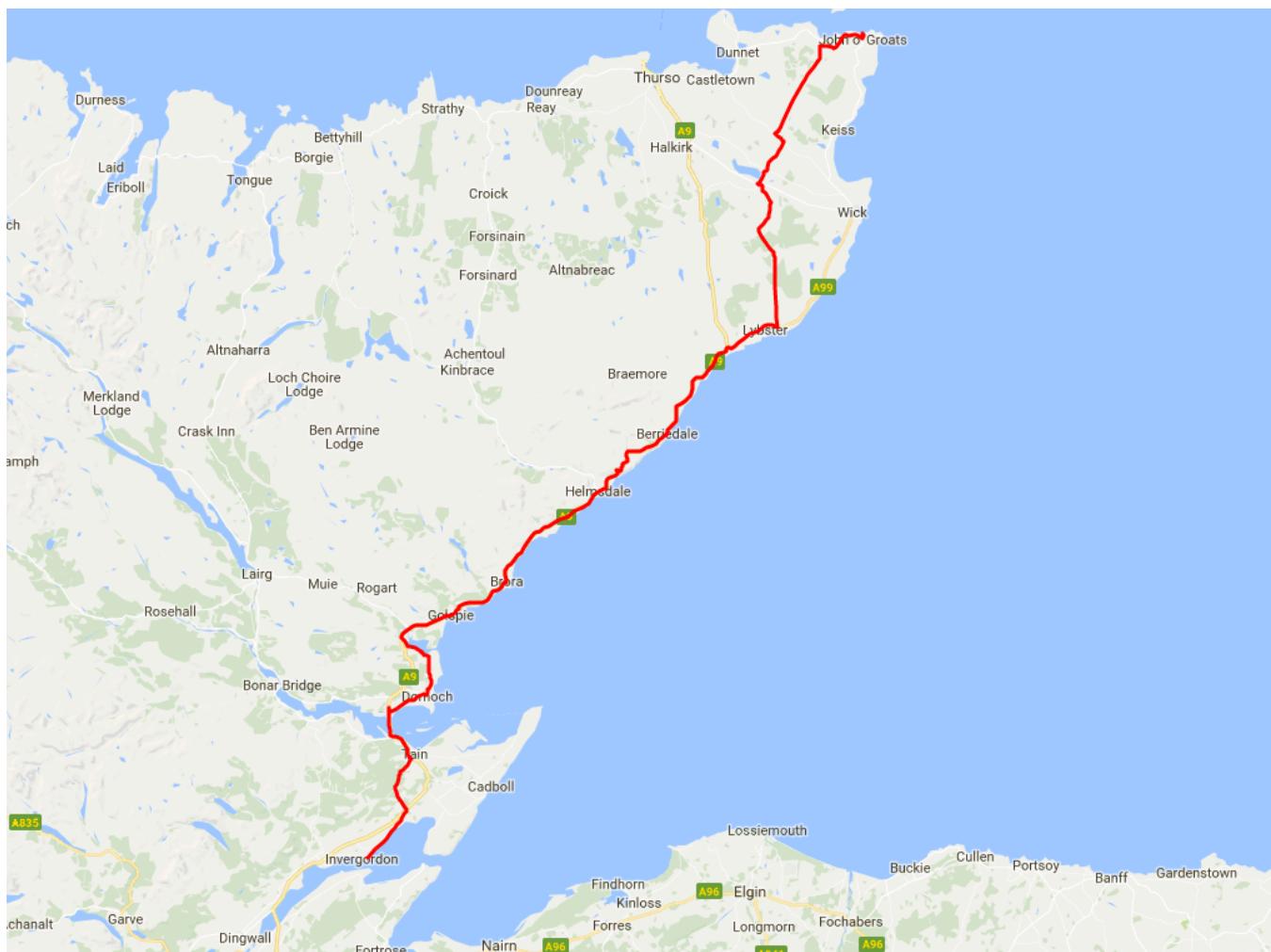
5,260ft Elevation

Strava link: <https://www.strava.com/routes/7924376>

BikeGPX Link: <https://bikegpx.com/routes/fe61af10>

Destination: Tuckers Inn, 11 Saltburn Road Invergordon IV18 0HH

Destination website: <http://www.tuckersinn.co.uk>



Day 2: Invergordon to Ballater (18/05/17)



