



## Cycle Hadrian's Wall - Coast to Coast

UNITED KINGDOM - TRIP CODE CHW

CYCLING

### Why book this trip?

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Hadrian's Cycleway is a great coast-to-coast ride with breath taking views that explores the living history of Hadrian's Wall. Europe's largest surviving Roman monument was built in AD 122 and our cycle route visits some of the highlights of this UNESCO site. We ride from the Irish Sea on quiet roads through beautiful hill country, attractive market towns, quaint villages and peaceful river valleys to the North Sea.

- **Natural beauty** - ride from Solway Firth across the North Pennines
- **Hadrian's Wall** - Roman Army Museum, Birdoswald Fort and Vindolanda settlement
- **Coast to Coast** - sense of achievement crossing England by pedal power



**INCLUDED MEALS**  
Breakfast: 4



**TRIP STAFF**  
Explore Tour  
Leader / Driver



**TRANSPORT**  
Bus  
Bicycle



**ACCOMMODATION**  
4 nights  
comfortable hotel



**CYCLING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Whitley Bay

Arrive in the seaside town of Whitley Bay. Check in is possible from 3pm and free car parking is available. For those arriving by train into Newcastle you can use the Tyne and Wear Metro system to reach Whitley Bay. If you arrive early we can recommend a walk along the golden sands to St. Mary's Lighthouse, that also features a nature reserve and wetland habitat ideal for rockpooling. We end our ride about 3 miles south from here on day 5.

The Tour Leader plans to meet you in reception at 6pm for the introductory briefing, followed by the option to enjoy a group meal (not included) to get acquainted with your fellow guests.

NB - Please note that during covid restrictions it is advisable to pre-book entrance tickets for most suggested site visits on this trip. Go to the optional activities listed in the trip information section for more details on pre-booking the visit (with timings and prices).



**ACCOMMODATION:**  
Premier Inn Whitley Bay (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**





MEALS PROVIDED: NONE

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## DAY 2 - Drive to Bowness. Cycle to Brampton via Carlisle

After breakfast we drive (2hrs) to Bowness on Solway. We unload and assign the bikes and there will be time to get comfortable and make any necessary adjustments. The included 24-gear hybrid bikes are ideally suited to the terrain. Maps and detailed route notes will be provided, which means we can cycle at our own pace, either individually or with other group members. Our local Leader will transfer the luggage, provide an emergency backup vehicle, and will meet us at various points during our cycling days to help ensure all runs smoothly and you enjoy your trip.

We start our ride in the Solway Coast Area of Outstanding Natural Beauty, following National Cycle Network Route 72 alongside the Solway Firth before heading inland to Carlisle. You may choose to visit the medieval castle that has watched over the Cathedral City of Carlisle for more than nine centuries. Our ride continues to Warwick Bridge followed by a short climb to Brampton where we spend the night. We recommend an optional evening walk around Talkin Tarn glacial lake and Country Park just outside Brampton. Please note that due to the small size of hotels our group may be accommodated in more than one hotel tonight.

Our total cycling distance today is approximately 45 kilometres (total 330 metres ascent and 265 metres descent).



ACCOMMODATION:  
Scotch Arms Mews (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Cycle to Haltwhistle. Birdoswald Roman Fort and Roman Army Museum

Back on the bikes this morning, we have a relatively shorter ride today that takes in some wonderful Roman heritage sites. Our first suggested stop is at Lanercost Priory (English Heritage, optional visit) where you can visit the impressive remains of this 12th century Augustinian priory. There is a steep climb out of Banks before arriving at our first site on Hadrian's Wall at Birdoswald Roman Fort (English Heritage, optional visit), also good for a coffee break. You can see the longest remaining stretch of the Wall here and explore the ruins of the Fort, a turret and milecastle. After a steep climb (up to 17%), we reach Greenhead Bank where you may choose to have lunch and have the chance to visit the excellent Roman Army Museum. It is possible to buy a combined ticket here that includes the entrance to Vindolanda tomorrow. The final stretch is an easy ride down to the hotel in the small town of

Haltwhistle. Please note that due to the small size of hotels our group may be accommodated in more than one hotel tonight.

Our total cycling distance today is approximately 22 kilometres (total 305 metres ascent and 260 metres descent).



**ACCOMMODATION:**

Centre of Britain Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Cycle to Corbridge. Vindolanda Roman archaeological site**

Our ride this morning follows the South Tyne Valley to Bardon Mill, before some steep climbs back up to Hadrian's Wall at the Roman archaeological site of Vindolanda. There is a cafe here to have a break and we recommend a visit to the site where you may even see some archaeologists and learn what has been uncovered recently. The cycle ride continues to the historic and picturesque village of Corbridge where we spend the night. Once a Roman garrison town, it is possible to visit the remains of Corbridge Roman Town (English Heritage, optional visit) located just outside of town. Please note that depending on hotel availability, tonight may be spent in either Corbridge or Hexham. Hexham has a beautiful Abbey and would mean a shorter ride (8km less) today and more tomorrow.

Our total cycling distance today is approximately 38 kilometres (total 470 metres ascent and 550 metres descent).



