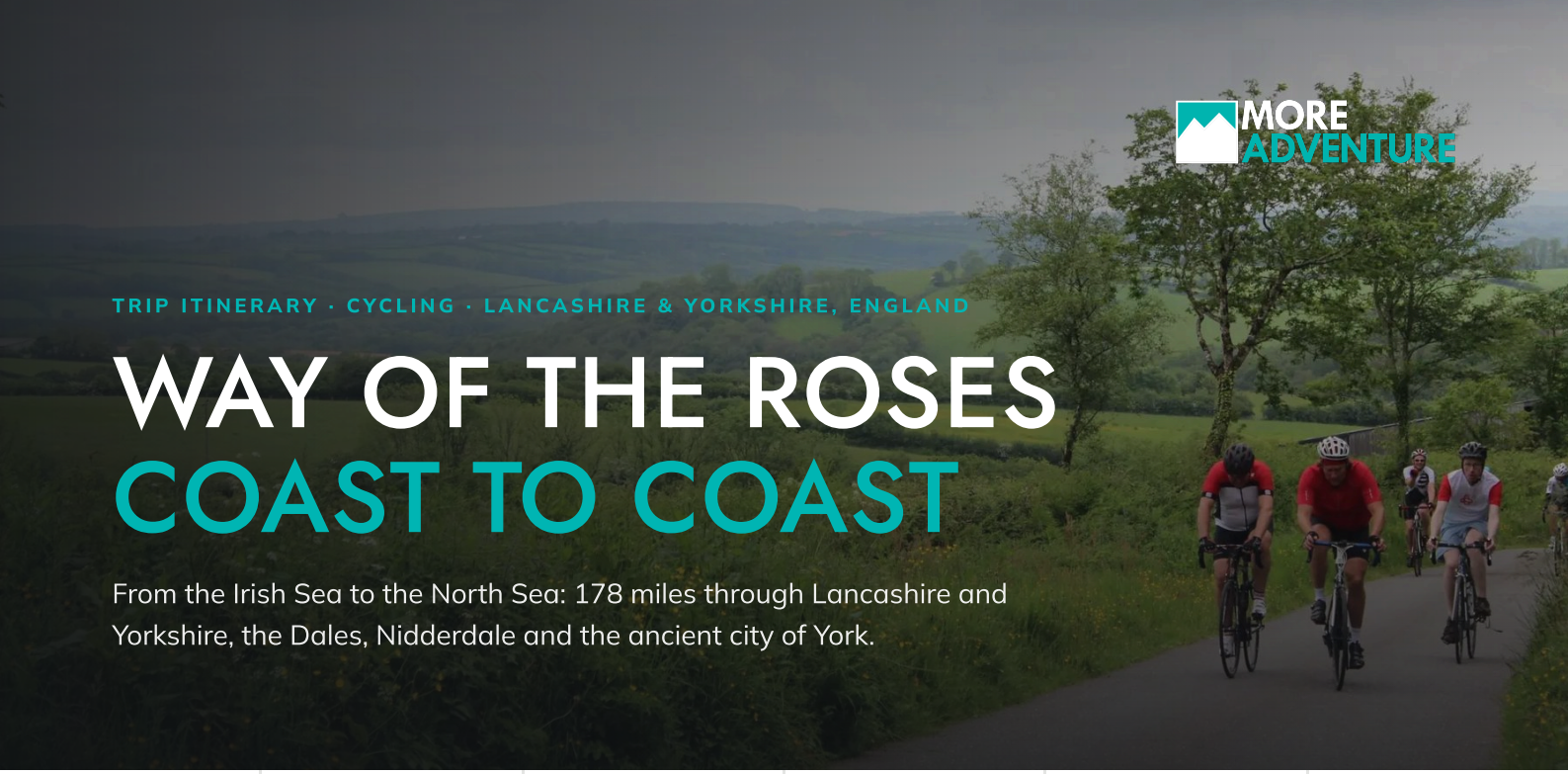


TRIP ITINERARY · CYCLING · LANCASHIRE & YORKSHIRE, ENGLAND

WAY OF THE ROSES
COAST TO COAST

From the Irish Sea to the North Sea: 178 miles through Lancashire and Yorkshire, the Dales, Nidderdale and the ancient city of York.

