Journey across England from the Irish Sea to the North Sea on the UK’s most popular long distance cycle. Pedal along quiet country lanes and cycle paths with the rugged mountains of the Lake District National Park and heather covered moors of the North Pennines Geopark as your backdrop to a real British adventure.

After staying overnight in Newcastle, you will be transferred across to Whitehaven to begin your cycle. The route begins with the traditional dipping of your back wheel in the Irish Sea then quickly takes you deep into the mountainous region of England’s largest National Park, the Lake District. Passing through Cumbria, the surrounding peaks of Helvellyn, Skiddaw and Blencathra tower over and envelope the cycle path. Descend upon 5000 year old Castlerigg Stone Circle, described by archaeologist John Waterhouse as "one of the most visually impressive prehistoric monuments in Britain." Not much further down the path sits Greystoke Castle, home of Lord Greystoke and the inspiration for the mighty Legend of Tarzan.

The route then continues along disused railway lines, cycle paths and quiet country roads to your biggest challenge up Hartside Pass, awarded by a cup of tea at the highest café in England. Energy restored, climb up Black Hill, before joining the Waskerley Way through the heather moors, deep valleys and rivers of the North Pennines Geopark. Finally after passing over bridges and old railway viaducts, the path winds alongside the River Tyne until you reach the sea at Tynemouth Castle to dip your front wheel in the ocean signalling the end of your tour across Northern England.

- Cycling through the Lake District and past the Helvellyn Mountain range
- Discovering the prehistoric Castlerigg Stone Circle.
- Completing the challenge of a 580 metre climb up Hartside Pass for tea at England’s highest café.
- Greystoke Castle, home of Lord Greystoke, whom the Legend of Tarzan is based
- Pedalling through the open heather moors, hills and former mining villages in North Pennines Geopark

Why choose a Self Guided Cycling Holiday with us?
Macs Adventure is a small, energetic company dedicated to delivering adventure excellence. We are passionate about delivering outstanding cycling holidays where every last detail is taken care of. As regular cyclists with a passion for travel we understand what makes for an unforgettable adventure. Great routes, breath taking scenery and warm, welcoming accommodation. From your first contact with Macs Adventure you will deal with a local specialist who knows the region intimately.

Self guided cycling holidays are a wonderful relaxed way to discover the magic of North England. We will supply you with a clear map and a pre-departure info pack to guide you every step of the way so there is no need for a guide. Your baggage will be collected and moved onto your next accommodation so that you are free to cycle each day with just a daypack. In the unlikely event you should require emergency support our office is always more than happy to help with your queries. So, from the moment you decide to visit England and the Sea to Sea Cycle Route you can relax and look forward to an unforgettable self-guided cycling holiday.

**SUMMARY**

**WHAT’S INCLUDED?**

**Accommodation:** Hand-picked cycle friendly B&B’s, small hotels, country inns and guesthouses.
**Meals:** A hearty breakfast included. Lunch and dinner not included but always available at accommodation or nearby.
**Baggage Transfer:** Door-to-door baggage transfer.
**Passenger Transfer:** We include transfers from Newcastle to Whitehaven and from Tynemouth back to Newcastle with your bikes.
**Bike Hire—** Not included but we can arrange this for your cycling holiday and is an option on the booking form.

**WHAT’S INCLUDED?**

**Accommodation:** Hand-picked cycle friendly B&B’s, small hotels, country inns and guesthouses.
**Meals:** A hearty breakfast included. Lunch and dinner not included but always available at accommodation or nearby.
**Baggage Transfer:** Door-to-door baggage transfer.
**Passenger Transfer:** We include transfers from Newcastle to Whitehaven and from Tynemouth back to Newcastle with your bikes.
**Bike Hire**— Not included but we can arrange this for your cycling holiday and is an option on the booking form.

**Information Pack:** Comprehensive route map, guidebook and info pack.
Our itineraries vary from a 4 night tour, allowing time to enjoy the scenery whilst completing the challenging route, or, choose a 3 night itinerary for a “happy medium” with a little extra time.

Day 1: Arrival
After arriving in Newcastle and checking into your hotel, the rest of the day is yours to explore this vibrant city. Newcastle has excellent transport links by rail, road and air to the rest of the UK. Plan your journey at www.traveline.info.

Whitehaven to Penrith - 55 Miles / 89 KM
After spending your first night in Newcastle, you will be transferred across to Whitehaven to start your cycle. Begin by dipping your tyre in the Irish Sea to mark the start of your 140 mile adventure. As you leave the west coast behind you entering the mountainous region of the Lake District, you will be forgiven for taking a break at the top of one of your initial gentle climbs to take in your surroundings as England’s largest national park opens up below.

