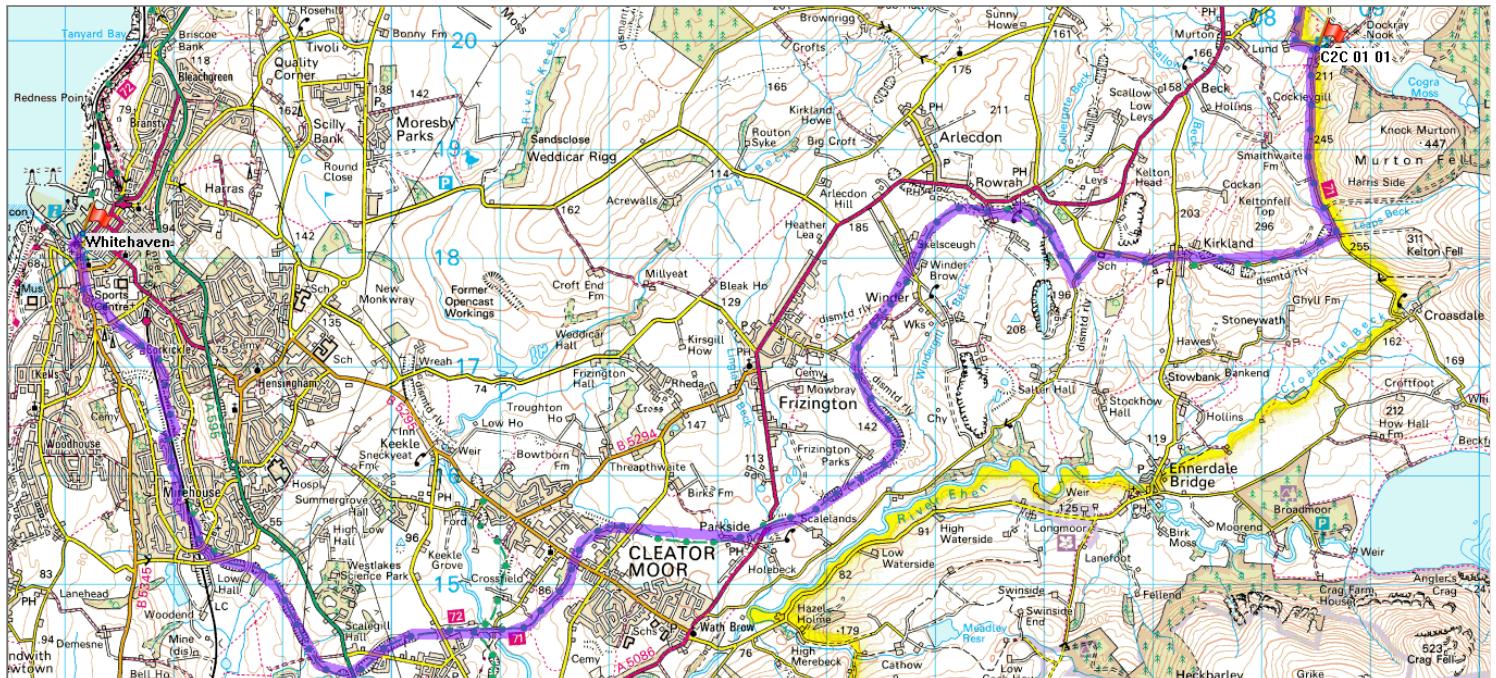
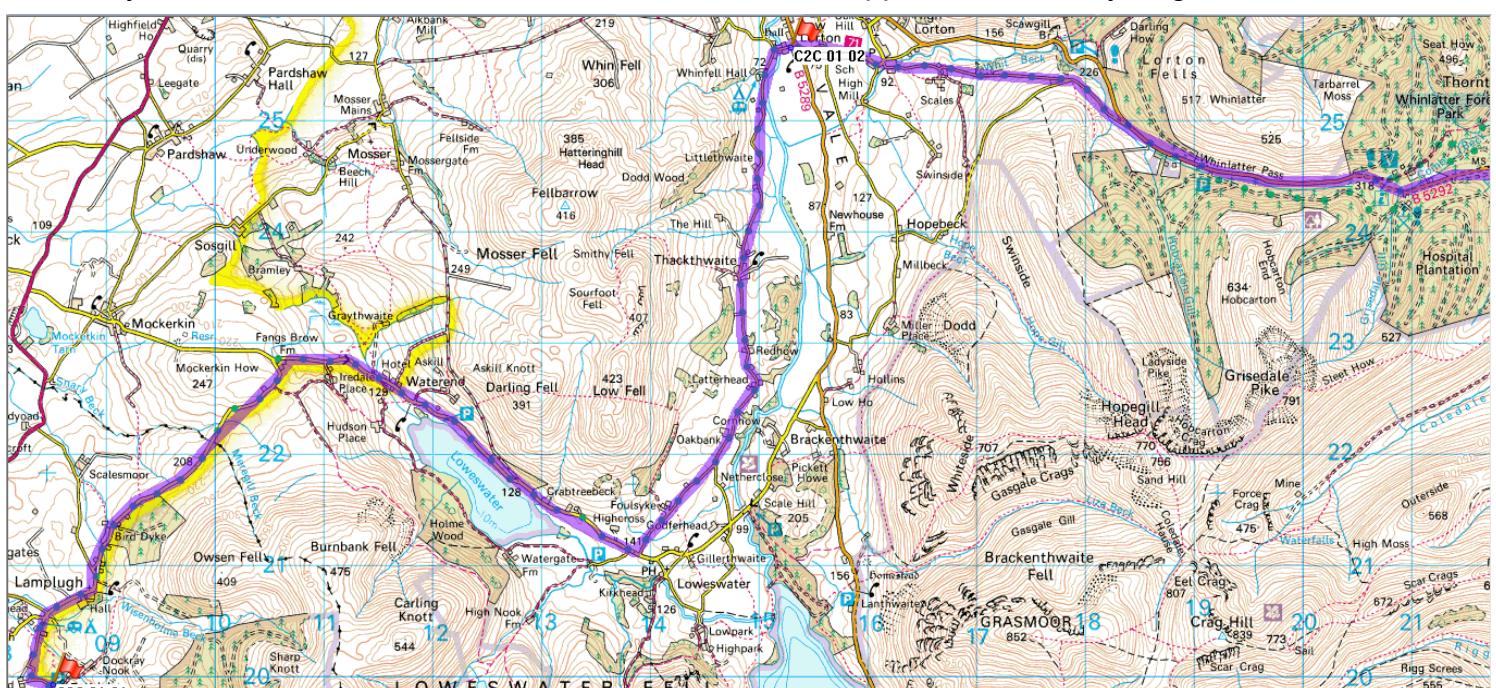


