



Coast & Castles Coast Route (NCN 1) Cycle Holiday

Ride the historic Northumberland Coastline, crossing the border into Scotland to Edinburgh

This 168 mile (270km) linear coastal ride takes you from Newcastle / Tynemouth, up the Northumberland Coast, passing stunning beaches and castles along the way, through Berwick and up along the rugged coastal of Berwickshire & East Lothian, to Scotlands Capital City of Edinburgh and the Forth of Firth

Tour Highlights

Sense of achievement – Cycling from the Tynemouth to Edinburgh, this iconic route is suitable for riders of most abilities, there is a great sense of achievement riding through some of the least crowded areas of the country, you will very much get the feel of “escaping from it all”.

Outstanding scenery – spectacular and contrasting scenery include the stunning Northumberland beaches, views out to sea, along quiet roads and cycletracks to finish in the lovely city of Edinburgh

Cultural heritage – Tynemouth Priory, Warkworth Castle, Dunstanburgh Castle, Bamburgh Castle, The Holy Island of Lindisfarne, Berwick Fortified Ramparts, Ayton Castle, Dunbar cliffs and Edinburgh Castle to name just a few of the things to watch out for.

HOLIDAY DETAILS:

Total distance: 168 miles / 270 kms, on road with some sections of bike path and gravel track.

Average daily distance: 30-70 miles/ 50- 110km

Total elevation gain – 6500ft / 2000m

Difficulty – **Moderate, reasonable level of riding ability and fitness required, some steep hills**

WHAT'S INCLUDED:

- 3-7 nights' good quality, ensuite B&B accommodation (2 person/room basis) Luxury and single room option available (surcharge)
- Luggage transfer each day (one bag/person)
- Maps, detailed route notes, gpx files
- Emergency recovery (if required)
- Certificate of completion
- Transfers (charges may apply)
- Cycle hire & ebike hire available (surcharge)

Itinerary – Please note that these are generic trip notes and your actual itinerary and overnight locations may differ from those mentioned below

Arrive Newcastle or Tynemouth

If you are arriving by train or plane we will overnight you in Newcastle, if coming by car we have free parking in Tynemouth and you will overnight there. Both are great first night locations with plenty to entertain you in the evening.

Recommendations

Dinner: Too numerous to mention, if I had to name one it would be Blackfriars in Newcastle or Rileys Fish Shack in Tynemouth

Section 1: Newcastle or Tynemouth to Amble



The route is very popular and is well signposted by Sustrans NCN Route 1 signage similar to this (Blue sign, white bike and red route number).

Newcastle start point is directly underneath the Tyne Bridge in Newcastle, from here head west downstream following the river all the way to Tynemouth (12 miles/20kms), it is easy to follow and is a combination of NCN 1 and NCN 72 signage all the way to Tynemouth

For those starting from Tynemouth the start point is at Tynemouth Castle & Priory.

Follow the coastline North out of the town and past Cullercoats and Whitley Bay. If you are on road bikes then we recommend you stay on the main road out of Whitley Bay and follow this all the way to Blyth, for those on hybrid or mtbs, the NCN 1 Route from Whitley Bay to Blyth stays on the coastline and is a very scenic route. It is rideable on road bikes but can be a bit gravelly and many prefer to just ride on the road.

Once you reach Blyth South Beach, the NCN 1 is a bit convoluted as it tries to avoid the main traffic areas which can



be quite busy, take your time and keep an eye out for the signage. Once out of Blyth the route is well signed and straightforward to follow.

