

GOOD RIDE THE ATLANTIC WAY

2022 TOUR PACK

Sep 25 - 28

4 days cycling from Bristol to Goodest, Cornwall
180 miles (average 45 miles a day)

GOODFEST

**BRAKETHE
CYCLE**



Photo: Albion Cycling

THE ATLANTIC WAY - WHAT'S THE DEAL?

The South West.

Home to apple orchards, cider farms, cheddar cheese, Cheddar Gorge, cream teas, rolling waves, rugged coves, Glastonbury, nestled fishing villages, hazy-sea-sprayed-evening-beaches, pasties, pasties, pasties, hedge-lined lanes, Korymbos, renewable energy and sustainability inspired communities... not to mention van-life.

Who doesn't love it?

Ever cycled there?

From Bristol to Bedruthan Hotel over four days and three nights join us as we roll south (then west, then south again) through all of the above taking in Somerset, Devon and Cornwall.

Brake the Cycle would like to thank our Cornish hosts (now friends) whom we met on the 2021 Ride the Change for this tour.

Thank you, thank you.

We've managed to secure exclusive hire of three incredible cliff-top hostels to roll into each evening, with ample space to share stories, cook together 'supper club style', show films and engage in creative conversations.

Oh and on arrival into Bedruthan there's an outdoor, adventurous film festival (included in your ticket, weather permitting!).



**Early Bird £275
or £500 for 2!**

Rolling roads, beautiful beaches, stunning views.. let's be honest, we cycle for the food.

THE ATLANTIC WAY

4 days | 180 miles

Dates: 25 - 28 Sep 2022

Price: £295 (or £275 Early Bird, July 31)

**Discount for two: Only £500 total
(Saving £90 total)**

Group size: Up to 30

Terrain: National Cycle Network

Average daily distance: 45 miles

Average time in the saddle a day: 4 hrs

Grade: 2/5

Duration: 4 days

Cycling days: 4

Whistle-stop tour stop offs en route..

Cheese demonstration at the Cheddar Gorge
Cheese Company

Cider tasting at Torre Farm Orchards

A tour and tasting of Quince's Honey Farm

Speke's Mill Mouth Waterfall, Hartland

Lunch in the Cracking Crab, Polzeath's finest nosh

A spooky tour of the Museum of Witchcraft and
Magic

Plus various and multiple unbelievable cream teas

Pasties pasties pasties

Vitamin Sea swims ;)

Seaweed forages

Morning yoga sessions

Korev Shandies :)

THE ATLANTIC WAY

4 days | 180 miles





WHAT'S INCLUDED IN THE PRICE

Food

Breakfast is included in the reasonable price of £295. Expect delicious pots of steaming porridge, seasonal fruit compotes, granolas, muesli and yogurt with coffees, teas and juices. For lunch, we'll get out on the road and dinner will be supper club style.

Accommodation

We've booked out the youth hostels in Minehead, Elmscott and Boscastle, exclusively for our group. Each hostel has a range of dorms which we'll spread across, single sex.

Full support vehicle & luggage transfer

Pedal kit free. We carry all your bags every day. Just take your camera.. and definitely a swim suit.

Transfers

We'll meet at Bristol Temple Meads station on Day 1 and get you to Newquay on Day 4.

At least 3 support crew

Trained in first aid, bike mechanics and heavily endowed with good vibes. You've got the creme-de-la-creme for this trip :)

Carefully chosen route

From Bristol to Bedruthan taking in beautiful sites and beaches, available with GPS on Garmin or smartphone.

WHAT'S NOT INCLUDED

A week of downhills. Get a grip.. The hills are where the magic happens..

Lunch and dinner.

Personal expenditure - beers, coffees, souvenirs etc. Your Cornish pasties and cream teas aren't included in the £295.

Getting you and your bike to Bristol and back from Newquay.

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

Travel insurance.

TOUR ITINERARY

What can I expect each day?

Below: Bristol Temple Meads Station is where the adventure will begin for most participants...



DAY 1

Distance: 62 miles: Bristol to Minehead.