C2C day 1 card 1 Whitehaven to first van rendezvous approx. 12 miles cycling



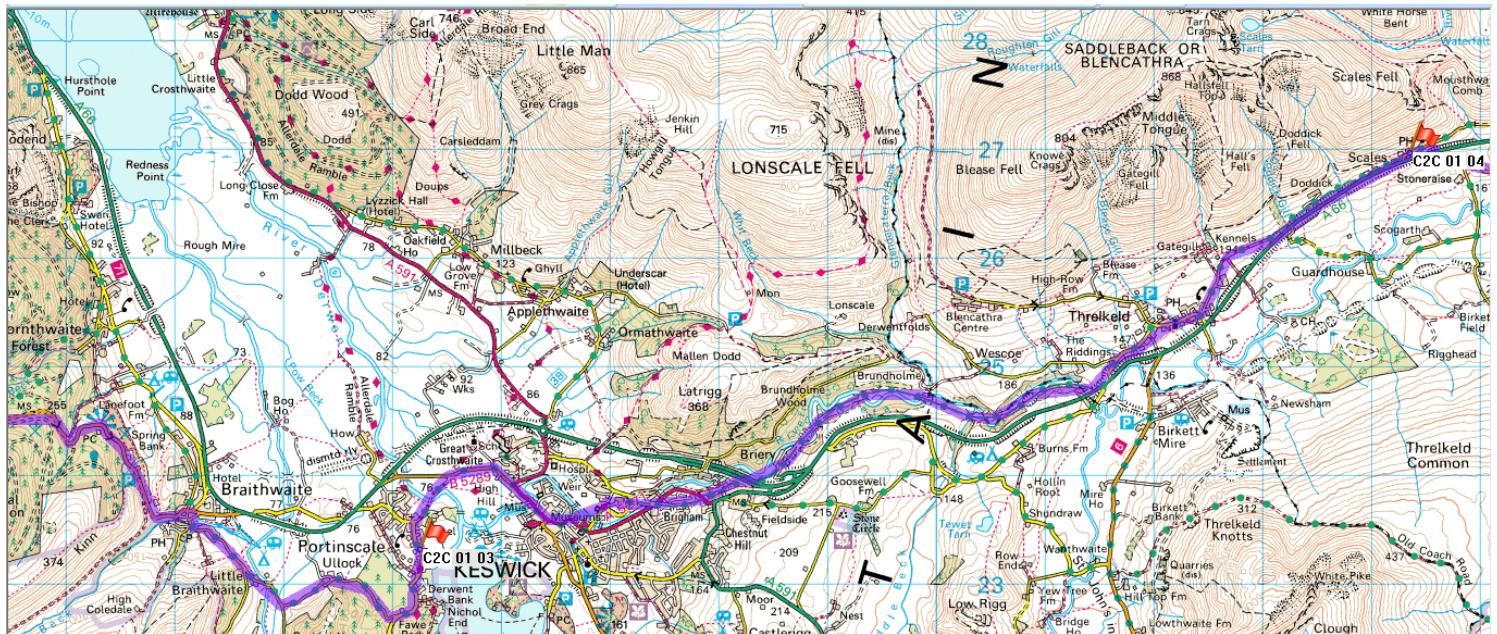
Drop off is in Whitehaven by the harbour. There is a slipway with a large C2C sign where we will have a photo taken with back wheels in the sea. The town will be busy with vehicles and bikes. The track can be a bit tricky to find at first so we will stay together and stay slow until we're out of the town. The track is an old railway line and is traffic free up to Van Rendezvous at the red flag "C2C 01 01". We do not stop at the van longer than to check everyone is still with us and to drop off / pick up coats depending on the weather. The Van will be parked in a public car park on the right hand side of the road.

C2C day 1 card 2 first van rendezvous to Whinlatter Pass approx. 12 miles cycling across this card



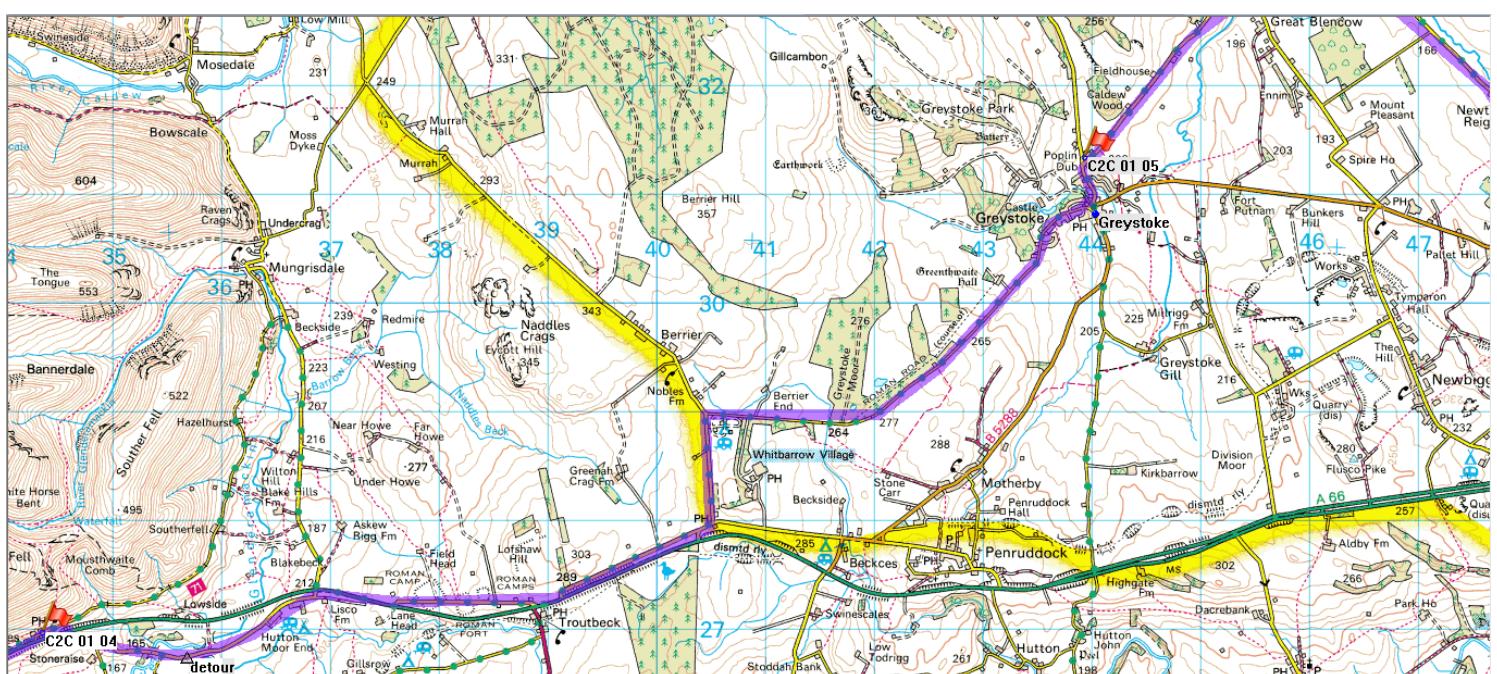
Route is on quiet lanes. There are some ups and downs until we get to Van Rendezvous at "C2C 01 02". Then we join a B Road (still a quiet road) and a real climb up to the top of Whinlatter Pass. We pass the Van which will be parked in a road junction on a sort of layby. We are not planning to stop longer than to check everyone is still with us and to pick up / drop off coats etc depending on the weather. Stay on the B road over Whinlatter pass. DO NOT take the signed route off to the left or right into the forest. Take care on the downhill.

