



Walking Holidays in Britain's most Beautiful Landscapes

t: 017687 72335

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w: www.mickledore.co.uk



Our Cycling Holidays

We have a choice of two UK cycling routes - each with many variations. All based on established cross country routes between the Cumbrian and north eastern coasts. You can combine any two routes to make a round trip - coast to coast and back again! All the routes are comprehensively waymarked and use cycleways, old railway tracks and green lanes to avoid the busier roads.

1. Hadrian's Cycleway 174 miles/278KM,
5 – 6 nights Dramatic scenery along the world's most extensive Roman remains.

2. Sea to Sea 140 miles/224KM,
5 – 6 nights The classic long distance cycle route across the UK offering fantastic scenery.

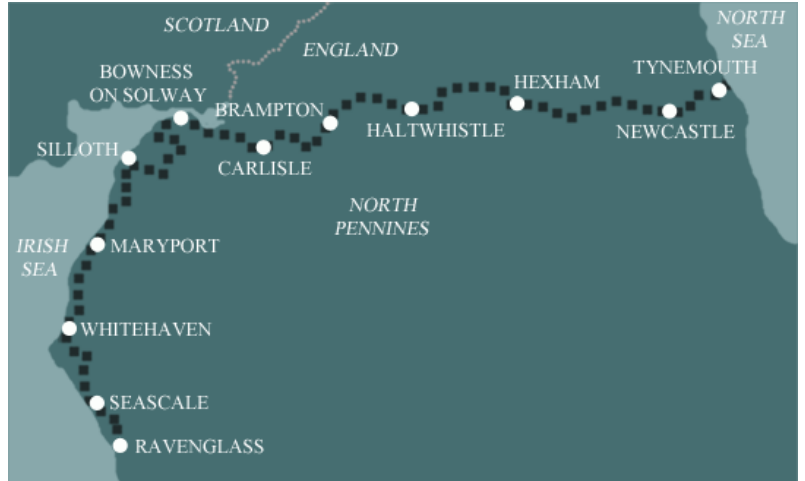


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Hadrian's Cycle Way

The 174 mile route of Hadrian's Wall cycleway was officially opened in July 2006. The cycleway, signed as National Route 72, can be cycled in either direction, though it is normally cycled west to east. It mainly runs on country lanes and quiet roads, interspersed with sections of traffic-free path, promenade and riverside path. The coastal sections at either end of the route are relatively flat, but there are a few steep, short hills in the central section. You will ride through some of England's most dramatic and wild countryside where you can "get away from it all" and enjoy the freedom of cycling in this unspoilt area.



Our ride starts in the port of Ravenglass on the west coast where you will cycle along the coastline before turning inland at Bowness-on-Solway to follow the line of Hadrian's Wall. Between Brampton and Corbridge much of the wall remains where it is worth taking your time to view the many forts and museums in the area and to take a walk along some of the most spectacular sections of the wall. The ride then follows the river Tyne to the finish in Tynemouth on the east coast. Please be aware that the luggage courier no longer operates between Ravenglass and Bowness on Solway, if you would like to include luggage transport on this section please get in touch for a quote.

Why do this cycle route?

- Follow the most extensive Roman remains in the world from Coast to Coast.
- Dramatic scenery in the central section.
- An easy to follow trail with great accommodation.
- Short breaks available over the best preserved section.

Essential Info

Length	5 - 6 nights
Full Route Length	174 miles / 278 km

Easy to

Moderate



Roads: The roads are generally good, suitable for touring or road bikes. Most of the route is on quiet roads.

How much up & down? A flat start along the coastal section and into Carlisle. After Carlisle the route starts to undulate with quite a few short steep climbs in the central part of the route. After Corbridge it flattens out all the way into Newcastle.

Signposting: The route is signposted.

Weather: You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry roads and tremendous views, but you must be prepared because the weather can change quickly. Good clothing and waterproofs are essential.



Hadrian's Cycle Way itineraries

We offer two itineraries along Hadrian's Cycleway. Choose from four or five days cycling, depending on how far you want to cycle each day, and how much time you want to spend exploring Hadrian's Wall and looking around the various towns and villages.

Ravenglass to Tynemouth in 4 Days Cycling Code: HC5				Ravenglass to Tynemouth in 5 Days Cycling Code: HC6		
		miles	km		miles	km
Day 1	Travel to Ravenglass for your first night of accommodation			Travel to Ravenglass for your first night of accommodation		
Day 2	Ravenglass to Allonby	40	64	Ravenglass to Maryport	34	55
Day 3	Allonby to Carlisle	45	72	Maryport to Bowness on Solway	35	56
Day 4	Carlisle to Hexham	49	79	Bowness on Solway to Brampton	32	51
Day 5	Hexham to Tynemouth	40	64	Brampton To Corbridge	38	61
Day 6	Depart from Tynemouth after breakfast			Corbridge to Tynemouth	35	26
Day 7				Depart from Tynemouth after breakfast		





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Sea to Sea



The 144 mile Sea to Sea Cycle Route is probably the most popular and widely known long distance cycle route in Britain. Although the official route starts from the historic port of Whitehaven on the Irish Sea, our holiday starts a little further down the coast at St Bees. The route runs through the Northern Lake District and the Eden Valley before climbing into the hill country of the North Pennines and onto the roof of England with grand views of the Durham Dales. It finishes in Tynemouth, near Newcastle upon Tyne on the North East Coast.