Smiling, grinning Brake the Cycle Crew will meet you from your train and lift your bags into the van. We'll set off at 9am prompt and roll out south through the Mendips, Cheddar Gorge, Bridgewater and through the Quantock into Minehead where a swim and the pub await us.

With stops at the Cheddar Gorge Cheese company and the Torre Cider Farm the tour starts off with a bang.

Accommodation

We'll be staying in the Minehead youth hostel, exclusively hired for us little sleeping beauties.



DAY 2

Distance: 60 miles: Minehead to Elmscott.



After a restful night and a hearty breakfast we head through the Dunkery and Horner Wood National Nature Reserve, to Barnstaple, following the River Taw to Bideford and out to the Hartland Devon Heritage Coast.

Today we luncheon at the Quince Honey Farm. with stop off for afternoon tea as we cross into Devon.

Accommodation

We've hired the beautiful and remote Elmscott Youth Hostel, three miles south of the Speke's Mill Mouth Waterfall on the Hartland Coast.

DAY 3

Distance: 30 miles.



It's an easy day today, to make time to explore the Hartland Coast, squeeze in a cream tea (or two) in Bude after lunch and explore Boscastle on arrival.

Accommodation

Tonight, we've hired (again) the youth hostel in Boscastle, the building adjoining the Museum of Witchcraft and Magic...



We'll cook up a storm together and sample local seasonal fruit and vegetables picked up along the way.

DAY 4

Distance: 30 miles.



Our final day is short in distance but full of pitstops. We'll be stopping in Tintagel Castle, Polzeath and Padstow to muse over, cruise through and browse delicacies, delights and dreamy Cornish landscapes.

We arrive into Bedruthan by 5pm in time for the Adventure Uncovered film screening; two hours of short social and environmental purpose-driven adventure films, curated as a prologue to the Good Fest Festival.

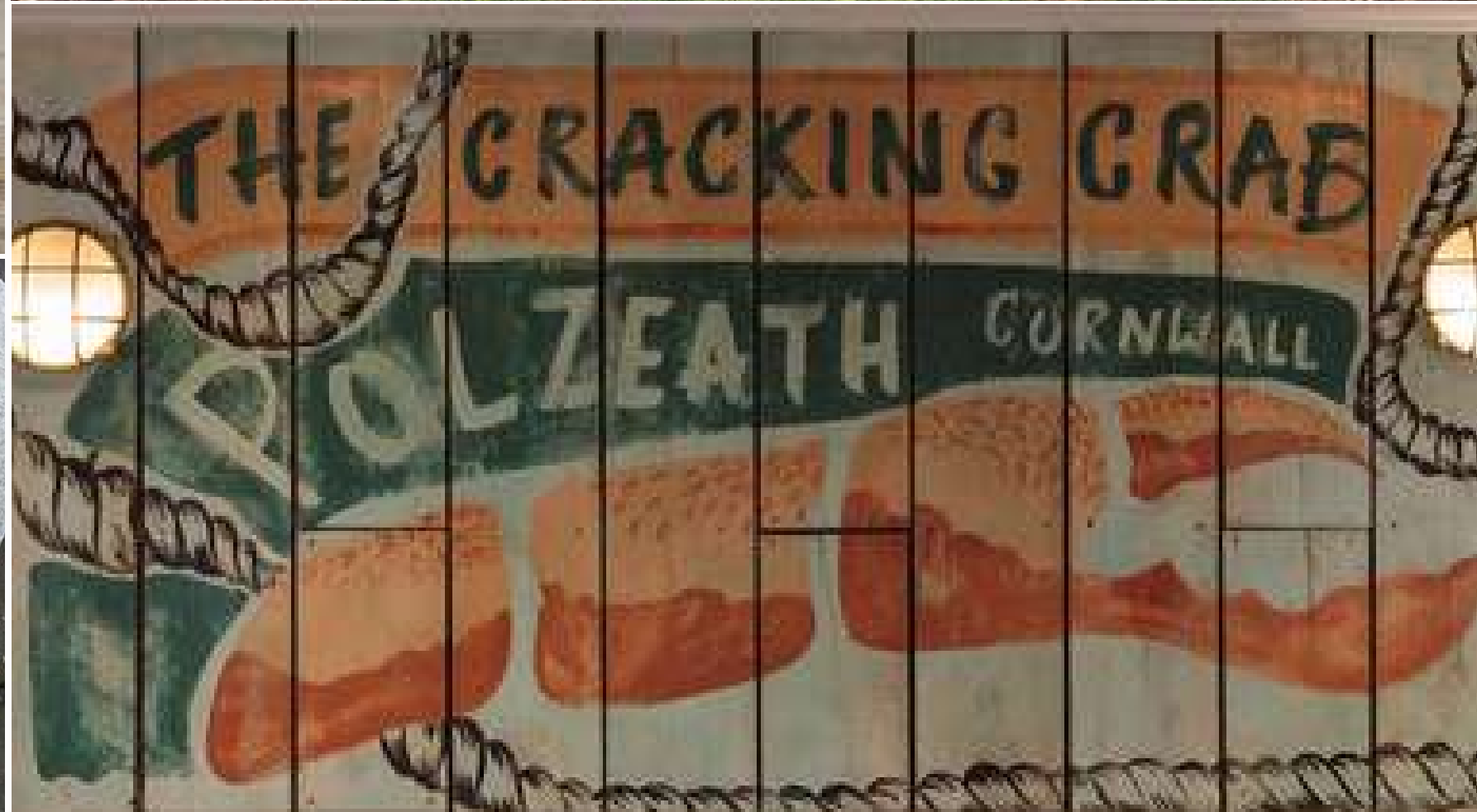
For those not staying, transfers to Newquay will get you there from 4pm.