C2C day 1 card 3 Whinlatter Pass to van rendezvous for lunch approx. 10 miles cycling



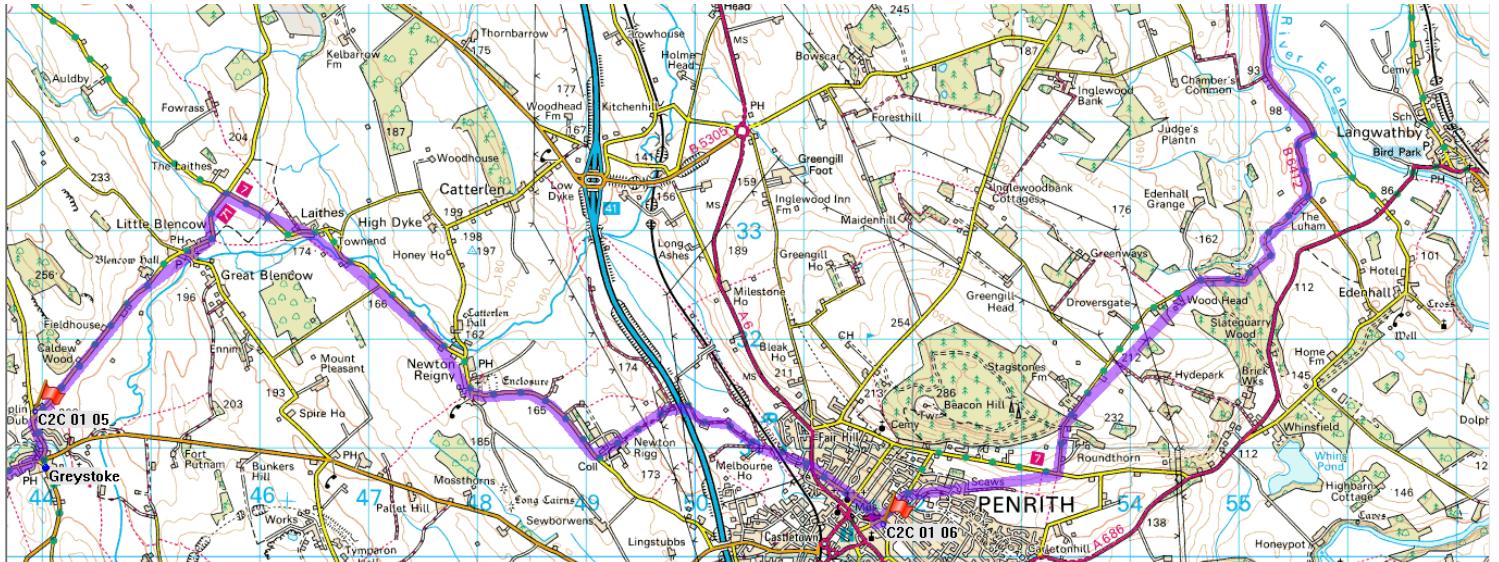
Take care down Whinlatter Pass into Braithwaite. The road is steep and fast and in wet weather it will be harder to stop. We are turning off in Braithwaite and the turn is a tiny lane and easy to miss. We will gather on the B Road in Braithwaite to make sure everyone is together and that no one misses the turn. At the flag "C2C 01 03" in Portiscale there is a café where we will stop for a coffee but not lunch as we're not half way through the day yet. Keswick is a busy holiday town and we will stay together and stay slow to avoid losing anyone. The route goes past the swimming pool and then on to an old railway line. After that we ride alongside the busy A66 on a separate cycle track until we meet the Van at "C2C 01 04" and stop for lunch at the half way point.

C2C day 1 card 4 lunch stop to Greystoke approx. 7 miles cycling flag to flag



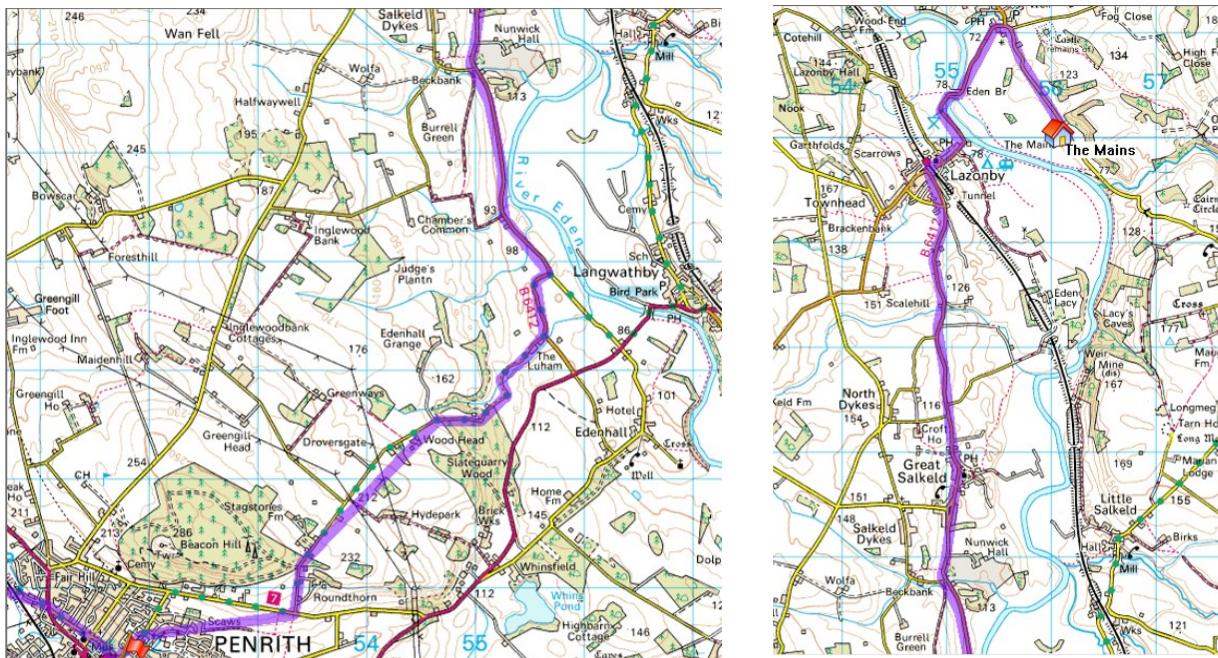
As we leave the lunch stop we take a detour from the marked route. We will cross the A66 with great care onto a lane. Cycle along that lane for less than 2 miles. Then cross back over the A66 with great care, back onto the marked cycle route. This misses out an unnecessary 4 mile down and back up a valley. After the detour the route is on quiet lanes. There is a café at Greystoke where we can stop if there is time. A decision about stopping will be made on the day and depends entirely on progress made. The Van will wait at Greystoke for us to pass.

