



TOUR NOTES
“Dales Delights”
Level 3 - Self-guided
6 Nights, 7 Days

Tour Overview



If you are looking for a longer break with ample cycling in stunning settings, this tour will suit you. It offers opportunities to see fascinating limestone features, ancient abbey ruins and even a world famous brewery. It aims to capture the delights of the Dales and North Yorkshire, from glorious views of rolling countryside to the magnificent grandeur of York

Minster, this holiday leaves nothing to be desired.

We book your accommodation, transfer your luggage, and provide you with bikes so all you have to do is get yourself to the start and home from the finish!

A great way to really experience the sense of freedom a cycling holiday can give you.

Day 1 – York to the Dales

On your first day you will be met by a member of the SCOOT team at York station. You will be measured for your bicycles and cycling equipment, helmets, locks, lights etc. and also issued with your route maps and information on places of interest along the way. We will give you comprehensive instructions on how to find your pre-booked accommodation as well as information about your support team – should you need them.

Use today to get used to your bikes and ease yourself into a fun week of cycling. Following the River Ouse north from York, you will use the Way of the Roses route to guide you through hamlets and villages out of the vale of York, past Beningbrough Hall which you can visit later in the week. You will pass through Boroughbridge and Bishop Monkton before

reaching your accommodation in the middle of the country. Here your luggage and a comfy bed will be waiting for you.

Distance – 19 Miles

Day 2 – On to Pateley Bridge via Fountains Abbey and Brimham Rocks

Heading north, today's route visits two of the most iconic places in Yorkshire: Fountain's Abbey and Brimham Rocks. Fountains Abbey is just 3 miles into the route. There are no boundaries here as the cycle route passes straight through the magnificent country estate which houses the largest abbey ruins in the country together with a Georgian water garden. Once you have finished marvelling at this stunning area, hop back on your bike for a ride through quiet country lanes to Brimham Rocks. Here you can leave your bikes and wander around this weird and wonderful collection of prehistoric rock formations. This is perfect picnic territory with breathtaking views over Wharfedale and the Yorkshire Dales.



The last part of the route drops down into the valley bottom to the popular town of Pateley Bridge, where you will spend the next two nights, giving you time to explore the town a little better.

Distance – 17 miles

Day 3- Pateley Bridge to Skipton circular

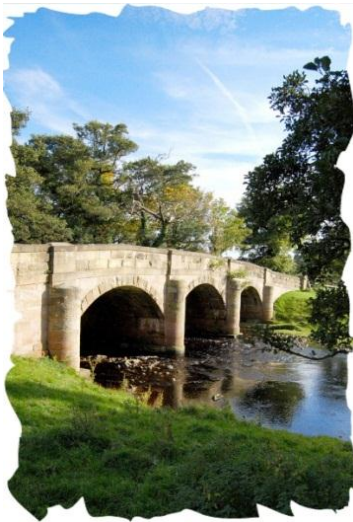


Your third day of cycling will pose the biggest challenge, this is where the real hills begin! After steep climb out of Pateley bridge the route drops down to Appletreewick where you will ride on small countryside lanes, following the river Wharfe at times. You will pass through the wonderful dales villages of Grassington and Burnsall, with the opportunity to stop at the market town of Skipton before returning on a circular route past Bolton Abbey and Barden tower. The route is rolling with a few steep climbs but the views and the cycling are spectacular and with the gentle flow of the river so close, a refreshing dip

adds to a great day in the saddle!

Distance – approx. 45 miles

Day 4 – Pateley Bridge to Ripon via Masham



Following a well-earned breakfast, the route starts with a challenging climb but progresses into rolling and then flat countryside as you move out of the dales. It's time to head north from Pateley Bridge over Pateley Moor into the surrounding countryside. It takes you on small country lanes winding into lower Wensleydale, home of the famous cheese!

Midway is the town of Masham, best known for the Black sheep Brewery and Yorkshire's largest market square. Stop here for a spot of lunch or spend a while exploring its interesting history. The route then heads south east towards the beautiful market town of Ripon well known as an old cathedral city. There are plenty of shops and restaurants making it a perfect place for your 4th night.

Distance - approx. 24 miles

Day 5 – Ripon to York via Aldwark and Beningbrough

Today's route moves from rolling hills to the flat vale of York, a nice break for the legs and the chance to see some sights. The route follows the Way of the Roses and meanders through picturesque villages over the river Ouse to Beningbrough Hall. At this magnificent stately home you can enjoy a picnic or a Yorkshire tea before following the Ouse into the outskirts of York with the famous Minster in the background.



Distance – approx. 31 miles

Day 6 – A choice of routes from York



York is a great place for cycling. It is nice and flat – you might appreciate that after the Dales! It has good cycle routes within it and out from it.

You might choose to take one of Scoot's unique city sightseeing tours by bike and then explore all that York has to offer. Have you seen Stephensons Rocket? How about afternoon tea at the famous Betty's? ... or evensong in the Minster?

