



In association with
HAIBIKE

YOUR GUIDE TO CYCLING ON TOUR

Motorcaravanning and cycling are the ideal combination for exploring the UK's splendid scenery. Whether your preference is for coast or countryside, here's everything you need to know about travelling on two wheels!

CUT OUT
AND KEEP
GUIDE!



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Cycling on tour

A bike can take you anywhere – to remote places that motorhomes can't reach, or the local shop when you run low on supplies

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Find out why electric bikes are brilliant, whatever your level of fitness might be!

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Specialist apps help you find routes, track trips and compare stats with other riders



Also available as a **FREE ebook**

see www.practicalmotorhome.com/know-how to download yours!

GETTING STARTED

CYCLING ON TOUR

What's good for your health, fights climate change
and helps you get the most from every trip?
Cycling, that's what!

You don't need Lycra (thank heavens). You don't even need to be particularly fit, especially if you choose to ride an ebike with an electric motor.

Cycling is a wonderful way to enjoy the countryside and a practical means of nipping out for a pint of milk without relying on an internal combustion engine.

Better still, it's great fun. Whether you already cycle occasionally, or haven't been on a bike for years, over the next few pages, we'll show you how a bicycle can add so much more to your holidays.

WHY SHOULD I TOUR WITH A BIKE?

It's fun, it's convenient, and it will take you to places you could never reach in a motorhome – cycling opens up so many opportunities while you're on tour.

A bike with a rack and some pannier bags can also handle a surprising amount of shopping, and makes a green alternative to travelling by 'van once you have settled on your pitch. You'll be surprised just how much some bikes can carry, and all without burning a drop of fuel.

This is not just a very practical alternative mode of transport, either. It adds to your enjoyment and appreciation of the world around you. You are out →

**'It's fun, it's convenient, and it
will take you to places you could
never reach in a motorhome'**



CUT ALONG DOTTED LINE

WHAT KIT DO I NEED?

■ **Helmet**

Not a legal requirement, but highly recommended.

■ **Lock**

If you are going to leave your bike unattended, a good lock is essential. Look for one that's been tested and highly rated by Sold Secure ([soldsecure.com](https://www.soldsecure.com)).

■ **Puncture repair kit**

Take a puncture repair kit with you whenever you ride, along with a pump and a spare inner tube or two. A cycling multi-tool could come in handy, too.

■ **Comfortable clothes**

The further you plan to ride, the more we would recommend cycling-specific clothing. That doesn't necessarily mean Lycra – you can buy padded shorts that look just like normal casual clothes. Padded gloves also improve comfort. Even on short rides, we'd avoid wearing trousers with thick seams, which could chafe.

CONQUER NEW GROUNDS



HAIBIKE

‘Cycling makes every journey a mini-adventure’



in the fresh air, just as you are when walking, but the huge advantage is that it's possible to cover far longer distances, more quickly than you can on foot.

Travel by metal box, and you see the world and the people in it through a windscreen. Go by bike and you will be striking up conversations with strangers, and finding places to visit that you'd simply have driven past in your 'van. Instead of just being the means by which you get from one place to another, cycling makes every journey a mini-adventure.

As well as being fun, cycling is good for your health. It improves your heart and lung function, and helps maintain a healthy weight. Cycling is also much kinder to your joints than walking or running.

What's more, cycling releases feel-good hormones called endorphins into the bloodstream – and who doesn't want to feel good on holiday?

WHICH TYPE OF BIKE SHOULD I RIDE?

The choice can be quite bewildering, but this really comes down to two things: the rider, and the terrain they will be riding on.

If you haven't ridden for 20 years and have a bad back, clearly the latest racing superbike isn't going to be for you. You're going to want something that is considerably more comfortable and upright.

Likewise, unless you are intending to ride really demanding off-road routes, a burly mountain bike with suspension front and rear is going to be overkill.

Hybrid bikes fill the middle ground between racers and mountain bikes. Wide tyres give a cushioned ride, and some models will also have suspension forks to take the sting out of potholes and rough ground.

It's likely that this style of bike will have fittings for mudguards and a luggage rack; some examples will have these accessories fitted as standard, perhaps even lights and a kickstand.

Folding bikes are another option, particularly if space is at a premium when you're on tour. Folding bikes can fit inside a garage or a large storage locker, whereas you're likely to want a bike carrier fitted to your motorhome to carry full-sized bicycles.

