

Lakes and Dales

26 June- 3 July 2021

This is a moving on holiday of the beautiful Yorkshire Dales and the Lake District. It visits many small market towns and villages and passes through pleasant farmland. The renowned 'Settle - Carlisle' railway line will keep coming into view, and the route passes by the famous Ribblehead Viaduct with its 24 majestic arches. This holiday is for the fit rider, able to tackle hills with panniers, and for whom daily distances of around 50 miles is no problem and would normally allow time for stops for food and photos.

Itinerary

Sat 26 June	Meet at the hotel in Clitheroe, arriving and booking in any time between 1600 - 2000. Stay 1 night in hotel.	
Sun 27 June	Cycle to Hawes via the Hodder Valley through Dunsop Bridge, back into the Ribble Valley and Settle for lunch, then follow the railway line through Horton to the Ribblehead Viaduct before the steady climb to Hawes, passing by the source of the River Ribble. Stay one night at a youth hostel.	55 miles
Mon 28 June	Cycle to Kirkby Stephen via Askrigg and Castle Bolton along the Wensleydale Valley before heading up the hills and over into Swaledale. Cycle to Grinton and Thwaite passing through beautiful North Yorkshire villages before arriving at Tan Hill, the highest pub in England. Descend to Kirkby Stephen. Stay one night at a guest house.	48 miles
Tue 29 June	Cycle to Kendal. This is an easier day heading south through Mallerstang alongside the Settle Carlisle Railway, passing by the remains of Pendragon Castle and following the valleys to Sedbergh for a cake stop. Lunch will be in Kirkby Lonsdale before turning North on quiet roads to Kendal. Stay one night in hotel.	54 miles
Wed 30 June	Cycle to Grange over Sands via Staveley for a visit to the UK's largest bike shop, 'Wheelbase'. Following this some quiet, narrow Lakeland roads lead to the ferry across Lake Windermere at Bowness. Across the lake is Grizedale Forest, and lunch will be taken at the Visitors Centre, which boasts a sculpture trail, 'Go Ape Circuit' and mountain bike routes. The route continues to Conistone and down the east side of the lake to end in Grange over Sands. Stay one night in a guest house.	57 miles
Thu 1 July	A relatively easy day cycling to Lancaster, around the coast of Morecambe Bay, passing through Silverdale to Morecambe via quiet roads and canal towpaths. Ride along the new cycle path along Morecambe Promenade to Heysham, Sunderland Point and into Lancaster. Some of this route uses canal towpaths and a dedicated cycle route between Morecambe and Lancaster. Stay one night in a hotel.	51 miles.
Fri 2 July	Ride via the cycleway close to the Millennium Bridge and following the estuary along another cycleway down to Glasson Dock for a view of the estuary. Back on highways again down to Cockerham and Garstang and then round to Scorton. The last half of this day passes through the picturesque Trough of Bowland and the Hodder Valley, returning to the hotel in Clitheroe for the last night. Stay one night in hotel	50 miles.
Sat 3 July	Tour ends after breakfast.	

Accommodation and meals

Accommodation is half board, sharing rooms, with one night in a youth hostel, two in a guest house and four nights in good quality 2/3 star hotels. Evening meals will be taken at the accommodation where available, otherwise at a local pub or restaurant.

Price £300 - provisional

The price is based on a minimum number of 8 participants taking part in the tour. If there are insufficient bookings by 24 April 2021, we will contact you and return all monies paid.

Price includes:

- 1 night Youth Hostel, half board basis, sharing dormitories
- 4 nights hotels, bed and breakfast basis, sharing rooms
- 2 night guest houses, bed and breakfast, sharing rooms
- parking at the first hotel whilst touring
- Bikexplore costs

Price does not include:

- Travel to and from the start point
- Lunches or refreshments during the day
- Evening meals except for one night
- Drinks with evening meals
- Entry fees at any attractions
- Any other personal expenses
- Travel Insurance
- Single occupancy supplements, which are subject to availability.



Payment schedule

A deposit of £100 per person must accompany the Booking Form, with the final balance of £200 per person to be paid ten weeks prior to departure, by 24 April 2021. Cheques should be made payable to **Richard Dugdale**.

Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

Written notice received:

24 April 2021

24 April through to departure

Cancellation charge:

Deposit (£100)

100% (£300)

To make a booking

Read the section on 'Booking a Holiday' on the Bikexplore website and then contact the leader for further details.



