

THE C2C CYCLE ROUTE

The Coast to Coast bike ride

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The UK's most popular cycle challenge – the C2C – has become a modern classic. Tackled by cyclists of all abilities taking from 2 days to a full week it runs 140 miles between the Irish Sea at Whitehaven and the North Sea at Tynemouth. Passing through the Lake District National Park, the Eden Valley and the Pennines, it takes in some of northern England's finest scenery, on cycle paths, forest tracks and minor roads, with off-road options for those who prefer them.

This new guide describes the route, on and off-road, in detail, from west to east, including routes from the alternative start points of Workington and St Bees and to the alternate finish point of Sunderland, a figure-of-eight route encompassing the lot, as well as providing overviews of the east-west route and the Hadrian's Wall and Reivers- Way cycle routes which provide great return trip options.

With a particular focus on riding the route with children, the guide also provides all the background information novice cycle tourers will need.

Key marketing points

- The UK's most popular cycling challenge route
- Opened in 1994 the C2C is completed by 12000-15000 people every year
- All the background information needed to prepare, plan and complete the route

About the author

Jeremy Evans has produced books on all his favourite outdoor activities, with titles covering sailing, windsurfing, trekking and camping, as well as cycling on road and on trail. He pioneered 300 great cycle routes across the UK before discovering the delights of riding Audax marathons up to 400km. With his family he has enjoyed extensive cycling tours in France, Switzerland and the UK.

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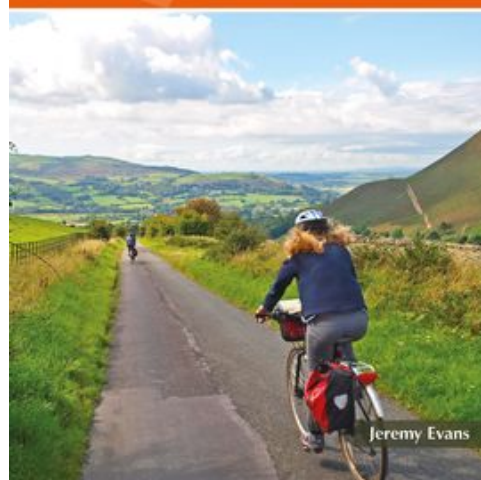
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