Whichever style of bike you choose, gearing is very important. If you're going to stick to riding on canal tow paths and converted railway lines, a broad spread of gears isn't really necessary. On the other hand, if you want to be able to ride efficiently in a hilly area, low gears are going to be essential.

What goes up must come down, and that means having good brakes. Hydraulic disc brakes are the gold standard, but will only be available on more expensive machines. Rim brakes or mechanical disc brakes are fine, so long as they are set up properly and well maintained.

HOW MUCH SHOULD I SPEND?

The good news is, you don't need to spend a fortune to get your hands on a suitable bike. There are some very nice hybrid bikes available for a few hundred pounds if you are buying new, or less if you shop for a well-cared-for used bicycle.

It's more important that you buy a bike that fits you well and is professionally assembled and well maintained. The advice of a good bike shop will be invaluable. Bear in mind, too, that if you are looking at an ebike, you're going to need a bigger budget. ➤



‘Most ebikes have several modes, so you can opt for a gentle helping hand or a firm shove in the back’

REGULAR BIKE OR EBIKE?

Once you’ve settled on a particular style of bike, you might ask yourself whether to choose a regular bike or an ebike (a pedal bicycle that provides assistance from an electric motor).

For chapter and verse on how ebikes function, turn to p74, but for now, we’ll take a look at their pros and cons compared with a conventional bicycle.

An ebike will cost more than a standard machine with similar components, and it will be heavier, so it could be a strain to lift onto a rack. But for many leisure cyclists, an ebike is a godsend.

An ebike offers you almost all of the advantages of a regular bicycle, but without the strain and effort. Riders who would otherwise have to get off their bike and walk up a hill will zip to the top on an ebike. If you worry that you might not be fit enough to cycle on tour, an ebike will change your mind.

Just as electric cars are improving rapidly, so the latest generation of ebikes continues to improve, in terms of reducing the weight penalty and extending range. Most ebikes have several modes, so you can opt for a gentle helping hand or a firm shove in the back, depending on your needs and the terrain.

Hybrid ebikes are common, but you can choose just about any type of bicycle with electrical assistance, from racy road bikes, to folders, to mountain bikes and everything in between.

DO I NEED INSURANCE?

There’s no legal obligation to have cycling insurance. However, if you join Cycling UK (www.cyclinguk.org), member benefits include £10 million third-party

cover, in the unfortunate event of any claim being made against you for damage or injury.

Your motorhome insurance should cover you against the theft of possessions while on tour, although there’s probably a limit on the value of individual items.

You should also check with the insurer if bicycles are included. It’s likely they won’t be covered, so a specific insurance policy for your bikes might be the sensible option, especially if they’re expensive.

WHAT SHOULD I DO IF I HAVEN’T BEEN ON A BICYCLE FOR A LONG TIME?

If it’s been decades since you first wobbled your way to a Cycling Proficiency certificate, you might want to brush up on your skills. Cycling Proficiency is no more, but today’s equivalent is Bikeability (www.bikeability.org.uk or www.cycling.scot/bikeability-scotland). There are courses for adult riders as well as children, which will build up your confidence and help you to cope with busy traffic.

Alternatively, there are plenty of thriving cycling groups and clubs around the country, who welcome new members of all ages and abilities.

CONCLUSION

Hopefully this short introduction to the many and varied pleasures of riding a bicycle will convince you that cycling on tour really is for you.

If so, bear in mind that you’ll be doing your bit for the environment and improving your health at the same time. Perhaps even more importantly, it will put a broad smile on your face! ■

CONQUER NEW GROUNDS



HAIBIKE

TECHNICAL

INSIDE EBIKES

Electric bikes can make touring even more fun!
Here's everything you need to know about them

If someone cycles past you up a steep hill looking serene, they are either very fit indeed – or they're riding an electric bike.

Ebikes still have pedals and can be ridden like conventional bicycles, but integrated motors add extra power and propulsion when needed.

They range from bicycles with small motors that assist when the cyclist is pedalling (known as pedelecs), to models with throttles, which operate like mopeds when the rider engages the motor.

While ebikes have enjoyed a real surge in popularity since the late 1990s, they're not really a new idea – they've actually been around since the Victorian era. Ambitious inventors and engineers first

attached motors to bicycles in the 1880s. Although ebikes have great potential to ease traffic and lower pollution levels, heavy, electrically driven wheels and weak batteries rendered the early attempts pretty much impractical.

