

UK



DISCOVER
Adventure

Coast to Coast Cycle



Duration: 4 days

Our challenge is to cycle the breadth of the UK, from west coast to east coast, across some of the most spectacular and wild countryside that England has to offer.

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 will 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 thorough 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

DETAILED ITINERARY (cont.)

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 the last section south along the spectacular coastal road, with 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 make our way to the hotel for a well-earned celebration.

Cycle approx. 58 miles

Day 4: Depart Whitby

After breakfast we load up into the waiting transport and transfer back to our cars in Workington. A final goodbye before we all head homeward with tired legs but a glow of deep satisfaction.

N.B. If you haven't left a vehicle parked at Workington you are of course welcome to depart direct from Whitby!

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

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CHALLENGE GRADING

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This ride lies within the **Orange** range.

The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions are also taken into account.

The Challenge Factor icon shows the most challenging aspect – the demanding terrain.

The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.