

## Coast to Coast - 2019

4th-6th May 2019

*Join us on this 2 day iconic cycle event from Whitehaven to North Shields, as we conquer the infamous Coast to Coast route. Pedalling from west to east, we encounter the glorious countryside and scenic views of the District National Park and North Pennines, all in aid of Kidneys For Life.*

# Itinerary



## **Sat 4 May - Day 1 – Arrive at Whitehaven**

After arriving at your accommodation in Whitehaven during early evening, you will be greeted by your Chapeau crew who will register you onto the event and provide you with all the information you will need for an early start the following morning.

## **Sun, 5 May - Day 2 – Whitehaven to Alston**

*Approximate cycling distance 128km (80 miles)*

After a good night's rest and hearty breakfast we begin the start of our epic challenge by dipping our back wheels into the Irish Sea in Whitehaven and posing for photos by the steel sculpture that marks the official start point. We set off heading towards the Lake District National Park, immediately delivering on the staggering views the area is famed for. We pass through Ennerdale Water and Loweswater, before the long ascent over Whinlatter Pass. The resinous scent of mature conifer trees fills the air, as we continue into Whinlatter Forest, the only true mountain forest in the country, the alpine like Siskins Café is lovely, as are the picnic spots where glimpses of the resident red squirrels can be seen scurrying around. We continue east towards Penrith, after which, we head onto our second long climb over Hartside where we will have our final drinks stop for the day. Don't forget our support crew will be looking after you all the way! We then descend towards Garrigill before finally heading onto Alston, our stop for the night for a well-earned rest.

## **Mon, 6 May - Day 3 – Alston to North Shields**

*Approximate cycling distance 96km (60 miles)*

After a good nights sleep and hearty breakfast we start the second day of our cycling challenge heading into the village of Nenthead, England's highest village. As we descend down to the Northumberland border we begin to climb again towards Rookhope and Parkhead where the views are spectacular! Once the climbs are behind us the challenge becomes gentler as we descend towards the North Sea with our route crossing some breathtakingly beautiful open moors along the Waskerley Way with some incredible views over the North Pennines. At Lydgetts Junction in Consett, we head for our destination of North Shields, passing the magnificent bridges that span the Tyne and rolling past the doors of the Cycle Hub at Newcastle Quayside, a wonderfully friendly café bar and the hangout of choice for many cyclists. The lovely town of North Shields awaits and is a beautiful backdrop to end this magnificent challenge before dipping those front wheels in the North Sea to complete the challenge.

# Frequently Asked Questions



## What's Included?

- GPX cycle routes from Whitehaven to North Shields
- 2 nights accommodation in hotels based on twin share.
- Breakfast on the morning of each ride day
- Complete transport of luggage between hotels during the ride
- Crew support including a mechanic and support vehicle carrying water & snacks
- Transportation back to starting point for participants and bikes

## What's Excluded?

- Lunches and evening meals are not included and are payable locally.
- A bicycle
- Personal travel insurance
- Drinks, personal items or entry to any optional tourist sites you may wish to visit.
- Remember to allow extra for drinks, snacks, souvenirs and other personal expenses.
- We strongly recommend you carry a credit card in case of personal emergency.



## How much does it cost?

You will need to pay a £60 registration fee to secure your place on the challenge and we then ask you to raise a minimum of £600 sponsorship in aid of Kidneys For Life, of which £300 will need to be raised eight weeks prior to the event (ie: 8 March 2019).



## How fit do I need to be?

Our event organisers, Chapeau attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. You will be in the saddle for upward of 60 miles a day for 2 consecutive days, so you should ensure, as a minimum that you are comfortable riding a 60-70 mile day and have achieved this regularly before you leave for the trip. The profile is hilly, and has a difficulty rating of 6 out of 8, which Chapeau rate as challenging. You will need confidence in your fitness and technical ability is crucial for this event.

**TO REGISTER YOUR INTEREST OR FOR MORE INFORMATION PLEASE CONTACT:**

**Email: [fundraiser@kidneysforlife.org](mailto:fundraiser@kidneysforlife.org) Tel: 0161 276 6671**

**Alternatively register online at [www.kidneysforlife.org/events](http://www.kidneysforlife.org/events)**



### **What food is included and does it cater for all diets?**

Lunch, and evening meal is not provided as part of the event package, however recommended suitable dining choices will be issued and are payable locally. Breakfast is provided on the morning of each ride day. There will be two designated water stops available on each ride day too, which will give you the opportunity to refill your water bottles and get access to any snacks you may wish the crew to hold on your behalf.

### **Who will be there to support me during the event?**

Your trip will be led by experienced Chapeau Events crew. The crew are selected for their experience in cycling events around the world, their friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. The crew leaders are also trained in expedition first-aid. You are in very safe hands with the Chapeau Events crew. The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, sorting out any mechanical problems or giving you a lift in our back vehicle – our "Love bus". Chapeau Events pride themselves on their high crew: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.



### **What happens to my luggage each day?**

Support vehicles are with the group all of the time. All luggage and spares will be carried in them as you travel to each destination. On reaching your hotels, at the end of each day, you will hand over your bike for safe overnight keeping and collect your luggage. Each morning, you will hand over your luggage and collect your bike. Obviously space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a canvas bag, rucksack (15kg).

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