BATTERY POWER

The invention of lithium-ion batteries in 1991 finally made the lightweight ebike a reality. An ebike can now cover more than 100km before it needs charging.

While ebikes don't do all of the work for the cyclist, they can make riding a bike considerably easier and more accessible. From city commutes to countryside adventures, they reduce the amount

of effort cyclists need to put into their journeys, but still manage to provide that enjoyable wind-in-your-hair feeling.

They're also really good for touring, allowing you to explore the area around your campsite with consummate ease (just watch the weight of the bike, and consider where you'll stow it when you are on the road and pitched up on site).

Now it won't be long before one in three bicycles sold across central Europe will be electric.

As well as providing financial benefits for the countries manufacturing and distributing the bikes, it's hoped that this boom in sales will also improve public health, as more people choose to cycle.

SAFETY FIRST

Ebikes can make cycling easier and quicker, but they're just as likely to be involved in an incident if not used carefully. Their increased weight and speed make it important to pay attention to the road, to avoid hazards.

Drivers often base their decisions on the speed of a normal bike, so stay alert in case a car pulls out in front of you.

Cyclists riding ebikes should take the usual safety precautions, using lights and reflective clothing at night and wearing a helmet.



INSIDE A MID-DRIVE MOTOR

Using the bike's drivetrain, a mid-drive motor makes every pedal more powerful

SHAFT
Turned by the movement of the rotor, the shaft delivers mechanical energy and torque to the bike's drivetrain

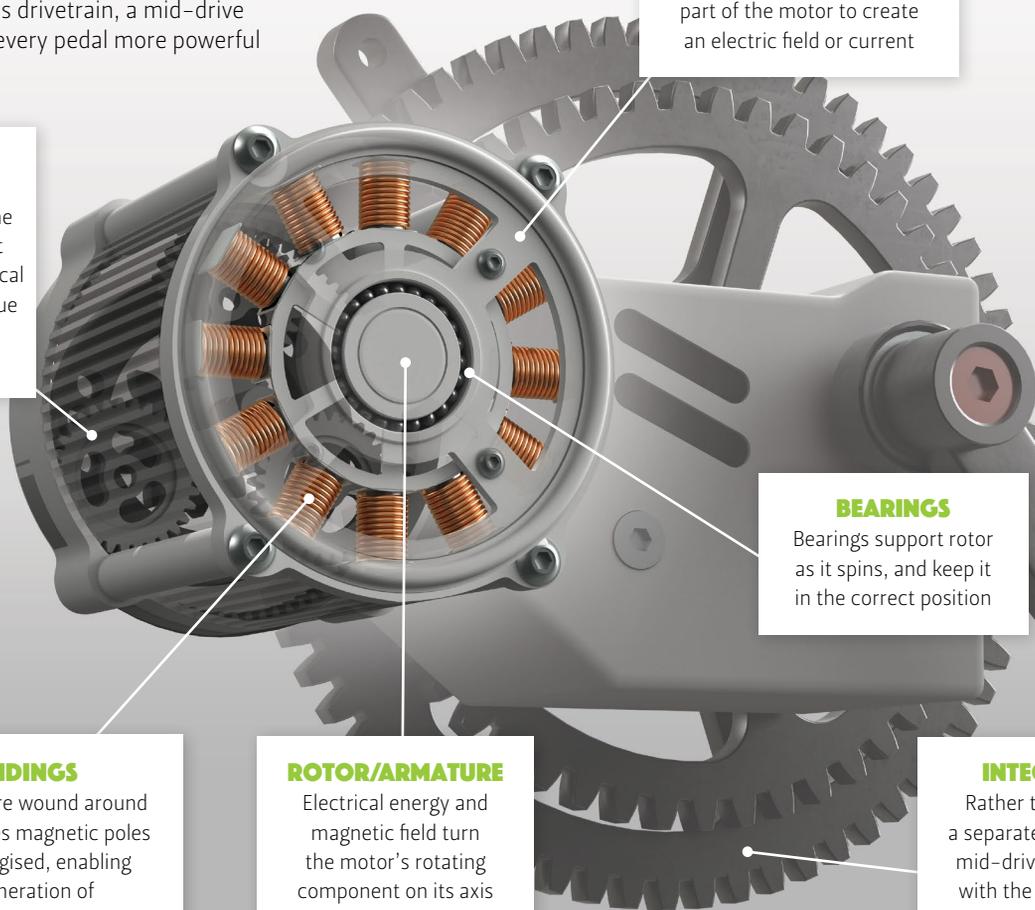
WINDINGS
Insulated wire wound around a core creates magnetic poles when energised, enabling the generation of electromagnetic energy

