

CYCLING THE WAY OF THE ROSES

Coast to coast across Lancashire and Yorkshire, with six circular day rides

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Guidebook to cycling the Way of the Roses, a 170-mile coast to coast journey traversing the counties of Lancashire and Yorkshire. Beginning in Morecambe on the west coast and finishing in Bridlington on the east, the route is described as a three day ride with alternative itineraries (two, four and five days, plus an east to west option) briefly outlined.

Following the River Lune inland through Lancaster, the route skirts the northern reaches of the Forest of Bowland before crossing into the Yorkshire Dales National Park. The Way climbs over into Nidderdale through Ripon and on across the arable land of the Vale of York. It then makes a grand entrance to the historic city of York, emerging through the medieval city walls to the Minster courtyard. Later, the ride reaches the enchanting winding valleys of the Yorkshire Wolds, before emerging on the east coast to greet the North Sea.

In addition, six excellent day rides are also described, including a Bridlington to Scarborough extension for those looking to extend the journey. Accommodation and bike shop listings are also included, as well as information on preparation, equipment and logistics.

Key marketing points

- 6 excellent day rides are also described, including a Bridlington to Scarborough extension for those looking to extend the journey
- A shorter, easier coast to coast route compared with the classic C2C

About the author

Rachel Crolla is an outdoors all-rounder who loves hiking, biking, scrambling and climbing. Rachel is an outdoors writer and photographer who is also trained as a journalist and teacher. In 2007 Rachel became the first woman to reach the summit of every country in Europe, and co-wrote the Cicerone guide book Europe's High Points soon afterwards.

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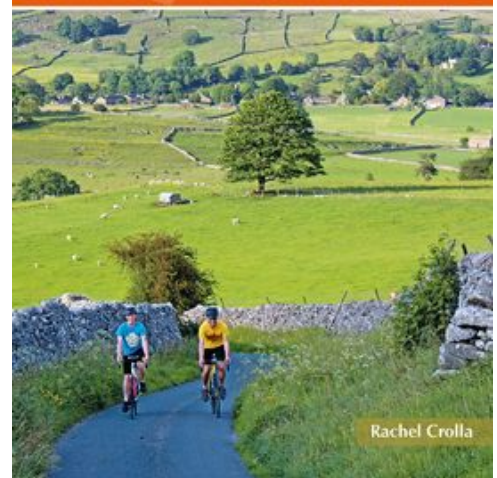
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