



## **Hadrian's Cycleway: Ravenglass/Whitehaven to Tynemouth**

### Introduction:

A beautiful and historic cycling trip from Ravenglass to Tynemouth, cycling along the ancient Roman Empire frontier called Hadrian's Wall, riding along the west coast and the Solway Firth to Carlisle before climbing into and over the Pennines, dropping down to the Tyne river valley and along to Tynemouth. This is probably the least challenging of the northern coast to coast routes, it's almost flat on both sides with the main climbing done in the middle section. It officially starts in Ravenglass but a majority of people prefer to begin in Whitehaven. As well as the coast and Pennines it also passes through the historic cities of Carlisle and Newcastle, with their famous castles. This 174 mile adventure can be done in as many or as few days as you wish, please contact us for more information.

### Details:

**Duration:** Generally between 2 and 6 days in length, but we can organise any length of tour including days of during the tour on request. We can also organise extra nights accommodation before the tour starts and when it ends.

**Distance:** 174 miles / 280 km

### **Included in tour:**

- Bed and Breakfast in cycling friendly accommodation
- Daily luggage transfers
- Return transfer
- Extensive maps (paper and digital)
- Emergency contacts
- Meet and greet at the beginning of the tour including tour introduction with the chance to take a few photos before you leave.

- Supported tours are also available (please enquire)

Extras:

- Bike rental
- Electric bike
- Extra night(s) accommodation (before, during or after)
- Single room supplement

Date: Tours are available from March to October. Please let us know when you would like to travel.

Tour Highlights:

Tracing the ruins of Hadrian's Wall across the Pennines and the views it offers.

The many archaeological sites and museums you'll find along the route including Vindolanda near Once Brewed.

Carlisle Castle and the castle, keep and black gate in Newcastle

Solway Coast AONB and it's views across to Dumfries and Galloway and the route through the marshes bringing you into Carlisle.

Lanercost Priory, especially it's stained glass windows on a sunny day.

Corbridge Roman town, a place for a nice cup of coffee

Off-route and other pit stops:

For those looking for more hills at the beginning there is the option of following the Reivers route, through Cockermouth, to Carlisle which brings you through the northern section of the Lake District.

Edward 1 Monument, facing over to Scotland, on the Marshes by Burgh by Sands

Sycamore Gap, the iconic picture of the northern Pennines by Once Brewed

Fish and Chips in Tynemouth, a great choice with Riley's (on the beach), Longsands and Marshall's on Main Street (Marshall's being famous for having served Jimi Hendrix!)

### Sample 3 Day Self-guided Itinerary:

*Day 1: Ravenglass to Silloth: 53 miles / 85 km - 955ft / 290 meters ascent*

Most people ask us to book their accommodation in Ravenglass the night before the tour starts, please ask for details. Meet in Ravenglass at your hotel or start point. Our rep will take your luggage, handover your bikes, if rented from us, maps and will give you a brief intro into the tour. They will be available to answer any of your questions and take a few 'before' photos for you before you head off up the coast with the Irish Sea on your left!

*Day 2: Silloth to Haltwhistle: 64 miles / 103 km - 1510ft / 460 meters ascent*

Leaving Silloth behind we continue to head up the coast and into the Solway AONB, before heading back into Carlisle. After Carlisle you start heading into the Pennines, mostly gentle hills apart from one leading out of Lanercost, before finishing in Haltwhistle, the town in the centre of Britain.

*Day 3: Haltwhistle to Tynemouth: 57 miles / 91 km - 1730ft / 527 meters ascent*

Leaving the centre of Britain you continue to climb up to Vindolanda and the highest point of the tour, after which it is mostly down and flat in to Hexham, Corbridge and the Tyne Valley. After which you follow the Tyne river into Newcastle and onto Tynemouth and your destination.

### Clothing

The UK boasts some of the most spectacular scenery in the world and its diverse history is one of the main pulls for tourists. We can guarantee that you will experience this whilst on your cycling adventure. What we are unfortunately unable to guarantee is the weather, so we would advise to be prepared for all eventualities!