ROTOR/ARMATURE
Electrical energy and magnetic field turn the motor's rotating component on its axis

STATOR
Energy flows through stationary part of the motor to create an electric field or current

BEARINGS
Bearings support rotor as it spins, and keep it in the correct position

INTEGRATION
Rather than acting as a separate power source, mid-drive motor works with the bike's existing chain system



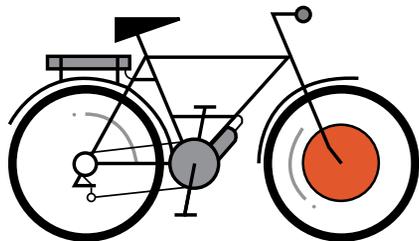
© Adrian Mann

DIFFERENT TYPES OF EBIKE

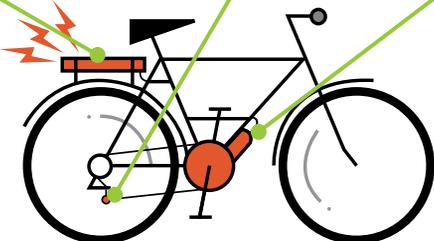
BATTERY Batteries take a few hours to charge fully, and act as the power source for the bike's motor

DRIVETRAIN The drivetrain is a collection of components delivering power from the motor to the bike's wheel

MOTOR The motor converts the battery's electrical energy into mechanical energy to propel the bike



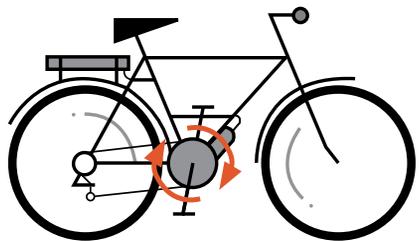
Front hub motor A front hub motor spins the bike's front wheel, making it feel as though the bike is being pulled



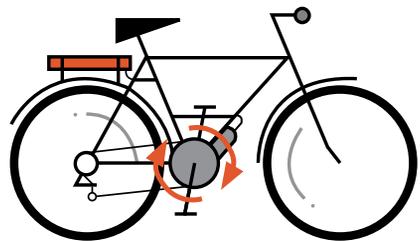
Mid-drive motor For a more conventional ride, mid-drive motors sit on the frame and send power to the drivetrain



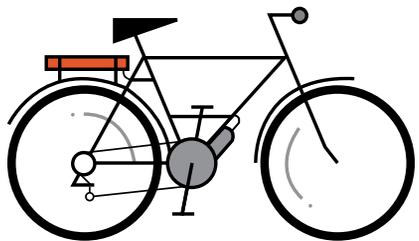
Rear hub motor Rear hub motors provide power to the bike's back wheel, 'pushing' the cyclist along the road



Pedal only A conventional bike gets all of its power and movement from the cyclist's effort on the pedals



Pedal assist The motor on a pedal-assist bike is activated only when the cyclist pedals, providing extra propulsion



Power on demand The throttle on a power-on-demand bike gives riders a boost when they want, pedalling or not

CUT ALONG DOTTED LINE



FIND YOUR WHEELS

Want to learn more about Haibike and the power of electric bikes? Take a test ride by simply contacting one of the following dealers to find out more

Discover Haibike electric bikes at...

