



The Classic Coast to Coast Cycling Holiday (4-day OFF ROAD itinerary)

See the best of The North Lake District, North Pennines and Weardale by bike

The original iconic “tick off” coast to coast (C2C) Sustrans waymarked cycle route (NCN’s 71- 7 -14 -72) across northern England.

This linear ride takes you from Whitehaven on the West Coast, through the Northern Lake District, into the North Pennines and then onwards through Weardale to the River Tyne, Newcastle and on to Tynemouth on the East Coast, passing through spectacular and un-spoilt countryside along the way.

The offroad sections are all optional sections, we recommend that you make your own decisions on these based on your riding abilities and fitness levels.

HOLIDAY DETAILS:

Total distance: 145miles / 233kms, on road with some sections of bike path and gravel track. Average daily distance: 30-45 miles/ 50-70km

Total elevation gain – 11800ft/3600m

Difficulty – **Challenging, good level of riding ability and fitness required**

WHAT’S INCLUDED:

- 4 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)

TOUR HIGHLIGHTS

Sense of achievement – Cycling from the Irish Sea on the west coast to the North Sea on this east coast, this iconic ride is a “must do” for riders of all 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”. This is a challenging ride.

Outstanding scenery – spectacular and contrasting scenery from the northern Lake District, through the North Pennine Moors, Weardale and down onto the valley of the River Tyne to finish in the lovely seaside town of Tynemouth.

Cultural heritage – Castlerigg Stone Circle, Keswick, Penrith Castle, Lead mines of Weardale, disused railway lines

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

Day 0: Arrive Whitehaven

The lovely west Cumbrian town of Whitehaven with its stunning marina. In the 1700's it was the second busiest port in the country after London, exporting goods to the American colonies, more recently coal was its stable income, now many of the inhabitants work at the local nuclear power station.

Recommendations

Dinner: Zest Harbourside, The Vagabond, Chase Hotel

Day 1: Whitehaven to Keswick

OFFROAD SECTIONS ARE IN RED

The Classic route is very popular and is well signposted by Sustrans NCN signage (Blue sign, white bike and red route number).

The offroad version of the route will generally follow many sections of the classic route, but with a few optional diversions to add "interest" to your ride.

The offroad sections of this trip vary in technical and physical difficulties, we are unfamiliar with your abilities, so please work within your own capabilities and if in doubt take the classic route of the trip

After dipping your wheel in the Irish Sea at the harbour ramp near The Beacon, you will set off from Whitehaven harbour following the **NCN 71**, through the town and housing areas until you join the old railway line which takes you all the way to Rowrah. Skirt around Lamplugh Fell.

A short distance after Lamplugh, there is a track through a gate off to your right, take this track and follow it for a short distance, take the right-hand fork and follow it around Burnbank Fell before coming back down onto the south side of Loweswater at Maggies Bridge, re-join the main route here.

Turn right then immediately left to re-join the NCN 71 to ride the classic route on roads towards Whinlatter.

Three quarters of the way up Whinlatter bank follow the NCN 71 (offroad) route markers into the woods. Take this route for a great off-road ride through the forest to come out at The Whinlatter Café. If time, and inclination allows, there are lots of waymarked offroad routes through the forest for you to enjoy.

After having your fun, take the offroad NCN71 route down through the forest to Thornthwaite, before turning back on yourself and following the minor road to Braithwaite and onwards to Keswick.

More fun can be had if wanted by riding through the forest on the west side of Derwent Water, along the Cumbria Way, you can do a full loop of the lake if desired, though the eastern side is all on road.

Total distance: 33 miles/ 53 kms

Recommendations

Coffee Stop:

Lunch: Whinlatter Cafe

Dinner: Various locations in Keswick

Day 2: Keswick to Alston

Today is a long day in the saddle and we would recommend only doing the sections you feel up to. From Keswick turn left at the Leisure Centre to Briar Rigg and cross over the top of the A66.

Follow the track up around the back of Latrigg onto Lonscale Fell, ride up the left side of the valley to a junction which takes you down into the valley and up the other side, ride down this track to Threlkeld.

Cross the A66 at Threlkeld and ride down the lane to pickup the NCN 71 (OFF ROAD) route signed "THE OLD COACH ROAD".

This is a very strenuous ride that has been become very rutted and rocky, there may be sections that you need to get off and push. Follow this route to Bank House Farm. Its then following minor roads to Greystoke (good lunch stop).

You are now back on the classic route. Just outside Greystoke you leave the [NCN 71](#) and join the [NCN 7](#). Cross the M6 motorway and follow the route into town of Penrith.

From Penrith you will see the North Pennine hills in front of you to the east, that's where you're heading today! Follow the [NCN 7](#) out of Penrith, over the iron bridge at Langwathby. In the village the classic route heads off to your left towards Renwick and onwards to the long climb which takes you over Hartside.

The optional offroad version turns right, following the road out of Langwathby, under the railway bridge to the top of the hill. Turn right here and follow the track to Skirwith and on to Kirkland (NCN 68).

This offroad section is A VERY STRENUOUS RIDE and not advisable if the weather is anything less than perfect. Ride up over the top of Cross Fell, before coming down off the fell to Garrigill.

Cross the river and Garrigill, the Classic route takes you up a steep climb on your right. Stay on the minor road and join the B6277 to take you to your overnight stop of Alston.

