

Cycling and camping: perfect holiday partners

Epic sights...and sites!

Discover the National Cycle Network with [Sustrans](#) and [The Camping and Caravanning Club](#).

- The Sea to Sea
- Hadrian's Cycleway
- Devon Coast to Coast
- Coast and Castles
- The Cornish Way

Read, saddle up... Ride!

Follow our top tips to ensure a smooth cycle ride.

- You can take a horse to water
- Thrills, not chills
- Chocolate is your friend
- Plan ahead

Ali Ray's Eat Local Picnic Loaf

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Join The Camping and Caravanning Club

Support Sustrans



Epic sights...and sites!

More than 100 Club campsites are within five miles of Sustrans' **National Cycle Network** (NCN). Whether cycling one of the nation's favourite long-distance routes or simply trundling along local, traffic-free paths with the kids in tow, **Sustrans** and **The Camping and Caravanning Club** have worked out your perfect cycle-stay pairings.

Get prepared! **Buy your maps** and **book your stay**.

The Sea to Sea

Cycling map: NCN Sea to Sea (C2C).

From: Whitehaven or Workington on the West coast.

To: Newcastle or Sunderland on the East coast.

Highlights: Much of the UK's most popular challenge route is traffic free. It features the Northern Lake District, the Pennines' peaks and the eye-catching Consett-Sunderland sculpture trail.

Club Campsites: **Troutbeck** or **Keswick**.

Hadrian's Cycleway

Cycling map: Hadrian's Cycleway map.

Where: Ravenglass to South Shields.

Highlights: This World Heritage Site has wild views of coast and countryside, roman forts and museums, quaint villages and attractive market towns.

Club Campsites: **Haltwhistle**.



Epic sights...and sites!

Devon Coast to Coast

Cycling map: Devon Coast to Coast map.

Where: Ilfracombe to Plymouth.

Highlights: Combines North Devon's beaches and the famed Tarka Trail with lush green valleys.

Club Campsites: [Damage Barton](#), [Teign Valley](#), [Barley Meadow](#) and [Tavistock](#).

Coast and Castles

Cycling map: Coast and Castles South / North map

Where: Newcastle to Edinburgh via Berwick and Melrose.

Highlights: Bursts with history and ramparts, from the world-famous Lindisfarne to Alnwick Castle – Hogwarts from Harry Potter!

Club Campsites: [Beadnell Bay](#) and [Dunstan Hill](#).

The Cornish Way

Cycling map: Cornwall Cycle map

Where: Land's End to Bude. Route splits at Truro, rejoins in Bodmin.

Highlights: The Lost Gardens of Heligan and the über-modern micro-climates of the Eden Project.

Club Campsites: [Veryan](#), [Sennen Cove](#), [Tregurrian](#) and [Bude](#).



Read, saddle up...RIDE!

From route-planning to basic bike safety and what to stuff in your pockets, these top tips will ensure your ride is as smooth as Sustrans' traffic-free paths – or becoming a member of [The Camping and Caravanning Club](#).

For more information on bike maintenance, visit the [Sustrans website](#).

You can take a horse to water...

Hydration is vital to performance, whether you're Bradley Wiggins in the Alps or Maggie from Bolton on a Durham railway path. Down a drink before setting off and top up your water bottles at every chance, especially on hot days. Ensure children drink little and often to keep them refreshed, and keep a sneaky sports drink in your bag for emergencies – or a flask of tea in cooler weather.

Thrills, not chills

When you get cold, it's like someone's switched the enjoyment off. Your ride tick-list should include a warm or waterproof layer for when you stop, windproof gloves, and a flask of coffee, tea or hot squash. Scarves are brilliant; they cover your nose and ears and are thin enough to go under helmets, too. Check the weather forecast in advance and again on the day, and dress accordingly. In summer, don't leave the campsite without sunscreen and sunglasses – to deflect oncoming insects as well as the sun's rays.



Read, saddle up...RIDE!

Chocolate is your friend

When cycling with children – or indeed fellow adults – energy lows can really sap enthusiasm. The cure? Simply keep your pockets or bar bag topped up with high-energy calorie bombs like biscuits, cereal bars and bananas to pep up your spirits and strength when you need them the most. Especially if cycling long distances: you deserve it!