4 days	3	178 miles	Hotels	★★★☆☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

The Way of the Roses links Morecambe on the Irish Sea with Bridlington on the North Sea, through the red rose county of Lancashire and the white rose county of Yorkshire.

A classic coast-to-coast ride that really has it all. Picturesque market towns, dazzlingly beautiful countryside and dreamy cycling roads. This fabulous journey showcases the wild landscapes of the Lune Valley, the Forest of Bowland, Nidderdale and the Yorkshire Dales, passing through quaint villages and towns that will be difficult to leave! You'll also visit the ancient city of York, a stunning historical delight and a true highlight of this wonderful adventure across England. The ride begins in the seaside town of Morecambe on the west coast and ends in Bridlington on the east coast, this is an unforgettable journey from the Irish Sea to the North Sea. Both towns are easily accessible by train and road, and we can also offer bicycle and luggage transfers to assist you getting to and from them both.

★★★★★

"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

- ✓ Cycling through the beautiful landscapes of the Yorkshire Dales & rural Lancashire
- ✓ Exploring the ancient cobbled streets and alleys of the city of York
- ✓ Savouring the traffic-free paths, cycle lanes and quiet country lanes
- ✓ Pedalling through unique limestone of the Yorkshire Wolds
- ✓ Enjoying a celebratory fish and chips feast in Bridlington

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/cycling-the-way-of-the-roses/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL EVENING | OVERNIGHT: MORECAMBE

DAY 1: MEET AT MORECAMBE

Our trip begins at our hotel in Morecambe on the Irish Sea. If you're driving then we'll meet you at the hotel and give details on where to park. If you prefer to arrive by public transport we can meet you at Morecambe train station to help transfer your bikes and luggage to the hotel. If you're taking advantage of our bicycle and luggage transfer service, your More Adventure leaders will have your bikes and luggage ready for collection in the hotel. At the hotel you will be met by the More Adventure team for a trip briefing and evening meal in preparation for tomorrow's ride.



2

52 MILES · 4,600 FT | OVERNIGHT: GRASSINGTON

DAY 2: MORECAMBE TO GRASSINGTON

After breakfast in our hotel, we'll load up the support vehicle then pedal down to the sea and take photos next to the official Way of the Roses sign. Our route begins by joining the River Lune just north of Lancaster as it meanders northeast. After this perfect warmup we begin to climb into the Forest of Bowland which is a designated Area of Outstanding Natural Beauty, and it's easy to see why. The route crosses back over the River Lune near Hornby Castle, after which there's a short climb just south of High Bentham. We'll make a stop in the pretty market town of Settle for refreshments, not least because it marks the start of the climb of the day which starts steep but soon eases off. After the summit there's a fabulous descent to the River Aire from which it's a short ride to Grassington, an ancient market town that is featured in the Domesday Book.



3

63 MILES · 3,600 FT | OVERNIGHT: YORK

DAY 3: GRASSINGTON TO YORK

Our ride today begins by following the River Wharfe through farmland southeast. This landscape was once filled with active mines and lime kilns, but now only ruins remain. At the village of Appletreewick we begin our main climb of the day, up onto the moors where we also reach the highest point of the Way of the Roses route. Care is needed descending into Pateley Bridge where we'll regather and stop for coffee in this market town in the heart of Nidderdale. We briefly follow the River Nidd before heading northeast to tackle a couple of smaller climbs. You'll also have a chance to visit the striking rock formations of Brimham Rock, a National Trust site and Site of Special Scientific Interest (SSSI) that boasts uniquely weathered rock formations. We'll also ride past Fountains Abbey, one of the largest Cistercian monasteries in England and impressive Ripon Cathedral, founded as a monastery by Scottish monks in the 660s. The latter part of the day is largely flat as we follow the River Ure to the magical and ancient city of York, where we'll spend the night.



