

LAND'S END TO JOHN O'GROATS - JANES'S SCHEDULE

	Inter	Total	Time
Start at Land's End Hotel , South Door.	0.0	0.0	06:00
Proceed on A30, bypassing Penzance, to start of the Hayle bypass,	16.1	16.1	07:05
past Redruth, to the junction with A390,	15.2	31.3	08:05
then to join the Bodmin bypass,	21.2	52.5	09:35
then to join the Launceston bypass (junction A395),	22.9	75.4	11:00
and then, the Okehampton bypass (junction A386).	17.3	92.7	12:15
Continue on the A30 to the junction with A377, near Ide.	24.9	117.6	14:00
Take the A377 Alphington Road towards Exeter. Follow Inner bypass along Frog Street and Western Way to bear right at Blackboy roundabout onto the B3212, Blackboy Road. Then join B3181 northbound at Pinhoe, and continue to Cullompton.	14.9	132.5	15:00
Continue on B3181, joining A38 at Uffculme. Take the Wellington bypass towards Taunton. Proceed through Taunton, following Bristol A38 signs, including right turn onto Toneway.	20.1	152.6	17:00
Shortly, turn left onto Bridgwater Road, continuing on A38 through Bridgwater,	9.5	162.1	18:40
to junction with A368 at Churchill.	19.4	181.5	20:00
Continue on A38 to Bristol. Follow signs to Avonmouth, using Winterstoke Road and crossing the Avon on Avon Bridge and Plimsoll Bridge. Join A4 towards Avonmouth, passing under the Clifton Suspension Bridge. Shortly, fork right to climb Bridge Valley Road, to Clifton Down. Join Westbury Road (A4018), to junction with B4056 Henleaze Road. Turn right, then left, following Henleaze Road, then Southmead Road, to Filton, where rejoin A38.	18.2	199.7	21:20
Continue through to junction with A4135 near Slimbridge,	18.6	218.3	22:40
to take A430 Bristol Road approaching Gloucester. Use Southgate Street (A4301) and left into Commercial Road & The Quay, going right at roundabout on A417, rejoining A38 to junction crossing A40.	13.2	231.5	23:40
Follow A38 through Tewkesbury (straight ahead at roundabout south of the town [the 'old' A38], left on High St, then left at Cross) to Worcester. Avoid ringroad, and proceed to junction with A44.	24.1	255.6	02:40
Turn left then right into City Walls road. Stay with A38 to join Foregate Street northbound. Continue to Barbourne where fork left to join A449, to Kidderminster.	13.7	269.3	03:40
Turning right at first roundabout, follow A449 to Wolverhampton. Use ringroad, and turn left into Waterloo Road.	17.2	286.5	05:00
Shortly, rejoin A449 to Stafford.	15.5	302.0	06:00
Use inner ring road and join A34 to Newcastle-under-Lyme.	16.7	318.7	07:20
Follow A34 through town centre, and join A5011 (signed towards A50) at Hollins. After about 1.5 miles, join A50 to Holmes Chapel.	15.1	333.8	08:35
Continue through Knutsford on A50	8.2	342.0	09:15
to Warrington.	10.2	352.2	10:05
After crossing the Ship Canal, follow one way system to join Kingsway South, becoming Kingsway North (still A50). Continue ahead to join A49 at Longford. Stay with A49 to Winwick Church. Turn right onto A573 to Golborne and then to Wigan.	13.8	366.0	11:10
Follow signs to Preston on A49, to join A6 at Bamber Bridge (use shortcut to avoid lights), to Preston.	17.4	383.4	12:30
Turn right (at a large hotel), and stay on A6 to Lancaster.	21.9	405.3	14:30
Turn left over river, then sharp right, on A6 towards Kendal. A6 briefly becomes A590 and then A591 for a couple of miles. Follow signs, rejoining A6, to Kendal	21.4	426.7	16:30
Stay on A6 towards Penrith. Climb to the summit of the road over Shap Fell.	9.8	436.5	17:30
Descend to Penrith, where ahead at junction with A66. Continue on A6 towards Penrith town centre.	15.8	452.3	18:30
Avoid the town centre by turning right to Old London Road, leading into Friargate, Benson Row, Meeting House Lane, and Drovers Lane to rejoin A6 north of town centre, and continue to Carlisle. Turn right into Devonshire Street, then left, then right into Victoria Place. Follow signs for A7 and A74 north to join A74 at end of M6.	21.8	474.1	21:00
Follow A74 then B7076 via Gretna to Lockerbie,	21.6	495.7	23:00
where continue, joining A701 to Beattock, where rejoin B7076.	15.2	510.9	02:00
Stay on B7076 to join A702 near Crawford, to Abington (A74(M) J13).	19.5	530.4	04:00
Follow A702 to Biggar, where turn left on B7016 to Carnwath.	18.9	549.3	06:00
In Carnwath left onto A721 and then Right onto B7016 to turn right at T on A706. Through Brieich and Whitburn. Right at RAB A801.	8.3	557.6	07:00

