



## Coast to Coast – Whitehaven to Tynemouth

### Summary

Three days of fabulous cycling across the entire width of the country, from the Irish Sea to the North Sea coast, passing through stunning Lake District countryside and over North Pennine peaks towards the historical harbour at Tynemouth. This is a must-do for any cyclist out there who's looking for a memorable, exciting challenge.

### Highlights

Beautiful views around every turn in the Lake District National Park  
 The incredible sense of achievement having completed a journey from coast to coast  
 Unrivalled hospitality to be found at every step of the way

### Detailed itinerary

**Day 1.** Arrive in Newcastle and meet with our support team who'll transport you and your bikes and bags over to the west coast and the starting point of your incredible biking adventure.

**Day 2.** Your journey begins in Whitehaven, the heart of the industrial North West on the lovely Irish Sea coast. Equipped with a set of comprehensive maps, detailed directions and some top tips from our expert guides, you're ready to set off on your incredible journey and head straight for the towering peaks of the Lake District National Park. You'll pass through some of the most iconic landscapes in the UK and have plenty of opportunity to sample some great locally-produced food and drinks in numerous historical villages that you'll be passing through. Your day ends with a gentle descent into the bustling market town of Penrith where you'll find a warm welcome and cuisine to satisfy even the biggest appetites!

**Day 3.** You'll leave the Lake District far behind and follow the Eden Valley east towards the open moors of the Northern Pennines. After an easy start to the day, you'll soon catch sight of the Pennine peaks looming ahead. The climb to the top of Hartside Pass, at 530 metres, will get the blood pumping but the views make it well worth the effort! Open moorland paves the way for the remainder of the day, reaching a height of 600 metres, affording stunning views over the surrounding fells and valleys. You'll spend the night in comfortable accommodation in the heart of the Northern Pennines.

**Day 4.** With the majority of the climbing out of the way, the final day of biking is all about enjoying the biking and lovely views as you descend towards the North Sea coast. The open moorlands make way to villages and towns of Tyne and Wear. Cycle paths lead you along the banks of the River Tyne all the way to the historic castle at Tynemouth and your journey's end. You now have the chance to celebrate your awesome achievement or just sleep like the dead!

### Duration:

3 days' cycling  
 3 nights' accommodation

Please contact us if you'd like to make your C2C adventure last longer than 3 days!

### Average Daily Distance:

80 km or 50 miles

### Includes:

- 3 nights' accommodation
- Baggage transfers
- Comprehensive maps and directions
- Vehicle back up
- Transfers and transport

### Available on request:

- Pick up and drop off from public transport links
- Bike and kit hire
- Accommodation in Newcastle at the end of the trip

### Grade:

Fitness Grading: 4

### Price:

**From £240 per person**

Please contact us with your trip specifications for an accurate price.

### Dates:

Self-guided cycling trips are available all year round for groups of 2 or more. Contact us with the dates you have in mind.

If you are travelling individually please contact us to find out about available dates.



## Coast to Coast – Whitehaven to Tynemouth

### Accommodation and food

We have researched the best bike friendly accommodation providers who we know give a good quality service. They provide everything you need after a long day in the saddle including secure bike storage, drying facilities, hot showers, and hearty food. On this trip the accommodation provides a fantastic chance to relax and reflect on the amazing countryside you are travelling through. **Luxury** accommodation is in a hotel of your choice from one of the many top class hotels available throughout the trip. **B & B** accommodation in biker friendly B&B's or small inns is on a bed and breakfast basis. **Bunkhouse** accommodation is in bunkhouses or hostels and is on a self catering basis. Wherever you stay there will be access to shops, restaurants, pubs and hotels.

### Climate and weather

Northern England is generally mild in the summer months but can sometimes be wet. Conditions also can and do change quickly, especially on higher and more exposed areas, so light waterproofs are advisable.

### The terrain

This is a well-used National Cycle Network route, along quiet country roads, purpose built cycle paths and disused railways. The terrain is suitable for any type of bike, however a hybrid or touring bike is ideal for the terrain that you'll encounter. Many people also choose a mountain bike with more smooth tyres. Ask us if you need further advice.

### Self guided trips

We'll do all of the organising for you and you'll be provided with comprehensive maps, advice, transport, baggage transfers and a full itinerary. There will always be someone on the end of the phone in case of emergencies too.

### Vehicle support

There will always be a back-up vehicle, full of tools and spares available to carry your baggage. Plus if you have any mechanical problems you can get assistance or if you just need to take it easy for a section, the vehicle will be there to help.

### Bike hire

If you need to hire a bike, please let us know at the time of booking and we can make sure to get the right bike for you. If bringing your own bike, it is a good idea to check how you will get it to the start point, especially if travelling by public transport.

### Transport and baggage transfers

We transport your bags between each night's accommodation leaving you free to carry a small day-pack with some spare clothes, food and drink. We can also help as much as possible with transfers to and from the airport/train/bus station at the start and the end of the journey. Again, just give us as much notice as possible.

### Clothing and kit

Dress for the weather in northern England! You can check out the kit list on the website or contact us for more detailed advice if you are not sure what to bring. There can literally be 4 seasons in a day so come prepared for all conditions.