C2C day 1 card 5 Greystoke to beyond Penrith approx. 11 miles cycling across the card



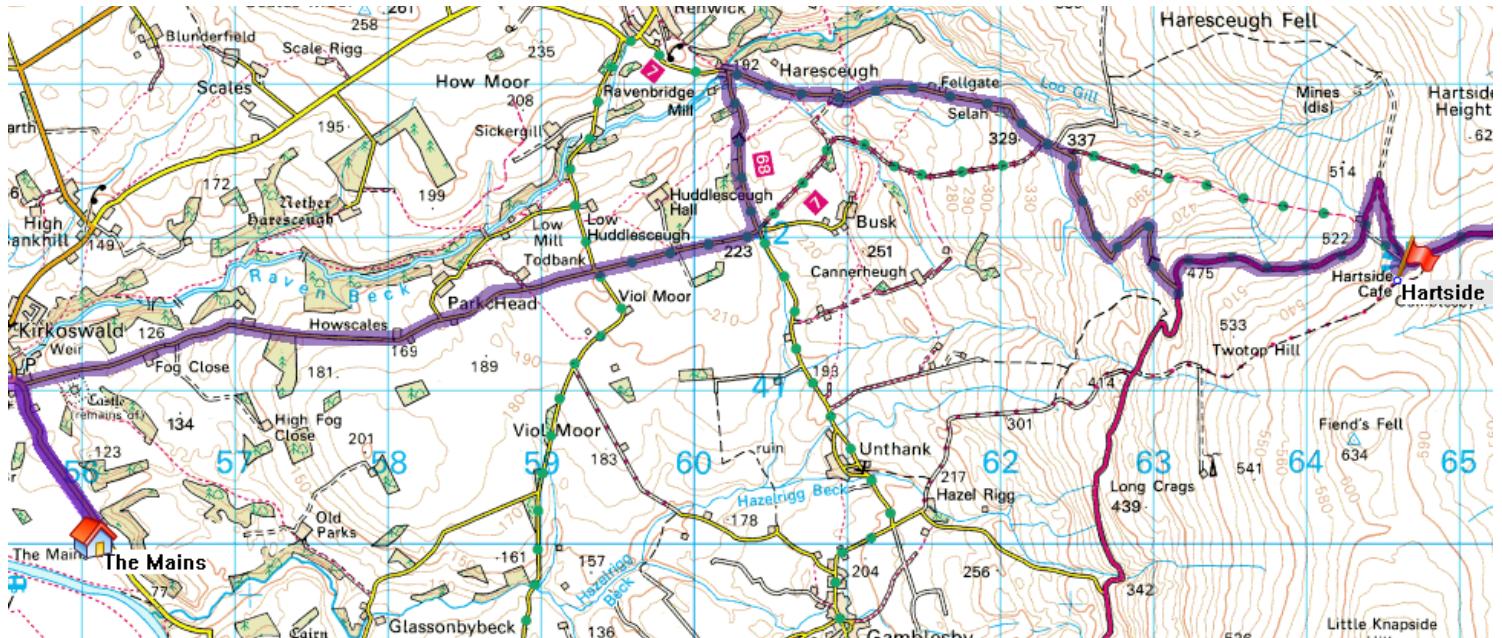
The route is on quiet lanes after Greystoke until the college at Newton Rigg. The route is clearly signed into and through the college grounds. Then it descends a hill on a bridleway towards Penrith under the motorway and the railway. In Penrith the route is back on roads. Penrith is a busy town with a market square. The Van will wait in the town but we are not planning to stop except to make sure everyone is with us and to pick up / drop off coats etc depending on the weather. The road from the Market Place, in Penrith is a very steep climb. At the top we turn right and follow a road that will have traffic and still climbs more gently. Then the route turns off left onto a quieter lane. It is all clearly signed and we will wait at junctions to make sure we do not lose anyone. At a T junction near Langwathby DO NOT follow the signed route right but turn left for Great Salkeld and Lazonby. This takes us to The Mains farm and avoids an unnecessary hill to get there.

C2C day 1 card 6 near Langwathby to destination 7 miles cycling to end the day



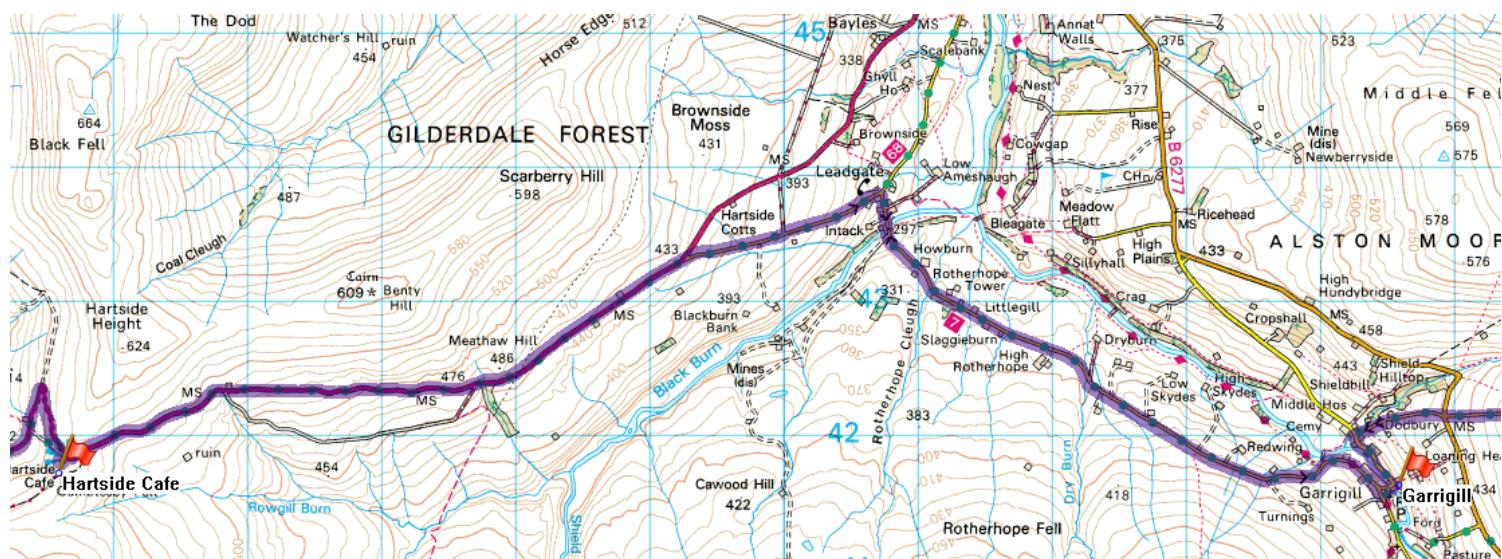
From the T junction near Langwathby the route is on quiet lanes back to the Mains Farm, our destination. We will take care in Lazonby to stay together to avoid losing anyone as the route is not signed here. The Van will be waiting for us back at the farm where we shower, change and go for a meal.

