



Two wheeled Adventures



Photo: Chris Juden

Be inspired by our fantastic range of destinations in 2018/19

WORLDWIDE

Kyrgyz Republic

18 Jun - 01 Jul



Fully supported adventure through the Heavenly Mountains. Cross remote high passes overlooked by snow-capped peaks, descend through deep gorges to flower filled meadows on the banks of Son Kul Lake and overnight in a shepherd's yurt. Learn about nomadic culture and experience their hospitality. Fly London Heathrow/Bishkek.

John & Pat Ashwell 01934 624986
comebiking@btinternet.com

India, Zanskar

26 Jul - 12 Aug

An Expedition grade 3+ moving-on tour traversing the remote mountains of Zanskar. High altitude cycling, mainly un-surfaced, gravelled, jeep roads, long climbs and steep descents. Serviced camping, full vehicle support. Fly London Heathrow/Delhi.

John & Pat Ashwell 01934 624986
comebiking@btinternet.com

USA, Seattle to Vancouver

26 Aug - 14 Sep

Explore Seattle, train to Vancouver then ferry to Vancouver Island to explore this and the neighbouring San Juan Islands. Onto the Olympic Peninsula to circumnavigate, finishing back in Seattle. Orcas, sea views and fabulous scenery. 55mpd average. Varied mix of accommodation. Fly London Heathrow/Seattle.

Neil Wheadon 01373 812035
Neil@tandem-club.org.uk

USA, Oregon

02 - 24 Sep



Cycle part of America's iconic coastal highway through one of its prettier states, returning inland and back to Portland. Renowned as America's most bike friendly State, Oregon has a lot to offer. 40-68mpd (55mpd average) with 3 rest days. Fly London Heathrow or Manchester to Portland.

Richard Dugdale 01200 424962
r.dugdale45@gmail.com

South Africa, Cape Town & the Winelands

29 Sep - 15 Oct



Spectacular coastal scenery of the Cape and wonderful riding in the hills and vineyards of the interior, plus the vibrant towns of Cape Town, Stellenbosch and Franschhoek. Opportunities for wine tasting and whale watching. Fly London Heathrow/Cape Town.

Mike Diederich 01761 433338
cdiederich@btinternet.com

India, Rajasthan

10 - 25 Nov

A very special itinerary which includes the Pushkar Mela. This dazzling annual event attracts a great concentration of tribes people. Camels and cattle are traded and gorgeously attired women parade and dance. Visit Jaipur, Jodhpur and Udaipur. Accommodation in heritage hotels, converted forts and palaces. Fly London Heathrow/Delhi.

John & Pat Ashwell 01934 624986
comebiking@btinternet.com

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COMING SOON

Thailand

19 Jan - 03 Feb 2019

Experience Bangkok then have fun getting off the beaten track. Discover tropical forests and tiny islands with golden beaches and friendly people. Explore the ancient ruined temples of Arruthaya. Lots of rest days, swimming, snorkelling. Fly London Heathrow/Bangkok. Chris Ellison 01246 250647 chris@2cycle2.co.uk

Thailand/Cambodia/Vietnam, Bangkok to Saigon

19 Jan - 06 Feb 2019

Explore three countries in two weeks. From Thailand's capital through Cambodia's major sites and finishing in Vietnam. River culture, iconic temples and fascinating culture on this multifaceted trip. Local guides. 65kmph average. Fly London Heathrow/Bangkok/Saigon. Neil Wheadon 01373 812035 Neil@tandem-club.org.uk

Costa Rica

26 Jan - 10 Feb 2019

Nature lovers look no further! This tropical jewel teems with wildlife and natural wonders from cloud forests to volcanoes, jungle and pristine Pacific beaches. Cosy guesthouse and hotel accommodation. Mostly tarmac roads and easy tracks. Includes ferries, a boat trip and transfers. Fly London Gatwick/San Jose. Mike Diederich 01761 433338 cdiederich@btinternet.com

