

OUTDOOR TRAVEL



THE ACTIVE HOLIDAY COMPANY

# EUROPEAN CYCLING HOLIDAYS

## ENGLAND – DEVON FROM DARTMOOR TO THE SEA

8-day / 7-night moderate to challenging inn-to-inn self-guided cycling



Devon, one of the prettiest corners of England has a year round mild climate and summer sunshine. On this self-guided tour, cycle a well-chosen and well-planned route, far from the maddening crowds and busy roads, on well-maintained bikes ideal for the terrain. Cycling is the perfect way to enjoy the scenery, culture and the history of some of England's most picturesque countryside.

Self-guided cycle touring is a relaxing and flexible way to travel. Cycle each day with the peace of mind knowing your accommodation has been booked for you. Stay in welcoming B&Bs, inns and guesthouses where cyclists are well looked after, and fuel up each morning with a full English breakfast. Carry only a light-weight daypack with the day's supplies as your luggage is transferred for you.

This Devon cycling tour explores spectacular and beautiful coastline and open moorland. Cycle through ancient villages and towns and the historic naval city of Plymouth, from where the Pilgrims set off for America in 1620. In the South Hams enjoy a ride on backroads through a hilly and spectacular rural landscape with some of the most beautiful coastline in Britain. Spend two days following a special bike path that contours round the West and the North of Dartmoor. Meet Devon's wild ponies; visit the bronze-age village of Grimspound and a 19<sup>th</sup> Century forge in Sticklepath as well as the world's oldest steam engine in Dartmouth.

**Cost from:** From \$1995 per person (twin share) Single room and Solo Traveller supplements on request

**Departs:** Daily any day between May and September

**Self-guided Includes:** 7 nights in good quality hotels, 7 breakfasts, sightseeing, daily luggage transfers, quality bikes, basic repair kit, helmet, waterproof jacket, cycling jersey, standard train station return transfers.

**Cycling:** Moderate to challenging – 30 to 60km per day with some steep hills. Less experienced cyclists should undertake some hill training beforehand. Extra kilometre loop rides may be available on some days.



**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

## Suggested itinerary:

### Day 1 – Arrive in Devon

Make your way to Totnes railway station (accessible by train from London on the direct train to Plymouth, or via Exeter) for the transfer to Ashprington, a lovely village near the tidal Bow Creek, which flows into the Dart estuary between Totnes and Dartmouth. Ashprington has a stone church with bell tower dating back to the 13<sup>th</sup> Century, a number of quaint 19<sup>th</sup> Century cottages, and a cosy pub.

### Day 2 – The River Dart, Slapton Ley and Kingsbridge

**Cycle distance @ 43km**

This first morning while your legs are fresh tackle a hilly ride through Cornwood and Dittisham to Dartmouth. This delightful town boasts the oldest working steam engine in the world, as well as a beautiful old harbour, Dartmouth Castle and a vibrant sailing community. Leaving Dartmouth, ride into the South Hams and through some of the most beautiful scenery of the week. Perhaps visit the poignant memorial at Slapton Ley, where 749 American soldiers were killed in 1944 when German torpedo boats interrupted rehearsals for the D-Day landings. Stay tonight in Kingsbridge, an attractive market town at the head of the Kingsbridge estuary. Explore its narrow, cobblestoned laneways, including the aptly named Squeeze Belly Alley.

### Day 3 – The South Hams, Salcombe and Hope Cove

**Cycle distance @ 40km**

Still in the South Hams, head first to Start Point with its famous lighthouse, and aim for a lunch stop at The Pig's Nose in East Prawle. After lunch ride to the Kingsbridge estuary via a beautiful downhill stretch and take a ferry (paid locally) across the estuary to Salcombe. There's something a bit unworldly about Salcombe – it's beautiful, devoted to sailing, and very well-to-do. Tonight stay at Hope Cove, a delightful hidden cove with spectacular views across Bigbury Bay to Burgh Island.

### Day 4 – Plymouth and the Tamar Valley

**Cycle distance @ 60km**

A memorable day, taking a little-known route into the heart of Plymouth by ferry (paid locally). You land at the Barbican, where the Mayflower set sail for America in 1620, and where the names of all the Pilgrims are listed. Before leaving Plymouth, there may be time to visit the famous gin distillery, before following a cycle path up the Tamar Valley, past Saltram House, and up onto the (lower!) slopes of Dartmoor.

### Day 5 – Dartmoor and the Lydford Gorge

**Cycle distance @ 38km**

Back to the cycle path today and through the traditional 'Stannary Town' of Tavistock. An interesting snippet of history: granted the right to evaluate local tin, these towns were given peculiar rights including law-making, which in theory still exist. Cycle along the edge of Dartmoor, through the delightful villages of Mary Tavy and Peter Tavy, along a beautiful National Cycle Route to Lydford House close to the famous gorge and waterfall.

### Day 6 – Okehampton and Chagford

**Cycle distance @ 30km**

Start with a ride along a converted railway to Okehampton. There is a chance to visit a memorable 18<sup>th</sup> Century mill and foundry, with a water-powered forge, before heading back into the Dartmoor National Park to the beautiful village of Chagford. Local legend has it that the death of a young townswoman on her wedding day was the inspiration for RD Blackmore's novel *Lorna Doone*, although that has a happier ending.

### Day 7 – Dartmoor, Grimspound Totnes and the Dart estuary

**Cycle distance @ 51km**

Dartmoor offers an undulating ride with its share of hills as you leave the National Park. Visit an Iron Age village at Grimspound and the beautiful moorland villages of Buckland and Widecombe-in-the-Moor before leaving the moorland at Buckfastleigh. The last ride for the week is on a special cycle route along the Dart valley and through Totnes. Return to Ashprington where you stay again at the first night's hotel.

### Day 8 – Departure day

The tour ends after breakfast with a transfer back to Totnes train station. Train connections to Cornwall, via Exeter to Exmoor and Devon's north coast, or London.

Outdoor Travel offers small group guided or self-guided inn-to-inn cycling tours in the UK and Europe – including bike rides in the **Cotswolds** and the **Coast to Coast** across England. Other cycling holiday destinations include Italy, Spain, France, along the **Danube** in Germany, Holland, Ireland, the **Inn Bike Trail** in Switzerland and Austria, Hungary, the Czech Republic, Vietnam, the USA, Canada New Zealand & Australia. **Outdoor Travel** offers Bike & Barge or Bike & Boat cruises in many destinations including in France **Bordeaux, Provence, Champagne** and the **Loire Valley**, the very popular route through Holland and Belgium from **Amsterdam to Bruges**, the **Moselle, Saar** and **Rhine** River valleys in Germany, the **Amalfi Coast** or **Venice and the Po River** in Italy, the **Dalmatian Coast** of Croatia, the **Greek Islands**, and **Vietnam**.

### Contact Outdoor Travel for more details and reservations

- Call Toll free: 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia