



In association with  
**HAIBIKE**

# Guide to... **TWO-WHEEL ADVENTURES**

Cycling and caravanning are a winning combination! Here are some choice cycle trails and expert tips to make the most of your bike on tour

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CUT OUT  
AND KEEP  
GUIDE!



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# ***EVERYDAY ADVENTURE***

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# ROUTE 1

## ASSYNT LOOP

Scotland is blessed with some of the UK's most spectacular cycling routes, and there are few that come close to the rugged, remote beauty of this loop, taking in some of the finest coastline on offer

**RATING** ★★☆☆ **DISTANCE** 37 MILES (60KM)

**At a comfortable length and with one proper climb of note, this is an achievable ride for many cyclists, especially those who might be using an ebike**

### Route

Head northwards from the idyllic Clachtoll Beach Campsite on the B869 towards Clashnessie and Drumbeg. You'll stay on this undulating road for about 27km, taking in some of the most remote and beautiful coastline in all of the UK, none more so than from the lookout in Drumbeg itself.

Turn right when the road joins the A894, at which point the road rises steadily for 4km, leading up to and past the picturesque Loch na Gainmhich, before a sweeping descent brings you to the very edge of Loch Assynt.

Turn right here onto the A837, following this quiet road past the tranquil waters of the loch, back towards the coast, where you pick

up the B869 once more to round out the route with a little rise back up towards Clachtoll.

### The area

As you would expect from such a remote corner of Scotland, there's not a huge number of facilities, so a little forward planning will be required for your ride.

In Clachtoll itself, Flossie's Beach Store is the best place to obtain basic supplies, as well as some amazing homemade cakes and fresh coffee.

Five miles south of Clachtoll is the village of Lochinver, which has a variety of small shops, butchers, cafés and restaurants where you can get all you need for your stay.

### Highlights

You'll have so many to choose from, but there's no doubting that one of the highlights of this beautiful part of the world is the stunning beach in **Clachtoll**, which, especially on a sunny day, could easily be mistaken for somewhere far balmier, perhaps even more tropical, than Scotland.

On the easterly side of the route, you will find spectacular **Loch na Gainmhich**, which is the starting point for a truly wonderful walk to **Eas a' Chual Aluinn**, the highest waterfall in the UK.

And if historic castles are your thing, you're in the right place here, with **Hermit's Castle** in Achmelvich (pictured right) a must-visit.



### Where to stay... Clachtoll Beach Campsite

Given the fairly remote location, there are not too many campsites to pick from for those wishing to take on this ride. However, there doesn't need to be much choice when the one site available is as good and as perfectly located as Clachtoll Beach Campsite. The beach alone is worth the fee for a few nights here, and that's before you even get started on the cycling front.

**Web** [clachtollbeachcampsite.com](http://clachtollbeachcampsite.com)

*'One of the highlights of this beautiful part of the world is the stunning beach in Clachtoll'*



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# ROUTE 2

# APPLECROSS PENINSULA

With mesmerising views across Inner Sound to the jagged peaks on the Isle of Raasay and the omnipresent Bealach na Bà towering above, this is cycling in Scotland at its best

**RATING ★★★★★ DISTANCE 43 MILES (70 KM)**

The difficulty of this route comes in the shape of the iconic and imposing Bealach na Bà climb, one that will test the legs of the fittest cyclists – but an ebike should help ease the pain

## Route

This loop can be followed in either direction, it all comes down to two things: which side of Bealach na Bà you want to climb, and when in the ride you want to actually take on this tough climb.

The most recognised ascent of this Alpine-style climb comes from heading south from Shieldaig, which also means you'll be able to enjoy the rest of the loop without worrying about it at the end.

Follow the A896 for 13km past Loch Dùghaill and Loch Damh, shortly after which, a turning on your right leads on to the lower slopes of the climb.

From here, it's more than 626m of vertical ascent over the course of 9.1km, with gradients maxing

out at 20%. Once over the summit, the road sweeps its way down to Applecross, where you turn right onto the small coastal road leading back to Shieldaig after 40km.

Take your time on this stretch, one of the most scenic coastal roads the UK has to offer, passing through remote, beautiful hamlets, including Cuaig and Fearnbeg.

## The area

The peninsula is fairly remote, with very few amenities, but Applecross has a village shop for the essentials, a handful of small restaurants and a petrol station.

Shieldaig has a general store, café and restaurant, although it's best to stock up on groceries en route to the area. The nearest bigger store

is the Co-op in Kyle of Lochalsh, or there's a selection of smaller stores in surrounding villages.

