Latest Update

Chris Bax to join in Ben Nevis trek &
John Pickworth to join in a couple
of days of cycling!
Both helping to raise vital funds for Brake,

Why don't you join in?

GB Extreme Tour 2013

Graham Brain
Cycling for Road Safety



John O'Groats
Start 20th May

Dunnet Head
Most Northerly

Day 1

Day 2

Day 3

Ardnamurchan
Most Westerly

Day 5

Day 6

Days 4, 7, 8 &9
Ben Nevis
Highest

Day 10

Day 11

Day 12

Day 13

Day 14 & 15

Whalley
Central Point

Day 16

Day 17

Cotton Flatts
Furthest from Sea

Day 18

Holme Fen
Lowest Point

Day 19

Day 20

Lowestoft Head
Most Easterly

Day 21 & 22

Day 23

Day 24

Day 25

Day 26

Lavernock Point
Highest Tidal Flow

Day 27

Day 30

Day 28 & 29

Day 31

Day 32

Day 33

Lands End
23rd June

Day 35
End

The Lizard Most Southery

Day 34

Brake
the road safety charity
www.brake.org.uk

GATSO

ITS United Kingdom
Better transport through technology

ROAD SAFETY SUPPORT
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Delivering justice

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www.gbextremetour.co.uk

www.justgiving.com/gbextremetour2013

www.serco25.com/doing-good/getting-involved/story/21/gb-extreme-