The final section of your day from Cresswell to Amble is along the coast, **some of this area is on compacted gravel tracks, however it is all easily rideable on road bikes with care.**

Total distance:

From Newcastle - 46 miles / 74kms

From Tynemouth – 34 miles / 55kms

Recommendations

Coffee Lunch Stops:

Ciccarelli Café, South Beach, Blyth

The Drift Café, Cresswell

Dinner:

The Boathouse, Amble Quayside (need to prebook)

Rossini, High St, Amble

Masons Arms, Warkworth (20 min walk up the river)

Section 2: Amble to Berwick upon Tweed

This is a stunning days riding with lots to see along the way, keep your heads up, take your time and enjoy the ride. Head north out of Amble, follow the River Coquet with a stunning view of Warkworth Castle in front of you. Ride up and around the Castle and join the cycle path at the side of the main road all the way to Alnmouth. The route takes you through the fishing village of Boulmer and then turns inland through Longhoughton and past Howick Hall, home of Lord & Lady Grey and the birthplace of Earl Grey tea. **DO NOT CARRY STRAIGHT ON ALONG THE OFFROAD C2C AT BOULMER**

Just past Howick Hall you will rejoin the coastline and there is a stunning view of the sea and rocks at Cullernose Point (59 mile point on your map) If time allows make a short detour to the fishing village of Craster, famous for



the kippers (smoked herrings) that are cured here, good coffee stop. Rejoin the route and follow then NCN 1 along the minor roads, paths and tracks to Bamburgh with its imposing Castle (well worth stopping off for).

If the tides and times allow, take a ride over the causeway onto the Holy Island of Lindisfarne, birthplace of Christianity in the UK in the C7th. Make sure you get off the island before the tide comes in!!

The NCN 1 Route from Lindisfarne to Berwick is a beautiful ride however it's not suitable for road bikes, it is rideable on hybrid/gravel bikes. **If you are on road bikes we have an alternative route that you can ride keeping you to the west of the A1 through Lowick and Ancroft to bring you in to Berwick along the B6354 (Please ask for information on this)**

Cross over the River Tweed via the Grade 1 listed Old Bridge (C17th) to your overnight destination. Take time in the evening to have a walk around the fortified battlements dating from Elizabeth 1, that still surround the main town of Berwick.

Total distance: 54 miles / 86 kms

Recommendations

Coffee Lunch Stops:

	Shoreline Café, Craster Copper Kettle, Bamburgh The Barn at Beal, Beal, just before Holy Island Dinner: Foxtons, Hide Hill, Berwick The Queens Head, Sandgate, Berwick The Barrels Ale House, Bridge St, Berwick – drinks only
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Section 3: Berwick to Dunbar  Head out of Berwick staying on the NCN 1 , cross over the main A1 trunk road and immediately leave the NCN 1 to follow the NCN Route 76 north over the moors and crossing over into Scotland before coming to the Ayton and Ayton Castle. Cross the A1 to the fishing village of Eyemouth, great place for a coffee stop. From Eyemouth follow the NCN 76 northwards with the coastline on your right, there's a nice detour via Coldingham to St Abbs Head if time allows. A long, open, straight incline takes you onto Penmanshiel Moor with it's wind turbines (they're there for a reason!!) Just past Cockburnspath there's a very steep downhill to a ford (and a footbridge) by the caravan park. Coffee shop stop in their café The NCN76 takes you alongside the A1 on cyclepaths before turning to the coast and along a disused railway line, past the power station and cement works before arriving in Dunbar and its stunning rocky cliffines	
Total distance: 35 miles/56 kms	Recommendations Coffee Lunch Stops: Eyemouth - Various Cockburnspath Caravan Park Dinner: The Creel, Dunbar

Section 4: Dunbar to Edinburgh Today's ride is a beautiful, mainly flat ride staying on the NCN 76 to Musselburgh before rejoining the NCN 1 for the final section into Edinburgh. Quiet cycleways take you west along the NCN76 to East Linton and then into the pretty town of Haddington. There is an easy to miss righthand turn just past Haddington to take you onto light offroad to join the coast at Longniddry. Stay on the Coastal B1348 through Prestonpans to Musselburgh where you will start picking up the NCN1 signage. Follow this along cyclepaths and the disused Innocent Railway Line to Edinburgh. If we are transferring you onward that day then we will meet you at the Queens Drive Carpark next to Hollyrood House below Arthurs Seat (Extinct Volcano)	
Total distance: 28 miles /45 kms	Recommendations Coffee Lunch Stops: Haddington - various Prestonpans - various

Pick up at the end of your ride

Please call **07790596782** or **01665713448** when you reach Musselbrough, it's about a 60 minute ride from there to Edinburgh where we will meet you if arranged.

