



# Cycling the Coast to Coast Route: Whitehaven to Tynemouth

*Nicolas Mitchell*

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The 137-mile Coast to Coast Route (C2C) was the first national cycle route in Britain and has grown to become the most popular long-distance cycle ride in the country. Tackling the route over five days is a marvellous mini-adventure that should appeal to all sorts of cyclists. Every stage of the route, from Whitehaven on the west coast of Cumbria to Tynemouth in the east, is described by author Nicolas Mitchell, including fascinating accounts of its rich industrial heritage and details of the many opportunities to explore its glorious natural history. The guide includes route maps and elevation charts indicating the ascent and descent; full-colour and archive photographs of all the sights along the way; details listings of accommodation, places to eat and drink and local bike shops and finally, advice on how to prepare yourself and your bike for the trip. Fully illustrated with 75 colour photographs, 6 route maps and 6 elevation graphs.

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