


## Please indicate your preferred biking schedule:

If you need any help with planning your schedule – please don't hesitate to call us. There is no 'one size fits all schedule'... it really is down to your own fitness, stamina and just what sort of pace you want to take things. For most it's a 'holiday' but for some it's an endurance test & challenge (the mountain bike route has unbelievably been done in 3(!) days – but certainly not recommended unless you are willing to remain welded to your bike frantically pedalling, pushing & carrying all day and half the night!)

	Accum. Mileage	Example Schedules OFF ROAD			YOUR CHOICE OFF ROAD (✓)	Example Schedules ON ROAD			YOUR CHOICE ON ROAD (✓)
		A	B	C Easier Lakes Crossing		D Sustrans to Troutbeck Turn	E Via Grasmere	F Via Hard Knott Pass	
<b>Kirkby Stephen</b> (Overnight before start)		1		1		1	1	1	
<b>St Bees</b> (Overnight before start)			1						
<b>Eskdale*</b>		2							
<b>Rosthwaite</b>							2		
<b>Ambleside</b>		3	2					2	
<b>Braithwaite (Keswick)</b>						2			
<b>Patterdale</b>							3		
<b>Pooley Bridge</b>				2					
<b>Bampton</b>						3			
<b>Kirkby Stephen **</b>		4	3	3	✓	4	4	3	✓
<b>Low Row / Reeth</b>				4		5			
<b>Richmond</b>							5		
<b>Danby Wiske</b>		5	4						
<b>Ingleby Cross / Osmotherley</b>				5		6		4	
<b>Gt. Broughton</b>							6		
<b>Blakey</b>		6	5						
<b>Glaisdale</b>				6		7			
<b>Littlebeck</b>									
<b>Robin Hood's Bay</b> Depart on Arrival		(✓)	(✓)	(✓)		(✓)	(✓)	(✓)	
<b>Robin Hood's Bay</b> Overnight on completion		(7)	(6)	(7)		(8)	(7)	(5)	
<b>Kirkby Stephen</b> Overnight on completion									
<b>Extra Night (specify Loc.)</b> -----									
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\* **Eskdale** is unfortunately too far off route for the minibuses to service with baggage transfer. If you'd like to stay in Eskdale for the night – you are welcome to do so but you will need to carry overnight kit with you just for that night.

\*\* **Kirkby Stephen** is a required stop on route – whatever your schedule – as this is the start/finish point for the minibuses each day (ie the Minibus on the West finishes it's day at Kirkby Stephen and the Minibus on the East starts it's day picking up bags from Kirkby Stephen in the morning).

**The Coast to Coast Packhorse Tel/Fax: 017683 71777**