109.3 Miles

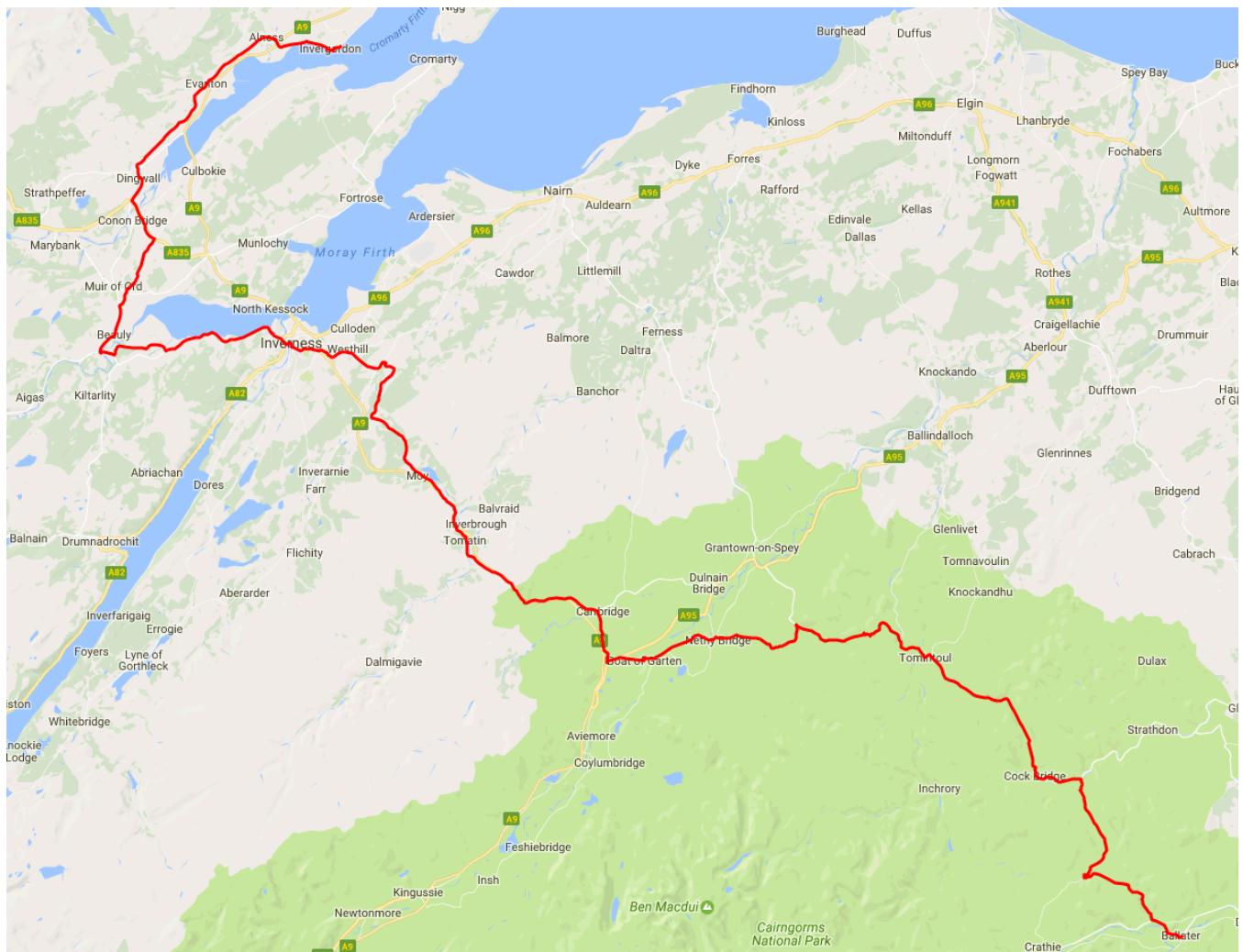
7,842ft Elevation

Strava link <https://www.strava.com/routes/7925011>

BikeGPX Link: <https://bikegpx.com/routes/5bf30428>

Destination: Inchgeal Lodge B & B, Ballater, AB35 5SH

Destination website: <http://www.inchgealbandb.co.uk>



Day 3: Ballater to Kirkcaldy (19/05/17)



103.1 Miles

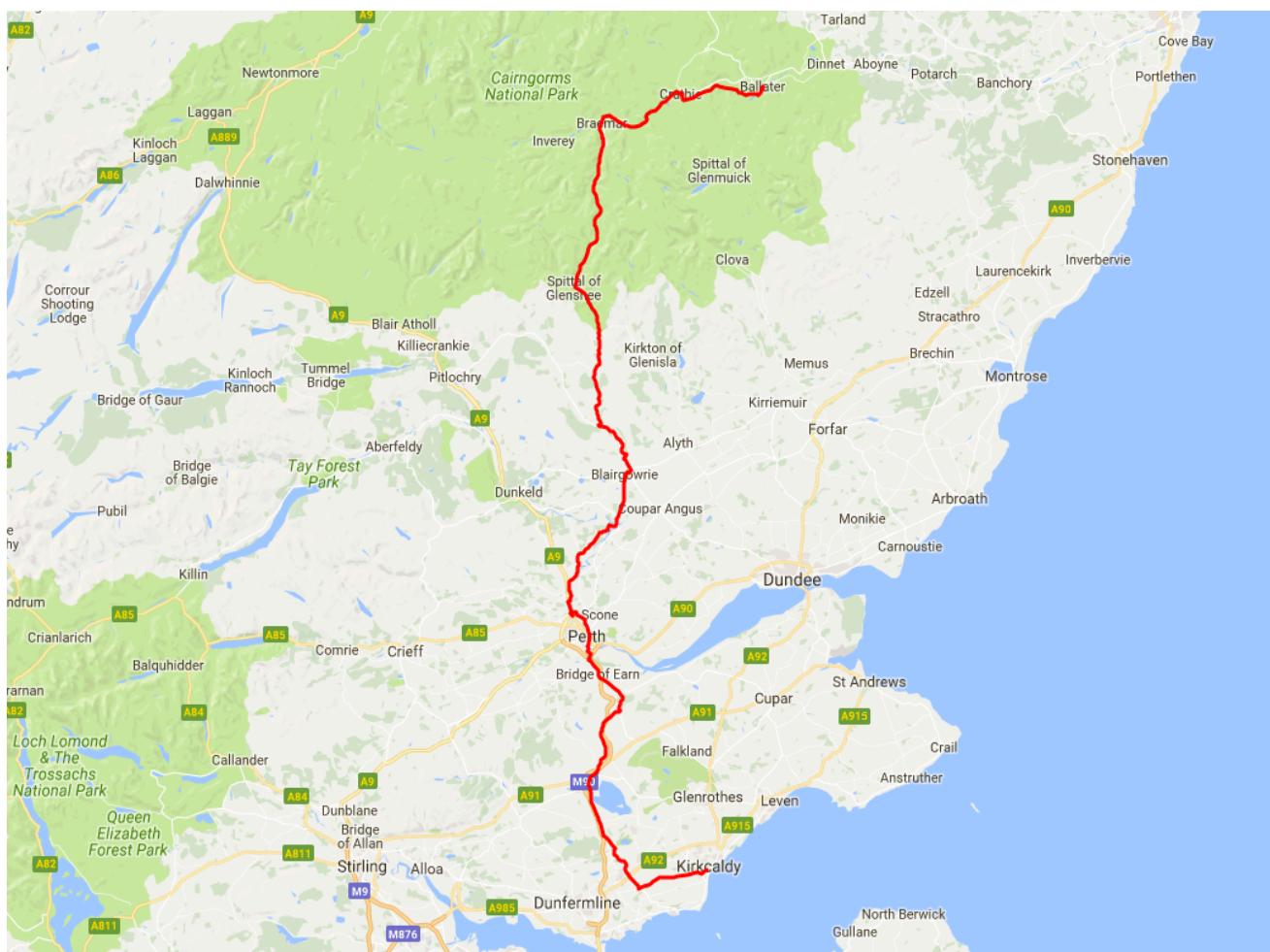
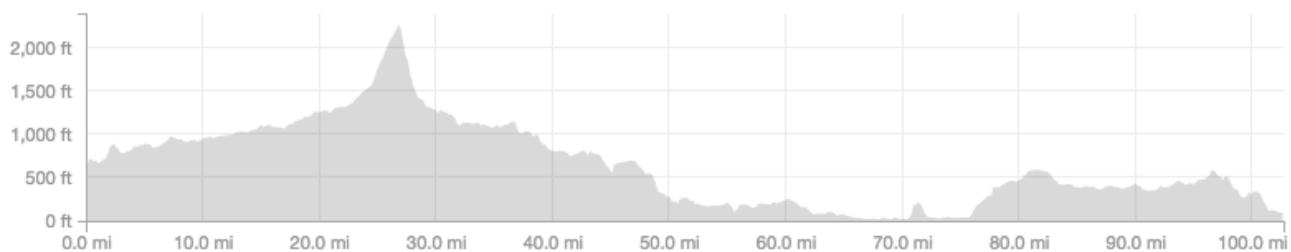
5,063ft Elevation