HIGHLIGHTS



TORRE
CIDER CO.

Cheddar Gorge
CHEESE COMPANY



Your trip ticket includes entry into the Adventure Uncovered Film Screening the evening we arrive at our destination location.

All films are short, purpose driven, adventure and outdoor films; pushing boundaries, smashing stereotypes and creating new narratives. Guaranteed.

The programme starts at 7pm and wraps up at 10pm.



**ADVENTURE
UNCOVERED
FILM FESTIVAL**

BUT WAIT, THERE'S MORE!

THURSDAY 28 SEPT - FRIDAY 29 SEPT

We arrive into Bedruthan Hotel the evening before the fabulous, fantastical Good Fest is scheduled to kick off.

What a coincidence!

Good Fest is a festival for inspiration, reflection, collaboration and action. A step towards making a difference both personally and in business.

GOODFEST



GOODFEST

**INSPIRATION,
REFLECTION,
COLLABORATION AND
ACTION. A STEP TOWARDS
MAKING A DIFFERENCE,
BOTH PERSONALLY AND
IN BUSINESS.**

Good Fest brings together communicators, founders, teams, agencies, change-makers, decision-makers, those who are curious, those who try to make a difference and share how. Those who want to make a difference but are not sure how. Those who can influence others with their work. Those who want to learn how to move to the next step. Those who want to hang out with inspirational people already leading the way. Those who need to re-charge, re-imagine, re-connect for the future ahead. Those who love a good conversation between the conversations

It's for all of us.

We'll be going and we strongly suggest you do too!

**Special
Offer**

Festival organisers have kindly offered a 15% discount to all us cyclists to attend: USE CODE 'CYCLE' WHEN BOOKING!



www.eventbrite.co.uk/e/goodfest-2022-tickets-331717464867

GOODFEST

2022 SPEAKERS



AMY CLARKE



DAN BURGESS



EMMA STRATTON



HELEN TAYLOR



JELLE MUL



MANDA BROOKMAN

**MORE SPEAKERS
TO BE ANNOUNCED!**



Bedruthan Steps, Cornwall.

WHAT DO I NEED TO PACK?



