



Newcastle to Edinburgh - Itinerary

On this UK cycling trip we ride from the vibrant city of Newcastle to the majestic Scottish capital of Edinburgh, enjoying the breath-taking natural scenery and fascinating cultural heritage along the length of the route. Countless magnificent castles, abbeys and priories in various states of survival stand defiantly along the route. The first half of the trip takes us alongside the magnificent Northumberland coastline, blessed with outstanding natural scenery and cultural heritage. Rocky headlands protect countless coves and bays and onshore reserves and coastal islands provide wildlife havens.

North of the Scotland-England border at Berwick-upon-Tweed, the route moves into the Tweed Valley where quiet lanes lead us through beautiful border country before a gentle climb onto the Moorfoot Hills into Midlothian. From here spectacular views of Edinburgh and the Firth of Forth unfold as we cruise into Scotland's capital city.

Activity Details

On this tour we cycle 320km over four days (an average of 80km per day). The terrain is largely flat or gently undulating, with the exception of the final day's ride through the Moorfoot Hills. This is a rewarding cycling trip that follows the National Cycle Network along a combination of traffic-free cycle paths and quiet country roads. There is vehicle backup for emergencies. We have graded the route as moderate.

Tour Highlights

- **Natural beauty** – The wild coastal landscape of Northumbria, including Druridge Bay's 7 miles of pristine dunes and sandy beaches.
- **Stunning strongholds** – the superb fortifications at Tynemouth, Warkworth, Dunstanburgh, Bamburgh and Norham; not to mention the beautifully situated priory and castle at Lindisfarne and the abbeys at Kelso and Dryburgh.
- The **rugged beauty** of the Scottish Borders with fine views of Edinburgh from the Moorfoot Hills
- **Vibrant cities** – Newcastle and Edinburgh, with their thriving cultural scenes, striking buildings and strong identities are the perfect start and end points for this cycling trip.

Itinerary

Day 1. Join tour Newcastle

We meet up here at our hotel in Newcastle, where you can try out the bikes and make adjustments. We use Ridgeback 21-gear hybrid cycles which are ideally suited to the terrain and we will be given detailed route notes and maps which means we can cycle at own pace, cycling individually or with other group members. There will be a short introductory briefing in the evening with time after for dinner and a drink with fellow riders.

Overnight: Hotel

Included Meals: None

Day 2. Cycle from Newcastle to Alnwick

Leaving the hotel after breakfast, we'll freewheel down to Newcastle's Quayside and the Millennium Bridge where our cycling adventure begins. We'll follow the River Tyne downstream to reach the coast at Tynemouth, with its ruined priory and lofty statue of Lord Collingwood overlooking the North Sea. With the sea close by, we'll head north with the superb Northumberland coastline and



countryside unfolding before us. After passing through the seaside resort of Whitley Bay and numerous coastal settlements we'll ride alongside Druridge Bay's seven miles of outstanding sandy beaches and dunes. The 12th century castle at Warkworth and the compact harbour village of Alnmouth are both worthy of a stop before we head inland for our night's rest at the beautiful medieval market town of Alnwick.

Total distance: 60 miles / 96 km

Overnight: Simple hostel (dormitory accommodation)
Included Meals: Breakfast

Day 3. Cycle from Alnwick to Berwick-upon-Tweed

The next leg of our coastal journey heads back into the Northumberland Coast AONB (Area of Outstanding Natural Beauty). The route threads its way between idyllic coastal villages and hamlets such as Craster – famous for its kippers and with views towards the ruins of Dunstanburgh Castle – and Bamburgh with its imposing castle which was formerly the seat of the kings of Northumbria. Bamburgh is also celebrated for its association with the Victorian maritime heroine Grace Darling, who is buried in the village. The tidal island of Lindisfarne, also known as Holy Island since it played a crucial role in the development of Celtic Christianity, is well worth a detour along the tidal causeway to visit the priory and castle if the tide levels – and time – are favourable. The final five coastal miles of our route bring us to our night stop at the handsome border town of Berwick-upon-Tweed. Although part of England since 1482 the town changed hands on many occasions during the Border Wars between England and Scotland and the well-preserved town walls and Elizabethan ramparts are testament to this.

Total distance: 48 miles / 77 km

Overnight: Simple hostel (dormitory accommodation)
Included Meals: Breakfast

Day 4. Cycle from Berwick-upon-Tweed to Melrose

The character of the tour changes this morning as we leave the coast behind and head westwards and inland along the tranquil Tweed Valley. We'll cross the Scotland/England border three times in the first thirteen miles as our route weaves its way alongside and over the River Tweed. The castles theme continues with Norham Castle marking our final entry into Scotland and Floors Castle just outside the abbey town of Kelso, with its cobbled central square. The terrain becomes more undulating as we head upstream from Kelso, crossing the River Tweed once more near Dryburgh Abbey and skirting the distinctive triple-peaked Eildon Hill as we approach Melrose at the end of today's journey.

Total distance: 45 miles / 72 km

Overnight: Hotel
Included Meals: Breakfast

5 Cycle from Melrose to Edinburgh

Our final day's riding continues along the Tweed Valley past Galashiels and through Innerleithen, where we leave the Tweed behind and head north through the Moorfoot Hills of the Scottish



Borders. Although today's ride is the hilliest, the climb to the highest point of the entire route is long and gentle. The effort is justly rewarded with superb views towards our final destination of Edinburgh and the Firth of Forth beyond. The remaining miles are largely downhill, riding through the towns of Dalkeith and Musselburgh before rolling into Scotland's stunning capital alongside Arthur's Seat. We'll finish our ride at The Mound, situated at the heart of the city between Edinburgh's New and Old Towns.

Total distance: 55 miles / 88 km

Included Meals: Breakfast

Which bike to bring?

The Newcastle to Edinburgh route is on roads and cycle paths, so a gravel, heavy touring bike or hybrid is suitable for this trip, with a recommended minimum tyre width of 28mm. Suspension is not necessary but if you do have suspension which you can lock-out (particularly the rear shock on a full-suspension bike) you'll find the miles on the road more enjoyable. You'll need to ensure that your own bike is in good working order – ideally serviced by a qualified mechanic before the ride - and you have sufficient spare parts with you on the ride.

Bike hire

For an optional extra £70, we can provide you with one of our Ridgeback Meteor hybrid bikes to suit your height, so you don't have to worry about transporting yours to and from the route. The bikes have 21 gears and smooth-rolling 700c wheels and are perfect for the route. The bikes are fitted with a bottle cage and come with a pannier bag, spare innertube and tyre levers, pump and bike lock. If you wish to bring your own saddle and pedals these can be fitted to the bikes for you.

Route finding

You'll be provided with maps and detailed turn-by-turn route notes and we can also email you the GPX files if you'd like to download the route to your navigation device.

What you'll need to bring

You'll need to bring your own helmet, water bottle/hydration pack and cycle clothing. We strongly recommend you wear cycling gloves and padded shorts and sunglasses (for protection from flying insects as much as the sun!).

Baggage transfers

Your main luggage will be transferred each day from your start to end accommodation, leaving you free to ride carrying only your supplies for the day. Please ensure that your main luggage is limited to 1 bag and **does not exceed 20kg** in weight.

What's not included

Personal travel insurance, any relevant entrance fees, meals other than those mentioned in the itinerary, any charges for travelling with your own bike (if applicable).

Any questions?

If you'd like further information or have any questions about our cycling holidays or bike hire, please do get in touch on 07786822323 or richard@velocene.com.