**ACCOMMODATION:**

The Beaumont Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE





MEALS PROVIDED: BREAKFAST

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## DAY 5 - Cycle to Tynemouth Castle where the trip ends

Our final ride follows the River Tyne Valley along minor roads, disused railway lines and cycle paths into Newcastle passing Ovingham Bridge and Wylam (George Stephenson's birthplace). After passing through the centre of the city with the river on our right, we weave our way along the final 20km to the North Sea through Wallsend and North Shields. Finally, we reach the small bay at Tynemouth and complete our journey from coast to coast with the ruins of Tynemouth Castle and Priory on the headland above. There is a great feeling of real achievement as we realise that we just crossed England by pedal power!

Our journey ends at Tynemouth Castle at around 4pm when we leave the bikes and say farewell. If not picking up your car you can take a short walk to Tynemouth metro station on the Tyne and Wear Metro system, from where it is a 30-minute journey into central Newcastle and the mainline rail station. The earliest your train can depart from Newcastle is 5pm.

Our total cycling distance today is approximately 50 kilometres (total 390 metres ascent and 400 metres descent).



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Climate and country information

#### United Kingdom

##### Climate

The UK has a temperate but very variable climate. In general the summers are warm with July and August being the warmest. The winters are cool and the lowest temperatures are recorded during January and February. Whatever the season it is advisable to be prepared for rain!

Time difference to GMT	Plugs	Religion	Language
0	3 Pin Flat	Christian	English

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may

depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

We recommend visits to the following sites that are on our route. It is worth considering becoming a member of English Heritage. During Covid restrictions, both members and non-members are required to pre-book a visit to English Heritage sites. We advise that you visit the website for each attraction for the latest visitor information related to Covid restrictions and your visit. Estimated costs are provided below and the recommended time slot that you should book for those sites where applicable. Whenever the Covid booking restrictions are lifted we expect these entrance tickets will go back to being available upon arrival and no pre-booking will be necessary.

Carlisle Castle - 12 noon - (English Heritage) - £11.20

Lanercost Priory - 10 am - (English Heritage) - £5.90

Birdoswald Roman Fort - 12 noon - (English Heritage) - £9

Roman Army Museum - 2 pm - £7

Vindolanda Fort and Museum - 10 am - £8

Corbridge Roman Town - if staying in Corbridge 4pm that day, if staying in Hexham 10am the next morning - (English Heritage) - £9

## Clothing

Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights. We recommend cycle gloves, padded cycle shorts, a windcheater and quick drying fabric tops.

## Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. Comfortable footwear is useful when not on the bike.

## Luggage

15Kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

## Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to

consider bringing a sunhat and sun cream, earplugs and insect repellent.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

## United Kingdom

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£10	£18	£4	£0.8

### Foreign Exchange

<b>Local currency</b>	<b>Recommended Currency For Exchange</b>
Pounds Sterling.	Carry a combination of UK Sterling cash, ATM and credit cards.

<b>Where To Exchange</b>	<b>ATM Availability</b>
Your tour leader will advise you on arrival.	ATM's are widely available in main towns.

<b>Credit Card Acceptance</b>	<b>Travellers Cheques</b>
Widely accepted.	Can be exchanged at most banks and post offices.

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## Transport, Accommodation & Meals

### Transport Information

Bus, Bicycle

### Arrival and departure information

Transfers to and from our accommodation are not provided for this trip. If you are planning to arrive or depart by train, this information may be useful to you. Whilst we are unable to make a reservation for you, we have provided contact numbers to enable you to make a direct booking.

Arriving from Cramlington railway station: Taxi's should be pre-booked and the journey to our accommodation should take about 25 minutes.

Priory Taxis: 0191 258 7777

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## Essential Information

### Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

UK: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

### Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you



have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

### **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

### **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

#### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

#### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our

dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## United Kingdom

### Vaccinations

Nothing compulsory, we recommend protection against tetanus, diphtheria, polio and hepatitis A. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

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### Cycling information



### General cycling information

On this trip we cycle 155 km over four days (an average of 39 km per day). Our route follows quiet roads, traffic-free paths and National Cycle Network routes with some short sections on main roads. Maps are provided to cycle individually or in groups while the Explore Leader drives the support vehicle. While some distances are relatively short there is undulating terrain with some short steep sections. The cycle route does not cycle on or alongside Hadrian's Wall but we do ride to the most recommended highlights and there is plenty of time each day to stop and visit should you wish. We have graded the route as Moderate.

### Bike included

24 gear Giant Escape or Forme Winster 1FE City hybrid bikes.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. Please contact us for more details or to request your e-bike.

### Bike information

Your included bike is a 24 gear Giant Escape 2 unisex hybrid and will be the correct frame size for your height. If you require a step through frame please advise us at time of booking. An 18-litre pannier and bottle cage are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the trip. We provide

spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Electric bikes (available for an additional cost) will be either a Giant Explore or LIV Amity. Giant Explore is a unisex frame, Giant Amity is a step-through frame. Please ask at time of booking if you would like a step through frame. Contact us for more details or to request your e-bike.

## Cycling grade

Moderate

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## Additional Information



## Why book this trip

If you like cycling why not try this point to point ride. Leave motorised transport behind and get from one side of the country to the other under your own steam amid beautiful Roman sites and English countryside. Travelling by bike gives you the freedom to get up close to your surroundings, awakening your senses so you experience more.

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## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**