

Coast to Coast Cycle

Trip Code: CC



“ Quite simply the first port of call for any cycling or activity holiday. The passion for the job, customer care and sense of humour are the stand out reasons why my friends and I will always go back” **Dave Wilson, 2014** ”

 Total 4 days

 Hotels

 Difficulty: 

 Cycling 3 days

 UK

 May - September

Overview

The Coast to Coast Cycle is a classic journey spanning the width of the United Kingdom. Over four days you'll cycle 140 miles through the challenging yet scenic countryside of Northern England. This is a fantastic trip that starts in Whitehaven on the West Coast of England and ends in Tynemouth on the East Coast.

This Coast to Coast Cycle is a fully supported trip so you can fully concentrate on the cycling and the beautiful scenery whilst being guided by knowledgeable, supportive and experienced leaders.

Highlights

- Pedalling through the majestic lakes and valleys of the Lake District National Park
- Exploring the bustling market town of Keswick
- The rolling hills of the North Pennines
- Climbing the iconic Hartside Pass for a coffee at the top
- Finishing in the bright lights of Newcastle

Detailed Itinerary

Day 1: Join tour in Whitehaven

We meet in Whitehaven for introductions, a full kit check and a briefing from your More Adventure leaders. We will then check into our hotel for the evening then have our first group meal at a local pub and an early night in preparation for our first day's ride the following day.



Day 2: Whitehaven to Penrith (55 miles)

After a good night's rest we head out for our first day of cycling and straight into the beautiful Lake District. Heading towards Keswick we have various climbs to overcome including some very steep sections. We'll be stopping for lunch in the bustling market town of Keswick, one of the largest towns in the Lake District. After lunch we head east to our overnight stop in Penrith.

Day 3: Penrith to Consett (55 miles)

We continue the cycle eastwards and up into the 'backbone of England', the Pennines. This range of hills stretches all the way from the Peak District in the South to the Cheviot Hills in the north, and our first taste of this incredible landscape is with a climb up to the infamous Hartside Pass. This 580-metre climb is a classic but there will be time to recover at the popular cafe at the top before carrying on to the small town of Consett, our overnight stop.

Day 4: Consett to Tynemouth (30 miles)

Our final day is relatively short and you may be pleased to know that the majority of the hills are behind you! With the mighty Pennines behind us, we continue east to reach the River Tyne and cross it on the magnificent Millennium Bridge, a 126-metre cycling and pedestrian bridge that was opened in 2001. From here we follow the River Tyne to the coastal town of Tynemouth - congratulations you completed the Coast to Coast Cycle! After a celebratory lunch we will transfer you and your bike to Newcastle train station if required and here the trips ends.



Included

- Cycle Leader(s)
- Support Driver/Bicycle Mechanic(s)
- 3 x night's hotel/B&B accommodation
- 3 x breakfasts
- All luggage transported during your trip
- Transfer to station at the end of the trip
- GPX files of the route (if requested)

Not Included

- Bicycle and Helmet
- Transport to and from pick-up and drop-off points
- Lunches, evening meals, drinks and snacks
- Insurance



This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.

Trip Notes

Trip suitability

You will be cycling for between five and seven hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here:
www.moreadventure.co.uk/cycling-grades

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.



Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation if appropriate. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Meals each evening tend to cost between £10 and £15, and lunches between £7 and £10.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels/B&Bs. All have hot water showers and excellent amenities. The single room supplement for this trip is £120.

Food

Breakfast will vary each morning but will generally be a choice of cereals, toast, cooked items and fruit. Lunches will be eaten in local cafe's and pubs. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included in the price and you will have the opportunity to eat out as a group at a local pub/restaurant. Approximate costs per evening meal £10-£15.

Equipment

We recommend road/hybrid bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager Race Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.



Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

This trip will run on a minimum number of 8 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