FOR CYCLING



Essential (this stuff is mandatory)

- A bike (road bikes, touring bikes and hybrids recommended, the route is also suitable for gravel bikes, although the route is on road so not essential)
- Bike helmet
- Decent tyres: we can recommend some if you need
- Lights
- High visibility clothing
- Water bottle x2
- Pannier or bike bag to carry food and snacks, or just a big pocket!
- Maintenance kit: Multi-tool, inner tubes (AT LEAST 2 spare suitable for your bike) and tyre levers/adjustable spanner if you haven't got a quick release wheel.

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

- Padded cycle shorts or leggings
- Cycle tops (we suggest a couple of short sleeves and long-sleeved)
- Sunglasses/cycle glasses
- Thermal base layers for under short sleeve cycle tops.

Optional extras

- Bike locks (we won't be locking bikes up anywhere but you might want to bring this for peace of mind)
- Bike computers / Garmin / Go Pro
- Power/battery packs
- Cycle shoes (and gloves if you like)
- Gel padded seat cover - for ultimate bottom comfort.

FOR THE REST



Essential (make sure you pack these)

- Non-cycling clothes, including something warm (this is Scotland), a fleece, long johns, joggers, gloves, a warm hat
- Midge repellent (the locals use Skin so Soft and Smidge)
- Toiletries & towel
- Chargers for phones and gismos and probably a battery pack.
- Head torch
- Facemask

Pretty useful (you'll probably want this too)

- Swim stuff: for lunchtime cool offs in lakes, rivers and the sea
- Ear plugs in case of any snorers
- Sun lotion/insect repellent
- Snacks, bars, raisins, on the go food.

Optional extras

- Journal
- A delicious homecooked cake or traybake to share with Brake the Cycle Crew (we love all home-baked goods)
- Eye mask
- Tin whistle.

WHAT ELSE DO I NEED TO KNOW?

What kind of places do we stay?

We'll be staying in three beautiful youth hostels; Minehead, Elmscott and Boscastle. We'll be spread out across single sex dorms.

If you'd rather camp, please get in touch :)

What kind of food will I be eating?

We will provide healthy, nutritious and delicious breakfasts all four days. All vegetarian and easily catering for vegans. We know how important it is to keep fuelled as two of our crew suffer from bad cases of 'hanger'..

Along the route we'll be touring pasty places, cream tea establishments, public houses, farm shops and vineyards. We'll get lunches out on the road and evening suppers will be cooked up by all of us together... an experiment in Too Many Cooks Vs Many Hands..

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

We can't emphasise enough the importance of training. The first two days are slightly longer than the latter two, but this ride is deliberately accessible to all. Guaranteed everyone will not only 'make it' but even dare we say it, enjoy it!

Do your body a favour 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.

The Brake the Cycle Van will always be on hand to pick you up and give your wee legs a rest. No shame there :)

How about getting there and back?

You'll need to be at Bristol Temple Meads train station at 9am on Sunday 25th September. We'll load up our clobber in the van and start making tracks.

On Wednesday, transfers to Newquay from Bedruthan from 4.30 pm.

What's the weather up to?

Whilst this trip is running at, perhaps, the most beautiful time; the weather is getting increasingly difficult to predict. We'd recommend ensuring you at least have something warm for the evening and a waterproof for the ride.

Do I need travel insurance?

We suggest you get some.

What will be terrain be like?

We'll be riding on quiet country lanes and following the National Cycle Routes through Somerset, Devon and into Cornwall. The road surfaces are good so a touring bike, road bike or hybrids will be fine!

But if you have questions on your bike or gear, just send us an email and we'll let you know :)

cycle@adventureuncovered.com

What cycling grade is this ride?

We've graded this ride 2 out of 5. There's a few steep little hills along the route (this is the South West after-all), but nothing to worry about.

