

Macmillan Coast To Coast Cycle



Duration: 4 days

Leaving the West Coast we head inland, carving our way over the Cumbrian Mountains and through the Lake District National Park, before crossing into Yorkshire, through the heart of the famous Dales and onto our destination: the East Coast and the historic town of Whitby. Gruelling climbs, magnificent descents and stunning scenery await us!

This is a challenge for the hardy, taking whatever the Lakes and the Dales might throw at us. We feel a wonderful sense of achievement when we reach the fabulous town of Whitby.

DETAILED ITINERARY

Day 1: Workington - Kendal

Leaving the rugged coastline of the West Coast, we head into the winding lanes that lead us to the foothills of the Cumbrian Mountains. We encounter the challenging Whinlatter Pass standing over 350m above sea level; our first challenge before dropping down into the picturesque town of Keswick. Passing many of the lakes that make this area famous we cycle past Derwent Water, Thirlmere and Windermere as well riding beneath the slopes of one of England's highest mountains, Hellvelyn. We plough on to our evening's destination in Kendal. Here we are rewarded by a hot shower and some wholesome food to replenish our energies ready for our next day in the saddle. Night hotel.

Cycle approx. 53 miles

Day 2: Kendal - Scotch Corner

After a hearty breakfast we head east, leaving behind the beautiful Lake District and crossing the county boundary into Yorkshire and its stunning Dales. Our route today sees some steep climbs rising to over 300m at the highest point. We pass through Sedbergh and Hawes as we snake our way across the beautiful Yorkshire Dales National Park towards Richmond and beyond to Scotch Corner. Night hotel.

Cycle approx. 57 miles

Day 3: Scotch Corner - Whitby

Our final day's ride has a more gentle start before we tackle the Cleveland Hills and North York Moors with 1:3 gradients! We are of course rewarded by fabulous views (on a clear day) across the Moors and down to the Coast, which makes it all worthwhile after all that effort! What better way to end than cycling some great freewheeling descents into the historic town of Whitby. Home to the infamous Captain Cook and HMS Endeavour, the town makes a fitting finish to a tough but awesome ride. After finishing at the seafront we take a transfer back to Workington, check into the hotel and share in a well-earned celebration.

Cycle approx. 55 miles

Day 4: Depart Workington

After breakfast we say our final goodbyes and all head home with achy legs but a great sense of achievement!

WHAT'S INCLUDED

- Full vehicle support en-route
- All meals and snacks from lunch of day 1 to breakfast on day 4
- 3 nights hotel accommodation
- Discover Adventure leader, mechanic and driver(s)
- GPX files of the route
- Overview map and route information
- Return transfer from Whitby to Workington at end of ride

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance (recommended but optional)
- Personal spending money, souvenirs and drinks
- Optional night's accommodation in Workington (before Day 1)
- Bike & Cycle helmet (compulsory) and water bottles
- Fees for any optional sites, attractions or activities
- Optional Discover Adventure bike courier return service
- Any applicable surcharges as per Terms and Conditions

CHALLENGE INFORMATION

DETAILED INFORMATION

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

PREPARING FOR THE CHALLENGE

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 21 May 2022, and the challenge is subject to change.