

# Way of the Roses 4 day



The Way of the Roses tour passes through the Lune Valley, Yorkshire Dales National Park, Nidderdale AONB, Vale of York and the Yorkshire Wolds. As well as the historic cities of Lancaster and York the route also takes us through the market towns of Settle, Ripon and Pocklington.

The route we take avoids main roads and keeps to quiet country lanes and cycleways.

The Way of the Roses tour has 4 days of fully supported cycling and averages at 43 miles a day. If you would prefer a more challenging ride then please see our 3-day version.

## Highlights

- Picturesque Lune Valley, Forest of Bowland, Nidderdale, Yorkshire Dales National Park, Yorkshire Wolds—this is a very pretty route from start to finish!
- Quiet roads, with some traffic free sections
- Attractive market towns of Settle, Pateley Bridge, Boroughbridge and Pocklington
- Cathedral cities of Ripon and York

## Key points

**Duration: 4 nights / 4 days cycling**

**Total distance: 170 miles / 272 km (approximately)**

**Tours in May to October**

**Begin in Morecambe  
Finish in Bridlington**

## What's included?

**4 nights accommodation, 4 breakfasts, 4 lunches**

**Snacks from the back up van, tea, coffee & hot chocolate etc.**

**Mechanical support including spare bikes should anything drastic happen**

**GPX files and route notes**

**A Peak Tours certificate**

**Luggage transfer each day**



# Itinerary

## Wednesday: Non-riding day

Arrival day – welcome to the tour!

## Thursday: Day 1 Morecambe to Settle

Distance: 35 miles / 56 km  
Elevation: 1898 ft / 578 m

Begin at the seaside town of Morecambe and see the Eric Morecambe statue!

Pass through the historic town of Lancaster, into the Lune Valley and Yorkshire Dales National Park before reaching our first night destination in the market town of Settle.

## Friday: Day 2 Settle to Ripon

Distance: 42 miles / 56 km  
Elevation: 3877 ft / 1181 m

Hilly yet rewarding day ride which passes the highest point of the route at 402m near Greenhow.

Nidderdale area of outstanding natural beauty is amongst the most scenic section of the ride. Hidden gem of Pateley Bridge is a perfect place for lunch.

Less demanding afternoon route as the hills are left behind before arriving at the Cathedral city of Ripon.

## Saturday: Day 3 Ripon to Pocklington

Distance: 49 miles / 78 km  
Elevation: 574 ft / 174 m

From Ripon head through Boroughbridge to the historic city of York, taking in the magnificent view of York Minster.

Cycle alongside the River Ouse before taking cycle paths and quiet country lanes to the small town of Pocklington.

## Sunday: Day 4 Pocklington to Bridlington

Distance: 43 miles / 69km  
Elevation: 1407ft / 429m

Spectacular scenery in the Yorkshire Wolds through Huggate and on towards Driffield and Burton Agnes.

Gentle undulating route before reaching our destination—the seaside town of Bridlington.

Take your obligatory photo at the WoTR end point marker.

*"The scenery on the Way of the Roses was beautiful—plenty of quiet roads as well." Jill*





# Tour Logistics

## The start of the tour

The tour starts in Morecambe and finishes in Bridlington. The guides will meet you at the first hotel in Morecambe. There are a few options for arriving into the town:

**Train:** Morecambe has a train station which has good connections to many places in the UK. We will collect you from the station and take you to the hotel.

**Car:** Most people choose to arrive by car. You may leave your car at the start hotel. The hotel that we use is a short distance from Morecambe town centre. There is limited parking in the hotel car park and guests will be charged £15 per day to park their car. There is on-street car parking in the residential area around the hotel. All parking at the hotel or on street is at your own risk.

## The end of the tour

It is recommended that everyone cycles together to finish in Bridlington at the same time. The guides will arrange the logistics for this on the day so no need to worry! It is expected that we will arrive at the finish around 13.30 and then head on to lunch shortly after that. A coach will take some those who have booked it back to Morecambe, leaving the Leisure Centre around 15.00 and arriving back at Morecambe around 18.00. The train station is only 5 minutes' walk from the finish point for those wanting to get the train back afterwards. There is ample parking at the Leisure Centre for anyone being collected.

## Support

Usually each tour has 3 guides:

- 1 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.
- 1 driving the 'luggage / lunch van' - transporting your luggage from hotel to hotel, as well as setting up your lunches
- 1 riding at the back of the group - you will have detailed route notes so that you can go slower or faster than the rest of 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?

- 4 nights accommodation, 4 breakfasts, 4 lunches
- Snacks from the back up van, tea, coffee, & hot chocolate etc.
- Mechanical support including spare bikes should anything drastic happen
- GPX files and route notes
- A Peak Tours certificate
- Luggage transfer each day
- Lots of fun!

## 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. Evening meals can be bought at your accommodation or in a nearby pub. **On the first and final evenings of the tour we will have a group meal.**

### 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 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 is guaranteed en suite). Generally on the Way of the Roses tour we stay in hotels, pubs or smaller bed and breakfasts.

## What's not included?

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

## 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.

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 accident & medical expenses if you are travelling outside the UK, cover for 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.

# Am I fit enough?

## Difficulty

The Way of the Roses Tour is aimed at those who have perhaps done some day cycles before, and are now looking for a pleasant challenge over 4 days.

It shouldn't be underestimated, however, as you will be expected to be able to complete an average of 43 miles / 69 km per day.

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

If you would like to take a little less time for this beautiful route, see our 3-day tour.

## How fast do I need to be?

Generally, most cyclists completing this tour will be capable of cycling at 9 miles / 14.5kmph 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 has a mixture of flat and undulating sections as well as some significant hills in places. There is a steep climb out of Settle and a steep descent into Pateley Bridge. You can read more about descending down Greenhow Hill [here](#).

## 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 Way of the Roses tour can be completed by people on all types of bikes: we have made the route completely road bike suitable, but those on hybrids or mountain bikes will be perfectly at home as well.

You can transport your bike in the following ways:

- Bring 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.

