

## Hadrian's Cycleway



174 miles (280km): Ravenglass – South Shields

More coastal and riverside cycling than the other routes combined with marvellous countryside and history. The nearly 2000 year old Roman Wall and fortifications are now a World Heritage Site. Significant traffic-free sections and several short but steep climbs. Highest point is 840ft (256m) near Vindolanda Roman Fort.

Map and guidebook from Sustrans. Places to stay, support services and more information at [www.cycle-routes.org/hadrianscycleway](http://www.cycle-routes.org/hadrianscycleway)

## Reivers Cycle Route



172 miles (278km): Whitehaven – Tynemouth

Skirting the northern edge of the Lake District National Park, crossing into Scotland and then through the Northumberland National Park, this is a more remote route through former Border Reivers territory. Lengthy forest trail and lakeshore section at Kielder. Highest point is 1148ft (350m) in Kielder Forest. One to try east to west as well.

Map from Sustrans. Places to stay, support services and more information at [www.reivers-route.co.uk](http://www.reivers-route.co.uk)

## Way of the Roses



170 miles (274km): Morecambe – Bridlington

A largely on road route with traffic-free paths in key places. Starts to undulate (steeply sometimes) from Crook o' Lune across the Forest of Bowland, Yorkshire Dales and Nidderdale to Ripon, then again after the Vale of York across the rolling Yorkshire Wolds to Bridlington. Plenty of heritage and culture. Highest point is 1319 ft (402m) at Greenhow.

Map from Sustrans. Places to stay, support services and more information at [www.wayoftheroses.info](http://www.wayoftheroses.info)

## Walney to Wear & Whitby



152 miles (245km): Barrow-in-Furness – Sunderland  
179 miles (288km): Barrow-in-Furness – Whitby

Mainly on road between Walney Island (largest of Barrow's islands) to Barnard Castle, then on to either Sunderland's Wearmouth or Yorkshire's Whitby. The southern Lake District, Orton Fells, Eden Valley and the North Pennines offer outstanding scenery along with some steep and long climbs. This is followed by historic Durham or the North York Moors. Highest point is 1732 ft (527m) at Tan Hill.

Maps from Sustrans. Places to stay, support services and more information at [www.cyclingw2w.info](http://www.cyclingw2w.info)

## Trans Pennine Trail



215 miles (346km): Southport – Hornsea

Britain's first multi-user recreational route running between Southport and Hornsea, with links to Leeds, Chesterfield and York. Variety of urban and rural landscapes plus a surprising number of places of interest. More traffic-free sections than all of the other routes and the least challenging terrain. Highest point is 1427 ft (435m) at Windle Edge.

Maps and guide from Sustrans. Places to stay, support services and more information at [www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

## Sea to Sea (C2C) Cycle Route



136 miles (219km): Whitehaven/Workington – Sunderland/Tynemouth

The original award winning Irish Sea - North Sea route, and still very popular. Outstanding Lake District, Eden Valley and North Pennines scenery providing numerous steep and lengthy climbs. All traffic-free paths east of Rookhope. Highest point is near Nenthead at 1998ft (609m). Choice of start and finish points.

Map and guidebooks from Sustrans. Places to stay, support services and more information at [www.c2c-guide.co.uk](http://www.c2c-guide.co.uk)



Interactive mapping at [www.sustrans.org.uk/map](http://www.sustrans.org.uk/map) will help you find National and other routes that link with these 'coast2coast' routes. National Route 1 for example, between Hull and Newcastle, is part of the 6000km North Sea Cycle Route.



- Area of Outstanding Natural Beauty
- National Park
- Heritage Coastline
- Towns/cities with railway stations

### Saddle Skedaddle

Newcastle based cycling holiday operator providing supported and self-guided holidays on the Hadrian's Cycleway, Sea to Sea and Way of the Roses routes. Saddle Skedaddle donate 5p to Sustrans for every mile cycled by their customers on the National Cycle Network.

T: 0191 265 1110  
[www.skedaddle.co.uk](http://www.skedaddle.co.uk)



### Bicycle Transport Co.

Transport for you and your bikes using mini-buses and specifically designed trailers to the start of and from the end of all the 'coast2coast' routes except the Trans Pennine Trail. Bicycle and pannier hire also available.

T: 01207 240400  
[www.thebicycletransportcompany.co.uk](http://www.thebicycletransportcompany.co.uk)



Ever since the original and award winning Sea to Sea Cycle Route gave a cycling alternative to Wainwright's inspiring Coast-to-Coast walk back in 1994, other challenging routes have been created to make the most of the outstanding scenery that's packed into the narrowest part of England.

Thousands have already had fun and fulfilment from these achievable cycling adventures, thanks to well chosen paths and quiet roads with easy-to-follow signing and maps. Welcoming refreshment stops and places to stay, friendly cycle shops and support services also play their part.

Cycling 'coast2coast' gives you the freedom to travel at your own pace yet to accomplish something in a matter of days. West to east, hopefully with a following wind, is the choice of most.

# Achievable adventures

in outstanding countryside

All these routes are part of almost 14,000 miles of National Cycle Network coordinated by leading UK charity Sustrans. Find out more at [www.sustrans.org.uk](http://www.sustrans.org.uk). You can email us at [info@sustrans.org.uk](mailto:info@sustrans.org.uk) or call 0845 113 0065.

To become a supporter email us at [supporters@sustrans.org.uk](mailto:supporters@sustrans.org.uk) or call 0845 838 0651.

Download The Complete National Cycle Network App for iPhone and Android or scan this QR code.

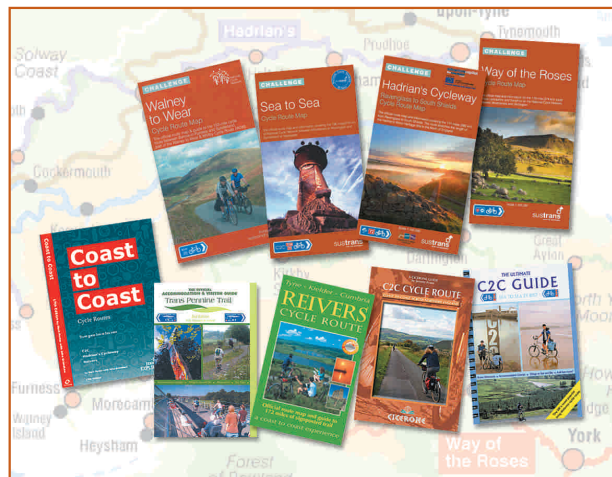


## Sustrans Shop

Visit Sustrans Shop for a comprehensive selection of the very best cycle maps and guides, plus exclusive route T-shirts and accessories.

By choosing to shop with us you are making a positive choice to support our work.

[www.sustransshop.co.uk](http://www.sustransshop.co.uk)



### Northern Rail

Northern England's most cyclist-friendly operator serves many stations on these 'coast2coast' routes. Bikes are carried free of charge and no reservations are needed. Clearly marked cycle spaces are allocated on a first come, first served basis (exc. tandems, tricycles, power assisted cycles and trailers). Conductors have discretion with the 'maximum of two bikes per train' policy. Cycle parking facilities are available at an increasing number of stations.

Call Customer Relations on 0845 00 00 125  
[www.northernrail.org](http://www.northernrail.org)



Call 08457 48 49 50 or go to [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for other train travel information.

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# Cycle CHALLENGES coast2coast

Six breathtaking rides between the Irish Sea and North Sea on the National Cycle Network in Northern England

Reiver's Cycle Route

Hadrian's Cycleway

Sea to Sea

Walney to Wear & Whitby

Way of the Roses

Trans Pennine Trail