England & Wales

- A. Williams & Co. (Cheltenham) Ltd 01242 512291
- Aarons Bikes Ltd 01534 280989
- Abersoch Watersports 01758 712483
- Amped E-Motion 01726 77700
- Andrew Bentley T/A Wheelspin Cycles 01484 533338
- Annears Garage T/A St Blazey Mx 01726 816181
- Arthur Caygill Cycles 01748 825469
- Average Man Ltd T/A We Cycle 01492 593811
- Beics Betws 01690 710766
- Beverley Car Care Ltd 01482861222
- Big Bear Bikes Ltd 01751 474220
- Bikebase 01702 352222
- Bikewright.com 01347 823963
- Bill Nickson Cycles 01772 422259
- Boutique De Velo Ltd 020 8504 5033
- Brooks Cycles – Welshpool 01938 553582
- Charged Electric Bike Store 01284 703579
- Chevin Cycles Limited 01943 462773
- City Cycles Narborough Road 0116 289 4499
- College Cycles 0151 924 0689
- Country Lanes Cycle Centre Ltd 01539 444544
- Cycle 360 Ltd 01624 649360
- Cycle Tech Eastbourne 01323 660150
- Cycle World – Portsmouth 023 9266 6500
- Cyclife East Devon 01297 631202
- Cyclmart 01570 470079
- Cycles Uk – Greenwich 020 8692 3148
- Cycles Uk Ltd – Canterbury 01227 457956
- Cycleworld Guernsey 01481 244481
- Cycling Made Easy Ltd 020 8660 8823
- Cyclists Discount Centre 01782 966908
- Cyclo Monster 01332 902701
- Damian Harris Cycles Ltd 029 2052 9955
- E Motion Electric Vehicle Company Lt 01793 251200
- E Venture Bikes Ltd 017687 21920
- Ebike Capital Ltd 01204 655111
- Ebike Centre 0116 254 0888
- Ebike Sussex 01273 596368
- Ebikes North East 0191 384 9913
- Ecomove Ec Group Ltd 0117 373 9322
- Edge Sports Uk Llp T/A The Bike Rack 01642 041856
- E-Flow Cycles Ltd 01227 713435
- E-Motion21 Ltd 01273 625060
- Fudges Cycle Store 01372 744116
- Fudges Cyclestore 020 8969 5991
- Geared Up Leisure Ltd 01226 756281
- Hancocks of Cheshunt 01992 623922
- Huff And Puff Cycles 07500 865095
- Image Cycles Limited 01268 695877
- Inspirial Cycles Ltd 01388 606616
- I-Psycle Limited 01202 622130
- J E James Chesterfield 01246 453453
- J E James Rotherham 01709 361919
- J E James Sheffield 0114 2550557
- Jac's Electric Bikes 01296 393935
- Jobs Cycles Limited 01482 568398
- John Atkins Cycles 01926 430211
- John Geddes Cycles Ltd 0151 420 7797
- John Lee And Sons Motorcycles 01933 312827
- J's Cycle Shack Ltd 01933 312827
- Just One More Bike 01507 525527
- Leek Cycle Solutions 01538 399925
- Leisure Lakes Warehouse 01772 644 340
- Leisure Wheels Ltd – Hemel Hemstead 01442 213000
- Lincoln Bikes Ltd 01522 683184
- Locks Of Sandwich Cycles Ltd 01304 617161



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- Louth Cycle Centre 01507 607447
- Woodrup Cycles 0113 263 6212
- Ebikes Direct 01580 239139
- Norfolk Electric Bikes Ltd 01328 853020
- On Yer Bike Burnley 01282 438855
- On Your Bike Limited 01342 777700
- Outdoors Ramsey Ltd 01624 811550
- Owens Cycles 01730 260446
- Partridge Cycles 01392 833303
- Pauls Cycles Limited – Dereham 01362 690953
- Peak Cyclesport 01625 426333
- Peak Ebikes 01629 810588
- Pell And Parker Ltd – Richardsons 01733 810553
- Peter Darke Cycles 0191 5678310
- Planet Bike Limited 01271 327455
- Powerbikes Ltd 01946 690900
- Powercycle 01264 353322
- Primera Sports Limited 01202 775588
- Puffing Billy Cycles 01364 388100
- Quinns Cycles Ltd 0151 228 6262
- Race Co Cycles Uk Ltd 01384 390221
- Redbrow Garden Machinery Ltd 0161 427 8543
- Ribble Valley E Bikes Ltd 01200 426246
- Samways & Son 01202 882960
- Scotby Cycles – The Bike Shop 01228 546931
- Sherwood Pines Cycles 01623 822855
- Smilebikes Ltd 01508 521000
- Ebike Cafe 01305 786839
- St Ives E Bikes 07536 171214
- Stevenage Cycles 01438 340004
- Stonehenge Cycles 01722 334915
- Surf 55 Mtb Centre – Kings Lynn 01553 679090
- Surge Bikes 01256 648510
- Take Charge Bikes Ltd 01225 789568
- The Bike Factory 01244 317893
- The Bike Place In Kielder Ltd 01434 250457
- The Bike Place Ltd 01434 250144
- The Bike Stable Ltd 01472 351824
- The Bike Warehouse Faversham 01795 539439
- The Bike Warehouse Gillingham 01634 571093
- The Bike Warehouse Sevenoaks 01732 464997
- The Cycle Centre – Penzance 01736 351671
- The Pedal House Ltd 01473 828129
- Thomas's Cycle Revolution Ltd – Ipswich 01473 712751
- Thomas's Cycle Revolution Warehouse 01603 931825
- Top Gear Ltd 01326 379200
- True North Adventures & Cycle Hub 01538 300517
- Woodsons Cycles – Stockport 0161 480 8725