Cumbria is host to a third of the UK’s stone circles and as you pass Keswick, the more energetic amongst you have the option to take the uphill route to the most prominent of them all, the eerie 5000 year old Castlerigg Stone Circle. After an obligatory photo your next site of interest is only a short ride away at Greystoke Castle, former home of Lord Greystoke who was the inspiration for the Legend of Tarzan. From here it’s a short ride to the attractive market town of Penrith.

Cycle to Stanhope - 42 Miles / 67 KM
As you leave the Lake District and enter the North Pennines you will reach the toughest climb of the route up Hartside Pass where you will have the chance to refuel at England’s Highest Café. After passing the former mining village of Nenthead, which still boasts many miles of accessible mines, you reach your highest point at the top of Black Hill (609 metres). Your reward is a relatively easy ride down to Stanhope.

Cycle to Tynemouth - 43 Miles / 69 KM
A steep climb out of Stanhope takes you up Crawley Side to join the Waskerley Way. This pleasant traffic free trail leads you through the heather moors, deep valleys and rivers of North Pennines Geopark to the small town of Consett. Largely traffic free lanes pass over several bridges and old railway viaducts through the countryside and soon you are cycling alongside the River Tyne. Finally you reach the sea at Tynemouth Castle to dip your front wheel in the ocean to signal the end of your tour.

**ITINERARY: CESCTC2**

Description: This itinerary includes 3 days of comfortable cycling and is our most popular itinerary

Cycling Days: 3
Nights: 3
Average Daily Distance: 47 Miles / 75 KM
Grade: Moderate to Strenuous

<table>
<thead>
<tr>
<th>Day</th>
<th>Route</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrive Newcastle and Overnight</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Transfer to Whitehaven and Cycle to Penrith</td>
<td>42</td>
</tr>
<tr>
<td>3</td>
<td>Cycle to Stanhope</td>
<td>43</td>
</tr>
</tbody>
</table>

Total Distance 140

**ITINERARY: CESCTC3**

Description: This itinerary includes 4 days of cycling allowing you more time to enjoy the sights and sounds of your surroundings

Cycling Days: 4
Nights: 4
Average Daily Distance: 35 Miles / 56 KM
Grade: Moderate

<table>
<thead>
<tr>
<th>Day</th>
<th>Route</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrive Newcastle and Overnight</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Transfer to Whitehaven and Cycle to Keswick</td>
<td>31</td>
</tr>
<tr>
<td>3</td>
<td>Cycle to Alston</td>
<td>44</td>
</tr>
<tr>
<td>4</td>
<td>Cycle to Stanhope</td>
<td>22</td>
</tr>
<tr>
<td>5</td>
<td>Cycle to Tynemouth and transfer back to Newcastle to connect to your onward travel</td>
<td>43</td>
</tr>
</tbody>
</table>

Total Distance 140
Navigation
This cycle route is well signposted for the C2C route between Whitehaven and Tynemouth. We will provide you with a map so you shouldn't have any problems finding your way.

Direction
The Sea to Sea route is best travelled from West to East as the wind tends to be behind you cycling in this direction along with shorter uphill's and longer downhill's.

Additional Nights
Many of our clients choose to add extra nights along the route to sample more of the wonderful area. We would suggest an extra night in Penrith or Keswick which offer great mountain biking and access to some of the Lake District's greatest sights.

Accommodation
One of the highlights of this tour is the high standard of the accommodation you will stay in. We specifically choose the hotels, inns, guesthouses and B&B’s to ensure that you enjoy every minute of your stay. All offer a warm welcome to cyclists, have secure bike storage, offer traditional hospitality and delicious local food.

Newcastle:
Hotel Indigo, Newcastle
Hotel Indigo is a beautiful modern hotel, centrally located in Newcastle close to the railway station and all the shopping and nightlife. It offers spacious bedrooms, friendly service and modern facilities.

You will be able to park your car here for the week for a small charge whilst you do your cycle.

Keswick:
Linnett Hill Hotel
Linnett Hill is a beautiful period bed and breakfast providing quality accommodation in the heart of Keswick.

Or
Avondale Guest House
Linda and Stephen look forward to making your Lake District break that little bit special. Only a two minute walk from Keswick town centre, Avondale Guest House makes the perfect bed & breakfast base for walkers and cyclists.

Penrith:
Abbey House
A 4* guesthouse offering a warm atmosphere and comfortable accommodation.

Acorn House
Acorn Guest House is a family run guest house and was re-opened in July 2004 having undergone an extensive refurbishment from it's previous existence as The Townhead Hotel and holds a 4 Diamonds rating from the AA.

Alston:
Alston House Hotel
Alston House Hotel is an imposing 17th century building situated a few minutes stroll from the centre of Alston; which is one of the highest towns in the UK.

Stanhope:
Parkhead Station House
You can be sure of a warm welcome when you arrive at Parkhead Station House. There is a Guest Lounge to unwind in the evenings, or summer evenings you can enjoy the beautiful outdoor surroundings.