We have found that the best way to do this, is through layers and with a lightweight waterproof on top. It might be a chilly day, but when climbing a hill for 30+ minutes,

you will soon create your very own central heating system and will regret having to lug around a thick jumper!

In the colder weather, it is also advisable to wear warm footwear. Our bikes aren't fitted with pedal cleats, but a pair of good-grip shoes will do you well (if you are hiring bikes from and want to bring your own pedals, you are more than welcome but please let us know beforehand).

For update advice on the weather please consult the met office's forecast here <https://www.metoffice.gov.uk/public/weather>.

## Bikes

Our bikes are hybrid bikes with at least 24 gears. They are perfectly suited for cycling on country lanes, cycle paths, roads and trails. They're neither mountain bikes nor road bikes so we would advise against going off-piste at any point, or expecting to keep up with the peloton! All our bikes include a pannier, spare tube and repair equipment, a mini u-lock, a mini pump and lights. We can also supply electric bikes, please enquire. If you want to bring your own saddle or pedals you are more than welcome, please advise us beforehand.

Hadrian's Cycleway is suitable for all bikes, there are some off-road sections but suitable for most bikes (there is a section after Ravenglass that is suspect to flooding). If you are a little worried about riding your road bike on slicks or racing tyre, I'd recommend putting on bigger winter tyres.

## Accommodation

We take pride in the b&b accommodation we work with on our cycling tours, they are chosen for being cycling friendly, welcoming and comfortable, include a hearty breakfast and we get great feedback from our tourers on our choice of accommodation. The accommodation will also provide secure bike storage and some can provide a packed lunch if booked in advance.

Our bunkhouse accommodation for bunkhouse tours will also provide all of the above but will not include a breakfast, some do provide this service but will need to be booked with the property prior to or on arrival.

## Fitness

Even our most leisurely tours will have some element of climbing so you will benefit from having done a sufficient amount of training prior to the departure. You will know yourself how far and how long you are able to cycle, so we hope that you have chosen a tour accordingly. You can allow yourself extra time by having an early start if needed, but please be mindful of daylight hours. All our bikes will be fitted with lights, but we would advise to try and finish the day's cycling before it gets dark.

And if a hill is too steep, walk the bike up! Having scaled the Rocky Mountains without ever being beaten by a 'hill', I have had to push a bike up a 200 metre long climb in Shropshire, and there's no shame in it!

## Food

A cyclist's best friend. We would suggest stocking up on snacks whenever you get a chance. There is nothing worse than peddling on empty, so bananas, cereal bars, biscuits (etc.) could provide that much needed extra bit of energy. Most of the towns and villages will have at least one cafe or pub for lunch/tea/coffee breaks; on the maps we supply each town or village with a pub or cafe is clearly marked with a glass or cup.

## Roads and Route

Parts of our tours will take place on roads and you will be sharing that road with cars. We ask you to be mindful in this case. For example: Signal when you're changing lanes or turning corners and don't cycle more than two abreast. If you're unsure of the laws of the land in regards to cycling, you can brush up on your knowledge here: . <https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

The route itself is very clearly signposted (thank you very much Sustrans), this along with the maps both paper and digital we provide you with allow for a very comfortable orientation on this coast to coast ride.

## Transfer

Each tour includes a transfer from the end of the tour for you, your bike and luggage, back to the start of the tour. It is possible to change this to another destination, to have this at the start of the year or to have a transfer at the start and finish (i.e. a door to door transfer) please enquire if needed.

## Further Questions

Please don't hesitate to contact us if you have any other questions on the route or the tour. You can contact us on the following:

Call us at 01524840072

Email us on [info@openroadopenskies.co.uk](mailto:info@openroadopenskies.co.uk)

Tweet us @oroskies

Facebook us [www.facebook.com/oroskies/](http://www.facebook.com/oroskies/)

We also have an FAQ page for you to look through <http://www.openroadopenskies.co.uk/info/faqs>

## Enjoyment

We want you to enjoy this adventure. It is, after all, a holiday. Relax, enjoy the ride, take in the country, stop off at areas of interest, chat to the locals and, most importantly, go at your own pace!

May the wind be at your back!