

TRIP ITINERARY · CYCLING · LAKE DISTRICT TO THE NORTH EAST, ENGLAND

COAST TO COAST WHITEHAVEN TO TYNEMOUTH

The classic C2C: 143 miles from the Irish Sea to the North Sea, over the Lake District and the Pennines, in three days of riding.

4 days	3	143 miles	Hotels	★★★☆☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

The Coast to Coast is a classic: dip your wheel in the Irish Sea at Whitehaven, cross the Lake District and the Pennines, and finish on the beach at Tynemouth.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Dipping your wheel in the Irish Sea before setting off from Whitehaven
- ✓ Pedalling through the majestic lakes and valleys of the Lake District National Park
- ✓ Exploring the bustling market town of Keswick
- ✓ Tackling the rolling hills of the North Pennines
- ✓ Climbing the iconic Hartside Pass (583m)
- ✓ Completing the challenge on the beach at Tynemouth

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/coast-to-coast-cycle/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL EVENING | OVERNIGHT: WHITEHAVEN

DAY 1: JOIN TOUR IN WHITEHAVEN

We meet in Whitehaven in the early evening for introductions, a full kit check and a briefing from your More Adventure leaders. We'll 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. If you're travelling to Whitehaven by train and would prefer not to travel with your bicycle, please get in touch about our bicycle transfer service.



2

55 MILES · 5,000 FT | OVERNIGHT: PENRITH | WHINLATTER PASS

DAY 2: WHITEHAVEN TO PENRITH

After a good night's rest and breakfast, we'll dip our wheels in the Irish Sea then head out for our first day of cycling, straight into the beautiful Lake District. Heading towards Keswick we have a number of climbs to enjoy. Don't worry though, there are plenty of gorgeous views to take your mind off the hills, and it'd be a great shame not to stop for photos! The main climb of the day is the stunning Whinlatter Pass (317m), a fabulous stretch of tarmac which was the first King of the Mountains climb in the 2016 Tour of Britain cycling race. We're rewarded with an incredible descent followed by lunch in the bustling market town of Keswick, one of the largest towns in the Lake District. After lunch we continue our ride east beneath the imposing Blencathra, a beautiful mountain that's very popular with hikers. Our overnight stop this evening is Penrith.



3

58 MILES · 6,500 FT | OVERNIGHT: CONSETT | HARTSIDE PASS

DAY 3: PENRITH TO CONSETT



Today we're crossing the 'backbone of England', the mighty Pennines. This range of hills stretches all the way from the Peak District in the South to the Cheviot Hills in the north. After breakfast we begin with a gentle start, riding northeast to the village of Langwathby to cross over the river Eden. Here we begin our climb up to the infamous Hartside Pass (583m). Despite its length, the climb is gradual with an average kilometre gradient of 5%. It's a classic, and accounts for 540 metres of the total ascent of the day. We're rewarded with some fantastic views from top (on a clear day!) and an exhilarating descent. The next section is through rolling countryside passing through quaint English villages and open farmland. There's a final steep climb out of Stanhope, from where we cross open moorland, trending downhill to Consett.

Depending on hotel availability we'll stay in Consett, or follow traffic-free cycle paths for 13km to Stanley and rejoin the route the next day.

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4

30 MILES · 1,250 FT | THE FINISH!

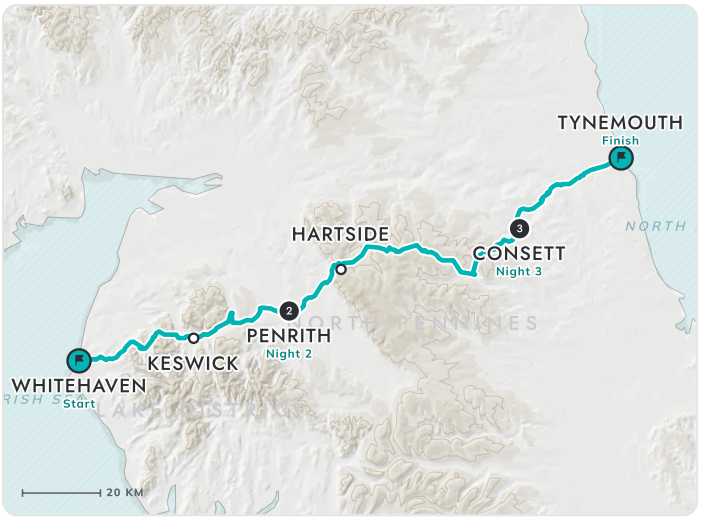
DAY 4: CONSETT TO TYNEMOUTH



Our final day is short and you'll be pleased to know that the majority of the hills are behind you! We continue northeast along the river Derwent to Rowlands Gill on a traffic-free cycle lane. Our route then meets the River Tyne and we cross over it on the magnificent Millennium Bridge, a 126-metre cycling and pedestrian bridge that was opened in 2001. From here we follow the river east to the coastal town of Tynemouth. We will of course make our way down to the beach to dip your wheel in the sea – congratulations, you have completed the Coast to Coast Cycle and have pedalled the width of England! After a celebratory lunch we will transfer you and your bike to Newcastle train station (if required) and here, the trip ends.

THE ROUTE

WHITEHAVEN TO TYNEMOUTH



Day 2 · Whitehaven → Penrith	**55 miles**
Day 3 · Penrith → Consett	**58 miles**
Day 4 · Consett → Tynemouth	**30 miles**

GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

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 (with your bike and luggage) to Newcastle station at the end of the trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and helmet
- × Transport to and from pick-up and drop-off points
- × Lunches, evening meals, drinks and snacks
- × Personal Travel Insurance

Single room: +£160, added when you book.

Bike transfers: Ask us about door-to-door bike and luggage transfers at the start and end.

GOOD TO KNOW

TRIP NOTES

INSURANCE

*To find out more about our door-to-door bicycle and luggage service on this trip, please get in touch. We recommend that you obtain personal travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and as a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with Yellow Jersey Cycle Insurance. They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code for 5% off. 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.

TRIP SUITABILITY

This is a challenging route with some challenging climbs. You will be cycling for between six and eight 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 will 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

The weather on this trip is extremely variable throughout the year and in a single day you can experience all four seasons. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. It can rain at any time of the year and mornings can be chilly. That said we have had glorious sunshine throughout on some trips, however being prepared for all weathers is essential. 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.

MONEY

Lunches tend to cost between £5 and £10, evening meals between £10 and £20 each. You will need British pound sterling to spend in England.

ACCOMMODATION

Accommodation for this trip is in good quality hotels/B&B's that have hot water showers, excellent amenities and secure bicycle storage. The price is based upon twin sharing, if you wish to have your own room, an extra single room supplement is payable (subject to availability).

FOOD

Breakfast will vary each morning but will generally consist of continental-style with some hot food items, hot drinks and juices. Lunches will be eaten in local cafes along the way featuring some fabulous local food and drinks. We will also be stopping at shops and cafes along the way for you to buy snacks and drinks. Lunches, evening meals and drinks are not included in the price and we will eat out as a group at a local cafe/restaurant.

EQUIPMENT

We recommend road 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 two 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 AW2; Schwalbe Marathon Plus). We do not provide helmets but it is essential you bring your own to wear. If you wish to hire a bicycle instead of bringing your own then please get in touch.

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 for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to “have and not need than to need and not have”!

LUGGAGE

All luggage will be transferred from each hotel/B&B as you cycle but you will need to carry inner tubes, snacks and water. The support vehicle will however also be on hand to carry further spares and layers whilst cycling if required. Bike boxes and bags can be transported in the support vehicle throughout the trip..

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 (if required). 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. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.