



## Way of the Roses – Morecambe to Bridlington

### Summary

Join us on a fantastic 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 historical York

### Example 3-Day Itinerary

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

### Day 2. Morecambe to Grassington/Skipton - 52 miles/83 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, accurate 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 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. Grassington/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, full of 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 - 62 miles/100 km; 690 metres of ascent

Your final day is a gentle cycle over the stunning Yorkshire Wolds with their dry valleys and big sky scenery, 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 fabulous Way of the Roses route.

### Duration:

2 to 5 days of fabulous cycling  
2 to 6 nights of comfortable accommodation

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

### Total Distance:

275 km or 170 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 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 equipment hire
- Accommodation in Bridlington 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 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](mailto: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, 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 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>) 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](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 road bikes. If you are using a road bike we will give you some small detours to avoid some of the rougher unpaved sections. 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.). 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!**