

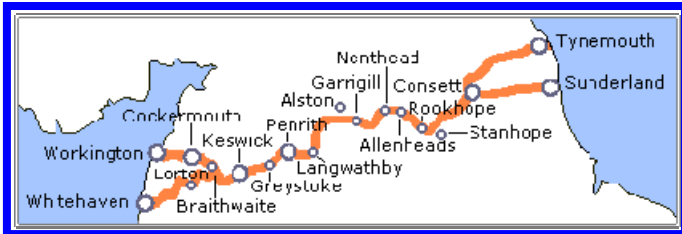
Coast to Coast Bike Ride, Great Britain

The Coast to Coast Bike Ride is arguably one of the most popular and well known long distance cycle routes in Britain, which thousands of people ride every year.

The route starts in Whitehaven on the west coast of England and covers 133 miles through the Lake District over the northern Pennines to finish in Sunderland on the east coast.

The route across the country makes use of specially marked cycle paths, off-road tracks and minor roads.

This challenge has several climbs along with some breathtaking scenery, meaning you will see everyone from the keen cyclist to those who are taking an outdoor holiday.



Day 1: Whitehaven to Penrith (54 miles)

After traditionally dipping your wheel in the sea you will set off along the Ennerdale cycle path following a disused railway line to ease you in gently as you pass through old iron mining villages.



It doesn't take long before you can see the mountains of the Lake District in the distance as you pass through the pleasant villages of Lamplugh and High Lorton before starting your first gentle climb at Kirkland village to warm you up for the steep but spectacular climb over the Whinlatter Forest.

On the other side a twisting off road descent will see you reach Keswick a popular destination for those visiting the Lake District. Keswick to Penrith is about 22 miles and you will be able to enjoy the contrasting quiet market towns and gorgeous woodlands.

You can choose the easier undulating ride along the Eden Valley or the difficult off-road ascent of Old Coach Road before descending back in to the valley. You will have certainly have tested your muscles as you reach your destination of Penrith

Day 2: Penrith to Allenshead (32 miles)

After passing through Penrith it is a steady climb with the reward of spectacular Lakeland views from Beacon Edge before passing through Langwathby village in the Eden Valley.

The toughest section of the day will see you take on the difficult and arduous climb up Hartside which is another incredible view point. For those looking for a challenge there is an off-road alternative. From the summit of Hartside it is all down hill into Garrigill where you will be rewarded for your hard work in the climb before lunch.

You will then face another tougher, but shorter climb out of Garrigill and over to Nenthead where you will pass two waterfalls on this rocky route.

The downhill will give you time to catch your breath before ascending to Black Hill, the highest point on the route. It is then a short descent into the village of Allenshead for a well deserved meal at the Allenshead Inn.

Day 3: Allenshead to Sunderland (44 miles)

After a hearty breakfast to set you up for the final day you will face a few tough ascents that take you through Rookhope until you reach the Waskerley Way.

Having reached the top of the Waskerley Way you will be pleased after a few days of tough riding to enjoy a long gentle downhill on Waskerley Way for 10 miles into Consett over the interesting Hownsgill Viaduct.

The last section of the ride is a 24 mile ride downhill from Consett through to Sunderland on the railway path which is flat and easy to follow.

It is very tempting to speed through this section, but you'll miss many attractions near the route such as the Beamish Museum. You'll be able to appreciate the Wear Valley with its pleasant green fields and wooded areas with specially commissioned sculptures and monuments.

Reaching Sunderland you will have reached the east coast, covered 133 miles and have a real sense of achievement as you take in a well deserved cool drink.

NB The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will endeavour to keep to the set itinerary, but we cannot be held responsible for any last minute changes that might occur. In all circumstances your expedition leader has the final say.