Strava link <https://www.strava.com/routes/7925319>

BikeGPX Link: <https://bikegpx.com/routes/da37efe3>

Destination: Lothrie House, 1 Gow Crescent, Kirkcaldy, KY1 1EY

Destination website: <http://lothriebedandbreakfast.scot>



Day 4: Kirkcaldy to Chatton (20/05/17)



94.8 Miles

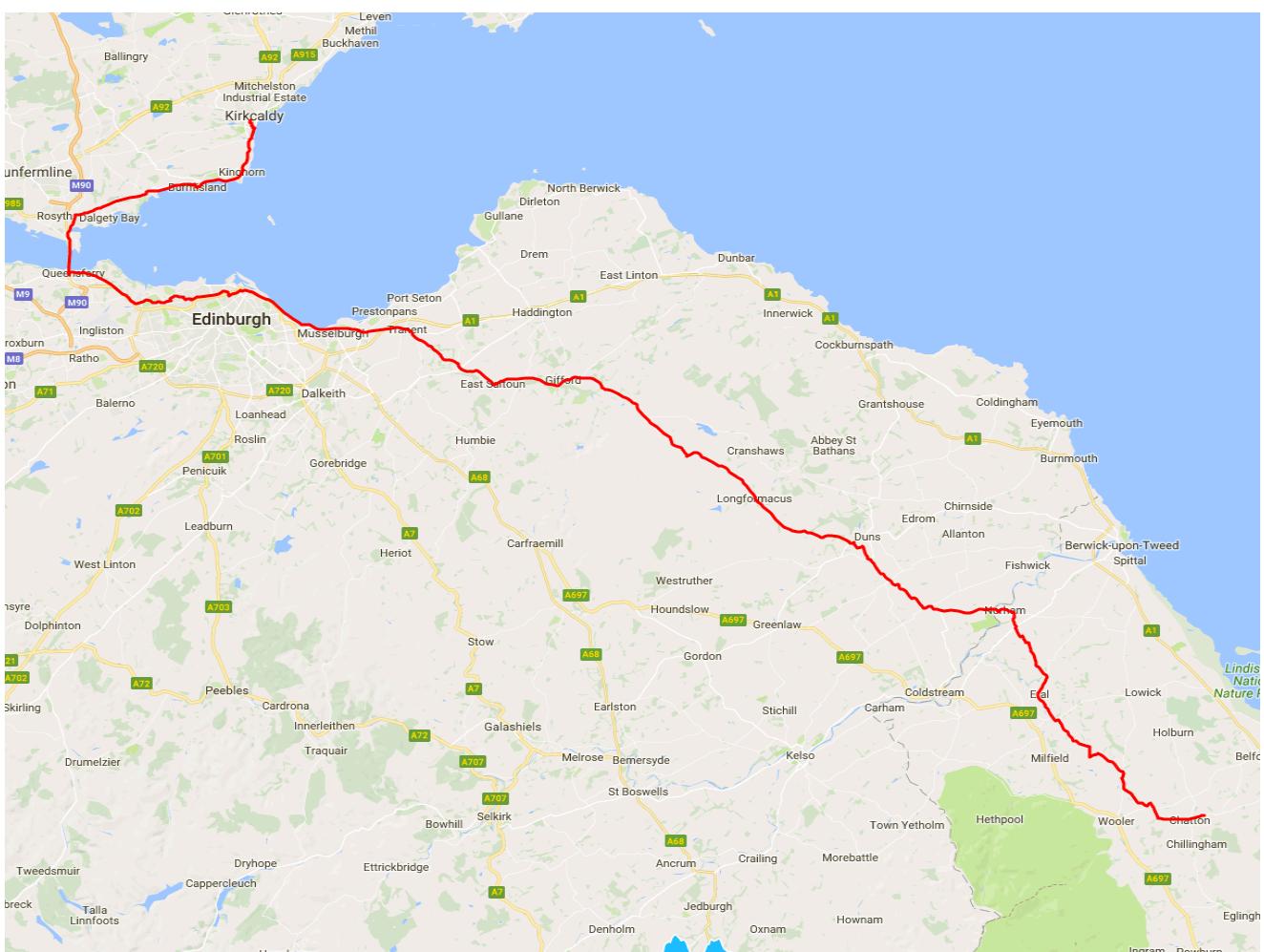
6,258ft Elevation

