

# Bikexplore

## Étape du Dales (LB231)

**21- 24 April 2023**



## Tour Prospectus

This is a fixed centre tour based at Hawes Youth Hostel in Wensleydale in the Yorkshire Dales National Park. The tour will take in the route of the classic Étape du Dales Sportive, 175km and 3500m climbing, which can be split neatly over 2 days. The routes include a number of famous Yorkshire Dales climbs including Fleet Moss and Buttertubs and also take in the spectacular Ribbleshead viaduct. The tour mostly follows quiet roads with superb scenery and plenty of good cafe stops, and is suitable for riders with a good level of fitness who enjoy hilly terrain and spectacular scenery.

### Itinerary

Fri 21 April	Arrive at Hawes YH from 5pm onwards. Stay 3 nights.	
Sat 22 April	Depart at 9am for led ride, climbing out of Hawes over the Buttertubs pass to Swaledale, then climb to the isolated Tan Hill pub. Continue through Keld and Kirkby Stephen, along the valley to Garsdale Head, then either back to Hawes on the A684 (short route) or climb steeply from Garsdale Station over to Dentdale for the extra loop (main route).	<p>Main route 103km, with 2000m ascent</p> <p>Shorter route 88km, with 1600m ascent</p>

Sun 23 April	Depart at 9am for led ride past Ribbleshead viaduct then through Horton In Ribblesdale to Stainforth. Up and over to Halton Gill, Arncliffe, Conistone, Kettlewell and Buckden, finishing by climbing Fleet Moss and enjoying a spectacular descent back into Hawes.	83km, with 1250m ascent
Mon 24 April	Half day ride along the valley to Aysgarth Falls and a café stop in Aysgarth, then return to the hostel for 1pm when the tour ends.	35km, with 400m ascent

### Accommodation and meals

The accommodation is Hawes Youth Hostel overlooking Wensleydale. The hostel has 52 beds in rooms for 2 - 8 people, a cycle store, drying room, self-catering kitchen and it is licensed.

### Price:£210

The price is based on a minimum number of 10 participants taking part in the tour. If there are insufficient bookings by 3rd February 2023, we will contact you and return all monies paid.

Price includes:

- 3 nights hostel accommodation, half board basis, sharing rooms.

Price does not include:

- Travel to and from the hostel
- Drinks with evening meals
- Lunches or refreshments at morning and afternoon stops
- Entry fees at any attractions
- Any other personal expenses
- Travel Insurance

### Payment schedule

A deposit of £80 per person is required as soon as possible once the Tour Leader has processed your Booking Form (see below), with the final balance of £130 per person to be paid no later than ten weeks prior to departure, by 10th February 2022.

### 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:	Cancellation charge:
By 10th February 2023	Deposit(£80)
11th February through to departure	100%(£210)

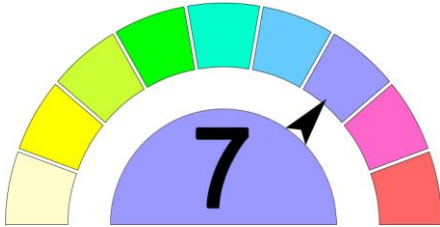
### To make a booking

Read the section on 'Booking a Holiday' on the Bikexplore website, then contact the Tour Leader to check that there are still places available. If there are, download and complete the booking form and email it to the Tour Leader. Once it has been processed instructions on how to pay the deposit (and balance) will be sent to you.

## Leader's Information Sheet

# Etape du Dales

**21 – 24 April 2023**



**This holiday is classed as Grade 7 – Very Energetic**



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

### **The area covered by the tour**

The Yorkshire Dales National Park covers 840 square miles, straddling the central Pennines in the counties of North Yorkshire and Cumbria. It is an expansive area of hill country that rises in the Millstone Grit-capped Three Peaks to over 2,300 feet (700 metres). This tour will cover a large part of the National Park, providing the opportunity to ride along valley roads, across open moorland and through typical Dales villages.

### **Rides and rest days**

Each day's ride covers about 80 – 100km and provides a good work-out due to the many hills. Apart from a few stretches of main road we follow quiet lanes. Yorkshire Dales lanes are sometimes narrow and steep, with variable surfaces and loose gravel.

The rides normally take all day, with two café stops. People's speeds uphill will inevitably vary, but we will regroup at suitable points.

Depending on the range of abilities, we may split into smaller 'grupettos' to accommodate different paces, and meet up later at a café or in a village.

Mostly we will be sightseeing from the saddle, but occasionally there will be the opportunity for a quick look at a historical feature or a viewpoint.

If you want to do more sightseeing on one of the days you are welcome to cycle independently, or have a rest day if you wish. Route sheets and GPS tracks will be provided, but you might want to bring a Yorkshire Dales map (see below for details).

### **Travel and Parking**

If you are travelling by car there is some parking at the hostel and also a large car park in the village.

The nearest railway station is 5 miles away at Garsdale, served by trains from Leeds and Carlisle. If you are travelling from the South you will come across the famous Ribbleshead viaduct.

### **Accommodation / Meals**

Accommodation will be in small dormitories. Bedding is provided but not towels (these are available to hire).

A substantial breakfast is provided each day, and a 2 course evening meal with vegetarian/vegan option. Tea and coffee will be provided in the communal kitchen.

During the day we will stop at cafés for morning coffee and lunch. Lunch may be quite late, so it is important to carry basic snacks (energy bars, bananas) as well as a water-bottle.

### **Group information**

The maximum group size will be 18 (including the leaders).

### **Weather and clothing**

In April, the weather could be cold, and possibly wet. Going uphill, and in sheltered places, it can be warm, then cold in exposed places or descending. Bring a variety of layers that can be combined to cope with variable temperatures, and a change of clothes and shoes for evenings in the Hostel.

### **Cycles / Equipment**

The main requirement is a good range of gears to cope with the steep hills. For a low bottom gear you may want a small chain ring on the front the same size or smaller than the largest cog on your rear wheel. If in doubt, please discuss with the leader before the tour. You should ensure that your cycle is in good working order, particularly wheels, tyres and brakes. You should have a rack pack or other bag that can carry sufficient spare tubes and tools to deal with punctures and minor repairs, as well as the spare layers needed to cope with varying weather conditions.

### **Maps**

GPS tracks will be provided but if you want to carry a map the area is covered by the *Goldeneye laminated cycling map Yorkshire Dales* (1:100,000), and the *Harvey Yorkshire Dales for Cyclists* map (1:100,000).



### About the leader

I am a regular visitor to the Yorkshire Dales. I have cycled many routes there and taken part in the Étape du Dales Sportive and the Three Peaks cyclo-cross. The terrain and the weather often provide plenty of challenges, but the variety of scenery makes the effort worthwhile. Not to mention the cafés and cakes! I have cycled toured extensively in Europe and beyond, and always enjoy the company of other cyclists whilst showing them around some of my favourite rides.

My partner Darrell will assist me on the tour.



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