



Way of the Roses: Morecambe to Bridlington

Introduction:

A fantastic cycling journey from Morecambe to Bridlington, cycling through the Yorkshire Dales, Nidderdale, Forest of Bowland and over the Yorkshire Wolds before finishing in the Seaside town of Bridlington. This is a lovely ride with varied terrain from the stone-walled hills of the Yorkshire Dales to the flat pastoral fields around York and the gentle climbs in the Wolds. It also travels through the historic cities of York and Lancaster, where we are based. This 170 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: 170 miles / 274 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:

Spectacular views of the Yorkshire Dales and Nidderdale.

Dry valleys and rolling hills of the Yorkshire Wolds

Lune river valley and Crook O'Lune on the edge of the Forest of Bowland

Historic Lancaster Castle and Priory

York Minster and the Shambles

Brimham Rocks

Fountain Abbey and Beinborough Hall

Picturesque towns and villages such as Settle, Burnsall, Pateley Bridge and Stamford Bridge

Off-route and other pit stops:

A popular off-route detour is around by Malham Tarn and Gordale Scar, this route follows the Yorkshire Dales Cycleway after Settle to Malham before rejoining the route at Airton. This adds around 4 miles / 6.5 km and there is an option of staying in Malham, please enquire.

Stump Cross Cavern, Greenhow, offers cave visit, gift shop and cafe.

Burnby Hall and Gardens, Pocklington

TJ's Coffee Shop, Hutton Cranswick is a popular stop for cyclists and includes a giant map of the Way of the Roses.

Sample 3 Day Self-guided Itinerary:

Day 1: Morecambe to Burnsall: 51 miles / 82 km - 3000ft / 915 meters ascent

A lot of people ask us to organise their accommodation in Morecambe the night before the tour starts, please ask for details. Meet in Morecambe 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 into the rising sun (hopefully) towards and into the Dales!

Day 2: Burnsall to York: 58 miles / 93 km - 2000ft / 610 meters ascent

Out of the Yorkshire Dales today and into Nidderdale followed by a drop into Pateley Bridge down from Greenhow Hill (long, steep and twisty – please be careful, check out our video of Greenhow Hill, a six minute descent. <https://www.youtube.com/watch?v=iVadg4A5acI>). After passing Brimham Rocks and Fountain Abbey you reach Ripon and the valley surrounding York. The going gets a lot easier from here as you follow the River Ouse into York.

Day 3: York to Bridlington: 61 miles / 98 km - 1400ft / 425 meters ascent

Leaving York today you continue east through the pastoral fields surrounding the historical city. After Pocklington you gently rise into the Yorkshire Wolds, with its rolling hills and one of my favourite parts - that being the dry valley just after Millington

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.

The Way of the Roses is suitable for all bikes, there are some off-road sections with one small unmade section just after Dunnington but the going is usually good, if you are a little worried about this section on your road bike then we would advise putting on bigger tyres. As this descent has caught a number of cyclists out NYCC and Sustrans have produced a leaflet on descending, courtesy of wayoftheroses.info.

<http://wayoftheroses.info/uploads/library/Greenhow-Hill.pdf>

The rest of the off-road sections are well made and suitable for most types of bike.

of A good portion of cyclists who complete the Way of the Roses ride it on a road bike.

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

Tweet us @oroskies

Facebook us 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!