LEADER'S INFORMATION SHEET

The information below is given by the tour leaders to help enquirers decide if the tour is suitable for them.

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The area covered by the Tour

The holiday is classed as Grade 5 - Moderate Energetic

The area of the holiday is very varied and is able to keep the rider interested every day. The holiday starts in a beautiful part of Lancashire, which is the Ribble Valley, and then climbs over the Yorkshire border to take you along the picturesque Hodder Valley. This leads back into the Ribble Valley right up to the source of the River Ribble at Ribbleshead. The Yorkshire Dales is renowned for its dramatic scenery, with many steep roads passing through the valleys and over the hills. The climbs are rewarded by some stunning views as far as the eye can see and some eye watering descents. A visit will be made to the country's largest bike shop, Wheelbase, at Staveley, near Kendal. The English Lakes are also a joy to behold with their fantastic views and equally vigorous hills to climb. Grizedale Forest is home to a visitor and mountain bike centre with miles of trails. Leaving the Lakes the route drops down to the Morecambe Bay, which is of course much flatter and has its own charm. Whilst most of the holiday is on quiet roads this section includes some dedicated cycle routes and non tarmac but hard surfaced sections.

Rides

Each day will be different, moving from one type of terrain to another. Steady climbs, flat sections and very hilly sections will all be present. The roads are mostly well surfaced with low volumes of traffic and some towpaths and cycleways will be used. There are no rest days. The scenery is stunning and varied, especially in bright clear weather, which we can expect at this time of year.

Travel and Parking

Clitheroe lies 17 miles East of the M6 and 30 miles North of Manchester. By car, the M6 and A59 provide direct access to this area. An hourly train service runs from Manchester to Blackburn, Langho and Clitheroe, with a connection at Blackburn from Preston to Clitheroe. Check details of the current bike carriage arrangements for these lines if you intend to use them but there is usually no problem. The hotel is 200m from the station

Accommodation / Meals

The holiday price includes accommodation, breakfast and one evening meal and is based on two sharing. A supplement is made for anyone requiring their own room, by negotiation. The hotels used are of 2/3 stars and are of good standard with meals in-house. Accommodation for one night will be at a basic Youth Hostel, generally the rooms and dormitories will in effect be about half-full. Pillows, sheets and blankets are provided and breakfast of cereals, toast and fruit etc is included. Two nights are spent in a Guest House of a high standard.

Group information

The maximum group size will be 12 (including the leader).

Weather and clothing

The weather is an unknown, as anywhere in the UK, so you must be prepared to ensure that you can keep warm and reasonably dry. Sun cream is also recommended.

Cycles / Equipment

Any combination of tandem, touring cycle, hybrid or lightweight ATB is suitable, but this must be in good working order, especially the brakes. A triple chainset would be best since there are some long steep hills. The largest rear sprocket should be the same size as the smallest front chain ring if you are strong, otherwise it should be bigger (No kidding - check this). Please ensure that you have suitable, strong and waterproof panniers for carrying everything needed for a week on the road. You should have ridden your cycle fully laden before the tour to ensure you are happy with its handling. Lights for riding will not be necessary. Each participant will be expected to bring/carry sufficient spares and tools to deal with punctures and minor repairs. Two spare inner tubes are recommended, spare spokes, brake blocks, split link, gear cable and a few cable ties are useful. A bike lock should be carried.

Maps

You should carry a map in case you become separated from the group or wish to spend some time cycling apart from the group. A briefing will be given each day and detailed route sheet will be provided. The area is covered by the following Ordnance Survey Maps:

- 91 - Appleby in Westmorland
- 97 - Kendal /Morecambe
- 98 - Wensleydale / Upper Wharfedale
- 102 - Preston/Blackpool
- 103 - Blackburn/Burnley

Travel Insurance

This is optional for holidays in the UK but can provide cover in case of cancellation.

About the leader

I am a retired engineer, married with four grown children and nine grandchildren. I have been cycling regularly since 1999, and in this time I have covered over 100,000 miles touring Britain and 25 other countries including India, China, Australia, NZ, USA, Cuba, Balkans, Europe and most Nordic countries. I like good scenery, mixing with local people and exploring other cultures. I collect old bicycles, ride motorcycles and carry out voluntary charitable work through Rotary and I am also a keen photographer.

Richard Dugdale

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