C2C day 2 card 1 the Mains Farm to Hartsdie café. 8.5 miles cycling



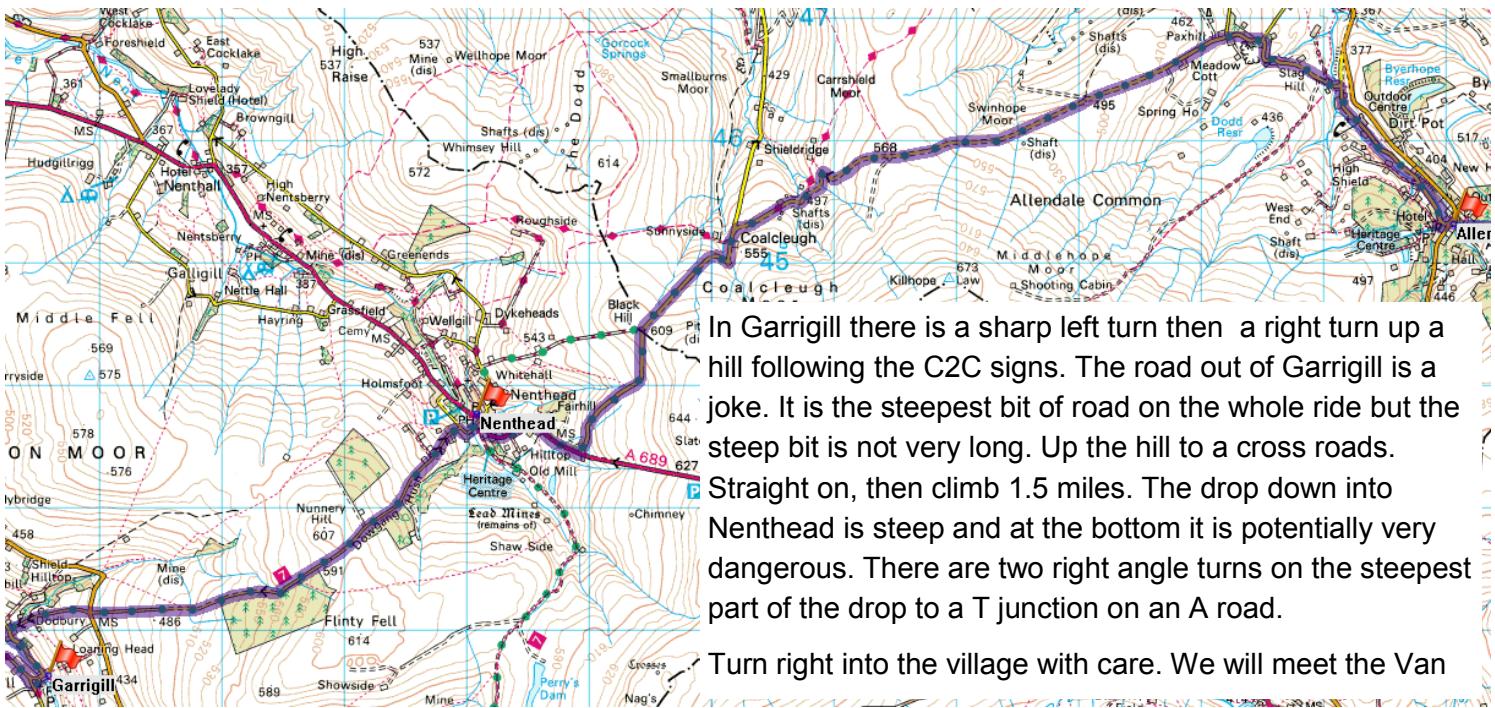
After breakfast we set off turning left out of the farm and then right just at the edge of Kirkoswald. This lane rises gently to a crossroads. There we turn left and back onto the marked C2C route. At the cross roads there is a path almost dead ahead marked with a cycle route. DO NOT take it as it's the off road route. The left turn drops down a slope towards Renwick. At the T junction turn right and begin a serious climb. This hill goes on forever! It is steep. Then it gets steeper. Near the top there is a T junction with the A686 road. Turn left. The road will not have much traffic for an A road. There is a sharp switchback climb to the top. Have your photo taken at the high point marker, then cross the road into the café. We will stop for a rest, coffee, cake and to meet the Van.

C2C day 2 card 2 Hartsdie café to Garrigill approx 7.5 miles cycling



Leaving Hartsdie café the road descends fairly steeply. Take care not to shoot past the right turn. It is signed for the C2C route. Turn right onto a quiet lane. It is steeper and the surface can be gravelly and sandy after rain. The road drops very steeply to a T junction, take care. Turn right to Garrigill. The road continues to drop until it crosses a stream and then there's a climb. The road then goes up and down a few hills until the drop into Garrigill. The Van will be there but we don't plan to stop longer than to check everyone is OK and pickup / drop off coats etc depending on the weather.

C2C day 2 card 3 Garrigill to Allenheads. approx. 10 miles cycling



In Garrigill there is a sharp left turn then a right turn up a hill following the C2C signs. The road out of Garrigill is a joke. It is the steepest bit of road on the whole ride but the steep bit is not very long. Up the hill to a cross roads.