Strava link <https://www.strava.com/routes/7925639>

BikeGPX Link: <https://bikegpx.com/routes/c5001586>

Destination: Chatton Barns, Chatton Park Farm, NE66 5RA

Destination website: <http://www.chattonparkfarm.co.uk>



Day 5: Chatton to Glaisdale (21/05/17)



123.4 Miles

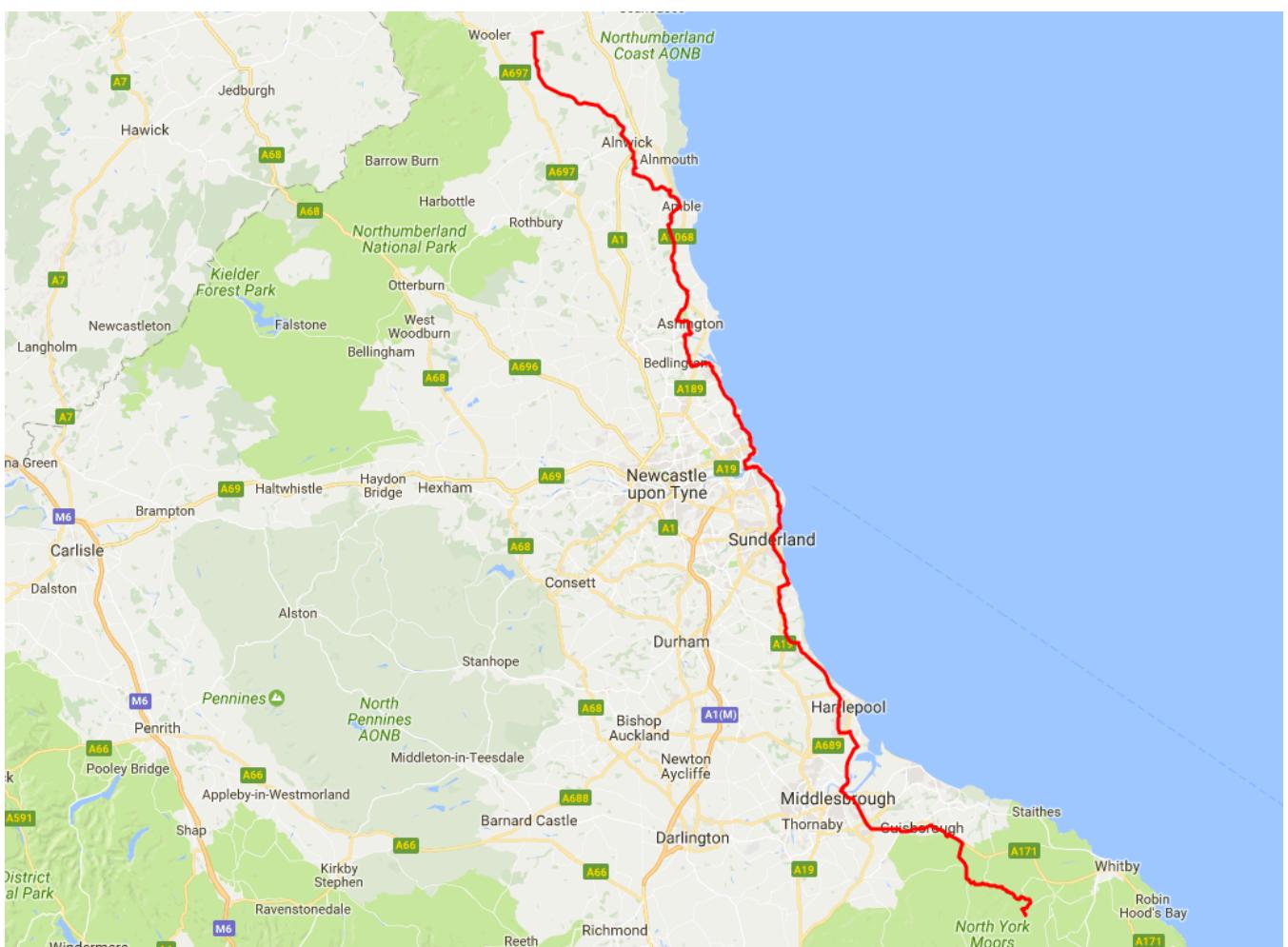
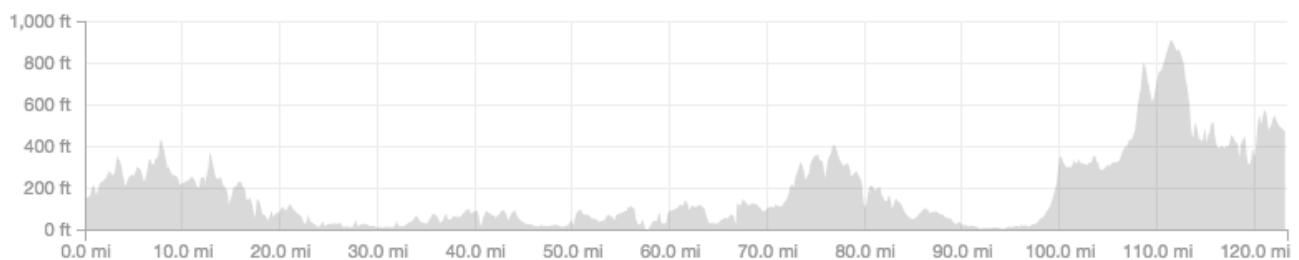
6,773ft Elevation

