

## Eden Valley cycling week

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**Mon 12th June to Mon 19th June 2023**

Based at a very comfortable self catering Victorian house, we shall explore the beautiful Eden Valley located between the Yorkshire Dales and Lake District. Five daily rides are offered to places of interest, encompassing beautiful views and, of course, the local cafes.



# Itinerary

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## Mon 12 June - Arrival

- No cycling
- Accommodation: Well appointed Victorian house

## Tue 13 June - Circular ride to Appleby

We head north through pretty countryside, heading to the lovely village of Warcop where we may be able to visit the tearooms at the Eden Valley Railway. Appleby-in-Westmorland was the county town of the historic county of Westmorland and retains a lovely charm. Heading back we pass through Maulds Meaburn and Orton.

- Route distance: 67.9 km
- Route altitude gain: 875 m
- Accommodation: Well appointed Victorian house

## Wed 14 June - Circular ride to Kirkby Lonsdale

For our longest ride of the week, we head south passing through Sedbergh on the roads to Kirkby Lonsdale. Coming back, we enter the Yorkshire Dales visiting the delightful village of Dent before swinging east and through Garsdale.

- Route distance: 101.4 km
- Route altitude gain: 1255 m
- Accommodation: Well appointed Victorian house

## Thurs 15 June - Circular ride around the Howgills

The Howgills are a small group of hills bounded by triangle of towns, Sedbergh, Tebay and Kirkby Stephen. We will cycle in an anti-clockwise direction around these pretty hills. Departing, we head west to Tebay where we follow the River Lune, flowing south, onwards through Sedbergh and returning via Ravenstonedale.

- Route distance: 46.4 km
- Route altitude gain: 619 m
- Accommodation: Well appointed Victorian house

## Fri 16 June - Rest Day

A day to relax or visit other attractions within the area.

- No cycling
- Accommodation: Well appointed Victorian house

### Sat 17 June - Circular ride to Tan Hill

Tan Hill features Britain's highest Inn and is the high point of the Pennine Way. First though, we head through Brough, site of a castle and an ice cream shop that will prepare us for the climb. Having summited Tan Hill, we descend towards Keld before climbing again and a fast descent to Nateby, to return to our accommodation.

- Route distance: 72.8 km
- Route altitude gain: 1189 m
- Accommodation: Well appointed Victorian house

### Sun 18 June - Circular ride to Haweswater

Haweswater is a large reservoir situated in the North East of the Lake District and built in 1929. Heading through Shap, an old staging point on the A6, we pass close to Shap Abbey before visiting this pretty body of water. A highlight today are two in and out dead end roads where the traffic is light and the scenery stunning.

- Route distance: 75.5 km
- Route altitude gain: 989 m
- Accommodation: Well appointed Victorian house

### Mon 19 June - Departure

- No cycling



# Dates and Prices

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## Cost

- Land only price: £285.0

## Payment Schedule

A deposit of £150 per person is payable upon booking, with the final balance of £135 per person to be paid by 1st April 2023

Price includes:

- 7 nights, room only
- Cleaning charge and fuel costs

Price does not include:

- Travel to and from the accommodation
- Any meals or refreshments
- Entry fees at any attractions
- Any other personal expenses
- Travel Insurance

## Cancellations

Written Notice Received: Cancellation Charge:

- 1st April: £150 (deposit)
- 2nd April to Departure: £285 (full amount)

# Holiday Information

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## Accommodation

- We will stay in a spacious Victorian country house with gardens overlooking the Howgill Fells. There's a wonderfully relaxed, sociable feel here with plenty of space for everyone to spread out. There are two large sitting rooms, a dining room (with a large dining table seating up to 16) and a beautiful recently renovated kitchen sprawling across the ground floor, making the Hall the perfect location for a weeks holiday. If the sun is shining, you can spill out onto the south-facing terrace or into the garden with mature trees and smooth lawns, which have beautiful views overlooking the fells, with dining and barbecue facilities

## Rooms

- There are 7 double bedrooms and a single room, all en-suite

## Area covered by the holiday

- The Eden valley is surrounded by the Lake District, The Howgills, The Yorkshire Dales and The North Pennines. The tour takes in the mainly quieter roads amongst these hills

## Rides

- The tour consists of five day-long rides from the central location of Newbiggin-on-Lune, a perfect centre to explore the area. The ride distances will range between 46 to 102 km and will involve some long climbs. This area is not as busy as the Lake District or the central area of the Yorkshire Dales. While some of the scenery may not be as dramatic it more than makes up for this with interest and quietness

## Route Sheets

- These will be supplied, along with maps and GPX files

## Group information

- The maximum number of participants will be 14 excluding the leader

## Weather and Clothing

- Although the tour takes place in June and early July, there is a possibility of both warm sunny days and cold wet weather. Layers of lightweight clothing suitable for a range of temperatures are needed, and waterproofs are a must, as is warmer clothing for the evenings.

## Cycles / Equipment

- A touring cycle, hybrid or lightweight ATB is suitable for this tour. You should ensure your cycle is well maintained, paying particular attention to wheels, tyres and brakes. A low bottom gear (e.g. small chainring at the front the same size or smaller than the largest cog on your rear wheel) is recommended. If you are unsure about gears, please discuss with the Tour Leader. Mudguards are optional but show courtesy to those who are following you in wet weather. New tyres are recommended of at least 28mm diameter. Each day participants will be expected to carry each day sufficient spares and tools to deal with punctures and minor repairs. You will not need to carry luggage, but a rack top pack or bar bag will be useful for carrying wet weather gear, spare clothing needed for the day, camera, snacks and your map. You are advised to do some riding before the tour with a similar load to that you will be carrying to get a feel for how your bike will handle.

## Maps

- You are advised to carry a map of the area in case you leave the main group. OS Landranger Maps nos 91, 97 and 98 cover most of the area.