

COAST & CASTLES

2022 TOUR PACK

5 days

248 km / 155 miles

 ADVENTURE
UNCOVERED

BRAKE
CYCLE THE





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TRIP HIGHLIGHTS



- 3 days of cycling the beautiful Northumberland Coast and Scottish Borders.
- A manageable A-B tour (days are longish but mainly flat!)
- Views of nine ancient coastal castles including Warwick, Dunstanburgh, Berwick, Bamburgh, Norham - to name just a few!
- Celebratory welcome dinner at award winning Riley's Fish Shack with the friends you haven't yet met.
- Optional (but recommended!) sea swims in sandy bays along the way
- Local delicacies... Craster Kippers, hot stotties, Berwick Honey, Wylam Ales and Alnwick Gin..
- Celebratory farewell dinner and drinks on arrival into Edinburgh

Dates: 2-6 Sep

Price: from £545.00

Group size: up to 16

Terrain: Road

Grade: 3

Duration: 4 nights, 5 days

Cycling days: 3 days

Day 1 (Arrival)
8km / 5miles

Day 2
60 miles

Day 3
50 miles

Day 4
50 miles

Day 5 (Departure)
0 miles

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5 days

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WHAT'S INCLUDED

Food

3 meals a day of delicious organic wholesome food.
Celebratory welcome dinner at Riley's Fish Shack plus
farewell dinner at our journey's end in Edinburgh's Vesta
Restaurant.

Accommodation

A mix of hotels, camping and hostels.

Support vehicle & luggage transfer each day

Pedal kit free!

Train station transfer

From Newcastle to our accommodation
on the day of arrival.

At least 2 support crew

Trained in first aid, bike mechanics and
heavily endowed with good vibes

Carefully chosen route

Available with GPS on Garmin or
smartphone

WHAT'S NOT INCLUDED

A weekend of downhills

Getting you & your bike to and from the tour,
but we'll meet you at the station

Travel insurance

Train station transfers on days other than
those scheduled on the arrival/departure
days

Personal expenditure

Beers, coffees, souvenirs etc

TOUR ITINERARY

DAY 1

Distance: 8km 5miles



We'll meet you off the train in Newcastle and take you, your bags and your bike to our accommodation in Whitley Bay.

Unwind and freshen up ready for 6.30 in time for our 'Meet and Greet' over a welcome drink.

We'll head as a group to Riley's Fish Shack for some award winning food and a fire on the beach to celebrate the start of this classic tour.

Early to bed and early to rise ready for Day 1 in the saddle.

DAY 2

Distance: 100km / 64miles



After a restful night and a hearty breakfast we'll start our first day in the saddle! We'll set off at 9am after an optional swim in the sea just out the front of our accommodation.

Day 1 sees us cycle North (along quiet Sustrans routes mainly) towards Lindisfarne where we'll camp tonight.

We'll be cycling underneath Warwick Castle, Dunstanburgh Castle and Bamburgh to name just a few. Today we hug the coast all day.

We arrive into our campsite around 6pm ready for a delicious dinner catered for us and a drink to end the day.





DAY 3

Distance: 83 km / 52 miles



We'll aim to be on the road after breakfast by 9am.

On this second day of cycling and we enter Scotland!

We continue north up to Berwick before cutting inland West, crossing into Scotland and following the River Tweed through Norham (with the obligatory stop at the village tearoom and shop), to Kelso for lunch and down to Melrose.

The scenery is stunning the whole day, particularly sections along the River Tweed.

Tonight we stay in a beautiful campsite amongst pine trees with glamping options, woodfired pizzas and a cosy local pub. Wee dram anyone?

DAY 4

Distance: 80 km / 50miles



Our final day in the saddle and we head to Edinburgh.

DAY 4 cont.

Cycling to Innerleithen we'll take a mid-morning pitstop at the famous coffee shop on the high street renown for baked treats and goodies.

