

# LEJOG

Land's End – John O'Groats

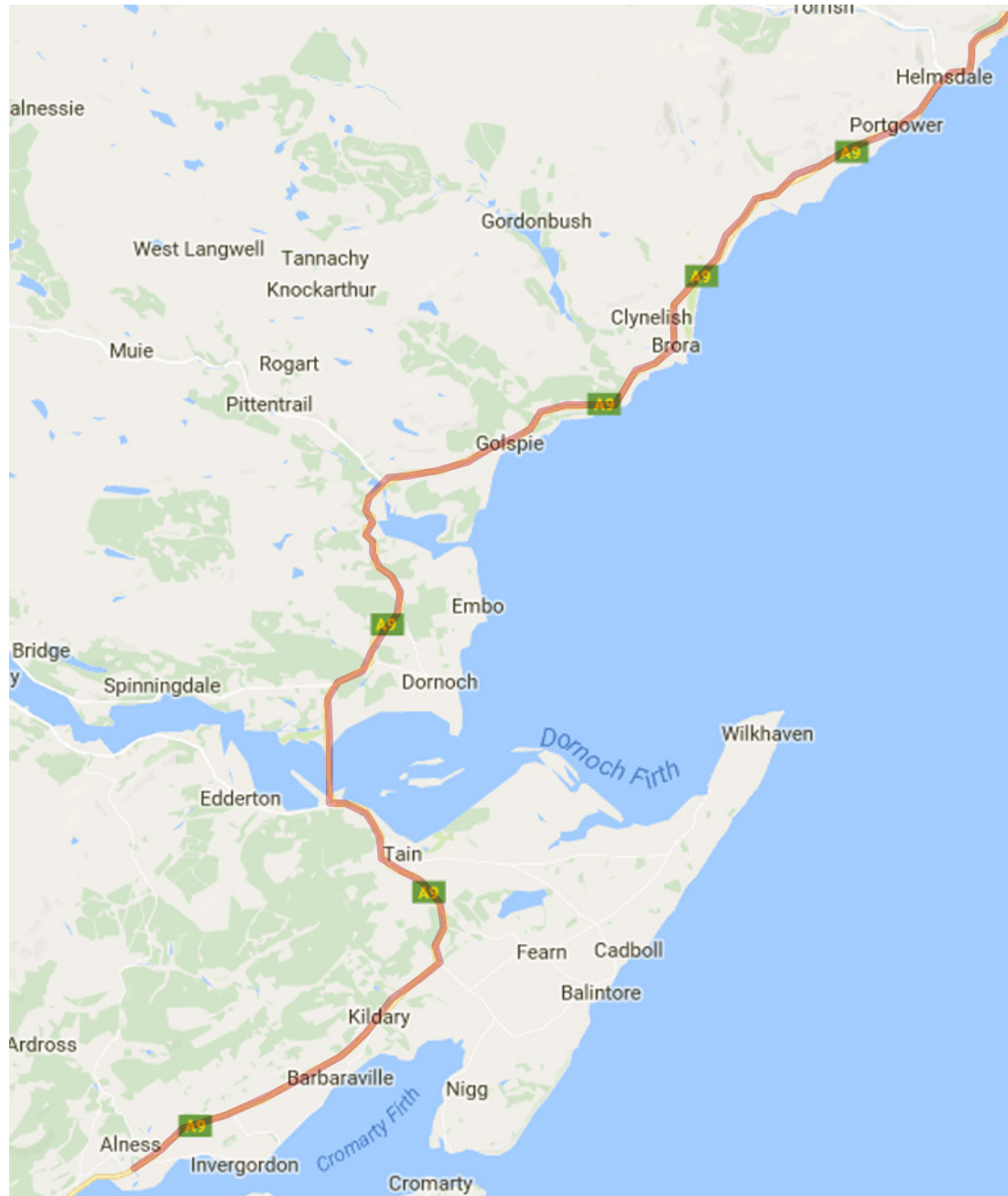
## Alness to Helmsdale

Fri 29 June

Depart Alness	05:00
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A9

Arrive Helmsdale	09:39
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# JOGLE

John O'Groats – Land's End

## Helmsdale to Alness

Sat 30 June

Depart Helmsdale	10:40
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A9

Arrive Alness	15:19
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The 2018 Longest Ride Challenge

Standing Up   
For those that can't