

PRESS RELEASE

A rosy route across Lancashire and Yorkshire

CYCLING THE WAY OF THE ROSES

Front cover

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

by Rachel Crolla

There's something pretty special about traversing a country by bicycle. The satisfaction of propelling yourself (and your kit) from A to B, all the while soaking up your surrounds, refuelling with local fare, and delighting in the effort of each climb and the thrill of each descent, is pure magic. Anyone half excited by this vision would be mad to miss a route as scenic and historic as England's the Way of the Roses.

Crossing the counties of Lancashire and Yorkshire, the Way of the Roses covers 170 magnificent miles. The route, which begins on the west coast at the seaside resort town of Morecambe and finishes in Bridlington on the east, can be completed over the course of a long weekend (this guide also outlines alternative two, four and five-day itineraries, as well as an east to west option). This route is a challenge within the reach of cyclists of all abilities.

Following the River Lune inland through Lancaster, the route skirts the Forest of Bowland before crossing into the Yorkshire Dales National Park. The Way climbs over into Nidderdale through Ripon and on across the Vale of York. Later, the ride reaches the enchanting winding valleys of the Yorkshire Wolds, before emerging on the east coast to greet the North Sea. The route lends itself to making pitstops in idyllic villages and replenishing calories in riverside tearooms. It also takes in an impressive array of castles, cathedrals, abbeys and prehistoric sites, along with stunning natural features such as the Three Peaks, Brimham Rocks and Flamborough Head.

What's inside?

- Accommodation and bike shop listings
- Handy practical hints on preparation, apparel, equipment and logistics
- 1:100K route map extracts plus town maps

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. She has hiked and climbed across the UK, Europe and the USA. 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. She is passionate about enthusing the next generation of hikers and cyclists with a love of the outdoors.

Key information

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

For further information, or to receive a review copy please contact Hannah hannah@cicerone.co.uk
01539 587985