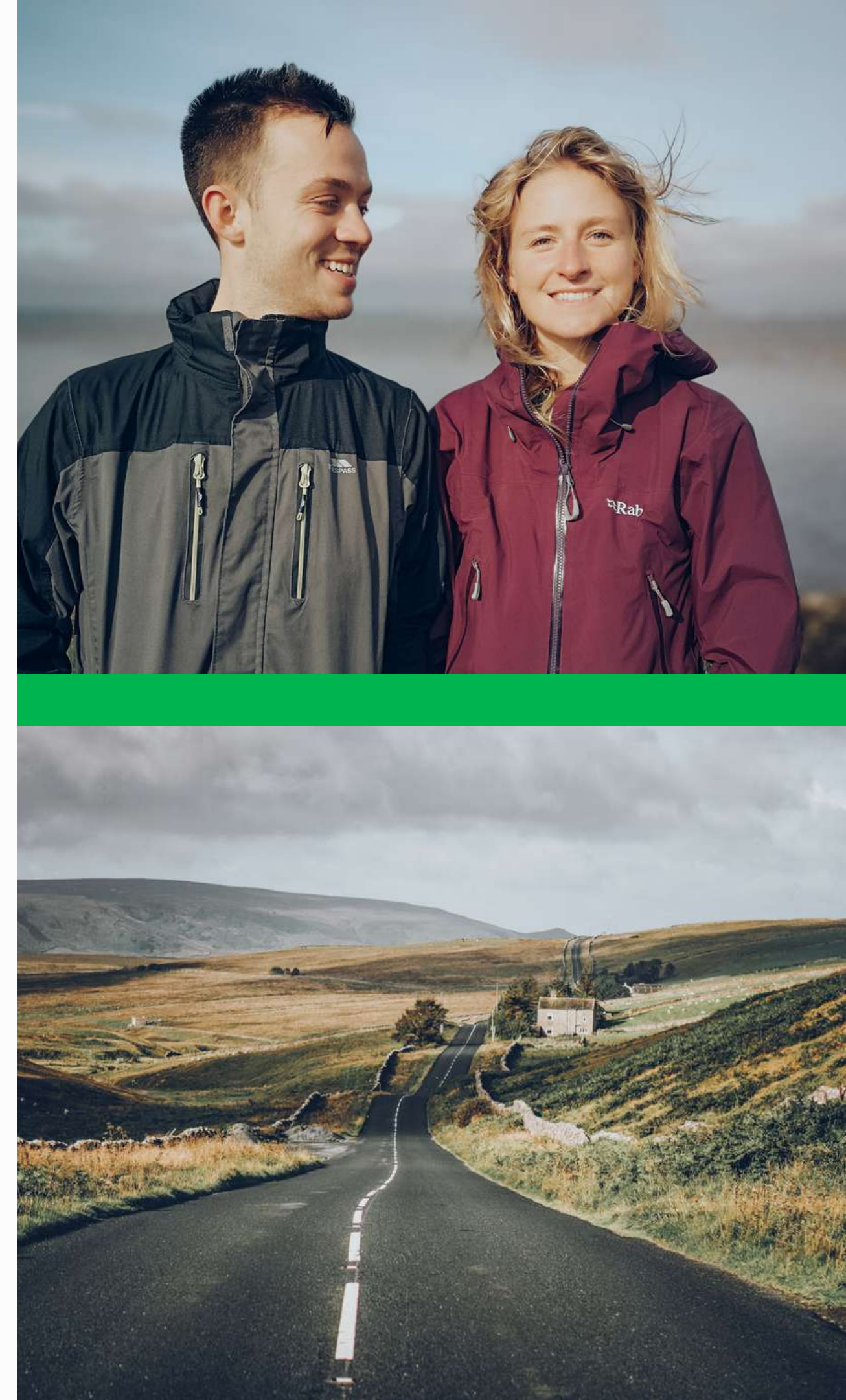
Fill your boots because from here we follow the road up through the Moorfoot Hills. This is the 'biggest climb' of the trip. It's beautiful, longish but gradual. Remember, you're not at the top until you see the windmills..

After a snack and a marvel of the view of Edinburgh below us, we'll begin our 20km freewheel into Edinburgh. On clear days (which this one will be) we get views of the Forth Road Bridge and King Arthur's Seat on the decent.

We arrive into Edinburgh around 5pm and head to our hostel accommodation. Freshen up, wind down and meet us for a drink before dinner somewhere local to celebrate our journey's end - tonight we spend our last night in a cute hostel in Edinburgh.

