



## The Classic Coast to Coast Cycling Holiday

### Cycling across the roof of England

The Classic Coast to Coast (C2C) cycle route between Whitehaven and Tynemouth is a superb option for a challenging and hugely rewarding cycle ride. Covering a distance of 136 miles from the Irish Sea to the North Sea, you'll cycle through some of the north of England's most dramatic scenery on a combination of country lanes, quiet roads and disused railway lines.

#### HOLIDAY DETAILS:

Total distance: 136 miles / 218km on a combination of cycle paths and quiet country roads.

Average daily distance: 45 miles / 73km

### Trip Highlights

**Coast to Coast Cycling** - from the Irish Sea to the North Sea.

**Natural beauty** – ever changing scenery from the Lake District, across the North Pennines.

**A wonderful sense of achievement** as you cross England by pedal power.

### Itinerary

#### Day 1 Join Tour Whitehaven.

Whitehaven is a small, former mining town and port on the Irish Sea, on the western edge of the Lake District. This Georgian town was one of the first post-renaissance planned towns in the country. We meet up here at our hotel in Whitehaven, where you can familiarise yourself with your bike for the trip and make any necessary adjustments. We use 21-gear Ridgeback Meteor hybrid bikes which are ideally suited to the terrain and will provide maps and detailed route notes so we can cycle at our own pace, either individually or with other group members. There will be a short introductory briefing this evening. The tour guide will transfer the baggage and provide emergency vehicle back up and will meet us at various points during our days cycling.

**Overnight:** Chase Hotel, Whitehaven. Included Meals: Breakfast

#### Day 2 (Tuesday 5<sup>th</sup> June) – Whitehaven to Penrith

After breakfast we'll freewheel down to Whitehaven Harbour for the start of our journey leave the town heading east. We'll soon be travelling along a disused railway line heading towards the rolling green landscape of the Lake District (UNESCO World Heritage site), with stone walls and glorious views of the fells and tiny hamlets with tranquil Loweswater in the distance. Our first real test will come as we make the long climb up to the forested pass at Whinlatter. We'll spend the afternoon riding on more disused railways, back roads & quiet lanes, passing through quiet Cumbrian villages and hamlets en route to our night stop in the market town of Penrith. Our accommodation is a simple guesthouse close to the town centre. Tonight we'll head into town for a well-earned dinner and drinks.

**Total distance:** 53 miles / 85 km

**Overnight:** Norcroft Guesthouse, Penrith. Included Meals: Breakfast

#### Day 3 (Wednesday 6<sup>th</sup> June) – Penrith to Allenheads.

This morning we head uphill and east out of Penrith, before crossing the rolling terrain of the Eden Valley. After about an hour and a half the scenery and gradient change as we start the climb to Hartside Pass. The road zigzags its way up the side of the hill to the summit at 580m (1903ft). Whilst not the steepest hill on the ride, it's a steady climb up to the café at the top - the highest in England! Then it's a fast freewheel for several miles towards the picturesque Pennine village of Garrigill. The steep pull out of Garrigill towards Nenthead is one of the most challenging of the trip, but the climb is over sooner than you expect and we're cruising

downhill to Nenthead before long, with just one big climb remaining for the day. After Nenthead we reach the highest point of the C2C route, crossing into Northumberland before another good descent, a short climb and a final descent into Allenheads.

**Total distance:** 33 miles / 53 km

**Overnight:** Allenheads Inn, Allenheads

#### **Day 4 – Allenheads to Tynemouth**

The final day's ride starts with another early morning steep climb as we leave the village and climb up through the head of the valley. The reward is open moorland views and a long, enjoyable descent towards Rookhope. After a couple more steep climbs you'll be pleased to hear that the final 30 miles are all either downhill or flat! From Parkhead - the old miners' railway station at the start of the 'Waskerley Way' - we follow the disused railway line across open moorland as we start to descend towards Consett. Skirting the old steel town we soon join another disused railway line which takes us all the way to the outskirts of Newcastle. The C2C signs take us round docks and over bridges as we approach the city alongside the Tyne, with the view of the bridges in the centre of the city beckoning us on. From Newcastle there's still another 12 miles to go and with the river on our right we weave our way towards the North Sea and the small bay at Tynemouth, with the ruins of the Priory on the headland above which mark the end of our Coast to Coast ride.

**Total distance:** 50 miles / 80 km

---

## **Inclusions**

The tour is self-guided, with route maps, training advice, GPX files, route notes and daily briefings and luggage transfer provided by Velocene Adventures. Whilst navigation remains the responsibility of the group, we will accompany you out of Whitehaven, and the support van will follow the route and meet up at several points throughout the day, as well as being on call for any mechanical support and technical advice.

---

## **Bikes**

You will be provided with a Ridgeback Meteor hybrid bike, with a frame size that suits your height. The bikes have 21 gears and fast-rolling 700c wheels and are perfect for the Coast to Coast 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.

---

## **What to bring**

You'll be provided with panniers, helmet, locks, pump, spares, map and route notes. We recommend you wear/carry with you when riding:

- Appropriate cycling clothes (including some padded shorts)
- Waterproof jacket and warmer long-sleeved tops and bottoms;
- Padded cycling gloves and some thicker, warmer gloves;
- Some stiff-soled shoes to cycle in (we can change pedals for any you bring if you prefer);
- Suncream and sunhat/sunglasses;
- Wallet (with cash as well as card for cafés);
- Camera;
- Phone with navigational capabilities;
- Water bottle/carrier and snacks;

For your evenings, the oft-forgotten items are:

- Evening clothes and shoes;
- Toiletries & personal medication;
- Relevant chargers;
- Any evening entertainment;



---

## Training

---

The Coast to Coast is a major challenge, with some of the highest and hardest climbs in the country, often several of them in a day! The biggest factor in your enjoyment and success of the trip is very often the effort put into training – without it, it can be very uncomfortable – but with the training (and which should also be enjoyable!), you will find yourself enjoying the challenge and the scenery much more. We recommend having cycled 30-40 miles per day, on some good hilly routes, on at least 3 or 4 occasions in the month leading up to your ride.

---

## 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), transfer costs to and from Keswick and Tynemouth.

---

## Any questions?

---

You will find our detailed terms and conditions [here](#), and if you'd like further information or have any questions about our cycling holidays or bike hire, please feel free to get in touch on 07786 822 323 or [richard@velocene.com](mailto:richard@velocene.com)