Scotland

- Belhaven Bikes 01368 860300
- Bikechain (Glasgow) Ltd 0141 958 1055
- C&A West Home & Garden Centre 01346 515767
- Easygo Electric Bikes Ltd 01506 237162
- Mikes Bikes (Aviemore) Ltd 01479 810478
- Roll Balquhiddier 07983 743442
- Synergy Cycles 01764 664251

Ireland

- John M Hanna Cycles (Antrim) 028 9267 9575
- The Bike Shop Wexford Ltd 00353 53 912 2514
- Macdonald Cycles Ltd 00353 1 497 9636
- Greenaer 00353 1 674 7849
- Kearney's Cycles 00353 91 563 356

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www.haibike.com

TRAVEL

RIDE ROUTES

Once you've reached your touring destination and pitched up, two wheels are a brilliant way to explore the beautiful landscapes. Marcus Leach selects six of his favourite cycle trails for you to enjoy

From the Lake District, Cambrian Mountains and Scottish Highlands, to the Brecon Beacons, the Peak District and the Yorkshire Dales (and many more places in between), we really are spoilt for choice when it comes to finding cycling-friendly destinations in the UK. Load up the bikes and prepare to enjoy the green hills of home – here are just a few great trails for you to explore.

1 APPLECROSS PENINSULA

Those familiar with the west coast of Scotland will know that this just has to be, without doubt, one of the most strikingly beautiful parts of the UK.

A combination of rugged coast roads and quintessential highland landscapes makes for some dramatic riding, with the bonus of the challenging climb of Bealach na Bà for those who like heading upwards on their rides.

The peninsula forms part of the North Coast 500 route and, while this is not the easiest place to get to, it really should be on everyone's bucket list.

Stay at Kinlochewe CAMC Site

Web www.caravanclub.co.uk

2 CAMEL TRAIL

Cornwall is blessed not only with mile upon mile of really stunning coastline, but also with one of the country's best family-friendly cycling trails. The Camel Trail, which runs all the way from the picturesque seaside town of Padstow to the foot of mysterious Bodmin Moor, is perfect for riders of all ages and abilities.

The route, on a disused railway line, passes through some of Cornwall's most breathtaking countryside and is a perfect ride for contrasts and changing scenery.

Rocky shorelines and golden sandbanks give way to woodland before morphing into granite-studded moors – all the while offering numerous places where you can stop off to enjoy Cornwall's finest ice cream.

Stay at Trewethett Farm CAMC Site

Web www.caravanclub.co.uk

3 NEW FOREST

There's no better way to enjoy the delightful, gently undulating landscape of the New Forest National Park than by exploring the network of off-road cycle routes that criss-cross this beautiful region.

With more than 100 miles of signposted, traffic-free trails, there's also no better destination if you're seeking a family-friendly cycling holiday. In addition, those of you looking for a more strenuous challenge will find plenty of excellent routes to test your abilities.

Brockenhurst, regarded as one of the region's most picturesque villages, also has an independent bike shop where you can hire all manner of bicycles and stock up

on any supplies that you might need before setting out to lose yourselves (figuratively speaking, of course!) among the gorgeous trees and wonderful wildlife.

Stay at Hollands Wood

Web www.campingintheforest.co.uk

4 LAKE DISTRICT

My introduction to the pleasures of cycling in the Lake District came one Sunday in 2016, when I agreed to join some friends to take on the Fred Whitton Challenge, which at the time sounded fairly innocuous to me.

Little did I know that this is regarded as one of the toughest rides in the UK, taking in the region's most revered, and feared, climbs. But as hard as it was, that day ignited my passion for riding in this majestic part of the world, despite seeing my heartbeat go over 200 at the summit of Hardknott Pass.

Although the Lake District is best known for its mountainous routes, there are family-friendly cycling options available, too, so don't be put off by those contours that you can see on the map.