Strava link <https://www.strava.com/routes/7925963>

BikeGPX Link: <https://bikegpx.com/routes/3751ddbd>

Destination: Bank House Farm, Glaisdale, Whitby YO21 2QA

Destination website: <http://www.bankhousefarmhostel.co.uk>



Day 6: Glaisdale to Lincoln (22/05/17)



118.3 Miles

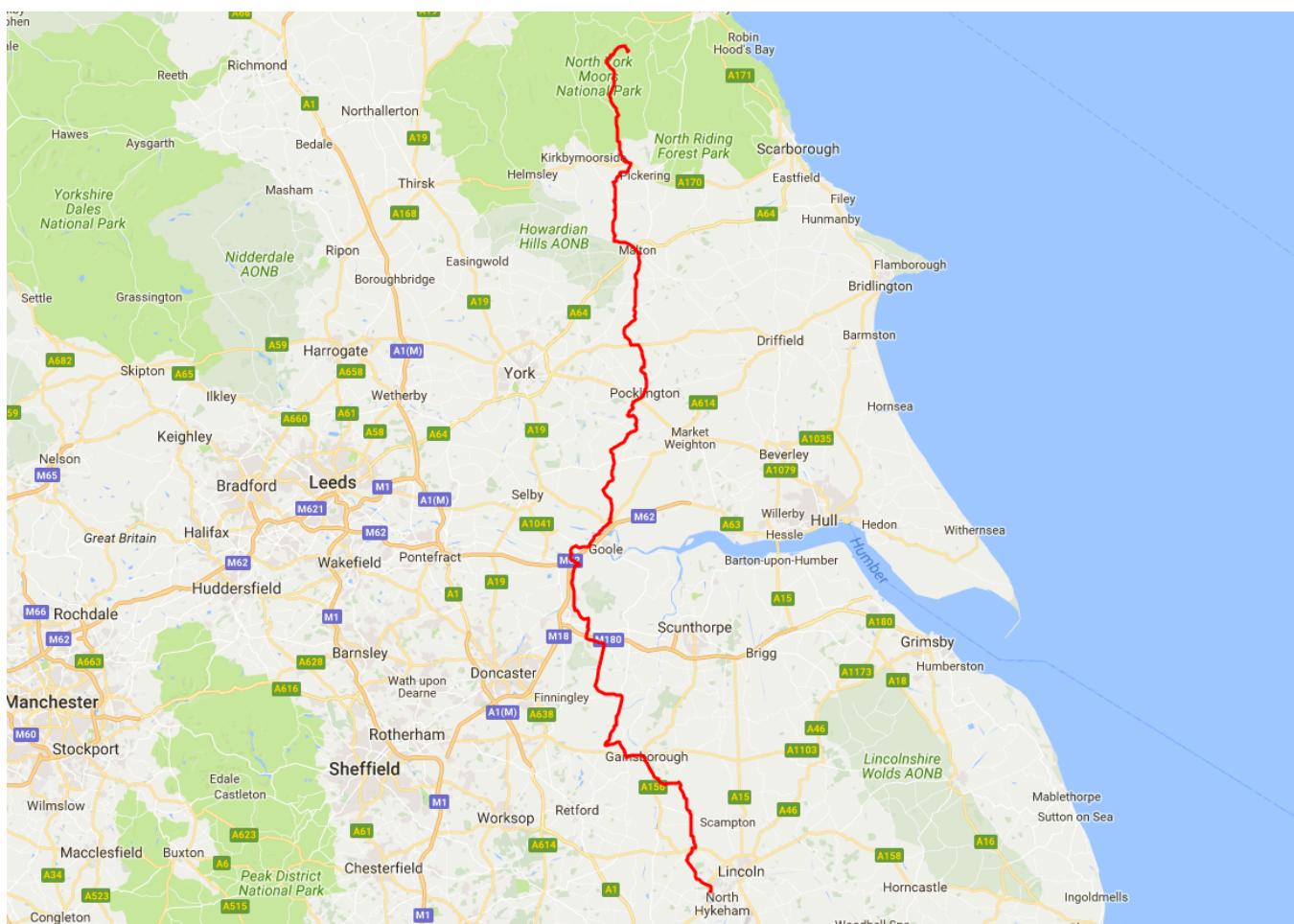
4,190ft Elevation

Strava link <https://www.strava.com/routes/8262173>

BikeGPX Link: <https://bikegpx.com/routes/b587ac53>

Destination: Ibis Hotel, Runcorn Road, LN6 3QZ

Destination website: <http://www.hotels-in-lincoln.co.uk/ibis-Lincoln.htm>



Day 7: Lincoln to Milton Keynes (23/05/17)