India, South Kerala & Tamil Nadu

14 Feb - 03 Mar 2019



Palm fringed beaches, tea, coffee, spice plantations. Witness sunset from Cape Cormorin. Visit Madurai's magnificent Meenakshi Temple, a World Heritage site. Cruise the fabulous inland waterways. Explore Cochin's antique and spice warehouses. Fly London Heathrow, Manchester or Glasgow to Trivandrum, returning from Cochin. Sheila Simpson 0161 449 9309 sheila@aukadia.net

Morocco

21 Feb - 07 Mar 2019

From Agadir cross a plain to the Anti-Atlas mountains where a series of well-graded roads reach to the edge of the Sahara, then follow the coastline northwards. Highlights include tagines, mint tea, ochre coloured buildings, a 1920s art deco town, wetland bird reserve, sandy beaches and the arches of Legzira. Neil Wheadon 01373 812035 Neil@tandem-club.org.uk

New Zealand, South Island

04 - 25 Mar 2019

The ultimate South Island adventure. Combining cycling on traffic-free trails with scenic walks and visits to many of the spectacular wonders of New Zealand. Hybrid bike hire included. Paul Rogers 01588 630690 paul.rogers@cyclingsholidays.org

EUROPE

Tulip time in Holland

14 - 20 Apr

Visiting the flower fields, Keukenhof gardens famous for its spectacular floral displays, see the flower floats being made for the famous annual flower parade. Cycle to Delft, famous for its Blue and White Porcelain, Leiden and Haarlem. Pam & Dave Pilbeam 02392 267095 pam@cyclingsholidays.org

France, Manche to Med

04 - 20 May

This popular French End to End from the Channel to the Mediterranean keeps to quiet minor roads through the finest scenery that France has to offer. Outward journey is by ferry Portsmouth-Caen and return by Bike Bus from Montpellier. Mike Diederich 01761 433338 cdiederich@btinternet.com

France, Montpellier to Mont Ventoux

11 - 20 May



Leisurely tour through the Mediterranean hinterland and Cevennes in spring, moving-on every other day with one 1-night stand. Optional rest day rides include the Gorges de l'Herault, Corniche des Cevennes and choice of Ventoux summit or the Gorges de la Nesque. Sheila Simpson 0161 449 9309 sheila@aukadia.net

Spain, El Comtat

12 - 19 May

19 - 26 May

08 - 15 Sep

15 - 22 Sep

Based in Cocentaina. Ride deep into the Sierra Aitana, journey along an ancient trading route from the Mediterranean and through remote landscapes unchanged for centuries. Mostly hilly terrain with largely good quality roads and a change of scenery with every turn. Marjorie South 07740 944511 jmarjoriesouth59@hotmail.com

France, Dordogne Valley, Lot & Correze

19 - 27 May

See castles, old half-timbered houses, limestone uplands, oak forests, redstone villages, old hilltop towns with narrow streets and breathtaking views, river valleys, old churches. Now includes a visit to the Gouffre de Padirac cave. 3-star hotel. Pam & Dave Pilbeam 02392 267095 pam@cyclingsholidays.org

Italy, The Dolomites

19 May - 02 Jun

The Dolomites are indeed stunning, the pinkish hues of the unique rock formations visible from the high passes. Amazing rides with long climbs that ascend many of the most famous passes, then sweep down into the valleys. Visit the pretty ancient towns of Trento and Bolzano, ending up in the home of Prosecco. Start/finish in Treviso. Greg Woodford 07508 028457 gregorywoodford@gmail.com

France, Manche to Med

24 May - 09 Jun

Supported end to end ride from Caen to the Mediterranean, ferries out and back via Portsmouth, with the return through France on the high speed TGV train. Rural route: Normandy, Loire, Limousin, Auvergne, Languedoc. WW2 sites, chateaux, medieval towns, spectacular lakes and gorges. Suitable for regular fit cyclists. Paul & Maxine Rogers 01588 630690 paul.rogers@cyclingsholidays.org

