



## Off-Road C2C – Whitehaven to Tynemouth

### Summary

If you're looking for a rugged and challenging alternative to the classic Sustrans C2C then look no further. We've added in many more off-road miles than the Sustrans route, including some superb Lake District singletrack and a mammoth crossing of the North Pennines. Come and enjoy the superb scenery and biking on this tough but rewarding three-day challenge!

### Highlights

Conquering Honister Pass and being rewarded with superb singletrack  
Reaching a height of almost 800 metres above sea level!  
Completing the challenge and raising money for your chosen charity

### Example 3-Day Itinerary

**Day 1.** Arrive in Newcastle and meet with our support team who'll transport you and your bikes and bags over to the west coast and the starting point of your incredible biking adventure.

### Day 2. 77 km/48 miles; 1565 metres of ascent

Your journey begins in Whitehaven, the heart of the industrial North West on the lovely Irish Sea coast. From here the only way is up, heading straight for the towering peaks of the Lake District National Park. You'll pass through some of the most iconic landscapes in the UK and have plenty of opportunity to sample some fantastic rocky singletrack. There is a beautiful finish that brings you to the busy town of Keswick on the banks of Derwent Water.

### Day 3. 82 km/51 miles; 1850 metres of ascent

The Lake District has one last challenge and the Old Coach Road stands between you and the flatter Eden valley. Once it has been conquered enjoy the speedy descents and quiet back roads before climbing the Pennine peaks looming ahead. The off road ascent to 785 metres is one of the biggest you'll find in the whole of England, guaranteed to get the blood pumping but the views make it well worth the effort! Some truly remote, rocky moorland trails pave the way for the remainder of the day, along with some screaming descents! You'll spend the night in comfortable accommodation in the heart of the Northern Pennines.

### Day 4. 85 km/53 miles; 1105 metres of ascent

With just two off-road climbs remaining, the final day is all about enjoying the biking and lovely views as you descend towards the North Sea coast. You'll still have many miles to cover so will need to keep those legs pedalling. Slowly the open moorlands make way to the villages and towns of Tyne and Wear. Cycle paths lead you along the banks of the River Tyne all the way to the historic priory at Tynemouth and your journey's end.

**Well done – you made it!**

### Duration:

3 days' coast to coast biking  
4 nights' accommodation

### Total Distance:

238 km or 148 miles

### Includes

- 4 nights' accommodation
- SMBLA qualified expert guide or comprehensive maps and gpx.files
- Baggage transfers
- Vehicle back up
- One way transfer from Tynemouth to Whitehaven, either at the beginning or end of the trip

### Available on request:

- Pick up and drop off from public transport links
- Bike and kit hire

### Grade:

Technical Grading: **Red/Black**

### Dates:

Guided, self-guided and independent 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 trails on our off-road C2C route can be ridden on a standard hardtail. A full suspension bike will make the riding more manageable and comfortable!

### 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



## Off-Road C2C – Further Information

### Accommodation and food

We use only tried and tested accommodation providers on our trips 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 bed and breakfasts and hotels are always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most hostels can provide meals at an additional charge. Hostels 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 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!

Check-in at your accommodation will ordinarily be between 4 pm and 9 pm. Please telephone your first night's accommodation to let them know at what time you're planning to arrive. If you require an early check-in, most accommodation providers will try to adapt to your requirements but please phone ahead to ensure that an early check-in is possible. 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 of £25 per night will apply.

### 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 (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>) and a list of useful items will also be sent to you when you book your trip with us. General climatic information for the Lake District is available here: <http://www.lortonweather.co.uk/Analysis-2011.htm>. 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 (between 15 and 20 litre capacity) with you on your trip, in which you can carry spare clothes and basic spares and tools that you might need during the course of a day on the bikes. In some cases, where we will be riding in wilderness for the full day, food and drink will also need to be carried.

