

BARROW TO JARROW – A 130 MILE RIDE IN THE MEMORY OF NICOLE MANN

This route was planned by Nicole and Vanessa in spring 2016, the second in a series of alliterative coast to coasts, following Barmouth to Yarmouth in August 2015. Nicole was poorly with a bad cough/chest infection and so frustrated that she could not get out on her bike. They decided to plan the ride to cheer Nicole up and she was looking forward to doing it when she had recovered.

Sadly this did not happen as in October 2016 Nicole was devastated to learn that the cough/chest infection was actually stage 4 lung cancer which very quickly affected her mobility and speech. She was never able to ride her bike again and died in 2017, exactly one year after the diagnosis.

A group of us decided to do this ride in memory of Nicole and to experience the route as she planned it. Nicole's partner Andrew will be riding the route on Nicole's Dawes Galaxy – a bike she loved touring on.

We have planned this tour over 3 nights so those of us who cannot ride up hills like Nicole will still be able to enjoy the ride and we can take a relaxed pace on the tour. We will be stopping to admire the views and reminding ourselves of how much Nicole would have loved the opportunity to cycle again on the "highest road in England" or to get up several of the Top 100 hills to add to her collection! It will be a fun ride to remember Nicole and to raise money for the charities involved in her care.

We welcome anyone who would like to make this tribute to Nicole to join us on this tour, however the limited number of bed spaces probably means a maximum of about 15-20 people on the tour. So if you would like to come, please book your accommodation as soon as possible. (As well as our suggestions there's also Airbnb, spareroom.com and other websites like couchsurfing)

The route is available for anyone to do on others dates using the details we have provided below. There is no limit to the number of tribute tours that go out this year – who knows this route may become so popular it becomes a regular route for touring cyclists – and Nicole would have loved that thought!

The Route

The route is 130 miles with 9,000 feet of climbing and there will be tough climbs on Friday and Saturday, including at least 2 of Simon Warren's top 100. We plan to do just over 40 miles each day, setting off at about 9.15 and arriving at our accommodation by about 16.00 so we have time to rest and recover. We will stop for lunch and snacks as we go along.

We will take the hills slowly and regroup at the top of the climb; if the group is larger than 8 people we will need to break into two ride groups. If you want to go at your own speed, ie ahead of others, we will agree meeting places eg coffee stops.

It is recommended that you do some training to get ride fit so you can enjoy the ride. Needless to say a road bike with good gears will aid your enjoyment!

The route is in draft format. Vanessa and others will be route testing over two days on either March 10/11 or 16/17 (please contact her if you would like to join her). She and the recce team will check on how viable the route is

<https://ridewithgps.com/routes/12698812>

Timetable

Thursday 7 th June	Arrive in Barrow by train or arrange lifts and stay at the Weatherspoons Hotel – trains to Barrow from Leeds are via Preston and take 3.5 hours
Friday 8 th June	Set off 9.15 am. Cycle 48 miles to Pooley Bridge. Evening meal and overnight
Saturday 9 th June	Set off 9.15 am Cycle 41 miles to St John Chapel, Evening meal and overnight

Sunday 10 th June	Set off 9. 15 am Cycle 40 miles to Jarrow hopefully in time for Sunday lunch. Return home – either cycle to Newcastle to catch a train or arrange a lift home.
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Accommodation: 4 nights

Here is our list of options, you will need to book your own accommodation! We advise you book soon as many places are filling up quickly

If you are a single rider and prepared to share please post on the FB site/let others know as it will help keep costs down

BARROW: THURSDAY 7TH JUNE

There are lots of rooms available at the Wetherspoons Hotel in Barrow. This is near to the train station. The rooms are £69 a night for a double or twin room and the room can be cancelled up to 12.00 on the day.

<https://www.jdwetherspoon.com/hotels/england/cumbria/the-furness-railway>

POOLEY BRIDGE – FRIDAY 8TH JUNE

Pooley Bridge accommodation is fairly limited and pricey but we should be ok with the proposed numbers. It is a pretty village. There are options further afield in Penrith

Barton Hall

<http://www.bartonhall.org>

01786 486265

£30-£45 pp B&B

8 rooms available, most with one double and a single, plus family room with 4 beds.