104.6 Miles

4,877ft Elevation

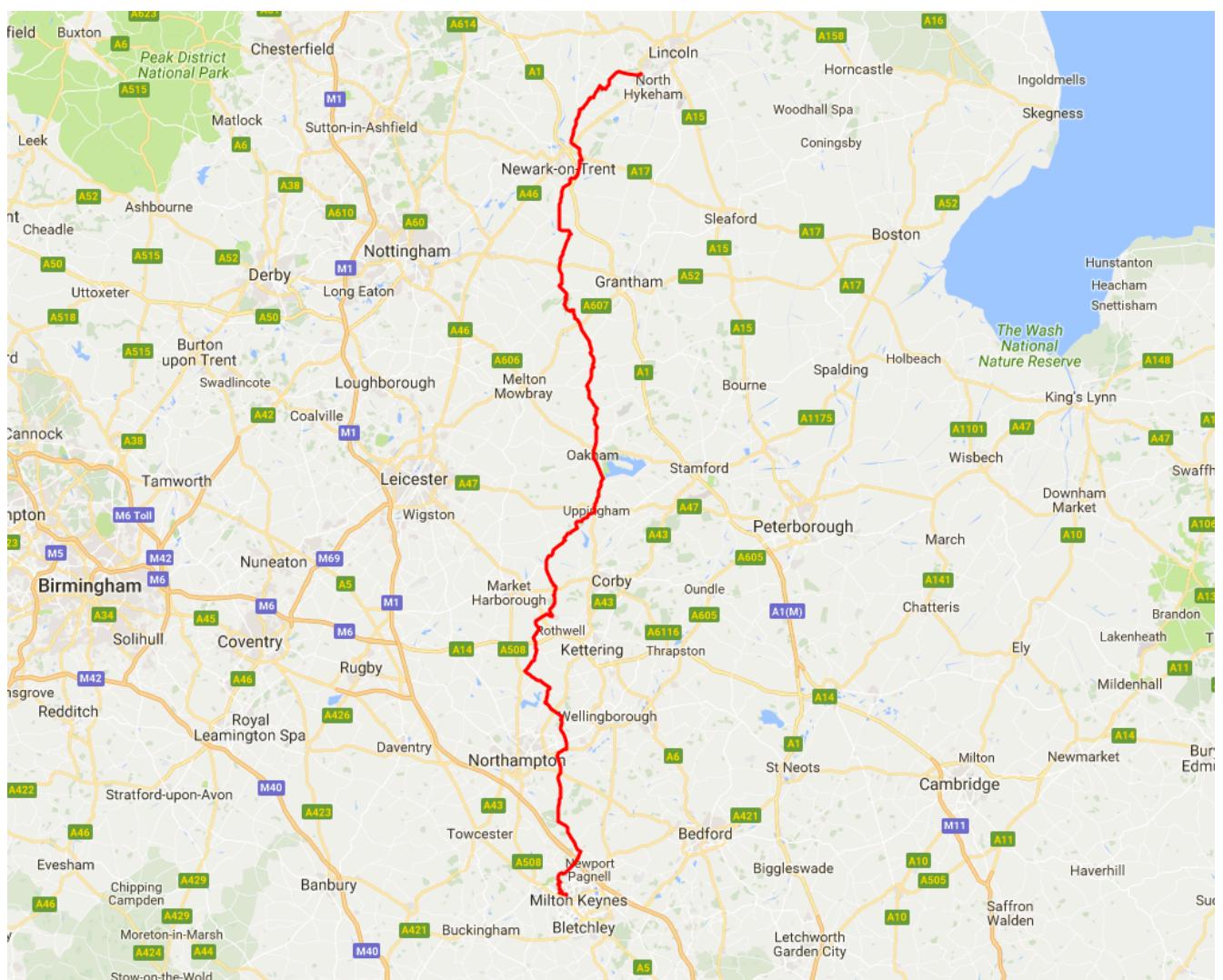
Strava link <https://www.strava.com/routes/8262884>

BikeGPX Link: <https://bikegpx.com/routes/ad4127b4>

GPX file download: <http://jegpx.s3.amazonaws.com/7.gpx>

Destination: YHA, Bradwell Village, Milton Keynes, MK13 9AG

Destination website: <http://www.yha.org.uk/hostel/milton-keynes>



Day 8: Milton Keynes to Cirencester (24/05/17)