## Highlights

This is a playground for outdoor enthusiasts, so it's easy enough to combine other activities with a visit for cycling.

For walkers, there are Munros in the **Torridon Mountains** (pictured right), while the windswept Atlantic coast is best explored in a kayak.

**Eilean Donan Castle** (right) is an hour's drive from Applecross. Dating back to the 12th century, this is one of Scotland's most photographed castles, with a rich history. Wildlife lovers can take a boat from the picturesque village of Plockton to spot seals.



## Where to stay... Shieldaig Camping & Cabins

Situated a stone's throw from the water's edge, Shieldaig Camping & Cabins is a really wonderful family-run location, perfect as a base not just for cycling, but also for a host of other outdoor activities in the area. For those preferring to be further south on the loop, and at the foot of the Bealach na Bà climb, there's also a small campsite located on the outskirts of Applecross.

**Web** [shieldaigcampingandcabins.co.uk](http://shieldaigcampingandcabins.co.uk)

*'The most recognised ascent of this Alpine-style climb comes from heading south from Shieldaig'*

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**FEARNBEG**

**SHIELDAIG**

**TORRIDON**

**CUAIG**



**SHIELDAIG CAMPING & CABINS**

**LOCH DÙGHAILL**

**LOCH DAMH**

**APPLECROSS**

**TORRIDON MOUNTAINS**



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# ROUTE 3

# CAMBRIAN MOUNTAINS

The Green Desert of Wales, between Snowdonia National Park and the Brecon Beacons, is often overlooked, yet it is home to some truly fantastic cycling on road and gravel

**RATING** ★★☆☆☆ **DISTANCE** 22 MILES (35 KM)

**A shorter route mixing gravel tracks with small country lanes to showcase the best of the Elan Valley, in the north of the Cambrian Mountains**

## Route

Starting from Rhayader, follow the Elan Valley Trail out of town for 2km, before turning left onto a small country lane looping around the back of Carngefalt, over a small climb and down into Elan Village.

Turn left at the T-junction and go past the visitor centre, rejoining the Elan Valley Trail to ride along the banks of Garreg Ddu Reservoir.

Where the trail crosses the road, bear left on the road and cross the dam, staying to the right once over.

Stay on this road for 9km, during which time you will pass alongside Penygarn Reservoir and Craig Goch before reaching a T-junction.

Turn right here and begin the gentle climb up and away from the valley, making sure you take time

to stop and enjoy the wonderful views back across the water.

Once over the climb, there's a descent to enjoy, taking you all the way back to the start in Rhayader.

## The area

Rhayader has a variety of shops, cafés, pubs, greengrocers and a butcher's, as well as a small bike shop for spare parts or repairs.

For larger supermarkets, petrol stations and a bigger bike shop, the market town of Builth Wells is a 25-minute drive to the south.

## Highlights

The main appeal of this area is undoubtedly its vast open spaces and sense of solitude, making it a perfect destination for cycling and

walking. History buffs will be intrigued by the grand medieval abbey at **Strata Florida**. The abbey, whose name comes from the Latin for Vale of Flowers, has stood on lush meadows beside the **River Teifi** (pictured right) since 1201, and its ruins are fascinating.

From the car park there is a walk, or an off-road ride, to the nearby **Teifi Pools**, the collective name for the lakes of **Llyn Teifi**, **Llyn Hir**, **Llyn Gorlan** and **Llyn Egnant**.

If you're walking, pack a picnic and enjoy a leisurely day exploring the various lakes. Given the lack of infrastructure in the heart of the Cambrian Mountains, this is also a great stargazing destination, with the dam at **Claerwen Reservoir** making an ideal spot.



## Where to stay... Elan Oaks

On the edge of Elan Village, two miles from the historic town of Rhayader, this is a perfect starting point for this idyllic loop through the heart of the beautiful Elan Valley. On the edge of Rhayader is the Wyeside Camping and Caravanning Club Site, which offers a variety of pitches on a tranquil campsite surrounded by verdant woodland.

**Web** [elanoaks.co.uk](http://elanoaks.co.uk);  
[campingandcaravanningclub.co.uk](http://campingandcaravanningclub.co.uk)

*'The main appeal of this area is its vast open spaces and sense of solitude'*

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# GET READY FOR ADVENTURE

*The trails are out there waiting – now here’s what you need from your bike*

Your caravan is pitched, your route plotted and you’re about to hit the trail – but is your bike also ready for an adventure?

Whether you’re planning to go gentle off-roading or cycle the streets, a trekking bike will take you where you want to go in comfort and style. They combine rugged practicality with city style, making them the perfect ride on your next tour.