Most economical, 10 minutes' walk from the village

Sun Inn –we will probably eat here

<https://suninnpooleybridge.co.uk>

01768 86205

Two doubles left, £98/room

Pooley Bridge Inn

<https://www.pooleybridgeinn.co.uk>

01768 486215

Two doubles, double & single, and a twin available; £95 or £75 single occupancy

1863

01768 486334

<http://1863ullswater.co.uk>

Double £100

King size £120

Suite £180

No reductions for single occupancy

Ullswater House - Angela and David Beattie

<http://www.ullswaterguesthouse.co.uk>

2 rooms, one a double, one a twin.

Rooms cost £100 per night for 2 people or £85 for one person. Inclusive of Breakfast and Wifi.

Cycle storage available.

01768 486292

Penrith is only four miles away, with lots of accommodation including hostels, so if you would like to stay there we will have a meeting point at the beginning of the ride the following day.

ST JOHN'S CHAPEL: 9TH JUNE

There is limited accommodation in St John's Chapel but there are two villages nearby which are on the route so we have more options.

Old Coach House

The Old Coach House at the Golden Lion Pub has 4 rooms which can take up to 9 people. £49-£80 per room – 1 single, 1 king size, 1 adult bunk ensuite, 1 room with 2 adjoining rooms – 1 bunk/1 twin

<http://www.thegoldenlionweardale.com/> (01388 537231)

The pub does evening meals and it is likely that this will be our base

Pennine Lodge – 01388 537 946

1 double room in house -£75

Glamping pod - £55

There is also a camping site here <http://penninelodgeweardale.co.uk/our%20facilities.html>

NEAR TO ST JOHN'S CHAPEL

Westgate – 1.5 miles away from St John's Chapel

Hill House East Country B&B

£45 per person including breakfast (no single supplement)

Double room and a twin room –with shared bathroom - they also said if our group have booked these two rooms then there is another double room available (this is usually their bedroom but they vacate it when there are guests) They are very happy to ferry you to the pub in St John's Chapel for your evening meal

01388 517145 - Carol

Westgate Manor – 01388 517371

6 luxury rooms - £129 a room

<http://www.westgatemanor.co.uk/>

Cowshill – 3 miles away

Dales Farm

2 rooms £75

<http://www.dalesfarm.net/>

MORE INFORMATION

Luggage Transfer

We hope that we can find a friend who is willing to act as luggage transfer and we will all contribute to petrol money (please spread the word and ask anyone interested to contact us). Otherwise we will explore commercial options for luggage transfer – we will contact you with details if you would like to use this service.

Transport to Start/Finish

There is a train station at Barrow. Trains there are run by Northern which restrict bikes to 2 per train but do not require pre-booking. Jarrow is on the Newcastle metro line and currently you cannot take bikes on this line so you would need to cycle to Newcastle to get a train. There are some trains run by Transpennine which allow bikes without booking. The main line trains – Virgin East Coast and Cross Country require spaces pre-booked

We would welcome someone to investigate options for transporting bikes and people back from Jarrow once we are clear on numbers.

Fundraising

We have set up a Virgin Giving account and all money paid into this account will be sent directly to the three charities chosen by Andrew.

The three charities are: Macmillan, Sue Ryder (Wheatfields Hospice) and Yorkshire Cancer Centre. All of these charities gave Nicole and Andrew throughout her illness.

There will also be random raffles and competitions during the ride to raise additional funds.

You are welcome to seek sponsorship from friends or colleagues for your ride or to make a donation.

We are not setting a minimum contribution to the fund, it is not that kind of ride and we know that for those of you who are experienced cyclists it may be tricky to get your mates to donate money for you to go on a bike ride!

The fundraising site is: <https://uk.virginmoneygiving.com/Team/NicoleMann>

Communication

If you want to get involved in this ride please contact Christine Bell (christinebell3@btinternet.com) so we can add you to the contact list. Christine will need your email and mobile number and an indication of whether you intend to ride or are offering to support with other tasks, or if you are willing to share accommodation. If you'd like to join the recce, please contact Vanessa on 07711 969223 v.bridge@me.com or through FB messenger.

The facebook group for this ride is a private group: **Barrow to Jarrow Ride for Nicole**. To join the group you will need to apply and answer three simple questions – these are in place to avoid spammers joining our group.

Thanks from the Nicole Barrow to Jarrow Team: Andrew Richards, Vanessa Bridge, Adrian Thompson and Christine Bell