

The Plan - Version 4 - 7/5/06											
Date	Day	Stage		Route (subject to change)	Stage Miles	Day Miles	Cum Miles	To go Miles	Alt m	Alt ft	
29/5/06	1	1	1	Land's End							
				2 Penzance							
				3 Marazion (St Michael's Mount)							
				4 Redruth							
				5 Fidlers Green							
				6 Gross							
				7 St Columb Major							
30/5/06	2	2	8	St WENN	59	59	59	870			
				9 Nanstalton							
				10 Washaway							
				11 St Tudy							
				12 Camelford							
				13 Egloskerry							
				14 Launceston							
				15 Lifton							
				16 Lewdown							
				17 Bridestow							
		3	18	OKEHAMPTON	59		118	811			
				19 Bow							
				20 Colbrooke							
				21 Crediton							
				22 Silverton							
				23 Cullompton							
				24 Appledore							
				25 Wellington							
31/5/06	3	4	26	TAUNTON	53	112	171	758			
				27 Bridgwater							
				28 East Brent							
				29 Congresbury							
				30 Yatton							
				31 Clevedon							
				32 Easton In Gordano							
		5	33	BRISTOL	57		228	701			
				34 Alveston							
				35 Woodford							
				36 Whitminster							
				37 Gloucester							
				38 Newent							
1/6/06	4	6	39	BROMYARD	67	124	295	634			
				40 Ludlow							
				41 Church Stretton							
				42 Shrewsbury							
				43 Wem							
2/6/06	5	7	44	WHITCHURCH	72		367	562			
				45							
				46							
				47 Route to be confirmed							
				48							
				49							
				50							
3/6/06	6	8	51	PRESTON	71	143	438	491			
				52 Lancaster							
				53 Carnforth							
				54 Tebay							
				55 Orton							

		9	56	SHAP	70		508	421		
			57	Penrith						
			58	Calthwaite						
			59	Carlisle						
			60	Longtown						
			61	Gretna						
			62	Kirtle Bridge						
4/6/06	7	10	63	LOCKERBIE	55	125	563	366		
			64	Moffat						
			65	Crawford						
			66	Abington						
			67	Happendon						
			68	Larkhall						
		11	69	HAMILTON	61		624	305		
			70	Glasgow (Clyde Cycle Route)						
			71	Dumbarton						
			72	Luss						
5/6/06	8	12	73	TARBET	47	108	671	258		
			74	Ardlui						
			75	Crianlarrich						
			76	Tyndrum						
		13	77	THE BRIDGE OF ORCHY	28		699	230		
			78	Glencoe						
			79	Corran						
6/6/06	9	14	80	FORT WILLIAM	40	68	739	190		
			81	Spean Bridge						
			82	Invergarry						
			83	Fort Augustus						
			84	Invermorriston						
		15	85	DRUMNADROCHIT	50		789	140		
			86	Beauly						
			87	Dingwall						
			88	Invergordon						
			89	Tain						
			90	Golspie						
7/6/06	10	16	91	BRORA	72	122	861	68		
			92	Helmsdale						
			93	Berriedale						
			94	Lybster						
			95	Wick						
			96	John O'Groats	68	68	929	0		
					929	929				