Stay at Park Cliffe Camping

Web www.parkcliffe.co.uk

5 KIELDER FOREST

Kielder has something for everyone, from short leisurely rides with the little ones in a trailer or on their first bikes, right through to black run bike trails. What's more, it is traffic-free, with lots of trails and Forestry Commission tracks crossing vast areas.

The more adventurous can step back in time with a challenging ride to the border with Scotland, where the Bloody Bush Toll, dating back to the early 1800s, still stands. The huge reservoir and miles of forest also provide opportunities to enjoy loads of other activities for those who are not keen on cycling.

Stay at Kielder Waterside Caravan Park

Web www.kielderwaterside.com

6 ISLE OF WIGHT

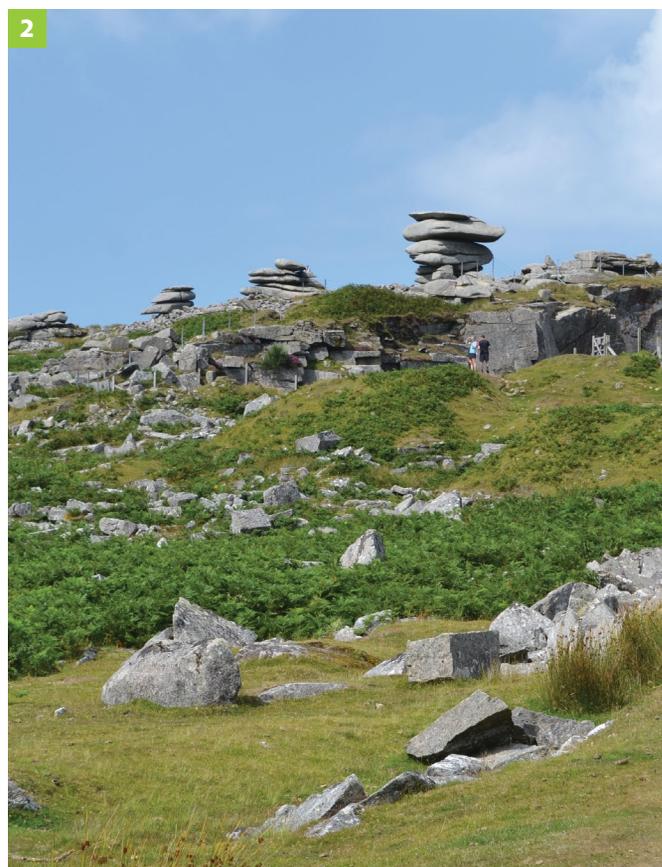
It may not be an obvious destination for cycling, but don't overlook the Isle of Wight. It is home to some of the UK's most varied landscapes, with half of this lovely island designated an Area of Outstanding Natural Beauty.

Combining quiet roads (if you can avoid the busy peak summer months), pristine trails and stunning views, this place really is a must-see.

One of the most popular cycle routes is the full loop of the island, a trail totalling 65 miles, although there are many shorter alternatives to enjoy.

Stay at The Orchards

Web www.orchards-holiday-park.co.uk



'We really are spoilt for choice when it comes to cycling-friendly destinations in the UK'

CUT ALONG DOTTED LINE

TRAVEL

10 TOP CAMPSITES FOR CYCLING

Touring and cycling are a brilliant partnership, and these campsites make the ideal base for exploring your surroundings on two wheels, with easy access to cycle trails in the most spectacular settings



TRAFFIC-FREE TARKA TRAIL

The hugely diverse landscapes of north Devon can be explored from the Tarka Trail, one of the country's longest stretches of traffic-free cycling paths. Rowden Barton CL is just a few miles away from the trail, and provides panoramic views across the glorious Taw Valley.

Web www.rowdenbarton.co.uk



CROSSING SOUTHERN WALES

Located just off the Celtic Trail, a Sustrans route that takes in the beautiful Welsh countryside to be found between the Severn Bridge and the Pembrokeshire Coast National Park, Our Welsh Caravan & Camping makes a perfect base for enjoying the diverse scenery of the region.

Web www.ourwelsh.co.uk



CYCLE ROUTES GALORE

The New Forest is full of family-friendly cycle routes, including Burley Hill Fort Loop, a 9.3-mile circuit that takes in woods, hills and an old railway. Stay at nearby New Forest Caravan and Motorhome Club Centenary Site for easy access.