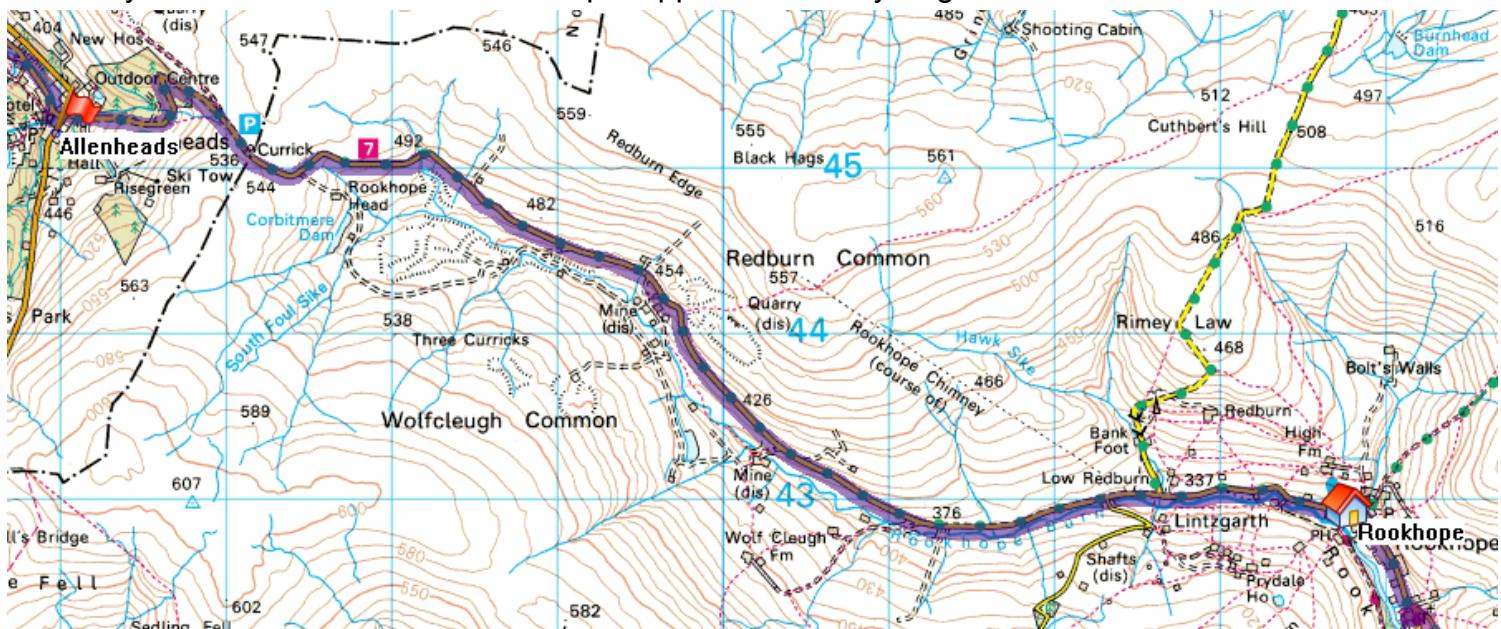
Straight on, then climb 1.5 miles. The drop down into Nenthead is steep and at the bottom it is potentially very dangerous. There are two right angle turns on the steepest part of the drop to a T junction on an A road.

Turn right into the village with care. We will meet the Van

and stop for lunch in Nenthead. There is a pub, a shop and a bike shop!

Leave Nenthead on the A road towards Stanhope. After a mile climb, turn left onto a minor road signed for the C2C route. This continues climbing for another mile. Then dropping downhill round a sharp left, past a house, slow down looking for a right turn to Allenheads. Don't go so fast you fly past it. Turn right onto a very minor road that is very exposed in bad weather. A short but sharp climb leads onto moor top. The road then descends more and more steeply into Allenheads. The Van will be there and we will stop for a rest and coffee.

C2C day 2 card 4 Allenheads to Rookhope approx 5 miles cycling



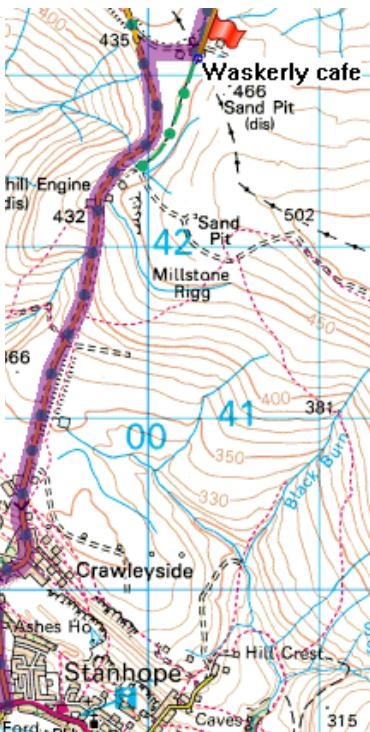
The road out of Allenheads climbs steeply round a series of bends. The steep bit is only a mile and then there's another mile of rising road. Then that's it, no more climbs today.. At the top there is a gentle drop into Rookhope.

The bunkhouse accommodation is situated just behind the pub. We will meet up with the Van, shower, change and go for a meal.

C2C day 3 card 1 Rookhope to Waskerly café approx. 7 miles cycling

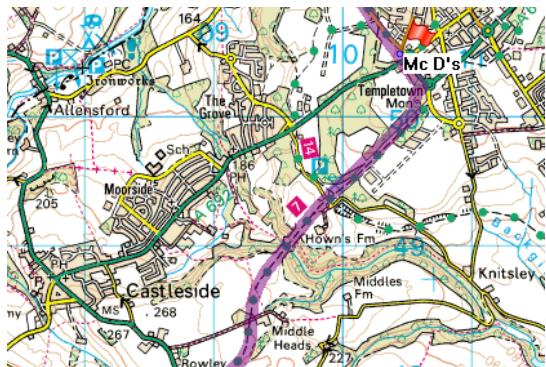
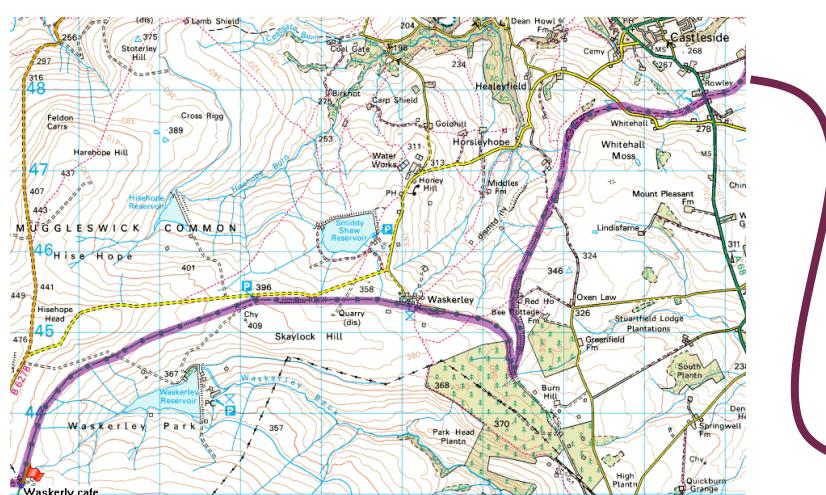


This last day has the most potential for people to get lost if they fly ahead past junctions. Most turns are well signed and these directions will help. Leaving the bunkhouse we ride down through the village. Outside the main village look out for a white house on the right and a left turn signed St. Johns Church (the C2C route sign is there but not clear). Climb up a steep hill half a mile then some more gentle up and down until the road drops to a T junction with an A road.



