



## Coast and Castles – Tynemouth to Edinburgh

### Summary

Take between two and five days to explore the stunning coastline and historical remains along the east coast of the Scottish Borders and Northumberland. This fantastic cycle route, from Tynemouth to Edinburgh, takes in some of the country's most well-known historical sites, including Bamburgh Castle and Lindisfarne Priory, as well as skirting around National Nature Reserves and wildlife-rich mud flats.

There's also an inland version of the Coast and Castles route, so if you fancy more hills just contact us if you'd prefer to cycle this version of the route.

### Highlights

Endless coastal views across the North Sea

Exploring museums and defensive forts and castles dotted along the coast  
Finishing the journey in the beautiful Scottish capital, Edinburgh

### Example 4-day itinerary

**Day 1.** Arrive in Tynemouth, a lovely coastal town on the outskirts of Newcastle. Explore the priory and castle or enjoy the beach and spend the night here in readiness for the adventure ahead!

### Day 2. Tynemouth to Alnmouth - 40 miles/65 km; 410 metres of ascent

Your journey begins at Tynemouth with a relaxing jaunt along the stunning waterfront, through vibrant seaside towns. With cliff top views at every stage of the journey, your first day of cycling is the perfect introduction to this brilliant trip. The pretty fishing village of Alnmouth with its sweeping sandy beach is your home for the night.

### Day 3. Alnmouth to Berwick - 49 miles/ 79 km; 675 metres of ascent

The cooling North Sea breeze will accompany you along the cliff tops north as you pass ancient castles and picturesque seaside villages and towns. You'll have plenty of time to explore the plethora of historical buildings, including Bamburgh Castle and Dunstanburgh Castle en route to Berwick-upon-Tweed. You can access Holy Island if the tide times are right.

### Day 4. Berwick to Dunbar - 34 miles/56 km; 680 metres of ascent

Crossing the border into Scotland, the fantastic coastal views continue as the cycle route winds its way north. Historical priories, castles, forts and settlements litter the countryside and there will be ample opportunity to visit these fascinating sites as you cycle past. Your bed for the night can be found in the quiet fishing village of Dunbar, where grey seals can be seen relaxing on the tide.

### Day 5. Dunbar to Edinburgh - 34 miles/56 km; 415 metres of ascent

The cliff tops give way to golden sandy beaches as the cycle route hugs the coast heading north, then west as Edinburgh draws ever closer. Historical sites and wildlife reserves of national importance lie along your path. The magnificent castle in the heart of Scotland's beautiful capital city is your spectacular journey's end. You now have the chance to celebrate in Scotland's vibrant capital or head back to Tynemouth straight away.

### Duration:

2 to 5 days of cycling  
2 to 6 nights' accommodation

Just let us know how many days you'd like your Coast and Castles adventure to last!

### Total Distance:

256 km or 159 miles

### Includes

- Comfortable accommodation
- Baggage transfers
- Comprehensive maps and gpx files
- Vehicle back up (fully supported trips only)
- Phone support (self guided)
- One way transfer from Tynemouth to Edinburgh either at the beginning or end of the trip

### Available on request:

- Pick up and drop off from public transport links
- Bike and equipment hire
- Accommodation in Edinburgh at the end of the trip

### Dates:

Self-guided and Fully supported cycling trips are available between March and October for groups of 2 or more. Contact us with the dates you have in mind.

### What bike?

The Coast and Castles can be ridden on a hybrid, road bike or mountain bike. See below for more details.

### To make a booking or for more information:

Email us: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)  
Phone us: +44 (0)7922 653327  
or +44 (0)141 6286676



## Coast and Castles – Further Information

### Accommodation and food

We use only tried and tested accommodation providers on our trips, many that we have worked with for years, so that we know that you will receive an excellent level of service. They provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Accommodation in guest houses and hotels is always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. Almost 100% of our accommodation is en-suite and we will let you know if it is not possible to book en-suite rooms. Wifi is now also pretty much universal in every location. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most bunkhouses can provide meals at an additional charge. Bunkhouses will often have cooking facilities so that you can prepare your own meals if you'd prefer. Wherever you stay you will be able to get an evening meal at a pub or restaurant within walking distance. Lunches can usually be bought during the course of the day as you will be passing through towns or villages. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

Sole occupancy rooms are usually available in hotels or guest houses so please ask us if you'd prefer to have your own room. A single supplement from £30 per person, per night will apply (this will be more if a night in Edinburgh is required).