France, Rhone Alps & Jura

25 May - 24 Jun

2 or 4 weeks cycle camping. Cycle north from Valence through the Rhone Alps (first 2 weeks) then into the Jura (second 2 weeks). Mixed terrain, hilly but not too steep. 3 nights at most campsites enables unladen loop rides. 55-70kmph. Moderately fit cyclists, carrying own gear. Pat & Mike Strauss 01531 631731 pat_and_mike@compuserve.com

Austria, Lakes & Mountains

02 - 09 Jun

Based at the 4-star Mohrenwirt Hotel in the stunning Salzkammergut region of Austria, just 30 minutes from Salzburg. Bikes are available for hire and the hotel is completely geared up for active holidays. Lakes, mountains, cycle paths, a spa, swimming pool and free laundry service for your bike kit all make for a perfect week's break. Lynn Bland 07742 157688 lynn@lbdjb.plus.com

Denmark, Copenhagen & Islands

05 - 19 Jun

Believe your wheels have wings as you fly over Copenhagen harbour on the cycle-snake bridge. Ride under big skies streaked with high cirrus clouds. Overtake sailing yachts and kayaks as you pedal shore-hugging cycle paths. You're never far from the sea or a lake on this island-hopping camping tour. Cycle hire included. Colin Ward 01483 278420 misterward01@gmail.com

Holland, Maastricht/Amsterdam Cycle & Cruise

08 - 16 Jun

Discover magical flat and green landscapes formed by the rivers Vecht, Lower Rhine, Waal, Linge and Meuse. Visit historical towns, villages, castles and gardens along these rivers. Pam & Dave Pilbeam 02392 267095 pam@cyclingsholidays.org

France, Provence & Southern Alps

08 - 24 Jun



Ride from the lavender fields of the Vaucluse to the Alpes de Haute Provence for optional ascents of spectacular 2,000m cols, Bonnette and Cayolle. Returning via the Grand Canyon du Verdun and Mont Ventoux. Suitable for moderately fit cyclists who can climb hills at a slow, steady pace. Sheila Simpson 0161 449 9309 sheila@aukadia.net

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For latest tour availability and full itineraries go to the website or contact the tour manager

Spain, Picos de Europa Bike & Hike

12 - 26 Jun

A tour that combines cycling with hiking. To experience these spectacular mountains you must also walk, 19km through the Cares gorge to Covadonga and cycle up to 64km in a day. The Cantabrian coast will also be visited. Portsmouth/Santander mini-cruise included.
Chris Juden 07709 881270
chris.juden.ctc@gmail.com

France, Haute Provence

17 - 24 Jun

The hills of the Baronnies and the plain of the Rhone offer quiet roads, beautiful scenery, orchards, vineyards and olive groves, gorges, cols and Mont Ventoux. Pleasant hotel. Choice of short or long rides, with support on the longer rides.
Chris Ellison 01246 250647
chris@2cycle2.co.uk

Bulgaria, Western Balkan Mountains

23 Jun - 07 Jul

Discover this fascinating, little explored and beautiful country at the crossroads of East and West. Experience stunning scenery: mountains, gorges, amazing rock formations and the Danube river. Enjoy quiet roads, friendly locals and an interesting history and culture. See monasteries, fortresses, rural villages, monuments and 14,000 year old cave paintings. Good hotels and excellent food.
Steve Millard 07805 223304
steve@millard.ch

France, Normandy, The Calvados Coast

01 - 07 Jul

Exploring the area between Caen and Le Havre, visiting the lovely old harbour town of Honfleur, the cheese town of Pont l'Eveque, Chateau Canon, Crevecoeur mediaeval village and Cambremer to taste Calvados, apple tarts, cheeses.
Pam & Dave Pilbeam 02392 267095
pam@cyclingsholidays.org

Belgium, WW1 Battlefields

30 Jul - 03 Aug

Cycling around the Ypres Salient area, visiting the sites of Passendale, Tyne Cot, Hill 62 & Hill 60, Essex farm, Langmark German cemetery, Messines Ridge, Irish Peace Park, Memorial to the cycling division and the Last Post ceremony at the Menin Gate Memorial.
Pam & Dave Pilbeam 02392 267095
pam@cyclingsholidays.org