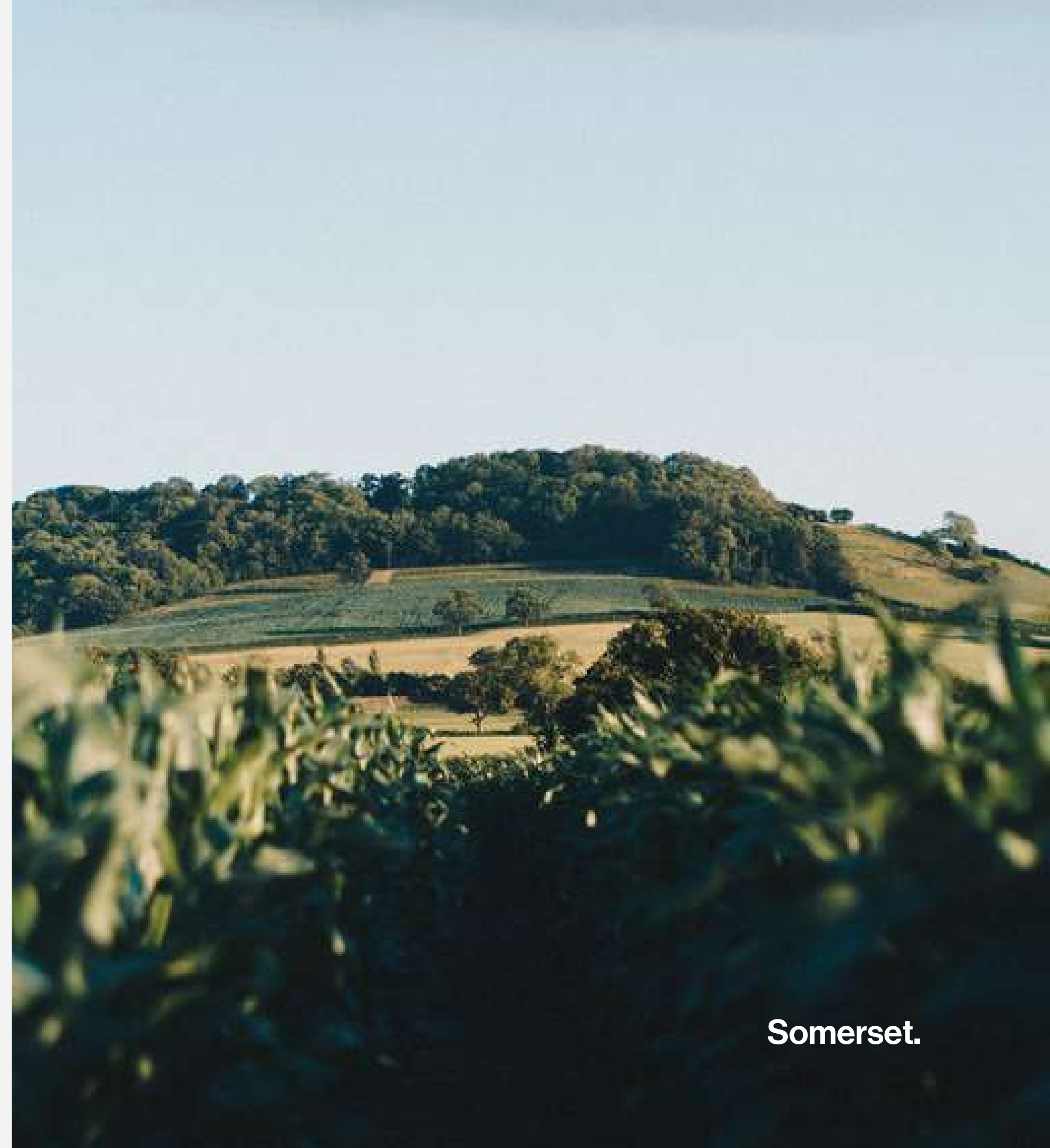
Private departures / Corporates

We also run private tours and corporate getaways 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!

Any other questions at all just send us an email to:
cycle@adventureuncovered.com



Somerset.

Why this trip?

'What makes this trip so special?' We hear you ask.

Have you not been reading this pack or looking at the images closely?

This tour has vibes.