Please note our earliest pick up time is 2pm and latest pickup time at the end of your ride is 5pm, unless organised when booking your trip.

Inclusions

The tour is designated as “self-guided”: Pedal Power will arrange the accommodation, provide route mapping, kit lists and training advice, GPX files, route notes and daily briefings (if on a fully supported ride), along with luggage transfer and mechanical support where required. If part of your package, the support van will meet the group en route at various points during the day with light refreshments and lots of encouragement 😊

Bikes

If not riding your own bike, we can provide you with a hybrid or cyclocross/gravel bike or an ebike.

The bike will come in a frame size that suits your height. The majority of bikes are 24 speed and have disc brakes, they are on fast-rolling 700c wheels and are perfect for these routes. All bikes are fitted with a bottle & bottle cage and come with a pannier bag, spare innertubes x 2 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.

Training

You do require a reasonably good level of cycle experience and be reasonably physically fit and in good health. Please check the fitness level and technical difficulty of your ride on our website to ensure it is suitable for your fitness and ability.

Our experience is that the biggest factor in enjoyment and success of your trip is often the effort put into training, with which you will find yourself enjoying the challenge and the scenery much more.

Medical

If you have any medical conditions that you believe we should be aware of, then please inform us of these prior to arriving on the trip along with any information we may require for emergencies.

If you are in any doubt about your medical conditions, level of fitness or other medical worries, then please speak to your home doctor for their advice and if necessary, approval for you to partake on this trip. We can provide them with further information if required.

WE WANT YOU TO ENJOY THIS HOLIDAY AND NOT END UP SUFFERING BECAUSE OF IT.

A sore posterior after a day in the saddle is not a medical condition, it's a forgone fact!!

What's not included

Personal travel insurance (activity related) **(IF AN OVERSEAS VISITOR OR NON UK RESIDENT, YOU MUST PROVIDE PEDAL POWER CYCLING LTD WITH A COPY OF YOUR UP TO DATE TRAVEL INSURANCE THAT COVERS YOU FOR THE ACTIVITIES YOU WILL BE TAKING PART IN WHILST WITH US)** For insurance purposes this route is classified as “NON TECHNICAL, LEISURE CYCLING” it is not to be confused with “OFF ROAD MTB CYCLING”

Any relevant entrance fees, meals other than those mentioned in the itinerary.

Any charges for travelling with your own bike, taxi fares.

Any costs associated with bringing your own bike including maintenance, repair and the supply or replacement of parts on the bike.

Any questions

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 07790596782, 01665 713448 or email info@pedal-power.co.uk

Remember to:

- **ENJOY THE CHALLENGE**
- **TAKE TIME TO STOP AND ADMIRE YOUR STUNNING SURROUNDINGS**
- **AND ABOVE ALL HAVE A GREAT AND SAFE RIDE!!**

Distances to:

Newcastle to Edinburgh			
COASTAL ROUTE	Mileage	Kms	
Newcastle	0	0	0%
Tynemouth	12	19	7%
Newbiggin	32	51	19%
Amble/Warkworth	46	74	27%
Alnmouth	51	82	30%
Dunstan	60	96	36%
Embleton	63	101	38%
Seahouses	72	115	43%
Bamburgh	76	122	45%
Holy Island	92	147	55%
Berwick	100	160	60%
Eyemouth	114	182	68%
Cocksburnpath	127	203	76%
Dunbar	135	216	80%
Haddington	147	235	88%
Edinburgh	168	269	100%