Way of the Roses Cycle Holiday

An alternative Coast to Coast ride through the beautiful Lancashire and Yorkshire countryside

The 170 mile Way of the Roses cycle route takes you from the west coast at Morecambe in Lancashire (The Red Rose), through the Lune Valley, over the Yorkshire Dales and along the Yorkshire Wolds before reaching the east coast in the Yorkshire seaside town of Bridlington (The White Rose).

On the way you will pass through the lovely towns of Settle, Pateley Bridge, Ripon and Driffield as well as the beautiful and historic city of York.

This a ride with some significant climbs, especially around the Settle and Pateley Bridge areas, though not technically challenging it is suitable for all riders with a reasonable level of experience and fitness, you dictate the distance you want to ride each day and the number of days to complete the ride.

HOLIDAY DETAILS:

Total distance: 170 miles / 274 kms, predominantly on quiet roads with some sections of bike path and gravel track.
Average daily distance: 30-70 miles/ 50-110km
Total elevation gain – 9100ft / 2773m
Difficulty – **Moderate, reasonable level of riding ability and fitness required, some steep hills but nothing too strenuous.**

WHAT'S INCLUDED:

- 3-6 good quality, ensuite B&B accommodation (2 person/room basis)
    - Luxury and single room option available (surcharge)
- Luggage transfer each day (one bag/person) up to 17kg
- Maps, detailed route notes, gpx files
- Emergency recovery (if required)
- Certificate of completion
- Transfers (charges may apply)
- Cycle hire & ebike hire available (surcharge)

TOUR HIGHLIGHTS

Sense of achievement – Cycling from Coast to Coast, this iconic route is suitable for riders of most abilities, there is a great sense of achievement riding though the counties of Lancashire (Red Rose) and Yorkshire (White Rose), you will very much get the feel of "escaping from it all".

Outstanding scenery – spectacular and contrasting scenery along the whole route, include the stunning Lune Valley, The Forest of Bowland Yorkshire Dales, Nidderdale, Vale of York and Yorkshire Wolds, before finishing in Bridlington Bay

Cultural heritage – You will pass through the historic Roman town of Aldborough, the ruins of Fountains Abbey & Studley Royal (NT) and the site of the last Viking battle on English soil at Stamford Bridge

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

Section 0: Arrive Morecambe

The coastal town of Morecambe on the west coast is probably most famous for one of it's former residents, the comedian Eric Morecambe and his partner Ernie Wise, there is a statue to them on the promenade in the iconic pose.
The promenade and Morecambe Bay offer stunning views out to sea with views over to the southern Lake District hills.

Section 1: Morecambe to Clapham

The route starts with the obligatory photo at the start point at Morecambe Bay, just south of The Midland Hotel.

Follow the Sustrans ROUTE 69 out of Morecambe and ride alongside the River Lune until your reach Hornby, famous for its imposing castle. The route starts heading east in earnest along the northern edge of the Goodber Common (quite hilly) before reaching Clapham.

Total distance: - 27 miles / 43 kms
Ascent – 1957 ft / 598 m

Section 2: Clapham to Pateley Bridge

From Clapham, the route changes to Sustrans ROUTE 68 – (North Pennine Cycleway) there is a bit of a climb to Little Stainforth before descending down into the lovely market town of Settle

The ride out of Settle is pretty full on, cobbled roads and a steep hill until you reach the top of Rye Loaf Hill (38 mile/61km) on the southern edge of the Yorkshire Dales National Park.

You continue through the National Park to Winterburn, where the route changes again to Sustrans ROUTE 688 to Grassington and onwards to the fast descent into Pateley Bridge.

Total distance: – 34 miles / 55kms
Ascent – 3877 ft / 1181 m

Section 3: Pateley Bridge to Boroughbridge

From Pateley Bridge there's a bit of climbing for the first 5 miles then the route starts to level out and you will ride into to the Cathedral town of Ripon and onwards to Boroughbridge

If you have time stop off at Fountains Abbey & Studley Royal as well as taking some time in Ripon.

The ride to Boroughbridge through the Vale of York is flat and fairly open.

Total distance: 26 miles / 41 kms
Ascent – 1558 ft / 474m

Section 4: Boroughbridge to Pocklington

Very little climbing today with the exception of a few undulations. At Linton on Ouse the route becomes Sustrans ROUTE 65 in to York itself. **(A good lunch stop and visit the historic sites)** You need to keep your eyes open for signage in York (use your detailed maps) until you pick up Sustrans ROUTE 66 through Stamford Bridge to Pocklington.

Total distance: 39 miles/ 62 kms
Ascent – 1558ft / 474 m

Section 5: Pocklington to Bridlington

You are now in the area known as the Yorkshire Wolds, Some climbing around the Millington Wood areas

Pick up the Sustrans ROUTE 164 out of Pocklington and follow this until you join the Sustrans ROUTE 1 at the 143 mile point. From there it's a straight ride into Bridlington. Famed for its' Fish & Chips, you will have deserved them.

Total distance: 43 miles /67 kms
Ascent – 1699 ft / 517m

Pick up at the end of your ride

If we are picking you up, please call **07790596782 or 01665713448** with your estimated arrival time.

Please note our normal pick up time is 4pm, earliest pick up time is 2pm and latest pickup is 5pm, unless organised when booking your trip.

Distances to:

Way of the Roses			
Morecambe to Bridlington			
	Mileage	Kms	
Morecambe	0	0	0%
Lancaster	3	5	2%
Hornby	15	24	9%
Clapton	27	43	16%
Settle	35	56	21%
Cracoe	47	75	28%
Applewicktree	54	86	32%
Pateley Bridge	62	99	36%
Ripon	78	125	46%
Boroughbridge	88	141	52%
Shipton by Beningbrough	102	163	60%
York	109	174	64%
Pocklington	127	203	75%
Driffield	152	243	89%
Bridlington	170	272	100%

Cycle Repair Shops on Way of the Roses

Location	Name	Address	Contact
Bolton-le-Sands	Lakeland Cycles	3 Whin Drive	01524735465
Morecombe	Oggy's Cycles (ACT)	34 Regent Road	01524832860
Lancaster	The Edge Cycleworks	2 Chapel Street	01524840800
Lancaster	Halfords	Unit2, Bulk Road	01524846889
Lancaster	Leisure Lakes Bikes	103-105 Penny St	01524844389
Settle	3 Peaks Cycles	Market Place	01729824232
Harrogate	Big Red Bike (ACT)	1-2 Odeon Buildings, East Parad	01423508941
Harrogate	Boneshakers	Regent House, 11 Albert St	01423709453
Harrogate	Spa Cycles (ACT)	48A Camwal Road	01423887003
Harrogate	Specialized Concept Store	8 West Park	01423528240
Ripon	Moonglu (ACT)	57 Blossomgate	01765601106
Ripon	Cognito Cycles	Kirkgate	01765 608397
Summerbridge	Stif Cycles	New York Mills	01423780738
York	Bob Trotter Cycles (ACT)	13-15 Lord Mayor's Walk	01904622868
York	Cycle Heaven (ACT)	31 Hospital Fields Rd	01904636578
York	Cyclestreet	87 Layerthorpe	01904427510
York	Get Cycling (ACT)	22 Hospital Fields Rd	01904636812
York	Bicis Y Mas	59-63 Walmgate	01904658100
Pocklington	CycleLane	6 Clarkes Lane	01759306770
Driffield	The Bike Cave	36 Market Place	01377232736
Bridlington	Chain Cycles	Hilderthorpe Road	01262677555