



Way of the Roses – Morecambe to Bridlington

Summary

Join us on a brand new cycling adventure from coast to coast along disused railway lines, purpose-built cycle paths and quiet country roads that wind their way through the beautiful, unspoilt landscapes of Lancashire and Yorkshire. The Way of the Roses is a great way to discover the history and nature of this intriguing part of the UK. From the lovely sea front at Morecambe to the North Sea harbour at Bridlington, this trip is sure to become the coast to coast cycle route of the future!

Highlights

Discovering the underground labyrinth at Stump Cross Caverns
Exploring the weird and wonderful rock formations at the Norber Boulders
Strolling around the cobbled streets of the Shambles in York's historical centre

Example 3-Day Itinerary

Day 1. Arrive in Bridlington. You'll meet with our support team who'll transport you and your bikes and bags to Morecambe where you'll spend the night before your biking adventure.

Day 2. Morecambe to Skipton - 51 miles/82 km; 1230 metres of ascent

Your journey begins at Morecambe Bay on the Irish Sea coast of Lancashire. 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 will fly by, along cycle paths leading through Morecambe and Lancaster on old railway lines. You'll pass through many picturesque villages as you climb into the Forest of Bowland, including Hornby, famed for its imposing castle overlooking the village. Your day ends in Grassington, a bustling market town, in rural North Yorkshire.

Day 3. Skipton to York - 56 miles/91 km; 945 metres of ascent

Your second day in the saddle begins with a steady climb out of Grassington and onto Craven Moor which, at 400 metres above sea level, is the highest point on your trip. It's a blistering, hair-raising descent into Pateley Bridge. You'll have the chance to visit the weird and wonderful natural rock formations at Brimham Rock before cycling past Fountains Abbey and through Studley Royal Water Garden, studded with imposing historical buildings. Almost all of the climbing is behind you as you meander along the banks of the River Ure through the Vale of York and into the City of York for the evening.

Day 4. York to Bridlington - 61 miles/99 km; 690 metres of ascent

Your final day is a gentle cycle over the Yorkshire Wolds to Bridlington, famed for its fish and chips, which you thoroughly deserve! Well done, you made it all the way from coast to coast along The Way of the Roses!

Duration:

2 to 5 days of fabulous cycling
2 to 5 nights of comfortable accommodation

Just let us know how many days you'd like your Way of the Roses adventure to last!

Total Distance:

270 km or 167 miles

Includes

- Comfortable accommodation
- Baggage transfers
- Comprehensive maps and gpx. files
- Vehicle back up (self-guided trips only)
- Phone support (independent trips)
- One way transfer between Bridlington and Morecambe 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 Bridlington 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 Way of the Roses 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
Phone us: +44 (0)7922 653327
or +44 (0)141 6286676



Way of the Roses – 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. 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>) and a list of useful items will also be sent to you when you book your trip with us. General climatic information for York is available here:

http://www.holidaycheck.com/climate-wetter_York-ebene_oid-id_9739.html. 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 Way of the Roses 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 steeply sloping country roads through the North York Moors. This trip, if completed in 3 days from Morecambe to Bridlington, has a **Fitness Grading of 6** 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 7 hours per day. The route will include sections of physically demanding terrain including quite long, steep climbs. You can tackle the Way of the Roses cycle route in 4 days to make it a more leisurely trip. Ask us about the options and we'll be happy to help.

What bike?

The Way of the Roses route is perfect for hybrid or mountain bikes. It is possible to complete the route on road bikes but you may need to alter the official route slightly to avoid some of the rougher unpaved sections. Ask us if you need any further advice.

Self-guided trips

Our self-guided cycling trips are designed to provide you with a completely hassle-free, truly enjoyable cycling 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. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag. 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!

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 and mobile repair services that are located along or close to the Way of the Roses cycle 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!

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.

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

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