Belgium for Families

03 - 10 Aug

Join us in a Belgium chateau in 10 hectares of private parkland. Lake, games room, tennis court, BBQ, well equipped kitchens, laundry, small rooms almost all en suite. Daily rides 40-55km. An ideal introduction to cycling abroad in comfort. Families with children only please.
Neil Wheadon 01373 812035
Neil@tandem-club.org.uk

Holland, The Historical East Cycle & Cruise

17 - 25 Aug

Based on a hotel barge which moves with you each day. Exploring Eastern Holland with old Hanseatic towns, forests, meadows, thatched cottages, canals, Veluwe national park and a visit to a windmill.
Pam & Dave Pilbeam 02392 267095
pam@cyclingsholidays.org

France, Quercy Hills

25 Aug - 09 Sep

The limestone hills and plateaux above the Lot Valley offer a wide range of routes on several rest days for those who seek more challenging options as well as those who prefer something easier. Attractive villages in the hills and along the rivers add to the scenic variety of this area.
Peter England 01628 473300
hscape@talktalk.net

Spain, End to End, Biscay to Gibraltar

28 Aug - 15 Sep



An end to end tour exploring the huge diversity of Spain. Ferry Portsmouth/Santander to the finish point of Gibraltar. Crossing the Picos de Europa into Castile and León, Extremadura through Monfragüe National Park home to Black Vultures and Imperial Eagles. Rest day in the UNESCO Heritage city of Cáceres. 1200km averaging 90kmpd, for experienced cyclists.
Julie & Nicholas Hodgetts 0121 308 0699
jnghodgetts@gmail.com

Montenegro

31 Aug - 14 Sep



Europe's newest country, although small, packs in an amazing variety of scenery. The route includes all of the highlights, Kotor Bay and the Adriatic Fjords, Lake Skadar, the Tara Canyon, Dermitor National Park and the Piva River Canyon basin at Pluzine. Flights London Gatwick/Tirana.
John & Pat Ashwell 01934 624986
comebiking@btinternet.com

France, Normandy D-Day Beaches

03 - 07 Sep

3-star Apartments. Visiting D-Day beaches Omaha, Juno, Gold, Sword, Arromanches, Pegasus Bridge and the Atlantic Wall Bunker. Also the mediaeval town of Bayeux famous for its Tapestry and old buildings. Visit to a cider and Calvados tasting farm. Plenty of time to see the monuments, easy pace, tandems and E-bikes welcome.
Pam & Dave Pilbeam 02392 267095
pam@cyclingsholidays.org

France, Provence

07 - 16 Sep

Based at a welcoming rural hotel in the Vaucluse. Excellent home cooking, quiet lanes, Mediterranean climate, flora and fauna, medieval villages, beautiful limestone scenery. Choice of 15 routes from 32-131km, optional ascents of Mont Ventoux and la Lure.
Sheila Simpson 0161 449 9309
sheila@aukadia.net

France, Cathare Castles

07 - 16 Sep



Tour in and around the Corbieres in late summer. Opportunity to explore Carcassonne's fortified city and many spectacular ruined chateaux including Queribus and Peyrepertuse. 1 night amongst the Minervois vineyards, 2 nights at the foot of the cite of Carcassonne, 1 night at the Chateau des Ducs de Joyeuse in Couiza and 3 nights amongst the Corbieres vineyards.
Lynn Bland 07742 157688
lynn@lbdjb.plus.com

France, Loire Valley

15 - 22 Sep

Based in the old walled town of Loches with its tower and keep. Some new routes and chateau visits. Cycle through forests, medieval towns, river valleys, visiting chateaux and castles.
Pam & Dave Pilbeam 02392 267095
pam@cyclingsholidays.org