Or
Belle Vue Country
A detached stone barn conversion in tranquil tree lined private grounds at the western end of Stanhope, with beautiful panoramic views overlooking Stanhope and the Durham Dales.

Alternate accommodation
You might be booked into alternative accommodations which are not listed in the description. If those listed are unavailable the alternative accommodation will be of the same or better standard as those described.

Single Rooms
This independent cycling holiday is not available to solo cyclists as it is cost-prohibitive.

If you require single rooms in your party we will of course try to accommodate your request, subject to availability.

Meals
A hearty breakfast is included each morning. Lunch and dinner are not included so you are free to choose from the available options. Most of your accommodations will more than happy to provide a packed lunch on request and this can be booked on arrival. Dinner is available either at your accommodation or nearby pubs.

Baggage Transfer
Your bags will be transferred from your accommodation as per your itinerary and moved onto your next overnight accommodation. We ask you to limit your luggage to one bag of up to 15kg per person.
Equipment—Bikes
A bike in good condition is essential. We would recommend a hybrid or a mountain bike with semi slick tires. Your information pack has a detailed equipment list which includes standard cycling gear such as helmet, cycling clothes, warm and waterproof clothes and a day pack.

Bike Hire
We can arrange bike hire for your cycling trip. This will be an option on the booking form.

The bikes normally used for this tour are 24-gear Giant Roam Hybrids. The bikes have lockable front suspension similar to mountain bikes but the wheels are slightly narrower reducing road resistance and improving speed for less effort.

They come fitted with Kevlar puncture resistant tyres, trip computers, pannier racks, pumps, locks, a spare tube, a repair kit and multi-tool.

If you prefer, mountain bikes or road bikes are also available.

Getting to and from Newcastle
Newcastle is a major transport hub in the Northeast of England and has excellent rail, road and air links from both Scotland and the South of England. You can plan your travel on http://traveline.info/.

If you are planning to drive to Newcastle, you will be able to leave your car at your accommodation. If you are doing this please let us know so we can check if there is space.

Travel Insurance
Adequate travel insurance is a pre-requisite on all bookings.

M.A.C.S. RESPONSIBLE TRAVEL
Minimise Impact & Maximise Benefit
Our operating policies, office policies, holidays and tours are all designed to minimise impact and maximise benefit to the environment and local communities.

Action & Advocacy
We believe that by engaging our team and clients in environmental and community projects we can make a real difference.

Carbon & Communities
Travel and our business activity does of course contribute to carbon output and climate change. We have put several policies in place to minimise our carbon footprint.

Sensitive & Sustainable
Macs Adventure has worked hard to ensure that our holidays are sensitive to the community you are visiting and sustainable over the long term.

Price & Availability
Availability
This cycling holiday is best enjoyed between March and mid October. You can start on any date that suits your travel plans and you will find up to date availability on our website. The Sea to Sea (C2C) cycle is very popular so it is best to book as far in advance as you are able to.

Price
Detailed up to date prices for all our Sea to Sea (C2C) Holidays are available on our website here...

Included
- Bed and breakfast accommodation in ensuite rooms wherever possible.
- Transfer from Newcastle to Whitehaven and from Tynemouth back to Newcastle.
- Door to door baggage transfer.
- A detailed info pack, guidebook and map for the group leader.
- Emergency telephone support from our office in the event of a problem.

Excluded
- Lunches, dinners, snacks and drinks.
- Travel Insurance.
- Personal Equipment.
- Bike Hire (can be added as an option)
- Taxi transfers or public transport should you need to skip a stage.
HOW TO BOOK

Once you have read all the information in this factsheet or on our website and decided on your preferred itinerary, visit our website or give us a call to confirm availability. You can then book by any of the following methods:

Book Securely Online: www.macsadventure.com

Telephone: +44 (0) 141 530 8886

Fax/Post: Download or request a booking form and post it to Macs Adventure, 44 Speirs Wharf, Glasgow, G4 9TH, UK or fax it to +44 (0) 845 527 5688

Please don’t hesitate to contact us by phone on +44 (0) 0141 530 8886 or email: info@macsadventure.com if you have any queries and one of our expert customer service team will be happy to help.

BOOK WITH CONFIDENCE

Financial Security

In order to provide clients with peace of mind Macs Adventure Ltd has effected a policy with IG Insurance Company Ltd through travel insurance specialists Milsom Howard Limited to ensure that all passengers booking with Macs Adventure Limited are fully protected for the initial deposit and subsequently the balance of all monies paid to Macs Adventure Ltd, arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Limited.

ABTA Member Statement

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA Members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct. For more information on ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, contact ABTA, 30 Park Street, London SE1 9EQ, tel 020 317 0581 www.abta.com