### Midges!

Midges (small biting insects) can be a pest in the Lake District (though they're not nearly as numerous here as they are in the Highlands of Scotland!) but are not usually a problem when you're on the move. If you decide to stop for a break in a sheltered spot where there is no wind and there are trees and water in the vicinity, there may be midges around. They rarely cause a serious problem, they're more of a nuisance, but some people react badly to their bites and develop an itchy red spot which can be irritating. Some insect repellent will help to keep them away, those containing DEET being the most effective, and cream is available in pharmacies that relieve the irritation of the bites.

### The trails

There is almost every type of trail imaginable on this trip, from deserted country lanes and ancient tracks to forestry trails and superb single-track. The surfaces are all generally hard packed or rocky but as we head east, the trails can be muddy after heavy rain. Some parts of the route are technically challenging so off-road experience is required. This trip has a **Fitness Grading of 8** which means that you should have an excellent level of fitness and take part in cycling-based activities several times per week. You are comfortable riding for as much as 10 hours per day. The route will include sections of steep, physically demanding trails so excellent stamina is also required. This trip has a **Technical Grading of Red/Black**, meaning that the route is suitable for experienced mountain bikers. Trails can be rough with some very challenging sections of steep, technical climbs and descents.

### Guided trips

Our guided trips are designed to give you a hassle free way to enjoy the amazing biking in the Lake District. We include a friendly, knowledgeable, SMO qualified guide who, as well as navigating you along the trails, can also give you tips to improve any aspect of your riding and take you on the best trails in the area. Our guides also carry spares and tools to help you keep rolling in the event of a mechanical problem, though if you're bringing your own bike you would be advised to bring spare inner tubes and spare parts specific to your bike, for example brake pads and rear mech hanger. In the

event of a serious mechanical problem, our guides will be on hand to take you to a local bike shop. Our guides are trained in outdoor-specific first aid techniques so will make sure you, as well as your bike, are well looked after on the trails. As well as navigating for you, our guides are knowledgeable when it comes to the fascinating natural history of the Lake District. They will be delighted to share with you their knowledge of the areas through which you will be biking and point out wildlife and interesting historical locations along the way.

### **Self-guided trips**

Experience the same great trails and accommodation as on the guided trips but without the support and knowledge of a guide. We will still do all of the organising for you and you'll be provided with comprehensive trail maps, advice, transport, baggage transfers and a full itinerary. There will always be someone on the end of the phone in case of emergencies too.

### **Independent trips**

Our Independent trips offer ultimate flexibility. They are very similar to our self-guided trips but are aimed more at experienced cyclists who are confident enough to be able to fix basic technical bike problems on the hoof. Although you won't have the support of our back-up team, we will always be available on the end of the phone for advice and we will provide you with a list of bike shops and taxi companies along your route in case you encounter any mechanical issues that you can't deal with yourself. We'll still arrange a fantastic trip including transport from one end of the route to the other, quality, tried and tested accommodation and we'll transfer your bags each day leaving you free to enjoy the biking and scenery.

### **Vehicle support**

Whether you go for a guided or self-guided trip, we will provide a backup 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 trails!

If you opt for an independent trip, we won't be there in person to offer assistance in the event of any mechanical or physical issues that you can't resolve yourself. Instead, we will provide a list of bike shops and taxi companies located along your route. We will also only be a phone call away in case you need any further advice.

### **Bike hire**

We work with local bike shops to provide you with the latest bikes for hire. There are a full range of bikes from standard hard-tails to flashy full-sussers! 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. Please check the bikes before you leave your starting location to ensure that they are in full working order and check with the person providing your bikes that the bike is set up correctly for you. Once you leave your starting location it may not be possible to exchange your bike, and, if you are taking part in an independent trip, any mechanical problems that you encounter during the course of your trip are your own responsibility. You will be expected to pay for any damage to hire bikes, other than wear and tear.

Hire bikes are provided with standard mountain biking saddles and 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 an independent 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.

### **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.

### **Any questions?**

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