Spain, Andalucia White Villages

22 - 30 Sep
30 Sep - 08 Oct

A new tour exploring the white villages of Andalucia. Utilising via verde greenways and quiet country roads, journey through hilltop villages known as Pueblos Blancos, white washed in the Moorish tradition. This is real Spain at its best. All breakfasts and 4 evening meals included.
Julie & Nicholas Hodgetts 0121 308 0699
jnghodgetts@gmail.com

Spain, Mallorca

01 - 11 Oct

Experience this popular island at the beginning of October when the crowds have gone but the weather is still pleasantly warm. Start/finish at the same hotel which is only 3km from Palma Airport. Cycle more than halfway round the island, 30-75kmpd. Quiet roads, sea bathing.
Brian P Curtis 0131 669 5918
brianpcurtis@aol.com

Germany, Moselle/Saar Valley Cycle & Cruise

05 - 14 Oct

Based on a hotel ship which moves with you each day so no packing/unpacking. Exploring the Moselle & Saar river valleys. Cycling through mediaeval towns and villages with views of fairytale castles. Vineyard slopes in autumnal colours and wine tasting.
Pam & Dave Pilbeam 02392 267095
pam@cyclingsholidays.org

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General enquiries: info@cyclingsholidays.org

UNITED KINGDOM

Etape du Dales

20 - 23 Apr

Staying at Hawes Youth Hostel in Wensleydale. Cycling the route of the classic Etape du Dales cyclosportive, a hilly 175 kilometres with 3500 metres of climbing over 2 days. Challenging rides rewarded with stunning scenery and great cafes. Lynn Bland 07742 157688
lynn@lbdjb.plus.com

Wales, Conwy

04 - 07 May

Based at Conwy in North Wales, with rides on the adjacent North Coast and into Snowdonia. 2 day long rides with a shorter ride on the last day. Using the North Coast cycle path and the quieter roads of Snowdonia where possible. Richard Hakes 07803 198369
richard.hakes@gmail.com

South Wales, Introduction to off-road trails

04 - 07 May

Ever wanted to try off-road biking but not sure where to start? Based at a hotel in Swansea, explore miles of local trails, forest tracks, canal paths, with almost no interaction with traffic! Paul & Maxine Rogers 01588 630690
paul.rogers@cyclingholidays.org

Scotland, NW & Bealach na Ba

5 places
10 - 19 May

Cycling via Tobermory on Mull, Ardnamurchan and Skye, then on over the Bealach na Ba to Applecross. Travel through remote areas. Fantastic views of Mull and Skye. Continue via Gairloch and Ullapool before following a northerly coast to coast route to Inverness. Martin Jamieson 07981 100017
mdjamieson@hotmail.co.uk

LEJoG

18 May - 06 Jun 07 - 26 Sep

Cycle from the bottom to the top of Great Britain. This scenic tour uses mostly good quality hotels. With a longest day of 80 miles and many hills it is designed for the more experienced road cyclist. Chris Ellison 01246 250647
chris@2cycle2.co.uk

Way of the Roses

19 - 22 May



Coast to coast from Morecambe to Bridlington with overnight stops in Skipton and York. Cross beautiful landscapes: Lune Valley, Yorkshire Dales, Nidderdale and the Yorkshire Wolds using traffic-free paths, on-road cycle lanes and quieter roads. Lynn Bland 07742 157688
lynn@lbdjb.plus.com

Scotland, NE & Cairngorms

4 places
19 - 27 May

Start/finish Dundee. Cycle through Scotland's often overlooked north-east. Spectacular scenery, a visit to Findhorn Ecovillage plus unforgettable climbs into the Cairngorm ski areas. See distilleries, red squirrels and the north sea coast. Gary Cummins 01592 872992
garyphilipcummins@gmail.com

Lancaster & the Lake District

26 May - 02 Jun

Starting at a campsite 3 miles from Carnforth Station and 7 miles north of Lancaster Station where all West Coast main line trains stop. Finishing at this campsite so cars can be left safely for the week. 2 days at Grange over Sands and 2 days at Kendal. Brian P Curtis 0131 669 5918
brianpcurtis@aol.com

