

				KM	Miles
			John o Groats heading West or		
Day 1	3rd Sept	SA	South West	47	29
Day 2	4th Sept	SU	TBD	45	28
Day 3	5th Sept	M	Crask Inn	42	26
Day 4	6th Sept	T	TBD	32	20
Day 5	7th Sept	W	Greenacre B&B Stittenham	32	20
Day 6	8th Sept	T	Beauly	36	23
Day 7	9th Sept	F	TBD	36	23
Day 8	10th Sept	Sa	TBD	36	23
Day 9	11th Sept	SU	Fort William	36	23
Day 10	12th Sept	M	Fort William / Climb Ben Nevis	14	9
Day 11	13th Sept	T	TBD	46	29
Day 12	14th Sept	W	TBD	42	26
Day 13	15th Sept	T	Drymen	40	25
Day 14	16th Sept	F	Glasgow/Bridgeton area	41	26
Day 15	17th Sept	SA	Lesmahagow	39	25
Day 16	18th Sept	SU	TBD - somewhere before Beattock	45	28
Day 17	19th Sept	M	TBD - somewhere before Gretna	45	28
Day 18	20th Sept	T	Caldbeck	48	30
Day 19	21st Sept	W	Close to Buttermere	40	25
			Wasdale N End of lake/Wasdale		
Day 20	22nd Sept	T	Head Inn	13	8
Day 21	23rd Sept	F	REST DAY/WIGGLE ROOM DAY		
			Nether Wasdale - climbing Scafell		
Day 22	24th Sept	SA	Pike	10	6
Day 23	25th Sept	SU	Troutbeck	44	28
Day 24	26th Sept	M	Carnforth	42	26
Day 25	27th Sept	T	TBD	38	24
Day 26	28th Sept	W	Allanson Hall Farm nr Adlington	38	24
Day 27	29th Sept	T	Frodsham	51	32
Day 28	30th Sept	F	TBD	42	26
Day 29	1st Oct	SA	Colwyn Bay	43	27
Day 30	2nd Oct	SU	Llanberis	47	30
Day 31	3rd Oct	M	Climb Snowdon /Llanberis	24	15
Day 32	4th Oct	T	TBD	38	24
Day 33	5th Oct	W	Dolgellau	41	26
Day 34	6th Oct	T	somewhere after Machynlleth	33	21
Day 35	7th Oct	F	Llangurig	37	23
Day 36	8th Oct	SA	TBD	44	28
Day 37	9th Oct	SU	REST DAY/WIGGLE ROOM DAY		
Day 38	10th Oct	M	somewhere after Hay on Wye	41	25
Day 39	11th Oct	T	Monmouth	44	28
Day 40	12th Oct	W	Avonmouth	52	33
Day 41	13th Oct	T	Axbridge	36	22
Day 42	14th Oct	F	Taunton	54	34
Day 43	15th Oct	SA	REST DAY/WIGGLE ROOM DAY		
Day 44	16th Oct	SU	Cadeleigh	45	28

Day 45	17th Oct	M	Drewsteignton ish ish	33	20
Day 46	18th Oct	T	Tavistock	39	24
Day 47	19th Oct	W	TBD	41	26
Day 48	20th Oct	T	TBD	48	30
Day 49	21st Oct	F	Marazion	47	29
Day 50	22nd Oct	S	Lands End	26	16
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