



## W2W – Walney to Whitby

### Summary

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

### Highlights

Sampling the famous Cartmel sticky toffee pudding!  
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 in the stunning views from the North York Moors National Park

### Example 3-Day Itinerary

**Day 1.** Arrive in Whitby. You'll meet with our transport team who'll transfer you and your bikes and bags safely over 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 Orton - 65 miles/104 km; 1825 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, GPX files and some top tips from our cycle travel experts, 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. Leaving the Lake District in your wake, you'll head north-east and skirt around the edge of the Howgill Fells of the Yorkshire Dales National Park. The lovely Cumbrian village of Orton is your destination for the evening.

### Day 3. Orton to Darlington - 60 miles/96 km; 1145 metres of ascent

Heading ever eastward to the lovely market town of Kirkby Stephen, the route climbs to the top of Tan Hill, its highest point at 527 metres (1732ft). Luckily the highest pub in Britain provides a welcome, well-deserved break from the saddle and it's downhill almost all the way to Barnard Castle, where the W2W route splits – heading north to Sunderland or continuing east towards Whitby. Your bed for the night lies on the southern option in Darlington.

### Day 4. Darlington to Whitby - 56 miles/90 km; 1115 metres of ascent

Your final day begins by meandering along the banks of the River Tees. The hills of the North York Moors lie ahead so there's plenty of climbing still to be done, rewarded by magnificent views. The rolling hills along the River Esk make for a lovely finish to the route, all the way to Whitby Harbour with stunning views of the Abbey. Well done, you've completed the Walney to Whitby cycle route!

### Duration:

3 to 5 days of great cycling  
3 to 6 nights' comfortable accommodation

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

### Total Distance:

290 km or 180 miles

### Self Guided trip includes

- Comfortable accommodation
- Baggage transfers
- Comprehensive maps, gpx files & list of service on the route
- Phone support from us
- One way transfer between Whitby 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 equipment hire
- Accommodation in Whitby at the end of the trip

### Dates:

Self-guided cycling trips are available between April and September 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 Whitby – 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 of at least £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 Whitby is available here: <http://en.wikipedia.org/wiki/Whitby>. 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 Whitby 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 Whitby, 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 Whitby 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 road bikes. It is a good idea to fit mountain bikes with semi-smooth tyres to make pedalling on the roads a bit easier. If you are completing the route on road bikes you may need to alter the official route to avoid some of the rougher unpaved sections, we can give you advice on this as well as appropriate maps and gpx files. 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 an 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.). 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 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!**