And a trekking e-bike makes your cycle even easier: with the inbuilt motor taking on as much – or as little – of the strain as you’d like, you’ll be able to go further than you ever thought possible. Which means more adventure and less work-out.

So what else do you need to look for in the perfect adventure e-bike? Here’s our handy guide.

## TYRES

From muddy paths to smooth Tarmac, good trekking bikes have tyres that are broad enough for various surfaces. Their more pronounced tread means that you’ll feel safe and secure on your adventure, no matter where – and when – you choose to ride.

## LIGHTS

Once you’ve got your bike, you’ll want to use it for all-year adventures, so lights are a must. Invest in a decent set, or better still, choose a trekking e-bike that has built-in lights – that way you’ll never forget to take them with you, or run out of charge mid-ride.

## SUSPENSION

Okay, so it adds a bit of weight to your bike, but you’ll find the benefits more than make up for that. Suspension forks absorb bumps on gnarly trails, and reduce the amount of vibration through the handlebars, meaning a more comfortable overall ride.

## DISC BRAKES

It’s crucial that you can trust your brakes, so look out for discs. Not only are they much more powerful than rim brakes, they’re also easier to keep clean, as they’re further away from the muddy trail that you’re cycling on – keeping you in full control.

## RELAXED GEOMETRY

Road bikes offer a low, tucked-in profile – which you’ll find uncomfortable after a few minutes on your adventure. Look for a cycle geometry that lets you keep your head up and enjoy the view.



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# FIND YOUR WHEELS

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- Amped E-Motion 01726 77700
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- College Cycles 0151 924 0689
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- Cycle World - Portsmouth 023 9266 6500
- Cyclelife East Devon 01297 631202
- Cyclemart 01570 470079
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- Cycles Uk Ltd - Canterbury 01227 457956
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# ROUTE 4

## COTSWOLDS LOOP

Few places are as quintessentially English as the Cotswolds, and this scenic route takes in some of the most picturesque villages in the region, with plenty of opportunities to stop for coffee and cake

**RATING** ★★☆☆☆ **DISTANCE** 40 MILES (64 KM)

One short, steep climb aside, this route is fairly easy going, along mainly flat roads, with the occasional undulation to keep the legs warm

### Route

As you leave the charming village of Bourton-on-the-Water, take the A436 towards Sevenhampton and Brockhampton, passing The Craven Arms, at which point you take a right-hand turn to head due north for Winchcombe.

You will pass the impressive Brockhampton Park estate, dating back to the early Middle Ages, before the route drops down into this busy market town.

Follow the road through the centre of Winchcombe before taking a right onto Castle Street, which leads onto Sudeley Hill and the steepest section of the route, keeping to the left when the road forks before the top of the ascent. The road then meanders slightly

upwards for a further 12km, where the reward for your efforts will be some wonderful views, as well as excellent coffee and cake at Morris & Brown Café, at Broadway Tower.

From here, it's a case of heading south and stitching together the villages of Blockley, Condicote and the Slaughters before returning to Bourton-on-the-Water.

### The area

The beauty of the Cotswolds is that you're never far from all amenities, with Cheltenham the obvious town for stocking up on everything you'll need for your time away.

However, almost all of the villages in the area have shops, pubs and cafés, usually selling and serving a fine array of local produce.

Broadway makes a great stop for a hearty lunch or evening meal, with a visit to Broadway Deli a must for all dedicated food-lovers.

### Highlights

For something a little different, the **Cotswold Motoring Museum** (pictured right) is intriguing, with a lot more than just a collection of cars on display.

If animals are your thing, a visit to the **Cotswold Wildlife Park & Gardens** is a must, where rhinos and giraffes are just two of the star attractions to be seen.

If you are staying at the Caravan and Motorhome Club campsite in Broadway, there's also the chance to see the very first purpose-built leisure caravan, **The Wanderer**.



### Where to stay...

#### Bourton-on-the-Water Campsite

The Caravan and Motorhome Club site on the outskirts of Bourton-on-the-Water, as you would expect, has excellent facilities, and makes a great starting point for the ride. Another option not far from the start of the route is Cotswold Farm Park, which also has a wide variety of activities on offer, and there's another CAMC site at Broadway.

