

# Hadrian's Cycleway 3-day



The Hadrian's Cycleway tour is a classic Great British ride which covers some of northern England's most interesting and diverse scenery. Join us on this 120 mile ride from the west coast to the east coast of England and enjoy one of the UK's most historical and memorable tours.

After dipping our wheels in the Irish Sea at Silloth we will snake our way around the beautiful Solway Coast before heading into the undulating countryside of Cumbria. We then cross the hilly, stunning, historical sites around Hadrian's Wall heading further into wild Northumbria before dropping down to the river Tyne and the post-industrial landscape of modern day Newcastle before dipping our wheels into the North Sea at the beach in Tynemouth.

The route we take avoids main roads and keeps to quiet country lanes and cycleways. The total distance is approximately 120 miles / 190km, which is split over 3 days of fully supported cycling.

## Highlights

- Beautiful coastline and seaside villages along the Solway Coast at the start of day 1
- Quiet roads, with some traffic free sections
- Impressive priories and passing through the incredible Roman forts of Birdoswald and Vindolanda
- A mixture of climbing and flattish routes giving variety to the 3 days.
- Pretty waterfront at Newcastle and finishing at Tynemouth quay.

## What's included?

**3 nights' accommodation, 3 breakfasts, 3 lunches**

**Pick up from and drop off to train station on arrival / departure days**

**Refreshment stops with our famous red brew vans**

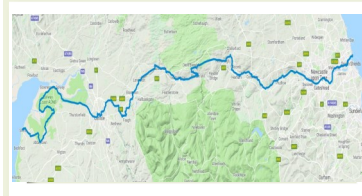
**Mechanical support including spare bikes and equipment**

**GPS files and route notes**

**Full logistical planning and support from the first to the last night including luggage transfers**

**2 back up vans and a guide cycling at the back of the group**

**A Peak Tours certificate  
Lots of fun!**



# Itinerary

## Thursday: Non-riding day

Arrival day – welcome to the tour!

## Friday: Silloth to Brampton

Distance: 50 miles / 80 km  
Elevation: 1129ft / 344m

Begin in the smart seaside town of Silloth

Enjoy the coastal route and seaside villages along the Solway Coast.

Majority of the day is on mostly flat roads.

Finish in the lovely market town of Brampton.

## Saturday: Brampton to Corbridge

Distance: 40 miles / 64 km  
Elevation: 2464ft / 751m

A tougher but fantastic day in the saddle that

showcases some geographical and historical treasures including Vindolanda and Birdoswald Roman forts.

Enjoy a closer look at Hadrian's wall.

Finish our day in either Corbridge or Chollerford.

## Sunday: Corbridge / Chollerford to Tynemouth

Distance: 32 miles / 51 km  
Elevation: 979 ft / 298 m

After a few initial climbs at the start of the day, an undulating pleasant descent to reach our destination of Tynemouth.

A large part of the day is spent on and off cycle path through parks, forests and towns as we join the river Tyne.





# Tour Logistics

## The start of the tour

The tour starts in Silloth and finishes in Tynemouth. The guides will be around during the afternoon and meet you at the first hotel. There will be an evening briefing for key information, followed by a meal. There are a few options for arriving into Tynemouth:

**Train:** You can arrive by train at stations close to Silloth and we will collect you from there to take you to the hotel.

**Car:** the tour begins at Silloth. Free on-street parking is available for the duration of the tour (cars are parked at your own risk).

## The end of the tour

The tour ends on Sunday, and you should be able to take a train from Newcastle from 4pm. We can transport you back to the station free of charge. Alternatively, there will be the option to be transferred back to Silloth with your luggage and your bike, arriving by approximately 6pm.

Alternatively, some people choose to book their own accommodation in Tynemouth and make their way home in their own time.

If you have brought your own bike and want to stay in the north east, then you will either keep your bike with you or we can take it back to our HQ in Glossop for you to collect at a later date.

## Support

Usually each tour has 3 guides:

- One driving the 'brew van' - each day will usually have a morning and afternoon 'brew stop,' with a table full of snacks and drinks. You will also bring a small bag/rucksack to the morning brief and leave this in the 'brew van' which can be accessed throughout the day.
- One driving the 'luggage / lunch van' - transporting your luggage from hotel to hotel, as well as setting up your lunches
- One riding at the back of the group - you will have detailed route notes so that you can go slower or faster than the group or, if you prefer, you can cycle with the tour guide at the back so that you don't have to navigate at all
- Mechanical support: we carry a range of spare parts so that repairs can be made en route and we also have spare bikes available in the event that your bike has a serious breakdown. If we can't fix your bike then we will get it to the nearest bike shop
- Each guide will be contactable by phone during the day so if you have any issues you can get straight in touch with them
- For smaller groups you might only have one guide that cycles with the group and one back up driver or for groups of 12 or less just one tour leader will provide back-up for you.