DAY 5

We'll rise, get breakfast, mooch around Edinburgh and shoot off to the station to take us home, easy!!







Don't just take our word for it...

"In summary, everything about this trip was perfect:

- The Crew: a wonderful group of experienced cyclists who somehow managed to juggle it all. Wonderful and complementary personalities, expert chefs, and great humours!
- The group: meeting the amazing, like-minded, and friendly group was probably the most meaningful part of the trip.
- The FOOD: incredibly delicious homemade, vegan, organic food.

Still riding the mental and emotional high from this weekend.

If you're hesitating about going on a BTC trip - do it.

If you're going on the trip alone, you'll leave with a load of new friends. I promise you won't regret it!"



CHARLIE

"A brilliant organisation that run trips to change your life"



TOM S

"Brilliant trip, can't speak highly enough of Joe and the opportunity his tours give you to experience an adventure while making friends, being inspired, and putting your body on the line!"

TOM

"We rode as part of a warm, supportive, group of folk with diverse backstories and a shared sense of positivity and adventure, nurtured by our friendly and responsible crew."



NINA

"I had so many doubts to my cycling abilities before embarking on an adventure with Brake the Cycle. I'm so, so glad I went for it - The crew and my fellow cyclists couldn't have been more supportive and I ended up having one of the most memorable 3 weeks of my life."



WHAT TO PACK



FOR THE CYCLING

Essential (this stuff is mandatory)

- A bike (options to hire available on request)
- Bike helmet
- Decent tyres: we can recommend if you need!
- Lights
- High visibility clothing
- Water bottle x2
- Pannier or bike bag (but you won't be carrying much stuff!)
- Maintenance kit: Multi-tool, inner tubes (2 spares suitable for your bike) and tyre levers / adjustable spanner if you haven't got a quick release wheel
- Waterproof jacket

Pretty useful (you'll probably want most of this)

- Padded cycle shorts - Cycle tops
- Sunglasses/cycle glasses
- Thermal base layer
- Cycle gloves

Optional extras

- Bike locks
- Bike computers / garmins / gopros
- Power packs
- Cycle shoes
- Gel padded seat cover, for ultimate bottom comfort

FOR THE CAMPING

Essential

- Tent
- Sleeping mat
- Sleeping bag

Pretty useful

- Inflatable pillow
- Head torch

Optional extras

- Fluffy socks

FOR THE REST

Essential

- Non cycling clothes, including something warm (this is England)
- Toiletries & towel
- Chargers for phones and gismos
- Face mask

Pretty useful

- Swim stuff: for lunchtime cool offs in lakes, rivers and seas
- Ear plugs in case of any snorers
- Sun lotion/insect repellent
- Hand sanitizer (we'll have lots too)

Optional extras

- Journal
- Tin whistle



WHAT ELSE DO I NEED TO KNOW?

Where do we stay?

First night we stay in single or double rooms (depending on your booking) in a hotel in Whitley Bay. For the second and third nights we're in beautiful campsites with glamping options available (at an additional cost - please enquire with us directly). On our final night in Edinburgh we're staying in a cosy hostel in the city centre.

What kind of food will I be eating?

We know how important it is to keep fuelled with nourishing food. We will provide healthy, nutritious and delicious meals. All meals prepared by the team will be vegetarian and we make extra sure that the places we take you to cater for all dietary choices and requirements. There's even vegetarian and vegan options at Riley's Fish Shack! You'll need a little extra cash for any stops in cafes (or pubs) throughout the ride.

Do I need to train? Will I be fit enough?

We can't emphasise enough the importance of training. Just to make the trip more enjoyable! Do a favour to your body and get it used to being on a bike. Build it up with regular, easy rides: it's all about creating a rhythm and getting into the swing of things.

Having said that, this tour is certainly manage-able. The first day is the longest at just over 60 miles, the second and third days are shorter. We'll be in the saddle for five or six hours each day but the terrain is only slightly undulating and we'll have lots of food and drinks stops along the way.

How about getting there and back again?

You'll need to arrive in Newcastle by 18:00 latest on arrival day. We'll be at the train station to meet you with the van. We'll be finished up in Edinburgh on

around 7pm and we'll head off the following morning so book your train sometime in the morning unless you fancy sticking around Edinburgh! We'd recommend booking your bike on the train as early as possible. LNER allows you to book bikes online.

