



## TOUR NOTES

### “Easy Rider”

#### Level 1 Self-guided

#### 2 Nights, 3 Days

### Tour Overview



This is a perfect short break for three days of gentle cycling through the countryside around York. This flexible tour allows you to do what you want when you want. It offers opportunities to see a beautiful country house and estate and cycle out into the Yorkshire countryside on easy cycling routes.

It has a single centre so that you return to the same bed each night and can sample all York has to offer.

A great way to get a taste of the feeling a cycling holiday can give you.

### Day 1

On your first day you will be met by a member of the SCOOT team, at York railway 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.



We will give you an introduction to York on our sightseeing tour at 2pm. This will provide you with a fun and informative cycle through York, and we will point you in the direction of a number of great attractions that you will all enjoy!

## Day 2 – York to Beningbrough Hall



Following a leisurely breakfast, it's off to the north of the city for a day in the country and a visit to Beningbrough Hall. The route takes you on a wonderful traffic free cycle path that meanders by the side of the River Ouse and then follows small roads through sleepy hamlets and criss crossing the railway line on bridges

Beningbrough is a wonderful National Trust property with a splendid house and outhouses, immaculate gardens and childrens play area. It has a lovely farm-shop and café to recharge yourselves before the journey back to York.

Distance (approx. 22 miles round trip)

## Day 3 – Solar System & Riccall

Heading south of York today, you will take the disused railway path alongside the planets of our solar system! The planets get increasingly far apart in proportion to their distances in the solar system itself. If you take time to stop you can see that some planets have days longer than their years! Look for the wire sculpture on the bridge as you go over the river at Naburn.

Once you reach Riccall, if you have time, you may like to visit the landing point of the invading Viking army of 1066. Based at Riccall, the Vikings took York and defeated the northern army, before being defeated by Harold Godwinson. These battles of Fulford and Stamford Bridge probably sealed Harold's fate at the Battle of Hastings three weeks later. His armies were depleted and exhausted.

After this it's a cycle back through the lovely Yorkshire countryside and back to York where you will be met by your SCOOT representative. Once your bikes are returned you can then head back home, after a wonderful short break in York and the Yorkshire countryside!

Distance (approx. 20 miles round trip)

**£195 per person**

**Starting days - Sunday, Monday, Tuesday or Wednesday**



## 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.