



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. Enjoy the superb scenery and biking on this tough but rewarding challenge!

Highlights

Superb, rocky Lake District Singletrack
Conquering the toughest climb in the Pennines
Reaching a height of almost 800 metres above sea level!
Excellent trails through Northumberland

Example 4 – Day Itinerary:

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

Day 2. Bike from Whitehaven to Keswick

Distance approx. 60km/37 miles; 1180 metres of ascent

Your journey begins in Whitehaven, 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. Bike from Keswick to Edenhall

Distance approx. 77km/47 miles; 1560 metres of ascent

The Lake District has some amazing trails still to give with a climb and fantastic descent along the side of Skiddaw and the challenge of the Old Coach Road. You can then add in some amazing singletrack near Ullswater before quiet back roads take you to the Eden valley

Day 4. Bike from Edenhall to Rookhope

Distance approx. 55 km/34 miles; 1450 metres of ascent

Today is all about the Pennines and 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 descent then hilly country lanes take you to your comfortable accommodation.

Day 5. Bike from Rookhope to Tynemouth

Distance approx. 65 km/40 miles; 700 metres of ascent

With just two off-road climbs and some excellent singletrack remaining, the final day is all about enjoying the biking and lovely views as you descend towards the North Sea coast. Moorlands make way to the villages and towns with cycle paths leading you along the banks of the River Tyne all the way to your journey's end.

Duration:

4 days' coast to coast biking
4 nights' accommodation
(3 day option also available)

Total Distance:

257km or 158 miles

Includes

- 4 nights in quality guest houses or small hotels
- Comprehensive maps and GPX files
- Baggage transfers
- Vehicle back up or phone support
- 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 equipment hire

Grade:

Technical Grading: **Red/Black**

Dates:

Self-guided and fully supported 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

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, 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. Most 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>) 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.

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. The 4 day version of this trip has a **Fitness Grading of 7** which means that you should have a good level of fitness and take part in cycling-based activities several times per week. You are comfortable riding for as much as 8 hours per day. The route will include sections of steep, physically demanding trails so good 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.

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!

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 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.

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

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

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