Web www.caravanclub.co.uk



THE BEST OF CUMBRIA

For spectacular scenery while you pedal, you can't beat the Lake District. Try the Lakes and Dales Loop, a 196-mile circular route easily split into manageable sections. Park up at High Laning Caravan & Camping Site for stunning landscapes.

Web www.highlaning.com



CIRCLING THE LOUGH

One of the best ways to explore County Down, Northern Ireland, is on the Strangford Lough Cycle Route. You can tackle the 82-mile route all at once, or in shorter stretches. Stay at Delamont Country Park Camping & Caravanning Club Site.

Web www.campingandcaravanningclub.co.uk



FAMILY-FRIENDLY CORNWALL

The Camel Trail is largely traffic-free and suits all skill levels. It also gives access to the countryside without you having to brave narrow lanes, as it is on a disused railway line. Tregainlands Touring & Caravan Storage is just a mile or so from the trail.

Web www.tregainlands.co.uk



COAST AND CASTLES

The 200-mile Coast and Castles cycle route between Newcastle and Edinburgh can be tackled in two sections – North and South – which can themselves be broken down into more manageable parts. Stay at Westfield Paddock Caravan Site, near Seahouses.

Web www.westfieldpaddock.co.uk



TOUR BRITAIN'S HISTORY

Delve into our extraordinary history along Hadrian's Cycleway, roughly following the line of Hadrian's Wall. This 170-mile route takes you through the stunning landscapes of the famed World Heritage site. To start the trail in the west, try Seven Acres Park, near Seascale.

Web www.seacote.com/seven-acres



REMOTE AND REWARDING

The 200-mile Inverness to John O'Groats cycle route takes in some of the most spectacular and remote parts of the Scottish Highlands. Kick off at the Inverness end of the trail with a stay at Culloden Moor Caravan and Motorhome Club Site.

Web www.caravanclub.co.uk



CROSS THE PENNINES

A popular long-distance route on the National Cycle Network, the Trans Pennine Trail links the North and Irish Seas and can be broken up into shorter sections. Start in the Peak District National Park, at Crowden Camping and Caravanning Club Site.

Web www.campingandcaravanningclub.co.uk

TECH

CYCLING APPS

Wherever you pedal, there's an app for that...
And they're all available for both iOS and Android!



STRAVA

Keep on top of your cycling records with Strava. This useful app allows you to track and analyse your bicycle rides when you're out and about on tour, while more competitive riders have the option of going head-to-head and comparing your stats with friends and family. The app hosts regular challenges, too, encouraging you to cycle just that little bit further...

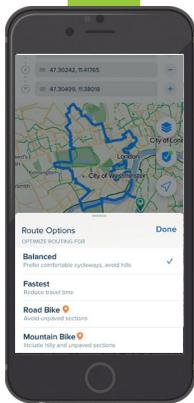
Price Free to download
Premium membership available



CYCLEMETER

An advanced cycling app for the enthusiasts out there, Cyclemeter uses a mix of maps, graphs, splits and more to help you take your riding to the next level. The app provides a raft of statistics, as well as analysis, so you can look for ways to improve. With a clear, easy-to-use interface, this clever app could easily transform your cycling experience.

Price Free to download
Elite membership available



BIKEMAP

Loaded with more than eight million global bike routes, BikeMap's intelligent GPS lets you choose the route that suits you. Voice navigation means you can keep your eyes on the road, while rides can be tailored as you wish – you filter search results to meet requirements such as surface and bike type. Bikemap also points out places of interest and facilities, including public toilets.

Price Free to download
Premium membership available



KOMOOT

This useful app lets you find a route to suit your needs – you can filter the journey by level of difficulty before voice navigation guides you on. Komoot also flags up unwanted surprises, as the planning panel highlights the surfaces to expect, way type and analysis of the route elevation. The app lets you access one region for free, with subsequent pricing starting from £3.99.

Price Free for the first region,
then from £3.99



ST JOHN AMBULANCE FIRST AID

Hopefully you will never need to use this app, but it is well worth downloading to be on the safe side. Providing you with expert advice, St John Ambulance First Aid comes with illustrated guides and narrated instructions that you can follow should bike-related mishaps occur while you are out exploring. One thing to note with this app is that the information is based on UK protocols only, although it does provide both UK and European emergency service numbers.

Price Free to download