Madiston, Cross M9 straight on into Avondale road. Right over river and Left onto A905. Straight on over two main Rab's staying on A905 To Skinflats Junction with A88.	14.7	572.3	08:10
Continue on A905 to A876 Junction, Right to cross Clackmananshire Bridge A876 Left at Rab	6	578.3	08:45
A977 through Forest mill, Powmill and Kinross where Left onto A922.	14	592.3	09:50
A922 to Milnathort. Turn right onto A911, keep left onto B996, then A91 again, then turn left on B996 (again) towards Perth. After approx 5 miles, the road becomes A912, to Perth.	24.0	616.3	11:45
Turn left onto Inner Ring, then fourth right (signed Inner Ring) into King Street, becoming Methven Street. Turn left into Atholl Road, to roundabout, where follow signs to A9. Follow A9 to Dunkeld (junction A822)	14.3	630.6	12:50
to the B8079 junction near Blair Atholl,	17.9	648.5	14:20
over the Pass of Drumochter,	19.7	668.2	16:20
to the junction for Newtonmore and Kingussie.	14.1	682.3	17:30
Continue past junction with A95 near Aviemore,	17.9	700.2	20:00
climb to the Slochd Summit,	9.1	709.3	21:00
then on to the Kessock Bridge at Inverness.	20.5	729.8	23:00
Follow A9 over the Black Isle, cross the Cromarty Firth to turn right at roundabout.	13.1	742.9	04:00
Stay on A9 to Tain bypass,	19.2	762.1	06:00
to roundabout, where turn right across Dornoch Firth, past the Mound, to Golspie.	18.0	780.1	07:50
Carry on to Helmsdale,	16.7	796.8	09:30
Berriedale,	9.4	806.2	10:20
Latheron, where take A99,	9.6	814.7	11:10
to Wick	16.8	831.5	12:40
Stay on A99, turn right at Reiss, to John o'Groats Hotel , where FINISH.	16.7	848.2	13:50
To continue for the 1000 miles record, briefly retrace to A836 junction, where turn right to junction with B876 in Castletown.	14.4	862.6	16:00
"Lap 1"			
Continue on A836 to junction with A9 in Thurso.	5.1	867.7	16:30
Turn left on A9 to Roadside fork,	5.7	873.4	17:10
where left to join A882, through Watten,	6.4	879.8	17:45
to Wick, where turn at stop line just beyond traffic lights.	8.1	887.9	18:35
Retrace on A882 through Watten,	8.1	896.0	19:25
to Roadside fork,	6.4	902.4	20:00
to Thurso,	5.7	908.1	20:35
where right on A836 to Castletown, where turn at junction with B876. (Manhole in road)	5.1	913.2	21:05
"Lap 2"			
Retrace to junction with A9 in Thurso.	5.1	918.3	02:00
Turn left on A9 to Roadside fork,	5.7	924.0	02:40
where left to join A882, through Watten,	6.4	930.4	03:15
to Wick, where turn at stop line just beyond traffic lights.	8.1	938.5	04:05
Retrace on A882 through Watten,	8.1	946.6	04:55
to Roadside fork,	6.4	953.0	05:30
to Thurso,	5.7	958.7	06:05
where right on A836 to Castletown, where turn at junction with B876. (Manhole in road)	5.1	963.8	06:35
"Lap 3"			
Retrace to junction with A9 in Thurso.	5.1	968.9	07:30
Turn left on A9 to Roadside fork,	5.7	974.6	20:10
where left to join A882, through Watten,	6.4	981.0	20:45
to Wick, where turn at stop line just beyond traffic lights.	8.1	989.1	09:35
Retrace on A882 through Watten,	8.1	999.2	10:25
to Roadside fork,	6.4	1003.6	11:00
to Thurso,	5.7	1009.3	11:35
where right on A836 to Castletown, where turn at junction with B876. (Manhole in road)	5.1	1014.4	12:05