## What's Included?

- 3 nights' accommodation, 3 breakfasts, 3 lunches
- Refreshment stops with our famous red brew vans
- Mechanical support including spare bikes and equipment
- GPS files and route notes
- Full logistical planning and support from the first to the last night including luggage transfers
- Back up vans and a guide cycling at the back of the group
- A Peak Tours certificate
- Luggage transfer each day
- Lots of fun!

## What's not included?

- Evening meals / dinner
- Drinks at lunchtime
- Insurance
- Cycle hire (available for a fee)
- Garmin hire (available for a fee)
- Transport back to Silloth at the end of the tour for you and your bike (available for a fee)



## Food

### Breakfast

Breakfast is included in the cost of the tour, and will vary slightly between the various hotels and B&Bs that we use, but you can usually expect have a choice of some cooked breakfast options, as well as toast, cereals, fruit juices, tea, coffee etc.

### Lunch

Lunches will be provided each day and will generally be a buffet at a cafe or a country pub.

### Evening meals

Evening meals can be bought at your accommodation or in a nearby pub. On the first evening of the tour we will have a group meal at the hotel.

### Dietary requirements

Please let us know of any dietary requirements you have and we will ensure that all lunch stops and places we eat evening meals are informed.

There will also be snacks on the 'brew van' to suit any and all dietary needs!

## Accommodation

You have a choice having your own room or sharing a double or a twin room. If you would like your own space then you can choose the single room option, or sole occupancy of a double. Most of the rooms are en suite however there maybe a few nights where your room isn't en suite (Sole occupancy of a double room or double room option is guaranteed en suite).

## Kit list

Clothing for all weathers is recommended so waterproofs are essential.

A full recommended kit list is provided and we are always happy to answer any questions that you may have. You can see details of a kit list [here](#).

Luggage is restricted to a maximum of 18kg per person—we have to look after our guides and their backs as they will be carrying your luggage in and out of the hotels!

## Insurance

We strongly recommend that you take out adequate insurance for your tour which, as an absolute minimum should cover your bike and belongings and cancellation cover in the event that you have to cancel your tour for unforeseen circumstances.

You should be aware that if you have an accident or fall ill while on the tour you will lose the money paid for the trip. A travel insurance policy would allow you to reclaim most of the money as well as providing insurance in case you lose your bags or if your bike is stolen, broken etc.

Your policy should also cover cancellation costs if you cancel the tour within 8 weeks of departure. If this happens we will try to fill your space and return your funds to you but if we are unable to fill your place you will lose the funds paid for the tour.

We have partnered with Yellow Jersey who provide Travel and Cycle insurance for UK residents. You can find further details [here](#).

# Am I fit enough?

## Difficulty

The Hadrian's Cycleway Tour is aimed at those who have perhaps done some day cycles before, and are now looking for a pleasant challenge over 3 days.

This tour is classed as a grade 3 tour. See details of difficulty rating [here](#).

You will be expected to be able to complete an average of 40 miles / 64km per day.

Generally most people on the tour will be fairly active cyclists, and cycling the above mileage will not be too difficult for them.

If you would like to complete this tour with more challenge, please see our 2-day tour.

## How fast do I need to be?

Generally, most cyclists completing this tour will be capable of cycling at 9 miles / 14.5 km per hour over the whole day, keeping in mind that some days are hillier than others, and you will be stopping for breaks and lunches.

Most days start at 8:30 and we ask that all riders are finished by 18:00 at the latest, to allow you time to relax and explore the culture of the places that you stay in the evenings.

## Are there any hills on the tour?

The route is a mixture of flat and more challenging sections. There are gentle descents as we head towards the east coast.

## Training

The fitter you are and the more training that you do beforehand will add to the enjoyment of your tour and improve your chances of succeeding the challenge.

If you need any advice about fitness please contact us and we will be happy to discuss any questions and concerns that you may have.

We have a training document which has a suggested training programme, which you can access [here](#).

## Bikes

The Hadrian's Cycleway tour can be completed by people on all types of bikes: we have made the route completely road bike suitable, but those on touring bikes will be perfectly at home as well.

You can transport your bike in the following ways:

- Bringing your own - most people using this option will arrive by train or by car (see the travel section for details on parking your car then coming back to it after the tour)
- We can transport your bike for you if you can get your bike to us in Glossop in the Peak District

Please ensure that your bike is fully serviced and in good working order before the start of the trip. It is advisable to have your bike service a few weeks before the start of the tour. This will allow time to 'bed in' before you start your ride.

Alternatively you can hire a bike from us, please see our website for more information.

