



Tom's Trek

Week Four: Twyford to London Westminster

Minor roads where possible to avoid heavy traffic but to allow the support vehicle to follow. Some short footpath stretches to avoid overly lengthy detours.

Day 22 - Monday 11th October 2010

Twyford - Market Harborough 18.07

Twyford (St Andrew's Church, Main street LE14 2HU), John O'Gaunt, Tilton on the Hill, Skeffington, Rolleston, Goadby, Glooston, Thorpe Langton, Great Bowden, Market Harborough (Church Square)

Day 23 - Tuesday 12th October 2010

Market Harborough - Mears Ashby 18.48

Market Harborough (Church Square), Braybrooke, Harrington, Mawsley Wood, Old, Walgrave, Holcot, Sywel, Mears Ashby (crnr Mears Ashby Rd/ Sywell Rd)

Day 24 - Wednesday 13th October 2010

Mears Ashby - Bedford (Stagsden) 19.40

Mears Ashby (crnr Mears Ashby Rd/ Sywell Rd), Earls Barton, Grendon, Bozeat, Harrold, Carlton, Stevington, Stagsden (Jn High St/ Church Ln)

Day 25 - Thursday 14th October 2010

Bedford (Stagsden) - Harlington 16.99

Stagsden (Jn High St/ Church Ln), Hall End, Wootton, Wootton Green, Marston Moretaine, Millbrook, Steppingley, Wood End, Harlington (War Memorial, crnr Church Rd/ Sundon Rd)

Day 26 - Friday 15th October 2010

Harlington - St Albans 19.96

Harlington (War Memorial, crnr Church Rd/ Sundon Rd), Upper Sundon, Luton Centre, Luton Airport Parkway Station, East Hyde, Cold Harbour, Leasey Bridge, Amwell, Sandridge, Bernards Heath, St Albans Centre (The Bell, Chequer St AL1 3YD)

Day 27 - Saturday 16th October 2010

St Albans - Hampstead Heath 18.15

St Albans Centre, Sopwell, Broad Colney, Shenley, Borehamwood, Elstree, Edgware, Hendon, Hampstead Heath (Jack Straws Castle, North End Way NW3 4ES)

Day 28 - Sunday 17th October 2010

Rest Day

Day 29 - Monday 18th October 2010

Hampstead Heath to Westminster 6.24

Hampstead Heath (Jack Straws Castle, North End Way NW3 4ES), Camden, Primrose Hill, Regent's Park, Marylebone, Soho, St James, Westminster (House of Lords, Westminster Square)