



**TOUR NOTES**  
**“GREAT ESCAPE”**  
**Level 3**  
**2 nights – 3 days**

## Tour overview

This tour is ideal for those who are often surrounded by the hustle and bustle of a large city and who want to completely escape into the country for a short break. It is ideal for groups of friends who want a different weekend away together. We will run it with a minimum group of 6 people and a maximum of 14. The accommodation is reserved exclusively for your party.

With excellent connections from London Kings Cross, Birmingham New Street, Manchester Piccadilly and many other large stations, York can be reached in a very short time indeed. From York, you can be in the countryside in minutes on a bike and by dinner time you can feel a million miles away.

This tour takes you into the heart of the Dales with two nights' accommodation in the same place with evening meal included. It starts at noon on Friday from York Station, gives you a full Saturday to enjoy the Dales and brings you back into York station to catch your train home on Sunday.

The magic of this is how far from the bustle you can feel within a couple of hours of getting on a train.

## Itinerary

### Day 1- Friday



Friday will see you arrive in York around noon to be met by a member of the SCOOT team. You will be fitted up with your bicycles and cycling equipment, helmets, locks, lights etc.

Then it is off at a reasonable pace out of the city and in due course into the Dales. This is a good ride with few hills as it goes through the Vale of York but there is some distance to cover.

When you arrive at your accommodation your luggage will be waiting for you and preparation for your dinner will be well underway. We will have asked you soon after booking whether you have any dietary requirements so you can be sure the meal will be tailored to your needs.

All you need to do now is brush up for a sociable meal with your friends.

Distance 37 miles

## Day 2 - Saturday



This is a day for doing as much or as little as you like. Fountains Abbey is within easy cycling and even walking distance and is a wonderful place to explore. Brimham Rocks (8 miles) is a little further but is a wonderful natural feature. Alternatively you may want to ride into the market town of Ripon just 4 ½ miles away.

You return to the same accommodation and another hearty meal and time to put the world to rights

Distance decided by yourselves.

## Day 3 - Sunday

It's back to York on Sunday. The gentle ride brings you back into the present through the rolling countryside via a different route. Depending on the time of your train you may like to spend a little time in York, perhaps enjoying a well-deserved tea at the famous Betty's before setting off back home.

Distance 32 miles



**£300.00 per person (half-board) Minimum 6 people**

## 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 day's 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.