



Coast to Coast

A detailed itinerary for the DMB Coast to Coast. A trip of a lifetime, from St Bees to Robin Hoods bay riding through three National Parks on one of the UK's biggest rides.

For our Coast to Coast Tour we meet here at Dales Bike Centre in Fremington, near Reeth in Swaledale to get organised and prepared ready for an early drive to the start. We are just 30 minutes from the A1 and have car parking for the duration of your trip. If travelling by train, pick-ups from Darlington train station are available on request. We suggest you arrive some time during the afternoon enabling you to settle into your accommodation and give you some time to spend organising your bike and kit bag for the tour.

This also gives you an opportunity to explore this classic Dales village with its village green and views across Swaledale. Reeth has a number of country pubs, an especially good ice cream parlour wilfully tempting you to take it easy while you can.

As an introduction your guide and driver will meet up with you and your riding companions for dinner in the evening, briefing you on the tour ahead and the planning for the start in the morning.

Day 1: St Bees - Boot

Distance : 45km Height Gain: 1213m

An early start, having loaded up the night before we travel across to St Bees in our mini-bus and bike trailer to start the Coast to Coast. With your backs to the Irish Sea we use the Ennerdale Cycle path to leave the coast and start our journey.

We head towards the Ennerdale Valley and the 548m Black Sail Pass. 262m of climbing and carrying your bikes leads to the col of Black Sail Pass and fabulous views of the Lakeland Mountains and the awesome descent into Wasdale. A stop at the famous Wasdale Inn prepares us for skirting the lower slopes of Scafell before a leg-burning climb to Burnmoor Tarn. A superb long descent into Boot in the Seathwaite valley is a well-deserved reward for your first coast-to-coast day.

Lunch provided.

Day 2: Boot - Troutbeck

Distance: 48km Height Gain: 1794m

A classic Lakeland day's riding, starting with a climb on the lower slopes of Harter Fell leads you towards Dunnerdale Forest and your first descent of the day down into the Duddon Valley. On the descent we have time to stop and take in the magnificent views, and our next objective, Walna Scar.

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A superb technical, rocky trail, skirting the slopes of the Old man of Coniston snakes its way down to the honey pot village of Coniston which is also a perfect re-fuelling stop! A great Lakeland afternoon is in store as we make our way to Ambleside for afternoon tea. Pressing on to take in the early evening views across Windermere before finishing in Troutbeck.

Day 3: Troutbeck – Ravonstonedale

Distance: 53km Height Gain: 1484m

Today we leave the Lakes behind, but first we have some rocky, tricky and steep Lakeland passes to negotiate starting with Garburn Pass. We climb out of Troutbeck to reach the col of the pass and descend towards Kentmere.

A breathtaking descent into Sadgill and the last of our Lakeland climbs as we ride out of Longsleddale. The rock under our tyres starts to turn to grass as we head down to Mosedale Cottages. The last part of our day is spent negotiating some beautiful classic limestone countryside between Shap and Ravonstonedale.

Lunch provided

Day 4: Ravonstonedale - Grinton

Distance: 53km Height Gain: 1204m

We have a beautiful start to the day as we travel on some green lanes to join, for a short section, the walking coast to coast over the ancient packhorse bridge at Smardale.

Some quiet country roads lead through to Kirkby Stephen and on towards crossing England's watershed. We stop at Tan Hill Inn for lunch to celebrate this event and take time to reflect on what we've achieved so far and what we have to come. We use the Pennine Way to drop down to our home valley Swaledale and use our local knowledge to arrive at Dales Bike Centre for well-deserved home cooked food.

Evening meal provided

Day 5: Grinton - Osmotherley

Distance: 56km Height Gain: 815m

Day five, despite the distance, is an easier day on pleasant tracks and country roads. Our first stop is at the bustling market town of Richmond giving an opportunity for late morning snacks. A flat ride on country roads takes us across the Vale of Mowbary and onto our destination for the evening, the small village of Osmotherley.

Lunch provided



Day 6: Osmotherley - Ecton Bridge

Distance: 59km Height Gain: 1454m

Leaving Osmotherley, we head towards the North Yorkshire Moors and some exciting heather singletrack. Joining the Cleveland Way we make our way to Scugdale Hall and our first real views of the National Park. Out of Seave Green we climb to the top of a heather filled moorland and the wide-open panorama and industrial heritage at Bloworth Crossing.

Great Hograh Moor and Cut Gate provide us with some great technical singletrack before a great decent down to Glaisdale and onto our evening's rest in Ecton Bridge.

Day 7: Ecton Bridge - Robin Hoods Bay

Distance: 36km Height Gain: 607m

The last day of our epic trip across Great Britain and we can nearly smell the sea. Our route takes us to Grosmont where we might catch the sight of a steam train. We still have plenty of off road delight across open moorland, which leads us to our first views of the North Sea.

An old railway track takes us the last part of our journey to the steep road descent to Robin Hoods Bay. With your wheel in the sea (the tide is in!) your coast-to-coast bike journey comes to an end. After photo opportunities and congratulations we all get transported back to Swaledale for our final evening together.

Departure

On the final morning you have time to pack your bags and bikes. You may like to wander round Reeth village and choose some souvenirs from the many craft shops or catch up on your postcard writing before you hit the tarmac trail homewards.

Please note: This itinerary may be subject to change