The Sea to Sea is well waymarked and uses a mix of specially constructed cycle paths, off road tracks and minor roads, with the occasional busier road. There are many variations on the route, so you can choose to include some challenging mountain biking or simply stick to roads and cycleways.

It is recommended to cycle this route from west to east, to take advantage of the prevailing wind, but we can offer this route in reverse.



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Why do this cycle route?

- Enjoy the great variety of scenery as you pass through 3 National Parks.
- Stay in some beautiful villages, hamlets and market towns.
- Probably the best long distance cycleway in the country!

Essential Info

Length	3 - 6 nights
Full route Length	104 miles / 224 km

Moderate



Roads: The roads are generally good, suitable for touring or road bikes. Most of the route is on quiet roads with about a third of the route on traffic free paths.

How much up & down: A flat start, then a 200 meter climb up Whinlatter pass. The route then undulates until the sustained climb up Hartside, topping out at 756 meters high. You stay high with a few more climbs before descending down to the Newcastle area.

Signposting: The route is signposted.

Weather: You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry roads and tremendous views, but you must be prepared because the weather can change quickly. Good clothing and waterproofs are essential.



Sea to Sea itineraries

St Bees to Tynemouth in 4 Days Cycling Code: SS5				St Bees to Tynemouth in 5 Days Cycling Code: SS6		
		miles	km		miles	km
Day 1	Travel to St Bees for your first night of accommodation			Travel to St Bees for your first night of accommodation		
Day 2	St Bees to Mungrisdale	46	74	St Bees to Keswick	38	61
Day 3	Mungrisdale to Alston	38	61	Keswick to Penrith	22	36
Day 4	Alston to Castleside	36	58	Penrith to Alston	24	39
Day 5	Castleside to Tynemouth	24	39	Alston to Castleside	36	58
Day 6	Depart from Tynemouth after breakfast			Castleside to Tynemouth	24	39
Day 7				Depart from Tynemouth after breakfast		



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How our holidays work

We specialise in self-guided walks and cycling holidays because we think it's the best way to really experience local landscapes, cultures and history. You cycle under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday. You just turn up and pedal!

Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please. You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed or posted to us. We will get in

touch with you once we have received your booking to confirm your holiday details.

Alternatively, you can either book online using our website at mickledore.co.uk or telephone us during office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. In selecting the accommodation, we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, and on a working farm. Occasionally we may use a chain hotel.

We always try to arrange en suite accommodation, i.e. rooms with their own bathrooms, for each night of your stay. However, in some of the more remote locations accommodation is limited and occasionally we may have to book rooms with shared bathrooms for one or two nights of your holiday, (especially if the booking is made at short notice), but we

will always let you know if this is likely to be the case.

Single Rooms We are happy to book single rooms on this holiday but cannot normally book more than two for any one group. Single room bookings include a supplement.

What's included

All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs. Full English or Continental breakfast.

Guidebook A guidebook with route information, maps, photos and background information.

Information of Services Along the Route

A comprehensive service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafés and taxis.

Maps 1 waterproof Harvey map covering the whole route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.



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Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

12.5% discount at Cotswold Outdoors We will issue you with a 12.5% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's cycling. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Provided for each day's cycling and recommended on this holiday as there will not always be a handy shop or cafés on the route.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option).

What's not included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant. Allow about £30.00 per night.

Transport to the start & away from the finish

Taxi or bus transport if you need to miss a stage (but we'll help you organise it if you need help)

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website mickledore.co.uk.

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small

business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 20 years' experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 12.5% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.



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Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and the Association of British Travel Agents (ABTA). We have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at aito.com. Visit the website to find out more about the Association or call 020 8744 9280.



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Booking Form

Contact Details

Address

Mobile Telephone..... Landline telephone.....

Email.....Emergency Contact no

Your Holiday

Holiday Code.....Holiday Name.....

Date of First Night.....Date of Last Night.....

Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required	Rest Days (give date & location)
Luggage Transport Y/N	No. Double Rooms <input type="text"/>	
Packed Lunches Y/N	No. Twin Rooms <input type="text"/>	
Off Street Parking Y/N	No. Single Occupancy Rooms <input type="text"/>	
Return Transfer required (additional charge) Y/N		

Comments (special diets, other requirements etc):

Upon receipt of your booking form Mickledore will send by email a confirmation with the full price and 20% deposit cost required. You can pay by card or cheque (GBP only for cheque).

How did you hear about Mickledore Travel?



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