

## Sea to Sea for ACE Africa

It's more than 20 years since I rode more than 20 miles on my bike in one day – but with the encouragement and company of my son Dan we rode the 140 miles of the C2C from Whitehaven (Irish Sea/north Lake District) to Tynemouth over four days in September.

It's a classic ride along country roads and old railway tracks. The Lake District is nearly always wet, and didn't disappoint: raining stair rods on our first morning, thank goodness for YHA Derwentwater with its huge drying room. On through the northern fells to the Pennines and up the first major climb, Hartside, winding up through farm and moorland to the summit café beloved of bikers motorised and leg-powered. At this point we'd done quite a bit of walking, but now had what the C2C handbook describes as a "delirious descent" – which indeed it is. New brake pads were fitted by the proprietor of North Pennine Cycles in Nenthead, not a moment too soon! Uh-oh, up again. From the stiff climbs and descents of the old leadmining uplands we came down through Consett – steelworks closed now, and several huge steel sculptures along the way. The route then runs alongside the river Tyne through Newcastle where the Great North Run was held the day before we arrived. We arrived in Tynemouth at 5pm on day 4. Front wheels into the North Sea, then a welcome ride back in a minibus.

Thanks to all our very generous sponsors we are nudging £750 for ACE Africa.

Caroline Lane & Daniel Smith