70 Miles

3,183ft Elevation

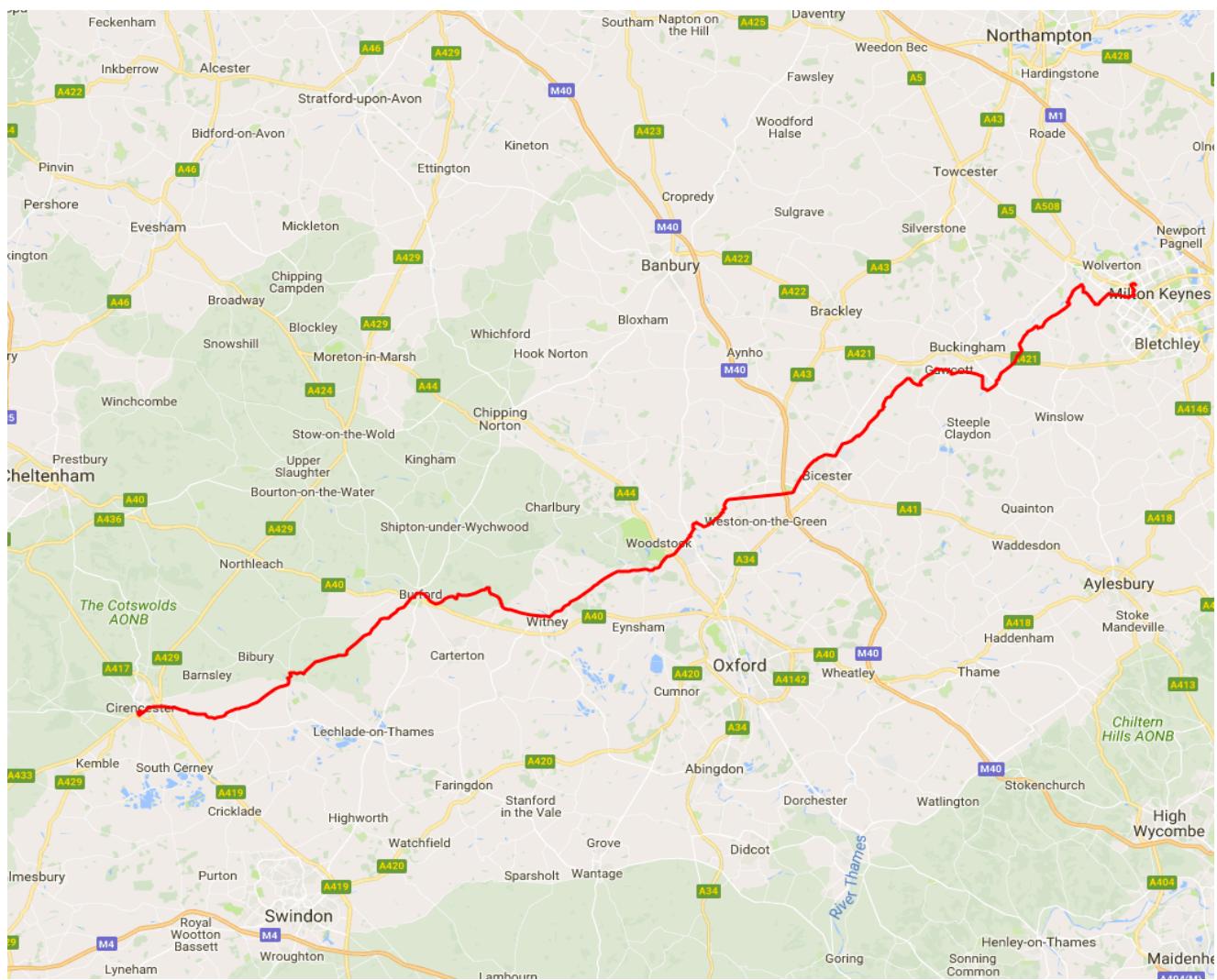
Strava link <https://www.strava.com/routes/8471042>

BikeGPX Link: <https://bikegpx.com/routes/fb74493a>

GPX file download: <http://jegpx.s3.amazonaws.com/8.gpx>

Destination: YHA Brewery Court Cirencester GL7 1JH

Destination website: <http://www.yha.org.uk/hostel/cotswolds>



Day 9: Cirencester to Clatworthy (25/05/17)



107.1 Miles

6,640ft Elevation

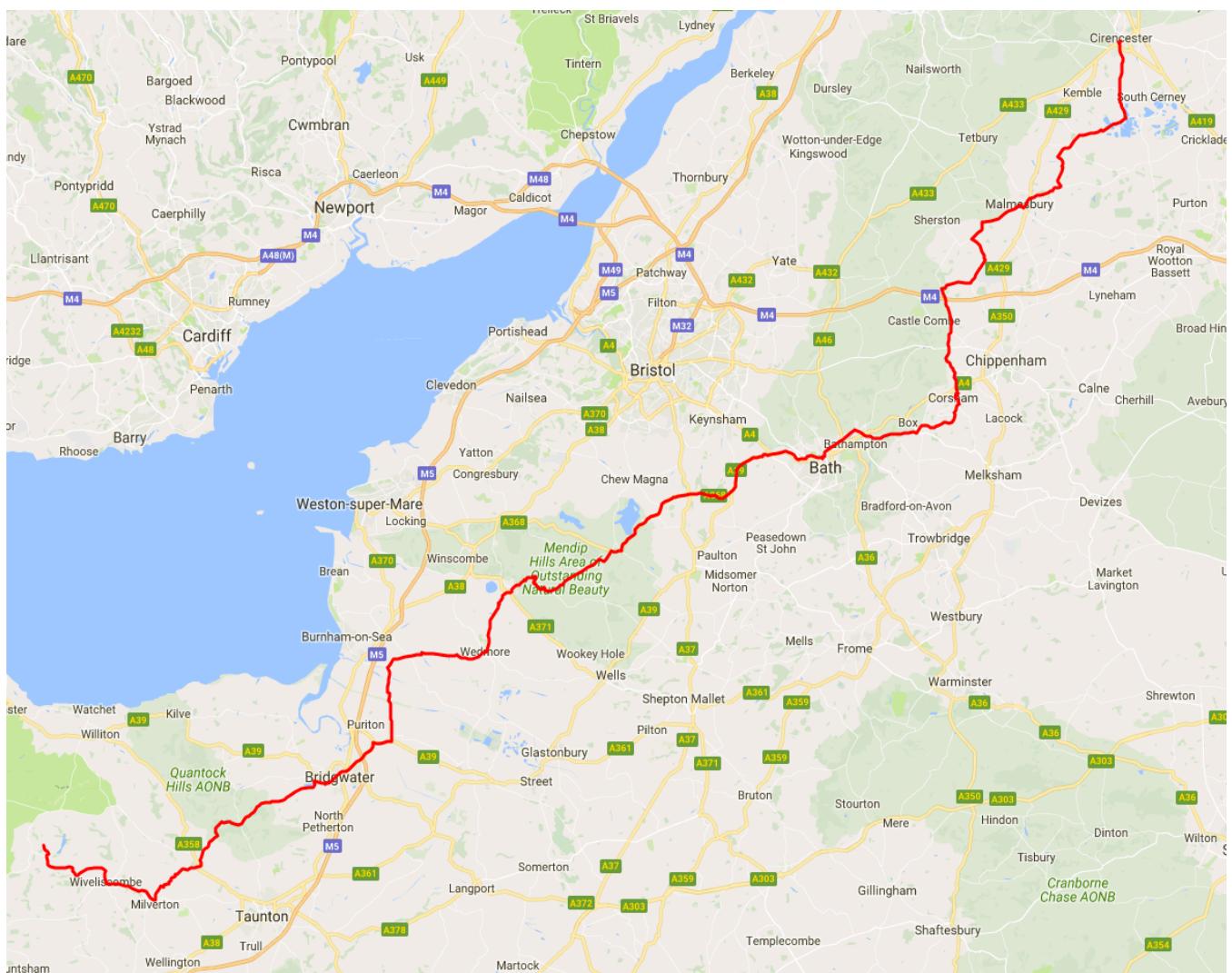
Strava link <https://www.strava.com/routes/8471260>