4

63 MILES · 2,000 FT | THE FINISH!

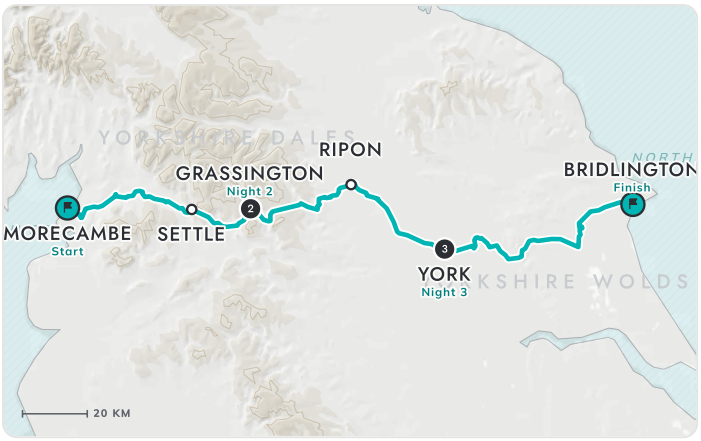
DAY 4: YORK TO BRIDLINGTON

Our final day on the Way of the Roses route heads east from the city of York, crossing the River Derwent at Stamford Bridge. Just beyond here we tackle the main climbs of the day which begin in the market town of Pocklington, at the foot of the Yorkshire Wolds in the East Riding of Yorkshire. The quiet country lanes wind their way up to the summit at Huggate where we'll regather and catch a breather before the brilliant descent through open farmland. With the main difficulties of the day behind we pass through the town of Driffield then over a few lumps and bumps towards the North Sea. Our ride ends along the elegant promenades of Bridlington followed by a fish 'n' chip treat overlooking the sea. After a few celebratory photos in front of the official sign we'll say our farewells and the trip ends. Congratulations, you've just completed the Way of the Roses! If you've booked our bicycle and luggage transfer service we'll then collect them and load them into the support van for delivery.



THE ROUTE

MORECAMBE TO BRIDLINGTON



Day 2 · Morecambe → Grassington	**52 miles**
Day 3 · Grassington → York	**63 miles**
Day 4 · York → Bridlington	**63 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 vehicle & driver/bicycle mechanic
- ✓ Snacks and water whilst riding
- ✓ 3 x night's hotel accommodation (twin sharing)
- ✓ 3 x breakfasts
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Comprehensive joining instructions and kit lists
- ✓ Friendly advice and support in the lead up to your trip

NOT INCLUDED

- × Bicycle and helmet
- × Transport to and from start and finish points
- × Evening meals, personal drinks and snacks
- × Travel/bicycle Insurance

Single room: +£170, added when you book.

Join on the morning: Prefer to skip the first night? Join us on the morning of the first ride.

GOOD TO KNOW

TRIP NOTES

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.

INSURANCE

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 obtain 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.

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

Due to the potential for restrictions caused by the pandemic, you may be required to upgrade for a single room if you're travelling alone. For this reason we'd recommend selecting a single room when booking (payment is not required upon booking) then email us to let us know you're happy to share a room if restrictions and group demographics allow. We'll then do our best to find someone for you to share with a little closer to the time and avoid you having to pay the single room supplement. Accommodation for this trip is in good quality hotels and B&B's which have hot water showers, excellent amenities and secure bicycle storage. The price is based upon twin sharing and a single room supplement is required if you wish to have a room to yourself or if restrictions demand it.

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 in the support vehicle from hotel to hotel as you cycle, but you will need to carry inner tubes, snacks and water. The support vehicle will 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 a support vehicle offering assistance where necessary and transfers luggage from hotel to the next. This trip will run on a minimum number of 6 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.