Turn left onto the A road. There is a shared foot/cycle path we will all use if the road is really busy. After half a mile turn left onto B6278 signed to Edmondbyers and clearly marked for the C2C route. This road is very steep for just over a mile. If you need to walk, there's a footpath. It levels out at a cattle grid and then there's a gentle rise up to the Waskerly café. Look for an old railway carriage and turn onto a path there. This leads to the café where we will stop for a breather and a drink. That's it for steep hills. Downhill to the sea from here.

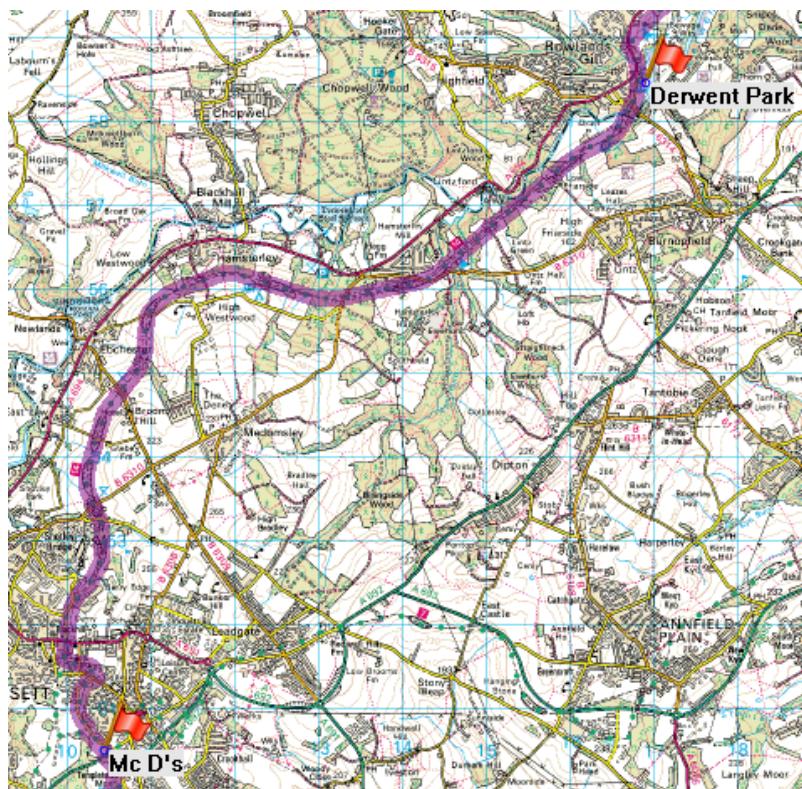
C2C day 3 card 2 Waskerly café to Consett McDonalds approx 10 miles cycling



From the Waskerly Way café the route follows an old railway line over the moors. The surface is stony, gravelly, a bit muddy in places and may be a bit eroded in here and there but should not cause any problems. It is easy to follow. At one point there is a sharp left turn (see map). Where the route crosses the A68 there are small barriers to force a dismount and walk across the road. As the route arrives at Consett there are two very large, odd industrial sculptures. Then the track meets a main road. There are two signed routes to the right and left. TAKE THE LEFT alongside the main road. The right hand route goes to a different end place miles from where we need to be. A cycle track follows the busy road to another traffic island where there is a McDonalds. We will meet the Van there and stop for lunch.

C2C day 3 card 3 McDonalds to the Derwent Park approx. 9 miles cycling

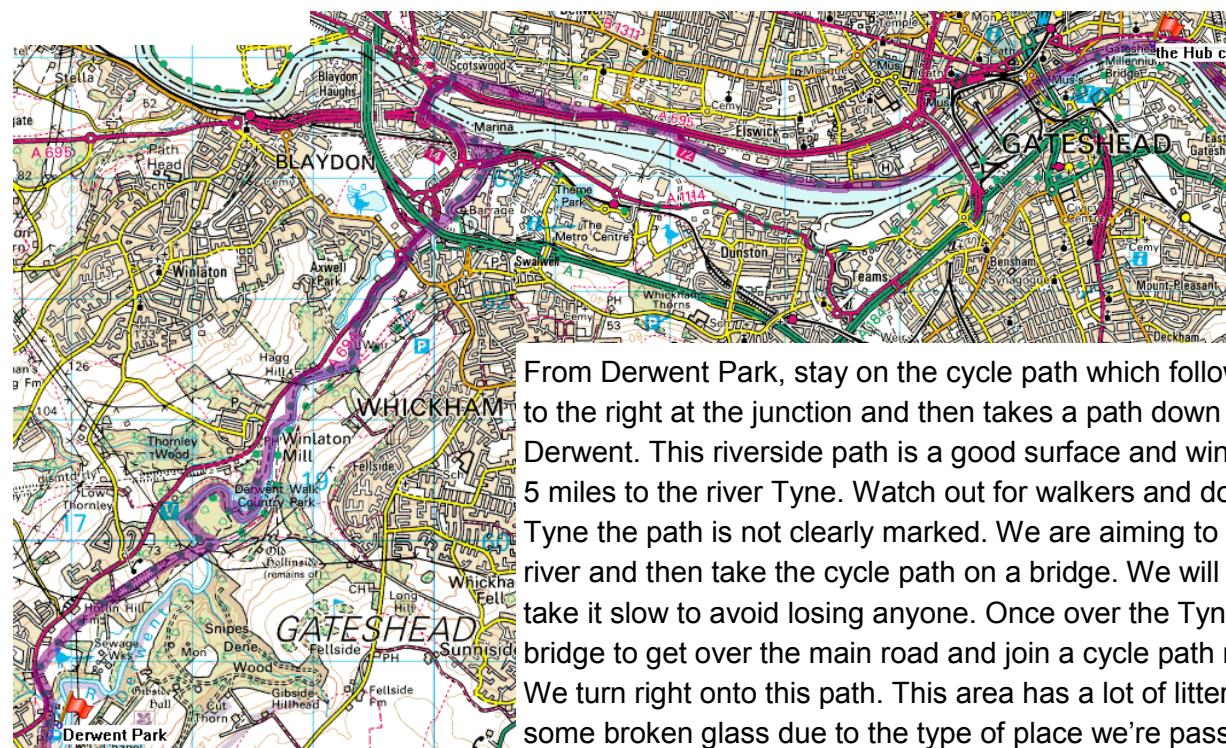
From McDonalds we get back onto the cycle track and follow it down hill. At one point the track crosses the road which needs care. The track follows the road downhill and round a right hand bend to a traffic island. Across the road is a gate into a park. Cross and enter the park. Bear left in the park and exit crossing Laburnum Ave into St Aidan's Street, a little street dead ahead. At the end of this little road look for a cycle path the other side of some