You may want to venture off to one of the three significant battlefields nearby (Stamford Bridge – Vikings vs King Harold, Towton – the Wars of the Roses or Marston Moor – Civil

War). You may prefer to trace the solar system down a disused railway track and visit the market town of Selby with its wonderful abbey at the end.

Distance – your choice

Day 7 – A morning exploring York before returning home

Depending on the timing of your return train, you have a chance to explore a little more of York. This is a city founded by the Romans, inhabited by Vikings, Anglo-Saxons and Normans who have all left their mark. See the excavated timbers of the Viking settlement at Jorvik museum or delve into the basements of several buildings to see Roman baths and drainage systems.

How much you do is up to you.

After you have finished, a member of the Scoot team will meet you at the station so you can return your bikes and take your luggage for your onward journey.



£650 per person

Starting days - Anyday

Please remember all our holidays are flexible. If you would like us to tailor this one, just call us!

SCOOT TRIP GUIDE – GRADING LEVELS

We want you to get the most out of your SCOOT CYCLING HOLIDAY and whilst cycling involves a certain amount of energy we want you to be comfortable in your selection of tour. Grading is subjective but we hope the guide below will help you choose the perfect holiday.

Level 1 - Gentle

For infrequent or beginner cyclists on quiet and generally flat routes.
Distances of 15 - 20 miles per day.

Level 2 - Easy

For the leisure cyclist who takes regular exercise on routes with a few climbs.
Distances of 20 - 30 miles per day.

Level 3 - Moderate

For the person who cycles regularly on roads with a few steep climbs.
Distances of 20 - 35 miles per day.

Level 4 - Challenge

For a more experienced cyclist who does not mind steep climbs (or is happy to get off and push!).
Distances of 35 - 40 miles per day.

Remember these levels are just guides and at SCOOT we believe that the journey is more interesting than merely the distance travelled.

GENERAL INFORMATION

What the price includes:

1. Bed & Breakfast accommodation (twin or double share basis)
2. Route maps and instructions specific for your tour
3. Luggage transfer between accommodation
4. Meet and greet by SCOOT team member at the start and finish of your trip
5. Emergency back up from 10am – 5pm. This does not include our coming out to mend punctures but the tyres on our bicycles are puncture resistant and punctures are few and far between.
6. Cycling equipment – bike, helmet, child seats as appropriate, lights, locks, puncture repair kit.

What the price excludes:

1. Personal clothing and equipment
2. Travel and medical insurance
3. Lunch and evening meals, and water en route
4. Single occupancy

Bags

We ask you to stick to one bag per person with a maximum weight of 17kg. which will be transferred between accommodation stops for you.

All SCOOT adult bikes have a small pannier fitted, if you think you will need to carry more than would fit into a pannier please provide your own rucksack for your days cycling or alternatively you can hire a bigger Ortlieb pannier from us at a cost of £5 per day.

Accommodation

All the accommodation provided by SCOOT has been inspected by us, we strive to use independent family run Bed & Breakfasts, inns or small hotels. Linen, towels and breakfast will be included in your stay.

All rooms will be en-suite unless otherwise stated and agreed at the time of booking. Single occupancy is subject to availability and a surcharge may be applicable. Please check at the time of booking.

Cycling Equipment

SCOOT provides all bikes. For adults we use hybrid Giant lightweight bikes that are maintained by our own trained cycle technician.

All children's equipment – tag alongs, child seats and pull alongs are compliant with EU and British Safety Standards and comprehensively maintained.

Helmets are provided and we recommend that you use them. Gloves, wet weather gear, cycling shorts etc are not provided.

Weather

SCOOT cannot be held responsible for “adverse” weather conditions. Remember.... this is England! Carrying wet weather kit, and an extra layer is always sensible.

Insurance

SCOOT does not provide holiday insurance. We strongly recommend that you take out adequate holiday insurance including medical cover, personal accident, loss of belongings & cancellation cover. We cannot be held responsible for your own illness, change of travel plans, injury or loss of or damage to your belongings whilst on holiday.

Booking and payment

Before you book we recommend that you check the itinerary and grading level of each trip together with the booking conditions.

To book a tour please send a completed booking form to SCOOT CYCLING HOLIDAYS LTD we will then confirm you're booking by email within 48hours, and send you an invoice for (a) deposit of £50 per person on all holidays or (b) the full holiday cost.

If only the deposit is paid at time of booking then full payment of the holiday is required no less than 8 weeks before the start of your holiday. No further reminder is sent. If you book your holiday within 8 weeks of the holiday start date, the full holiday cost is required at time of booking.

Payments can be made by cheque, bank transfer or using your credit card via PayPal through the website – this gives you security and peace of mind.

Customer Satisfaction

We want you to thoroughly enjoy your SCOOT holiday. We welcome feedback on all aspects of our holidays so that we can continue to improve them.

If you have any problems or are unhappy in anyway with any aspect of the holiday, please call us at the earliest opportunity so that action can be taken to remedy the problem. If we know about it, we can probably sort it.

Any complaint made to SCOOT CYCLING HOLIDAYS LTD after your holiday should be made in writing within 28 days of your return home.