

**“A MINOR TRIP ROUND ENGLAND” STAGES 1 to 16. Each stage has 2 sections (1a, 1b; 2a, 2b; etc.)**  
 Following the coast where practicable, distances approximate, (*suggested routes only*):

<b>STAGE 1</b>	<b>BERWICK-UPON-TWEED - MIDDLESBROUGH</b>	<b>113m</b>
<b>1a</b>	<i>Berwick to Tynemouth (via Bamburgh, Blyth)</i>	<i>68m</i>
<b>1b</b>	<i>Tynemouth to Middlesbrough (via Sunderland, Hartlepool)</i>	<i>45m</i>
<b>STAGE 2</b>	<b>MIDDLESBROUGH - HULL</b>	<b>130m</b>
<b>2a</b>	<i>Middlesbrough to Scarborough (via Redcar, Whitby)</i>	<i>52m</i>
<b>2b</b>	<i>Scarborough to Hull (via Bridlington, Withernsea)</i>	<i>78m</i>
<b>STAGE 3</b>	<b>HULL - KING'S LYNN</b>	<b>132m</b>
<b>3a</b>	<i>Hull to Skegness (via Grimsby, Mablethorpe)</i>	<i>77m</i>
<b>3b</b>	<i>Skegness to Kings Lynn (via Boston, Holbeach)</i>	<i>55m</i>
<b>STAGE 4</b>	<b>KING'S LYNN - IPSWICH</b>	<b>146m</b>
<b>4a</b>	<i>King's Lynn to Great Yarmouth (via Cromer)</i>	<i>90m</i>
<b>4b</b>	<i>Great Yarmouth to Ipswich (via Lowestoft)</i>	<i>56m</i>
<b>STAGE 5</b>	<b>IPSWICH - GILLINGHAM</b>	<b>131m</b>
<b>5a</b>	<i>Ipswich to Southend (via Clacton-on-Sea)</i>	<i>86m</i>
<b>5b</b>	<i>Southend to Gillingham</i>	<i>45m</i>
<b>STAGE 6</b>	<b>GILLINGHAM - HASTINGS</b>	<b>116m</b>
<b>6a</b>	<i>Gillingham to Dover (via Whitstable, Sandwich, Deal)</i>	<i>68m</i>
<b>6b</b>	<i>Dover to Hastings (via Folkestone)</i>	<i>48m</i>

<b>STAGE 7</b>	<b>HASTINGS - SOUTHAMPTON</b>	<b>107m</b>
	<i>7a Hastings to Worthing (via Eastbourne, Brighton)</i>	<i>50m</i>
	<i>7b Worthing to Southampton (via Bognor Regis, Chichester)</i>	<i>57m</i>
<b>STAGE 8</b>	<b>SOUTHAMPTON - EXETER</b>	<b>129m</b>
	<i>8a Southampton to Weymouth (via Bournemouth)</i>	<i>67m</i>
	<i>8b Weymouth to Exeter (via Sidmouth)</i>	<i>62m</i>
<b>STAGE 9</b>	<b>EXETER - FALMOUTH</b>	<b>137m</b>
	<i>9a Exeter to Plymouth (via Torquay)</i>	<i>80m</i>
	<i>9b Plymouth to Falmouth (via St Austell)</i>	<i>57m</i>
<b>STAGE 10</b>	<b>FALMOUTH - NEWQUAY</b>	<b>105m</b>
	<i>10a Falmouth to Land's End (via Porthleven)</i>	<i>59m</i>
	<i>10b Land's End to Newquay (via St Ives)</i>	<i>56m</i>
<b>STAGE 11</b>	<b>NEWQUAY - MINEHEAD</b>	<b>132m</b>
	<i>11a Newquay to Bideford (via Tintagel)</i>	<i>70m</i>
	<i>11b Bideford to Minehead (via Ilfracombe)</i>	<i>62m</i>
<b>STAGE 12</b>	<b>MINEHEAD - GLOUCESTER</b>	<b>109m</b>
	<i>12a Minehead to Avonmouth (via Weston-super-Mare)</i>	<i>63m</i>
	<i>12b Avonmouth to Gloucester (via Sharpness)</i>	<i>46m</i>
<b>STAGE 13</b>	<b>GLOUCESTER - CHESTER</b>	<b>117m</b>

	<b>13a</b>	<i>Gloucester to Shrewsbury (via Hereford)</i>	<i>57m</i>
	<b>13b</b>	<i>Shrewsbury to Chester (via Oswestry, Whitchurch)</i>	<i>60m</i>
<b>STAGE 14</b>		<b>CHESTER - KENDAL</b>	<b>128m</b>
	<b>14a</b>	<i>Chester to Preston (via Liverpool, Southport)</i>	<i>58m</i>
	<b>14b</b>	<i>Preston to Kendal (via Blackpool, Morecambe)</i>	<i>70m</i>
<b>STAGE 15</b>		<b>KENDAL - CARLISLE</b>	<b>144m</b>
	<b>15a</b>	<i>Kendal to Seascale (via Barrow-in-Furness)</i>	<i>76m</i>
	<b>15b</b>	<i>Seascale to Carlisle (via Whitehaven, Bowness-on-Solway)</i>	<i>68m</i>
<b>STAGE 16</b>		<b>CARLISLE - BERWICK-UPON-TWEED</b>	<b>120m</b>
	<b>16a</b>	<i>Carlisle to Otterburn (via Longtown, Newcastleton, Kielder)</i>	<i>62m</i>
	<b>16b</b>	<i>Otterburn to Berwick-upon-Tweed (via Wooler, Norham)</i>	<i>58m</i>
		<b>Total (approx.)</b>	<b>2,000 miles</b>

*Individuals or groups can cover whole or part stages or sections in any combination or direction by mutual agreement. Participants are responsible for actual route selection and planning.*