



## Coast to Coast (C2C) – Whitehaven to Tynemouth or Sunderland

### Summary

Two to five days of fabulous cycling across the entire width of the country, from the Irish Sea to the North Sea coast, passing through stunning Lake District countryside and over North Pennine moors towards the historical harbour at Tynemouth or Sunderland's lovely beach. This is a must-do for any cyclist out there who's looking for a memorable, exciting challenge.

### Highlights

Beautiful views around every turn in the Lake District National Park  
The incredible sense of achievement having completed a journey from coast to coast  
Unrivalled hospitality to be found at every step of the way

### Example 3-Day Itinerary

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

**Day 2. Whitehaven to Penrith - 54 miles/88km; 1380 metres of ascent**  
Your journey begins in Whitehaven, the heart of the industrial North West on the lovely Irish Sea coast. Equipped with a set of comprehensive maps, and GPX files, you're ready to set off on your incredible journey and head 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 great locally-produced food and drinks in numerous historical villages that you'll be passing through. Your day ends with a gentle descent into the bustling market town of Penrith where you'll find a warm welcome and cuisine to satisfy even the biggest appetites!

**Day 3. Penrith to Weardale - 44 miles/72km; 1635 metres of ascent**  
You'll leave the Lake District far behind and follow the Eden Valley east towards the open moors of the Northern Pennines. After an easy start to the day, you'll soon catch sight of the Pennine peaks looming ahead. The climb to the top of Hartside Pass, at 530 metres, will get the blood pumping but the views make it well worth the effort! Open moorland paves the way for the remainder of the day, reaching a height of 600 metres, affording stunning views over the surrounding fells and valleys. You'll spend the night in comfortable accommodation in the heart of the Northern Pennines.

**Day 4. Weardale to Tynemouth - 40 miles/64km; 595 metres of ascent**  
With the majority of the climbing out of the way, the final day of biking is all about enjoying the biking and lovely views as you descend towards the North Sea coast. 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 castle at Tynemouth and your journey's end. We can meet you at the end and transport you to where you need to be or we can arrange for you to stay the night in Tynemouth before heading home in the morning.

### Duration:

2, 3, 4 or 5 days' cycling  
2, 3, 4 or 5 nights' accommodation

Just let us know how many days you'd like your C2C adventure to last!

### Total Distance:

222 km or 138 miles

### Includes:

- Comfortable accommodation
- Baggage transfers
- Comprehensive maps and gpx files
- Vehicle back up (fully supported trips)
- Phone support (independent trips)
- 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
- Accommodation in Tynemouth 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 C2C can be ridden on a hybrid, road 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 to Coast (C2C) – 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 Newcastle 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

(<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>). 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 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 at an additional cost in which to carry supplies for the day.

### The route

The C2C is a well-used National Cycle Network route, along 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 3 days, 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 short, steep climbs. There are also some off-road options along the route for those looking for a more mountain biking biased trip. Ask us about the options and we'll be happy to help.

### What bike?

The C2C 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, unless you are aiming to use the off road options. It is possible to complete the route on road bikes, but to avoid some of the rougher unpaved sections, you will need to alter the official route slightly. We can advise you on the best detours to take and provide the correct maps and gpx files. Please be aware that there are unavoidable sections of the C2C route, east of Stanhope, that

are on unsealed surfaces but these can easily be completed on road bikes if you take care. Please ask us 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!**