Total distance: 50 miles/ 80 kms

Recommendations

Coffee Stop: Boot & Shoe, Greystoke,

Lunch: Penrith various places

Dinner: Alston House Hotel

Day 3: Alston to Consett

From Alston you head out up over the cobbles and turn left onto the A689 to re-join the route at Nenthead, or you can head back the way you came to re-join the route at Garrigill.

There is a short off-road section at Nenthead, turn left at the bike shop and follow the waymarked route up onto Coalcleugh Moor, where you re-join the classic route.

It's then a roller coaster of a ride with several climbs and descents through stunning countryside to Allenheads and Rookhope. Keep an eye out for the disused lead mines and old railway tracks.

At Rookhope, just after the pub, there's a great off-road section that takes you over Stanhope Common and brings you out at Parkhead Station (good coffee stop)

At Parkhead station join the old Waskerley Way railway line. After that it's pretty much downhill all the way to Consett.

Total distance: 33 miles/ 53 kms

Recommendations

Coffee Stop: Nenthead Arts Centre & café, Nenthead

Lunch: The Hemmel Café, Allenheads

Dinner: Normally your overnight location

Day 4: Consett to Tynemouth

Depending upon where your overnight location is, once you reach Consett there is a turn off on your left on the Waskerley Way to take you off the [NCN 7](#) and you join the [NCN 14](#), this cycleway takes you through the Derwent Park and to the River Tyne at Swalwell. From there you follow the river, keeping it on your left until you reach the Millenium Bridge in the centre of Newcastle, cross over this bridge (good photo opportunity) and start following the signs downriver for the [NCN 72](#) or [NCN 1](#) staying on the north of the river to Tynemouth Castle.

People tend to lose their way at the very end, as you ride along the North Shields Fish Quay, you will pass the Staith House (pub) on your right, turn right here and ride through the Low Lights carpark there are 3 huge blue and red painted sea buoys in the carpark with NCN 72 and NCN 1 painted on them. Continue along the promenade by the river and at the end ride up a short incline and you will see the castle in front of you. The finish is at the Tynemouth Sailing Club by the north pier. There is currently no statue at the finish, however, we are hoping to have one erected soon.

Total distance: 28 miles /46 kms

Recommendations

Coffee Stop: Land of Oak & Iron (on Derwent Walk)

Lunch: The Hub, Newcastle Quayside

Pick up at the end of your ride

Please call **07790596782** or **01665713448** when you reach Newcastle, it's about a 60-90 minute ride from Newcastle to Tynemouth 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 4pm, 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 (+£75.00), or an ebike (+135.00) The bike will come in a frame size that suits your height. The 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.

What to bring – Baggage allowance is one bag/person, max 20kg, ideally soft holdall

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 (lets be optimistic!!) and sunglasses
- Wallet (with cash as well as card for cafés)
- Camera
- Phone with navigational capabilities (GPS devices also strongly recommended as more weather-proof navigational aids)
- Water bottle/carrier and snacks
- Pump, multi-tool, lock, 2 x inner tubes, repair kits
- Plenty of your favourite snacks

For your evenings, the oft-forgotten items are:

- Evening clothes and shoes
- Toiletries & personal medication – towels are not required
- Relevant chargers
- Any evening entertainment (e.g. playing cards or a good book!)

Training

The standard Coast to Coast is a major challenge, the offroad route is even harder, with some very hard climbs and rough trails, 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 (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.

You do require a good level of cycle experience and be reasonably physically fit and in good health. If in doubt please revert to the standard route.

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. We recommend having cycled 40-50 miles per day, on some good hilly routes, on at least 3 or 4 occasions in the month leading up to your ride.

Medical

If you have any medical conditions that you deem 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 "NOT 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:

Coast to Coast (Standard Route)			
Whitehaven to Tynemouth			
	Mileage	Kms	
Whitehaven	0	0	0%
Keswick	31	50	23%
Greystoke	46	74	34%
Penrith	53	85	39%
Hartside	69	110	51%
Alston	74	118	54%
Garrigill	76	122	56%
Nenthead	80	128	59%
Allenheads	87	139	64%
Rookhope	92	147	68%
Stanhope	97	155	71%
Parkhead Station	99	158	73%
Consett	110	176	81%
Whickham	121	194	89%
Newcastle	122	195	90%
Tynemouth	136	218	100%

Cycle Repair Shops along the C2C route

Location	Name	Address	Contact
Whitehaven	Haven Cycles	2 Preston Road, Whitehaven C28 9DL	0194663263
Cleator	Ainfield Cycle Centre	Jacktrees Road Cleator, CA23 3DW	01946812427
Whinlatter	Cyclewise	Whinlatter Forest Park	01768778711
Keswick	Keswick Bikes	133 Main St, Keswick CA12 5NJ	01768773355
Keswick	Keswick Mountain Bike	18 Otley Rd, Keswick CA12 5LE	01768780586
Penrith	Arragon Cycles	2 Brunswick Rd, Penrith CA11 7LU	01768890344
Penrith	Dan Richards (Mobile)		07917608566
Penrith	Flying Spanner (Mobile)		07985321203
Penrith	Helmwind Cycles	Eastgate Barn, Penrith CA10 1TN	01768361979
Alston/Nenthead	North Pennine Cycles	Nent Head, CA9 3PF	01434381324
Consett	Consett Cycles	62 Medomsley Road, Consett	01207581205
Newcastle	Edinburgh Bike Cooperative	5-7 Union Road Newcastle, NE6 1EH	08452570808