

EXPLORE!



Why book this trip?

This classic coast to coast challenge cycles through some of the wildest and most spectacular landscapes in the north of England from Whitehaven on the Irish Sea to Tynemouth on the North Sea.

- **Sense of achievement** - Cross England by pedal power
- **Natural beauty** - Ever changing scenery from the Lake District to the North Pennines
- **C2C route** - Cycle the width of England on the famous C2C route.





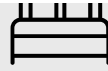
INCLUDED MEALS
Breakfast: 3



TRIP STAFF
Explore Tour
Leader / Driver



TRANSPORT
Bicycle



ACCOMMODATION
3 nights standard
hotel



CYCLING GRADE:
Challenging



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 Whitehaven

Whitehaven is a small, former mining town and port on the Irish Sea, on the western edge of the Lake District. This Georgian town was one of the first Post renaissance planned towns in the country. We meet up here at our hotel in Whitehaven, where you can familiarise yourself with your bike for the trip and make any necessary adjustments. We use 21 gear Ridgeback Meteor hybrid bikes which are ideally suited to the terrain and will provide maps and detailed route notes which means we can cycle at our own pace, either individually or with other group members. There will be a short introductory briefing this evening. Our local guide will transfer the baggage and provide emergency vehicle back up and will meet us at various points during our days cycling. After dinner there'll be time for a drink with fellow riders and to discuss the challenge ahead!



ACCOMMODATION:
The Chase Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Cycle through the Lake District

After breakfast we'll freewheel down to Whitehaven Harbour to perform the customary wheel dipping ceremony then leave the town heading east. We'll soon be travelling along a disused railway line heading towards the rolling green landscape of the Lake District, with stone walls and glorious views of the fells and tiny hamlets with tranquil Loweswater in the distance. Our first real test will come as we make the long climb up to the forested pass at Whinlatter. After 25 miles or so we will stop to grab a sandwich & slice of delicious homemade cake at the visitor centre café, before the fast descent down to Keswick. We'll spend the afternoon riding on more disused railways, back roads & quiet lanes, passing through quiet Cumbrian villages and hamlets. Our night stop is in Penrith a simple guesthouse close to the town centre. Tonight we'll head into town for a well-earned dinner and drinks.

Our total cycling distance today is approximately 86 kilometres (total 1509 metres ascent and 1385 metres descent).



ACCOMMODATION:
Norcroft Guest House (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Cross the Pennines by pedal power

After a good night's sleep and a full English breakfast to fuel us for today's ride, we head uphill and east out of town. The hill can be quite a challenge early on, but we soon get into our stride, climbing then descending to the River Eden and Langwathby. After about an hour and a half the scenery - and the gradient - changes as we start the climb to Hartside Pass. The road zigzags its way up the side of the hill to the summit at 580m (1903ft). Whilst not the steepest hill on the ride, it's a steady climb up the 3-4 miles to the top. Then it's a fast freewheel for several miles down towards the picturesque Pennine village of Garrigill. The pull out of Garrigill towards Nenthead is one of the most challenging of the route - let's not pretend it's anything other than tough! But it's over faster than you expect and we're in Nenthead before you know it with just one more big climb remaining for the day. After Nenthead we reach the highest point of the C2C route, crossing into Northumberland before another good descent, a short gradual climb and then a final descent into Allenheads. Tonight's accommodation is in a traditional English pub/guesthouse where we can enjoy a pint of real ale and something hearty and filling for dinner.

Our total cycling distance today is approximately 54 kilometres (total 1428 metres ascent and 1173 metres descent).



ACCOMMODATION:
Allenheds Lodge (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Cycle to Tynemouth, trip ends Tynemouth

The final day's ride starts with another early morning steep climb as we leave the village and climb up through the head of the valley. The reward is open moorland views and the longest most enjoyable descent of the entire route towards Rookhope. After Rookhope comes - yes, you've guessed it - another climb followed by a good long descent. The ascent out of Stanhope takes the award for steepest climb but there's a great little cyclists cafe at the top - formerly the old miners railway station at the start of the 'Waskerley Way'. From here we follow the disused railway line across open moorland, over cattle grids and through numerous gates as we start to descend towards Consett. Skirting the old steel town we soon join another disused railway line now known as Derwent Walk which takes us all the way to the outskirts of Newcastle. The C2C signs take us round docks and over bridges as we approach the city alongside the Tyne, with the view of the bridges in the centre of the city beckoning us on. It's tempting to think Newcastle might be the end of the ride, but there's still another 12 miles to go! With the river on our right we weave our way through Wallsend and North Shields. Before passing a marina, and following the Tyne for the last few miles to the sea. There's one more very short hill before our final destination - the small bay at Tynemouth with the ruins of Tynemouth Castle and Priory on the headland above, and the end point of our Coast to Coast ride. There's a great feeling of real achievement as we reach the North Sea, and realise that we just crossed England by pedal power! Our journey ends here so we leave the bikes and 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.

Our total cycling distance today is approximately 85 kilometres (total 1093 metres ascent and 1476 metres descent).



MEALS PROVIDED: BREAKFAST

Trip information

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

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.

N/A

Clothing

Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights. Other additions that you may find useful are tracksuit bottoms, cycle gloves, cycling shorts/trousers and a gel seat cover.

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. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage

20kg

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 are a sunhat and sun cream, torch, 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.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

International Departure Taxes

N/A

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.

Lunch price	Dinner price	Beer price	Water price
£10	£18	£4	£0.8

Foreign Exchange

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

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

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

Transport, Accommodation & Meals

Transport Information

Bicycle

Essential Information

FCO 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 Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

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 consider applying through Explore's recommended visa service in the UK, Travcour. See 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 now 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.

Altitude information

N/A

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.

Cycling Information



General cycling information

On this trip we cycle 225 km over three days (an average of 75 km per day). Our route follows bike trails along disused railway lines and quiet back roads with some short sections on main roads. Maps are provided to cycle individually or in groups while the Explore Leader drives the support vehicle. We have graded the route as challenging.

Bike included

21 gear Ridgeback Meteor hybrid bikes.

Bike information

Your included bike is a 21 gear Ridgeback Meteor hybrid and will be the correct frame size for your height. An 18-litre pannier is 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.

Cycling grade

Challenging

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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