### Clothing and kit

Northern England receives a generally mild climate all year round with the Gulf Stream passing our western coastline. The east is generally a bit drier but cooler than the west, however conditions can and do change quickly especially on higher and more exposed areas. It can rain at any time of year, sometimes all day and we often get four seasons in a day, so come prepared! A full kit list is available on our website and will be sent to you before your trip (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>). General climatic information for Berwick upon Tweed is available here: <http://en.climate-data.org/location/6634/>. Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (<http://www.metoffice.gov.uk/public/weather/forecast/>).

It is advisable to bring a small back-pack with you on your trip, in which you can carry spare clothes, snacks and basic spares and tools that you might need during the course of a day on the bikes. Alternatively, if you're hiring bikes, we can provide pannier bags in which to carry supplies for the day.

### The route

The Coast and Castles is a well-used National Cycle Network route, along fantastic quiet country roads, purpose built cycle paths and disused railways. There are some short, steep climbs and some prolonged, easier gradient climbs along the route, but these are mainly on quite country roads. This trip, if completed in 4 days, has a Fitness Grading of 5 which means that you should have a good level of fitness and take part in cycling based activities regularly. You're comfortable riding for up to 6 hours per day on terrain that can include short, steep climbs. There are some off-road sections along the route which are not perfect for road bikes but can be ridden with care.

### What bike?

Our customers complete the Coast and Castles route on all kinds of bikes and a hybrid bike is probably perfect to deal with the country roads and traffic free cycle paths (some of which are unsealed). However you can also use a mountain bike (it may be a good idea to fit mountain bikes with semi-smooth tyres to make pedalling on the roads a bit easier). It is also possible to complete the route on road bikes and although there are some sections of unsealed surface they are mostly ok for road bikes, when ridden with care. For the bumpiest sections of the route we will provide detours on your maps and GPS files if you are riding a road bike. Just ask if you need any further advice.

## **Bike hire**

It is always more comfortable for you if you can use your own bike but we can provide you with quality hybrid bikes if required, which are a perfect option for the route. They have plenty of gears to help you make it up those climbs and are supplied with a spare inner tube, puncture repair kit, pump, lock, bottle holder and pannier rack. Pannier bags can also be provided by prior arrangement. If you need to hire a bike, please let us know at the time of booking and we will make sure that we get the right bike for you.

Hire bikes are provided with comfortable touring-style saddles and standard flat pedals. You are welcome to bring your own saddle and/or clipless pedals to make your ride more comfortable. Please note that, if you're taking part in a self guided trip, you may have to change your saddle and/or pedals yourself so please bring suitable tools (a pedal spanner and set of allen/hex keys) with you in order for you to do this.

## **Self guided trips**

Our self guided trips are the most popular choice and are designed for cyclists who are comfortable carrying their own basic tools and spares along with them each day so that they can fix any minor technical issues encountered along the route (punctures etc.). For our self guided trips we will provide you with everything included in our fully supported trips except the vehicle back-up service. We will organise quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick-up and drop-off at locations convenient for your travel plans and a comprehensive list of bike shops that are located along the Coast and Castles route. We will always be only a phone call away should you require any additional advice/support so you'll never be truly on your own!

## **Fully supported trips**

Our fully supported cycling trips are designed to provide you with a completely hassle-free biking holiday experience. We will organise every aspect of your trip including quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick up and drop off at locations convenient for your travel plans and full support from our friendly, knowledgeable back-up team in case of technical (or physical!) emergencies. We will provide a back-up vehicle full of spares and tools to carry your baggage between your accommodation each day. Our drivers are proficient bike mechanics so will be able to help you out with common technical problems. If the issue is a bit more serious, they will be able to take your bike to a local bike shop for some TLC. Their main aim is to keep you and your bike on the road!

## **Transport and baggage transfers**

We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from any local airport, train or bus station or ferry terminal to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will arrange a pick-up for you. Please note that an extra charge may apply to cover fuel costs.

We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag unless prior arrangements are made.

## **Any questions?**

We've tried to cover everything on our website and this information pack but if you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)

Phone: +44 (0)7922 653327 or +44 (0)141 6286676

**We look forward to seeing you on one of our fantastic biking adventures!**