BikeGPX Link: <https://bikegpx.com/routes/6863c088>

GPX file download: <http://jegpx.s3.amazonaws.com/9.gpx>

Destination: Chitcombe Barns, TA4 2EL

Destination website: <https://chitcombebarns.co.uk>



Day 10: Clatworthy to Plymouth (26/05/17)



85.9 Miles

6,440ft Elevation

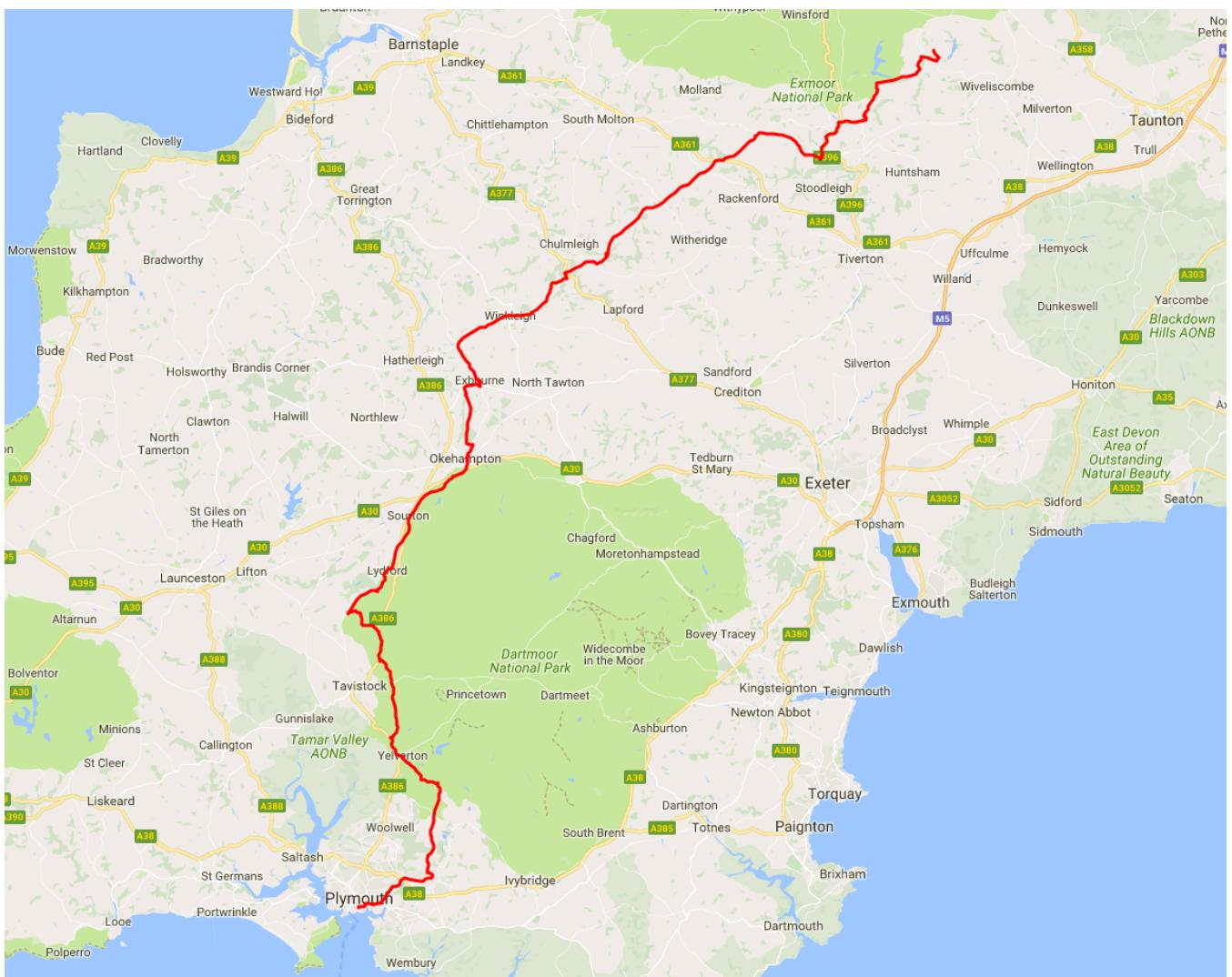
Strava link <https://www.strava.com/routes/8471864>

BikeGPX Link: <https://bikegpx.com/routes/f11b9387>

GPX file download: <http://jegpx.s3.amazonaws.com/10.gpx>

Destination: Imperial B&B, Lockyer Street Plymouth PL1 2QD

Destination website: <http://www.imperialplymouth.co.uk>



Day 11: Plymouth to Lands End (27/05/17)



94.2 Miles

8,511ft Elevation

Strava link <https://www.strava.com/routes/8472477>

BikeGPX Link: <https://bikegpx.com/routes/8c5d5c2d>

GPX file download: <http://egpx.s3.amazonaws.com/11.gpx>

Destination: Okehampton Adventure, Klondyke Road EX20 1EW

Destination website: <http://www.adventureokehampton.com>