Plan ahead

From lazy loops to multi-day cycle-camping trips, a bit of preparation can help save time, tears and tantrums once you're on a roll. Browse [Sustrans' shop](#) for route leaflets and maps, to plot out your pit stops and café diversions. Don't forget to schedule in all your sleeps at brilliant [Camping and Caravanning Club Sites](#) along the way.



Ali Ray's Eat Local Picnic Loaf



Half-sandwich, half pie, this picnic loaf crams the best of the local farm shop into one easy-to-carry meal that can be enjoyed at a beauty-spot stop-off on your ride. Prepare it the night before you go so the flavours have time to soak in – and as it uses griddled or grilled veg, you can use them in a BBQ supper and just cook extra for your picnic loaf.

Ingredients:

The great thing about this is that you can chop and change the ingredients according to the flavours you like and what is available in the local deli/farmshop/market. I've gone for a Mediterranean type flavours with the pesto, but you could use a tapenade or even a mustard pickle if you are using a rustic ham.

1 x cob loaf (the crusty round one)

1 jar of pesto, tapenade or pickle

2 courgettes sliced lengthways

2 Red and 2 Yellow peppers sliced in thick lengths

Salad leaves

Fresh basil

Garlic clove

An interesting local cheese – a brie/mozzeralla/or goats cheese.

Charcuterie meats or ham

Olive oil

Salt and pepper

Ali Ray's Eat Local Picnic Loaf



Method

Carefully cut the top off the cob bread (save this for later) and hollow out the middle of the loaf to leave the shell (don't make the walls too thin as it won't stay crisp). Toss the peppers and courgettes in the olive oil and put on the griddle plate or bbq grill. Cook for about 4-5 minutes on each side until soft and lightly charred. Put to one side to cool. Rub a cut garlic clove over the insides of the bread shell, before using a spoon to spread the pesto all around the inside walls and under the lid. Blot the grilled veg, and slices of mozzarella (if using) with kitchen roll, season both well with salt and pepper, then start building up layers of veg, cheese, meat, leaves. Finish with a layer of basil leaves. Put the top of the bread back on, wrap tightly in cling film and put a plate on top and weigh down with something heavy to let the flavours fuse together for at least 2 hours, preferably overnight, in the cool box. Cut into thick, cake-style slices to eat now or pack in your lunch box.

Find out more about how you can make the best of local produce whilst you are out camping at www.eatlocalguide.co.uk

The Camping and Caravanning Club – camping your way

The Club offers cyclists great places to either stay in between cycling your favourite route or as a base to begin new adventures. When you arrive on site you will see for yourself why we are known as the Friendly Club, and we're sure you'll want to return time and time again!

Join us and benefit

Whilst we welcome non-members to the majority of our Club Sites – there are some great benefits to joining the Club, and at a cost of just £41 a year for you, your partner and up to four children up to the age of 18, it really is a great deal.

Membership gives you

- A free monthly magazine, packed with camping tips, as well as directory of your sites (Your Big Sites Book) worth £16.
- Cheaper rates at 110 award-winning Club Sites and 15 Camping in the Forest Sites, as well as access to over 1,600 smaller, independently run Certificated Sites.

To join The Friendly Club or to start planning your next trip – visit www.campingandcaravanningclub.co.uk



Support Sustrans

Whether you're on foot or going by bike, Sustrans, the charity that looks after the National Cycle Network, can help you get where you want to go. The chances are that you'll be closer than you think to a traffic free path where you can enjoy the sounds of the countryside, beautiful views and even the odd piece of public art.

Support Sustrans with a regular gift and you'll receive a **National Cycle Network poster map**, a **welcome pack** telling you more about Sustrans' work, our **bi-annual newsletter** and details of how you can get involved in **local events and campaigns**.

For a gift of £5 or more a month you can also get a **20% discount** in the Sustrans shop and for £10 a month we'll send you a **free AA guide to cycling in your region** packed with great rides near you.

To start supporting Sustrans and explore more of your surroundings please go to www.sustrans.org.uk/support-us/donate-now or call our Supporters Team on 0845 838 0651.