Will I hold up the group?

Here's the thing. Do not worry about 'holding' anyone 'up'. We cycle at our own pace. Speedies speed off, freewheelies freewheel. Each day we break up into groups of 5-7 to make us more manageable on the road. We encourage switching up groups throughout the trip so you connect with your pedaling peers. You'll have a Garmin, the route and knowledgeable guides at your side every pedal of the way. One lucky crew member freewheels at the back as 'Sweeper' (usually Joe) making sure no one is ever left behind.

Seriously, no one is slower than Joe.

What's the weather up to?

September is a beautiful month in the North East. The days are long, the wind is behind us and the sun is (usually) out. We're optimists.

That said, the weather is getting increasingly difficult to predict. Bring something warm for the evening and a waterproof for the ride. It'd be silly not to.

Do I need travel insurance?

Yes.

What will the terrain be like?

The route is well ridden and it's likely we'll meet lots of other cyclists on the road and at our pitstops. We'll be riding predominately on quiet roads and Sustrans routes and the surfaces are generally excellent. The first day is very flat with a few lumps towards the end. The second day is slightly more undulating as we weave inland following the River Tweed.

The final day includes our gradual climb up the Moorfoot Hills with stunning views and a fabulous freewheel into Edinburgh. A road bike or hybrid is fine.

What cycling grade is this ride?

We've graded this ride 3 out of 5. Our grading system takes into consideration both daily distance, gradient and climbing.

Private departures

If you fancy riding the Coast and Castles Brake the Cycle style but would rather bubble with your friends, or if you're struggling to find a date that suits then get in touch with us at cycle@adventureuncovered.com.

We also run private tours throughout the year and, depending on the dates you have in mind, we'd be glad to work with you on your own trip.

Can I hire a bike from you?

Unfortunately you need to bring your own bike. However, we can certainly point you in the right direction!

Can I hire a tent from you?

No unfortunately not.

Any questions at all just send them through to cycle@adventureuncovered.com



How are you planning to keep us safe with COVID?

We're glad you asked. We've spent three months understanding regulations, learning industry best-practice and speaking to insurers and health experts. This trip, like all our trips, is covid-considered with flexible booking conditions and covid secure practices from beginning to end.

We'll be keeping a keen eye on changing regulations and will make sure to update you should anything change. We'll be cycling in groups of 6 on the road (although we did that anyway) and accommodation is adequately spacious to allow for sufficient social distancing.

Check out our Covid Frequently Asked Questions [here](#).

Our booking T&Cs are the most flexible yet. We've been really careful to make sure we can accommodate changing circumstances due to Covid. Please take a read through on our website.

Here are some of the main points:

- if we have to postpone a trip due to government restrictions, a further lockdown, or the tier system preventing us from travelling between places, all customers will be given a 100% refund or the option to transfer on to later trip or receive vouchers.
- If you're unable to join the trip due to Covid, but the trip still goes ahead, we'll give you vouchers for 100% of the amount you paid or transfer on to another trip of your choosing.



WHY COAST & CASTLES?






We end our Brake the Cycle season with a lesser known classic tour; the Coast and Castles.

Perfect for those seeking the thrills and discovery of a 'point to point' tour (where we start in one location and make our way, over a few days, to another), this tour isn't as challenging as the hillier Coast to Coast.

Probably because of this, the Coast and Castles is one of the most popular routes we ride.

Starting in Tynemouth (literally the mouth of the River Tyne) we pedal north, hugging the Northumberland coastline with the wind on our backs, reaching the Scottish Capital three days later.