With space for up to 30 of us, an incredible route from Bristol down and out through Mendips, Quantocks, Devon and Hartland we've dedicated crew member (thanks Cara) finding the most local and sustainable food and drink stop offs along the route to keep you fed and water with the tastiest nosh Devon and Cornwall has to offer.

We've deliberately chosen these dates to arrive in time for Good Fest on Thursday and Friday and tour ticket gets you into the Adventure Uncovered outdoor film screening on arrival.

Put it this way, all the Brake the Cycle crew are desperate to be on this trip.

Is this trip for me?






Yes. Simply: yes. The cycling is easy, 45miles a day, the food is plentiful and the south west is... vibey.






We've deliberately made this trip as easy and straightforward as can be. It's for everyone! A chance for a final tour before the season changes..



Smiles all round, standard on Brake the cycle trips!



<div> <div>How does this trip compare?</div> </div>	<div>      </div>				
	Coast and Castles	The Atlantic Way	Outer Hebridean Way	Dragons Dreaming	Jurassic Bikepacker
GENERAL					
Length of trip	4 nights	3 nights	7 nights	2 nights	2 nights
Days cycling	3	4	6	2.5	2.5
Group size	Up to 16	Up to 28	Up to 16	Up to 25	Up to 30
Accomodation	Guest houses	Exclusive hire: Hostels	Hostels & guest houses	Bunkhouse	Bunkbarns
Food and drink	B, L, D each day	Breakfast each day	B, L, D each day (Except dinner on 2 days)	B, L, D each day	D each day
Trip dates	Sept 16-20	Sep 25 - 28	April 30 - May 7	July 8-10	July 29-31

<div> <div>How does this trip compare?</div> </div>	<div>      </div>				
	Coast and Castles	The Atlantic Way	Outer Hebridean Way	Dragons Dreaming	Jurassic Bikepacker
ROUTE					
Ave daily distance	60 miles	45 miles	43 miles	40 miles	50 miles
Cycle grade	3/5	2/5	4/5	3/5	3/5
Terrain	Quiet roads and lanes.	Quiet roads and lanes	Quiet roads and lanes.	Quiet roads and lanes	Quiet roads and lanes.
Hilliness	Some rolling hills	Some shorties	Flattish with one hilly day	Hilly	Hilly
KIT AND GEAR					
Need a tent?	N	N	N	N	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
Cost pp	£565	£295	£945	£245	£195



How to book

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

We require a deposit of 25% when signing up for the trip. Full payment must be made no later than 60 days before the start of your trip, and cancellations later than 60 days before the trip starts are non-refundable.

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.

You can secure a place for this trip by clicking the button below:

[Book Now!](#)

Fancy a natter?

Get in touch any time via email

cycle@adventureuncovered.com

About us

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



Smiles on a past Brake the Cycle trip. Standard.



**BRAKE^T
THE^H
CYCLE^E**

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

We sustainable sourced and provide organic, wholesome food & easily cater for various dietary requirements.



We go the extra mile

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

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

[View our previous peddlers page!](#)



"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."



MEET THE TEAM

This is a fully supported cycle trip. Our van is on hand to provide pick-ups if needed. It's complete with a field kitchen, awning and mini bike workshop.

A passionate bunch make up the core crew. We're well-versed bike mechanics, first aiders and green living-ers.



ROSIE RILEY

Hiya, my name is Rosie.

I'm from Tynemouth, the beautiful seaside town where the C2C ride finishes. I know this route so well and am incredible excited to share it all with you. It's stunning! My favourite day is day 2 when we climb up over Hartside Pass, eat lunch in Garrigill and cycle over the Pennines to Edmondbyers.



JOE REID

Hi I'm Joe.

I'll be crewing on this ride. This'll be my third Coast to Coast. I absolutely love it! My favourite ride is day 1 where we ride Lake District, through Lorton, up Whinlatter Pass and down into Keswick for lunch. I've ridden it in both good weather and in bad; either way the views of the mountains are always breath-taking!



MEET THE TEAM

Continued...



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!





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](#).



www.adventureuncovered.com