



## W2W – Walney to Wear (Sunderland)

### Summary

If you've already completed the coast to coast challenge on the C2C cycle route, why not try the W2W – Walney to Wear, a great coast to coast alternative? Beginning on the Irish Sea coast at Walney Island, famed for its wind-swept beaches, and finishing at the mouth of the River Wear on the North Sea coast in sunny Sunderland, this fantastic cycling route skirts around the edge of the stunning Lake District and the beautiful Yorkshire Dales on its way to the North Sea coast following quiet country lanes and tracks.

### Highlights

Miles of deserted country lanes and stunning views in the Yorkshire Dales  
Visit Britain's highest inn – the Tan Hill Inn for a well-deserved cup of tea!  
Taking some time to soak up the historical beauty in Durham City  
Sampling the famous Cartmel sticky toffee pudding!

### Example 3-Day Itinerary

**Day 1.** Arrive in Sunderland. You'll meet with our support team who'll transport you and your bikes and bags to Barrow in Furness, just a mile away from the start point of the W2W cycle route, where you'll spend the night before your biking adventure.

### Day 2. Walney Island to Sedbergh - 56 miles/90 km; 1510 metres of ascent

Your journey begins at on Cumbria's blustery west coast, on Walney Island, the largest English island with direct road access to the mainland. Equipped with a set of comprehensive maps, detailed directions and some top tips from our expert guides, you're ready to set off on your cycling journey. Your first few miles wind their way through Barrow-in-Furness and Ulverston before heading out into the lovely, rolling countryside of Southern Cumbria. The biggest challenge of the day comes 20 miles into the route with aptly named Bigland Hill, but you'll be rewarded with stunning views of the Lake District Fells to the north. Your bed for the night lies in the historic market town of Sedburgh.

### Day 3. Sedbergh to Barnard Castle - 53 miles/86 km; 1465 metres of ascent

Leaving the Howgill Fells in your wake, you'll head north-east and skirt around the edge of the Howgill Fells of the Yorkshire Dales National Park. The moorland views are stunning and, from the lovely market town of Kirkby Stephen, the route climbs to its highest point at 527 metres (1732ft). Luckily the Tan Hill Inn provides a welcome, well-deserved break from the saddle and it's downhill almost all the way to Barnard Castle, where you'll spend the night.

### Day 4. Barnard Castle to Sunderland - 49 miles/79 km; 1015 metres of ascent

Your final day begins with a sizable climb into Hamsterley Forest, an oasis of beautiful mixed woodland in a lovely rural setting. Durham City is a great place to stop for lunch before meandering through the urban outskirts of Sunderland to the mouth of the River Wear. Well done, you made it all the way from coast to coast along the Walney to Wear cycle route!

### Duration:

3 to 5 days of cycling  
3 to 5 nights' comfortable accommodation

Just let us know how many days you'd like your W2W adventure to last!

### Total Distance:

246 km or 153 miles

### Includes

- Comfortable accommodation
- Baggage transfers
- Comprehensive maps and gpx files
- Vehicle back up (self-guided trips)
- Phone support (independent trips)
- One way transfer between Sunderland and Walney or Barrow, either at the beginning or end of the trip

### Available on request:

- Pick up and drop off at public transport links
- Bike and kit hire
- Accommodation in Sunderland at the end of the trip

### Dates:

Self-guided or independent 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 W2W 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



## W2W – Walney to Wear – 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 from £30 per person, per night will apply.

### Clothing and kit

Northern England receives a generally mild climate all year round. The east coast 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>). General climatic information for Durham is available here: <http://en.wikipedia.org/wiki/Durham>. 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 and basic spares and tools that you might need during the course of a day on the bikes. Alternatively, if you're hiring bikes from us, we can provide pannier bags in which to carry supplies for the day.

### The route

The W2W – Walney to Wear cycle route is a well-used National Cycle Network route, along quiet country roads, purpose built cycle paths and disused railways. The route varies greatly from very flat disused railway lines to quite steeply sloping country roads in the Yorkshire Dales. This trip, if completed in 3 days from Walney Island to Sunderland, has a **Fitness Grading of 7** which means that you should have a high level of fitness and stamina from regularly taking part in cycling-based activities. You are comfortable riding for up to 8 hours per day. The route will include sections of physically demanding terrain including quite long, steep climbs. You can tackle the W2W- Walney to Wear cycle route in 4 or 5 days to make it a more leisurely trip. Ask us about the options and we'll be happy to help.

### What bike?

The W2W – Walney to Wear route is perfect for hybrid or mountain bikes. It is a good idea to fit mountain bikes with semi-smooth tyres to make pedalling on the roads a bit easier. It is possible to complete the route on road bikes but you may need to alter the official route to avoid some of the rougher unpaved sections, which make up about 14% of the route. Alternatively, you can ride the official W2W on road bikes if you take extra care on the unpaved sections. Ask us if you need any further advice.

### Bike hire

We can provide you with quality hybrid bikes which are a perfect option for the route. They have plenty of gears to help you make it up those steep climbs! Hire bikes 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 for an additional cost. 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.

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 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.

### **Self-guided trips**

Our self-guided cycling trips are designed to provide you with a completely hassle-free, truly enjoyable biking holiday experience. We will organise every aspect of your trip including quality accommodation, bag transfers each day, detailed information about the route, waterproof maps, 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 trails!

### **Independent trips**

Our independent trips are designed for experienced 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. For our independent trips we will provide you with everything included in our self-guided trips except the back-up service. We will organise quality accommodation, bag transfers each day, detailed information about the route, waterproof maps, pick-up and drop-off at locations convenient for your travel plans and a detailed list of bike shops that are located along the route. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag. We will always be only a phone call away should you require any additional support so you'll never be truly on your own!

### **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