bushes. Turn right onto the path. It is marked C2C route. Follow this to a crossing over a main road still looking for the C2C signs. Take care this is where you could get lost. We will stay together and keep it slow to avoid losing anyone. The cycle path runs alongside a residential street for a bit and then follows an old railway line with a good surface. Watch for walkers and dogs.

After 6 miles this track emerges onto residential roads with a cycle way alongside. This drops to a T junction where the route turns left. The cycle track crosses the road, take care. Follow the cycle track past houses and it leads to a junction with a large car park on the right at the Derwent Park. The Van will be there. We are not planning to stop other than to ensure everyone is OK and to pick up / drop off coats etc depending on the weather.

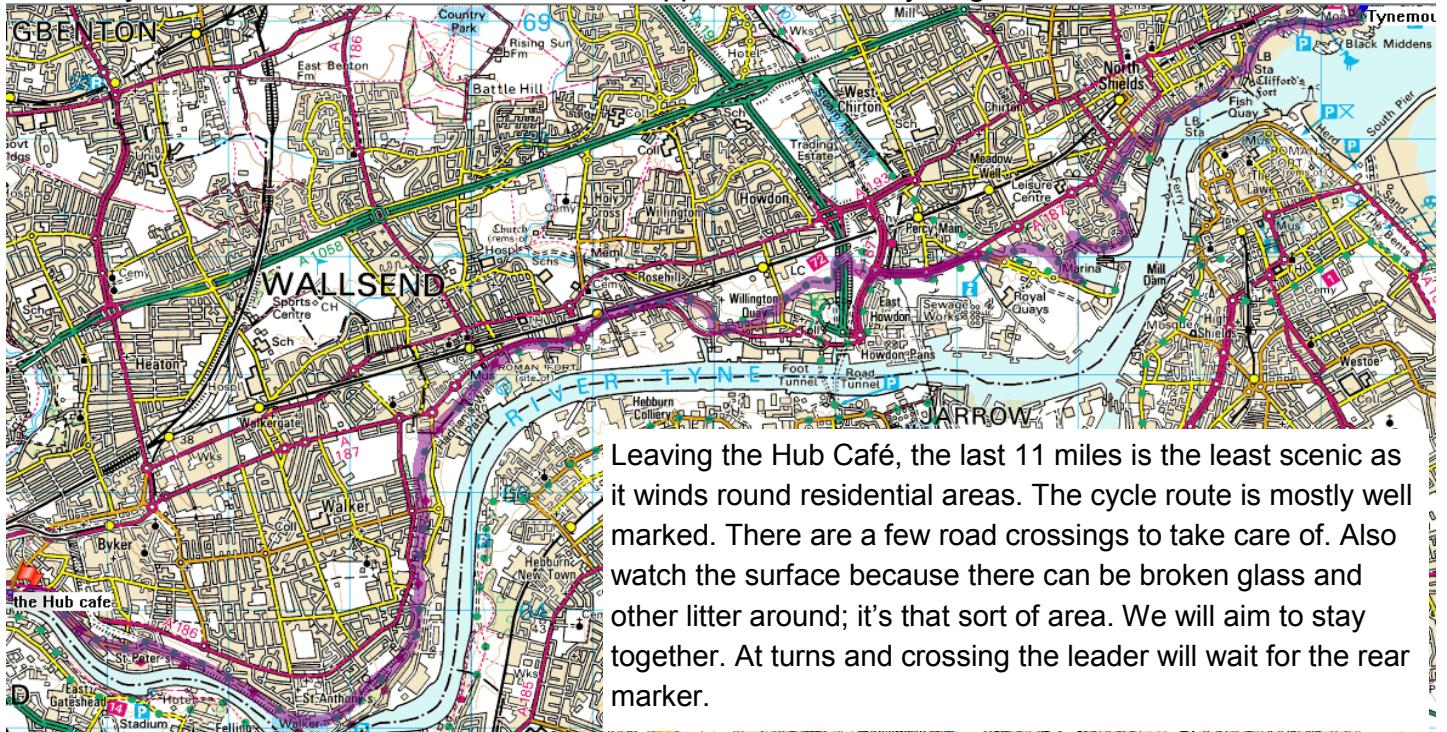
C2C day 3 card 4 Derwent Park to The Hub cafe approx 10 miles cycling



From Derwent Park, stay on the cycle path which follows the road round to the right at the junction and then takes a path down alongside the river Derwent. This riverside path is a good surface and winds round bends for 5 miles to the river Tyne. Watch out for walkers and dogs. At the river Tyne the path is not clearly marked. We are aiming to turn left along the river and then take the cycle path on a bridge. We will stay together and take it slow to avoid losing anyone. Once over the Tyne, there is a cycle bridge to get over the main road and join a cycle path running to the city. We turn right onto this path. This area has a lot of litter and may have some broken glass due to the type of place we're passing through. It's only like this for a very short distance and then the path drops down to a business area along the river and under the iconic bridges. We will stay together into this busiest part of the ride through Gateshead. We may need to dismount and walk a short way through a market. That is much better than trying to ride the detour. The Hub café is a cycle friendly café in a large obvious building right by the quay. We will stop for a coffee and a breather. Just 11 miles to go.

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C2C day 3 card 5 The Hub Café to the Sea approx. 11 miles cycling



Leaving the Hub Café, the last 11 miles is the least scenic as it winds round residential areas. The cycle route is mostly well marked. There are a few road crossings to take care of. Also watch the surface because there can be broken glass and other litter around; it's that sort of area. We will aim to stay together. At turns and crossing the leader will wait for the rear marker.

Arriving in Tynemouth there is a bit of climb up from the river then a drop to a beach. They'll think it's all over....

Follow the path along the road by the beach and a car park. It leads to a short sharp climb up a headland and then there's a small bay in front of you. The van that takes us back to the farm will be parked on the headland across to your immediate right. You can roll down to the bay and dip your front wheels in the North Sea.

Well done. That's it!