<div> <div>How does this trip compare?</div> </div>	<div>      </div>				
	Coast and Castles	Coast to Coast	Hebridean Way	Brecons Breathing	Jurassic Bikepacker
GENERAL					
Length of trip	4 nights	3 nights	7 nights	2 nights	2 nights
Days cycling	3	3	5	2.5	2
Group size	Up to 16	Up to 16	Up to 16	Up to 25	Up to 30
Accomodation	Guest house & Camping	Guest house & camping	Hostels and bunkhouses	Bunkbarn	Bunkbarns
Food and drink	B, L, D each day	B, L, D each day	B, L, D each day	B & D each day	D each day
Trip dates	Sep 2 - 6	June 16-19	April 30 - May 8	July 8-10	July 29-31
Cost pp	From £545	From £545	From £895	From £245	From £165

<div> <div>How does this trip compare?</div> </div>	<div>      </div>				
	Coast and Castles	Coast to Coast	Hebridean Way	Brecons Breathing	Jurassic Bikepacker
ROUTE					
Ave daily distance	60 miles	60 miles	55 miles	25 / 50 miles	50 miles
Cycle rating	3/5	4/5	3/5	2/5 - 4/5	2
Terrain	Quiet roads and lanes.	Quiet roads and lanes.	Quiet roads and lanes.	Quiet roads and lanes.	Quiet roads and lanes.
Hilliness	Flatish with bumps	Hilly	Flattish is hills on day 3	Hilly	Flat
KIT AND GEAR					
Need a tent?	N	Y	N	N	Y/N
Bike type	Road, Touring or Hybrid bike	Road, Touring or Hybrid bike	Road, Touring or Hybrid bike	Road, Touring or Hybrid bike	Road, Touring or Hybrid bike





How to book

We require a deposit of 25% when signing up for the trip. Full payment must be made at least 90 days before the start of your trip.

Once you have booked and paid your deposit we'll send you a confirmation email. We then invoice you (via email) for the remaining balance which can be paid online (through the link on the invoice) or via bank transfer.

Before you book please have a thorough read through of the [booking conditions](#).

[Book now](#)

Fancy a natter?

Get in touch any time via email
cycle@adventureuncovered.com

About Brake the Cycle

Brake the Cycle is a community for adventurous people looking to squeeze the most out of life in a way that doesn't harm the Earth.

A community for people who love adventuring and the outdoors so much they don't want to see it destroyed through climate change, plastic pollution and the loss of our wild spaces.

We ride through some of Europe's most epic landscapes and stay at inspirational eco-friendly places.



Pedalling with purpose



Why us?



We're experienced

We've been pedalling around since 2011



We're recommended

We are trusted by our customers - [check our 5* reviews](#)



We're sustainable sourced

Provision of organic, wholesome food & easily catering for vegans



We go the extra mile

Community and customer service is the heart of what we're about



**BRAKE^T
THE
CYCLE^H**
IS

MEET THE TEAM



ROSIE RILEY

Rosie grew up in Tynemouth, the beautiful seaside town where we start our ride.

Having grown up exploring and cycling around the Northumberland Coast she knows all the best secret spots along the route: the coastal gems, quiet shot-cuts, scenic long-cuts, locals' coffee stops and always knows how far we are from a cosy pub..



JOE REID

Joe has been pedalling around Europe since 2011. He's well experienced in starting up and running grassroots environmental initiatives.

He's a lanky bean at 6'3 but those long limbs have powered him through ultra marathons, Iron Mans & cross continental bike rides.



MEET THE TEAM



SHALYN WILKINS

Hello, I'm Shalyn.

I'm hooked on adventuring by bike. Having now converted countless friends and family (and sometimes even strangers) to the joys of biking, I lead rides and share my enthusiasm for exploring by bike, opportunistic yoga, good food and camping under the stars.

It's also quite possible that I hold the record for the most puncture-repairs in a calendar year!



JAMES BALLANTYNE

Hi, I'm James.

My first Brake the Cycle trip was back in 2015 when I cycled LEJOG. Since then I've crewed on many trips, across 5 different countries.

I love languages and can speak French, Spanish and Italian as well as my native English. When not cycling I work as a civil servant on UK government climate change policy.





About us

Brake the Cycle is an Adventure Uncovered brand. Adventure Uncovered is a platform promoting social and environmental change through responsible adventure. We inspire and motivate outdoor enthusiasts to take positive action towards the health of our planet and its people.



How are we doing that?

Storytelling

Compelling and thought-provoking industry-leading content; articles, news, opinions, films, features and video. Check out our latest [Edition](#).

Events

Inspirational, immersive, transformative experiences; outdoor excursions, live talks and [film festivals](#).



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