**Web** [caravanclub.co.uk](http://caravanclub.co.uk)  
[cotswoldfarmpark.co.uk](http://cotswoldfarmpark.co.uk)

*'Broadway makes a great stop for a hearty lunch or evening meal, and a visit to Broadway Deli'*

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**BLOCKLEY**

**WINCHCOMBE**

**CONDICOTE**

**BOURTON-ON-THE-WATER**

**BROCKHAMPTON PARK**

 **BOURTON-ON-THE-WATER CAMPSITE**

**COTSWOLD MOTORING MUSEUM & TOY COLLECTION**



Map for illustrative purposes only



# ROUTE 5

# LAKE DISTRICT

It's home to some of the UK's most challenging riding, but for every steep climb, the Lake District has just as many splendid views and dreamy descents – it's great for those with an ebike

**RATING ★★★★★ DISTANCE 40 MILES (64 KM)**

**The double ascent of Hardknott and Wrynose alone makes this a five-star route, never mind the lesser-known climbs, but the hard work is offset by some truly magical views**

## Route

Head south out of Coniston on the A593 to Torver, where not long after passing through the village, you'll turn right onto Old Rake, at which point the climbing starts, with two short, steep ascents.

Arriving in Ulpha at the foot of the second descent, you turn right and head upwards again, crossing Birker Fell on a scenic but tough road towards Eskdale Green.

Before reaching the village, turn right and take note of the steep gradient warning signs – this is where the ride gets serious.

Ahead lies the double ascent of Hardknott Pass, one of the hardest climbs in the UK, followed in quick succession by Wrynose, which taken alone is not as tough as Hardknott,

but coming so soon afterwards, is another formidable challenge.

Between the two is a stunningly beautiful stretch of road alongside the River Duddon.

At the foot of the descent from Wrynose, turn sharp left for one last climb, the steep ascent up and around Blea Tarn, before heading south through Elterwater and back to the finish in Coniston.

## The area

The Lake District is one of the UK's top tourist destinations, so you're never far from shops, fuel stations and an abundance of eateries.

Coniston itself has two smaller shops, a fuel station and a handful of pubs serving food. Further afield are the towns of Ambleside and

Windermere, which offer visitors a larger array of good restaurants, cafés and shops.

## Highlights

Aside from being a haven for lovers of the outdoors, the Lake District offers a variety of other activities and places of interest.

A drive or cycle to **Honister Slate Mine** (pictured right) is a great day out, where as well as a tour of the mines, you can get an adrenaline fix on the **Via Ferrata**.

For a more relaxing time, why not take a boat tour on one of the fine old steamers on **Ullswater**?

For walkers, there's something for every level of fitness, with Scafell Pike, the highest peak in England, a wonderful day out.



## Where to stay...

### Coniston Park Coppice Caravan and Motorhome Club Site

This is a well-equipped base for the route and for exploring the wider area. The open-all-year site welcomes members and non-members alike, and is set within 63 acres of stunning National Trust woodland. Coniston Water is only 400 yards away, and you can take a steamboat trip from Coniston Pier (1.5 miles away).

**Web** [caravanclub.co.uk](http://caravanclub.co.uk)

*'Between Hardknott and Wrynose is a stunningly beautiful stretch of road by the River Duddon'*



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# ROUTE 6

## CHILTERN HILLS

The rolling green countryside of the Chiltern Hills makes a wonderful destination for relaxed riding, although there are also plenty of steep climbs if you're looking for a more challenging adventure

**RATING** ★★☆☆☆ **DISTANCE** 30 MILES (48 KM)

A gently undulating route that showcases some of the finest parts of this beautiful region

### Route

Leaving the market town of Tring on Tring Hill Road, take a left turn onto Upper Icknield Way, heading towards Wendover.

Pass through Wendover and turn left on South Street, which turns into London Road. After 3km, turn right onto Cobblershill Lane, a gradual ascent that offers lovely views on either side.

At the bottom of the descent, turn right and then left in quick succession to head south-west towards Great Hampden.

Turn right in the village onto Pink Road before a sharp left cuts back onto Bryants Bottom Road and a long, steadily meandering climb through the woods. Follow the road down into Great Kingshill

and on to Little Missenden along the picturesque Penfold Lane.

Continue north-east towards Chesham, passing through the town and leaving on Vale Road, and after 4km, take the right turn onto Chesham Road, which leads to Wigginton.

Now simply follow the road under the A41 and back to Tring.

### The area

Despite the picturesque, rural setting, the Chiltern Hills are well served by a variety of towns on either side of this lovely area.

To the north is Aylesbury and to the south is Hemel Hempstead, both of which have an excellent selection of shops, supermarkets and fuel stations. Tring also has

several food shops and a fuel station, so you're never going to be far from everything you need.

### Highlights

There's perhaps no better way to see the *Chiltern Hills* than from the air, with Adventure Balloons ([adventureballoons.co.uk](http://adventureballoons.co.uk)) offering a range of brilliant hot air balloon trips across the region.

