



## Wainwright's Coast to Coast

### Summary

On this challenging coast to coast route you'll bike through some of England's most impressive scenery. From rocky, tricky bridleways in the Lake District to snaking singletrack through the Yorkshire Dales and big, big views on the North York Moors - this trip has it all.

### Highlights

Classic mountain passes in the Lake District and superb rocky trails  
Brilliant heather lined singletrack through the North York Moors  
Stopping at England's highest pub for a pint!  
The screaming descent to Robin Hoods Bay

### Example 4 Day Itinerary

**Day 1.** Arrive in Ravenglass or Robin Hood's Bay if you are driving. We can also arrange a pick up from Penrith or Carlisle if you're getting the train and we'll make our way to the start point on the west coast.

**Day 2. Bike from Ravenglass to Windermere - 64km/40 miles; 1400m ascent**  
Starting out through the gentle trails of Eskdale, you'll climb through Dunnerdale and into the heart of the Lake District along some lovely singletrack, skirting around Walna Scar and into Grizedale Forest where you will find some of the best trails in Lakeland. From there you'll catch a lift on the ferry to your accommodation for the night in Windermere town.

**Day 3. Bike from Windermere to Kirkby Stephen - 70km/44 miles; 1320m ascent**  
Today is superb as you enjoy the rest of the riding through the Lake District on great, rocky singletrack. There are some technical, fast descents before you wind your way west through gorgeous scenery as you enter the Dales. An amazing trail right through the famous limestone pavement and a nature reserve lead you to your overnight stop at Kirkby Stephen.

**Day 4. Bike from Kirkby Stephen to Osmotherley - 104 km/64 miles; 1830m ascent**  
Today you head through the middle of the Yorkshire Dales, bound for Osmotherley. En-route you'll pass the highest pub in England (it would be rude not to stop!) and sample some fantastic single-track. Old mining roads and some testing climbs take you to Richmond, the perfect place for a late lunch break. There's no escaping the road this afternoon as you cross the flat ground between Richmond and Osmotherley where you'll find a comfy bed and a charming overnight stop.

**Day 5. Bike from Osmotherley to Robin Hood's Bay - 72 km/44 miles; 1385m ascent**  
There is some tremendous scenery today as you cross the national park and also some serious climbs, the most impressive of which is a 33% gradient! It's short and sharp though so if you've made it this far, you'll make it up that climb. The end is in sight and you'll spot the sea mid-afternoon and make your way downhill – rapidly – all the way to Robin Hood's Bay and the spectacular end to one of England's most challenging biking adventures.

**Day 6.** We can transport you and your bikes back to Ravenglass if you parked there (approx. 4 hours) or you can collect your car if you parked in Robin Hood's Bay or we will take you to the closest public transport links.

### Duration:

4 or 5 days of coast to coast biking  
5 or 6 nights' accommodation

We can offer a less demanding option, if you'd prefer a 5 day, 6 night trip. Contact us for more information.

### Total Distance:

310 km or 192 miles

### Includes:

- 5 or 6 nights' accommodation
- Baggage transfers
- Comprehensive maps and gpx files
- Vehicle back-up (fully supported trips)
- Phone support (self guided trips)
- One way transfer from Robin Hood's Bay to Ravenglass either at the beginning or end of the trip

### Available on request:

- Pick up and drop off from other public transport links
- Bike and equipment hire

### Grade:

Technical Grading: **Red/Black**

### Dates:

Self-guided or 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 along Wainwright's C2C 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](mailto:info@trailbrakes.co.uk)  
Phone us: +44 (0)7922 653327 or +44 (0)141 6286676



## Wainwright's 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.

### 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. This trip 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 8 to 10 hours per day. The route will include sections of physically demanding terrain including long, steep climbs so excellent 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](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!**