



The End to End Trail: A long distance trail from Lands End to John O'Groats

Andy Robinson

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A guidebook covering a 1935km (1200 miles) walk from Land's End John O'Groats in Scotland. The route, or LEJOG as it also known is divided into 61 days each averaging just less than 32km (20 miles).

Following paths and tracks rather than roads whenever it can, the route uses parts of the South West Coast Path, Offa's Dyke Path, Pennine Way and West Highland Way long-distance walking trails. The route is fully described stage-by-stage with detailed route descriptions and maps, and many practical variations on the route are outlined as well. The guide includes preparation and safety suggestions and information about accommodation, food shops and services. This is the ideal planning tool and route companion for anyone undertaking this epic challenge walk.

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