For a more sedate experience, head to *Missenden Abbey* and enjoy a relaxing afternoon tea in the 12th-century building, followed by a stroll around the grounds.

Take another step back in time with a visit to *Chiltern Open Air Museum* (pictured right), where you can learn skills such as willow weaving and blacksmithing.



### Where to stay... Hill Farm Campsite

Not far from Tring and close to Wendover Woods is the small, family-run Hill Farm Campsite, which has a handful of hardstandings with electrical hook-up. To the north of Tring, you will find Town Farm Camping & Caravanning, a charmingly rustic yet well-equipped campsite based on a working farm, which also provides excellent facilities.

**Web** [hillfarmcampsite.co.uk](http://hillfarmcampsite.co.uk);  
[townfarmcamping.co.uk](http://townfarmcamping.co.uk)

*'Cobblershill Lane is a gradual ascent that offers lovely views on either side'*

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**TRING**



**HILL FARM**

**WIGGINTON**

**WENDOVER**

**MISSENDEN  
ABBAY**

**GREAT  
HAMPDEN**

**CHESHAM**

**CHILTERN  
HILLS**

**CHILTERN  
OPEN AIR  
MUSEUM**





# ADVENTURE ACCESSORIES

Our pick of the best cycling gear and accessories!



## Basil Mosse Rain Parka

Beat the worst of the weather with this stylish jacket in a waterproof, breathable fabric, to keep you comfortable on even the longest ride. The fish-tail design means your legs stay drier, too. There's a choice of colours, black and olive green.

**Price** From £72.99 **Web** [bikester.co.uk](http://bikester.co.uk)



## Peruzzo Pure Instinct bike rack

You'll need something to carry your bikes on tour, and the Peruzzo Pure Instinct car rack is a great way to do so. It fits quickly and easily onto the rear of your car, and carries bikes with a frame size from 12" to 29". Best of all, it can hold up to 45kg in weight, so is perfectly suited to ebikes.

**Price** £194.99 **Web** [raleigh.co.uk](http://raleigh.co.uk)



## MET Crossover Helmet

This cycle helmet is perfect for your next adventure – on- or off-road – helping to keep you safer in the event of a fall.

It features MET's Safe-T E-Mid fitting system, for the ultimate in comfort and protection, and has a removable visor.

Six colours are available.

**Price** £40 **Web** [wiggles.co.uk](http://wiggles.co.uk)



## Axa Ling City 100 Bike Lock

A good lock means you can leave your cycle in confidence, and the Axa Ling City 100 should do the job. It's 1m long, with an anti-drill plate in the cylinder, a symmetrical key for ease of use, and rubber grips. Its Sold Secure Silver rating gives additional peace of mind.

**Price** £45.99 **Web** [raleigh.co.uk](http://raleigh.co.uk)



## XLC WB-K04 Drinking Bottle

It's important to stay hydrated when you're out on your adventures, so you'll need a good-size water bottle. This one holds 750ml, with an extra-large opening to make filling the bottle that bit easier, and the white geometric design will look smart when mounted on your bike.

**Price** £3.99 **Web** [bikester.co.uk](http://bikester.co.uk)



## GoPro HERO10 Black

GoPro is what you need to keep a record of your riding – it offers 5.3K video and 23MP photos, has improved low-light performance and is waterproof to 33ft.

Uploading is easy, and a free SD card and rechargeable battery are included.

**Price** £329.98 (inc one-year GoPro sub)

**Web** [gopro.com/en/gb](http://gopro.com/en/gb)



## Vaude Aqua Pannier Bike Bag

This stylish pannier bag is easy to fit onto the rear of your cycle and has a volume of 24 litres. It's also waterproof to ensure your gear stays dry. The reflective trim helps you to stay safer on the road, and there are various colours available.

**Price** From £53.49 **Web** [wiggles.co.uk](http://wiggles.co.uk)



## Namesport HydraFit Energy Drink

You might not think you'd need an energy drink on shorter rides, but you'll feel much better if you stay hydrated. Namesport HydraFit Energy Drink is a hypotonic mix with the minerals, salts and vitamins you need during exercise; the 400g tub will make 20 servings, and a bottle is included.

**Price** £7 **Web** [sigmasports.com](http://sigmasports.com)



## Shimano SH-ET5 Bike Shoes

It's crucial to find shoes suitable for cycling and walking when you want to explore on foot, such as these from Shimano. The semi-rigid midsole plate allows for efficient power transfer to the pedal, and the robust tread pattern is ideal for walking on rougher terrain.

**Price** £85.99 **Web** [bikester.co.uk](http://bikester.co.uk)