Cumbria, Eden Valley

29 Jun - 03 Jul

Based at Kirkby Stephen in the Eden valley which is surrounded by the Lake District, the Howgills, the Yorkshire Dales and the North Pennines. 3 day long rides of between 40-70mils with a shorter option on the longer ride. This area is not as busy as the Lake District or the central area of the Yorkshire Dales. Richard Hakes 07803 198369
richard.hakes@gmail.com

Heart of Northumberland, Alnwick

01 - 08 Jul

The historic market town of Alnwick with its majestic castle and famous Garden is ideally situated to visit Northumberland. Quiet roads lead to the stunning coastline and many castles, peaceful river valleys and inland Rothbury surrounded by the rolling Cheviots. Long climbs are rewarded with fine views. Pat & Ron Harrow 01575 574082
harrow@macace.net

Mid-Wales MTB

05 - 08 Jul

A weekend of mountain biking on the natural tracks around the Elan valley in mid-Wales. The Elan valley is often called The Welsh Lake District, with its stunning series of dams surrounded by moors and mountains. Guesthouse accommodation and some meals included. Paul Rogers 01588 630690
paul.rogers@cyclingholidays.org

Scotland, Arran, Kintyre & Bute

08 - 16 Jul

Start/finish near Kilmarnock. Visit Arran, often known as Scotland in miniature, and the Isle of Bute. Enjoy cycling past magnificent coastal and mountain scenery on often hilly terrain, 40-55mpd. Staying in a variety of accommodation. Mike & Liz Jukes 01434 688851
jukesmike@yahoo.co.uk

Isle of Man

14 - 20 Jul

An unspoilt coastline, remote hills, valleys and moorland as well as quiet roads make this an ideal cycling destination. Explore the wide variety of scenery on rides of 40-55mpd to all parts of the island. 1 rest day. Based at a 4-star hotel in Douglas. Ferry Liverpool/Douglas. Michael Stainer 01246 559282
michael.stainer@icloud.com

Norfolk

28 Jul - 04 Aug

Start/finish at a campsite in the Norfolk Broads within fairly easy reach of both Norwich and Great Yarmouth Stations. Explore the uniquely tranquil waterways of the Norfolk Broads, the stunning beaches and charming flint villages of the Norfolk coastline and the rich historical landscape of inland Norfolk with its castles and abbeys. Matthew Wright 07974 925870
Wrightonabike@gmail.com

Scottish Borders

08 - 15 Sep

Explore the land of the Common Ridings in midsummer. Old coaching inn base with en suite rooms, good food and welcoming hosts. Choice of 2 rides each day (approximately 45 or 65 miles). Hilly terrain but varied landscapes, superb views, quiet back roads and great cafes. Tony Gore 0114 255 0907
bigT.ridinghigh@gmail.com

Wales, Coast to Coast MTB Challenge

08 - 15 Sep



An epic off-road challenge crossing Wales from Cardiff in the south to Conwy in the north. Spectacular scenery as off-road trails through the Brecon Beacons, Mid-Wales and Snowdonia are tackled. A good level of fitness and off-road experience is essential. Paul Rogers 01588 630690
paul.rogers@cyclingholidays.org

Autumn in the Cotswolds

27 Sep - 01 Oct

This year's relaxing and sociable autumn short break is based at Lechlade-on-Thames, situated just to the south of the Cotswold hills. 2 led rides each day taking you into the attractive local countryside. Staying in a traditional old coaching inn. Mark Waters 01483 414307
markw48@gmail.com

Christmas in York

24 - 27 Dec



Explore this historic city and surrounding countryside using cycle paths, lanes and B-roads, or simply relax and enjoy being waited on. Led rides of 32 and 50 miles (short cuts available) on Christmas and Boxing Days, plus led walks. B&B plus superb Christmas lunch. Non-cycling partners welcome. Sheila Simpson 0161 449 9309
sheila@aukadia.net

More holidays
on the inside back cover

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