

## adventurecapital the lakelake district 4 seasons fred whitton bike tour on wheels

### 4 seasons fred whitton bike tour

Covering 112 miles and the most famous mountain passes in the Lake District, the 4 Seasons Fred Whitton Bike Tour can be completed 365 days a year at your own pace.

It's a fantastic opportunity for individuals, groups and clubs to complete one of the most challenging cycling routes in the country over one or more days and to get an official finish time on the Fred Whitton website.

The 4 Seasons tour has been developed following the success of the annual Fred Whitton sportive challenge which is held in May.

This new bike tour uses a state of the art timing facility developed by SPORTident UK, making it accessible to those who don't get a place on the annual event (demand is always high and places are limited) and those who would prefer to take up the challenge at a more leisurely pace.



Supported by  
Fred Whitton bike  
tour courtesy of  
kennedyimages.co.uk.

**useful contacts**

**The 4 Seasons Fred Whitton Challenge**  
Paul Loftus, Greylags, Foxfield, Broughton  
in Furness LA20 6BX Tel: 01229 716582  
www.fredwhittonchallenge.org.uk

**Coniston Tourist Information Centre**  
Ruskin Avenue, Coniston LA21 8EH  
Tel: 015394 41533 www.conistontic.org

**Hill's Garage**  
Broughton Road, Coniston LA21 8EN  
Tel: 015394 41689  
Open: 7am - 10pm throughout the year.

**Biketrekks**  
Rydal Road, Ambleside LA22 9AN  
Tel: 015394 31245 www.biketrekks.net

**The Kirkstone Pass Inn**  
Ambleside LA22 9LQ  
Tel: 015394 33888 www.kirkstonepassinn.com  
of local ales and B&B accommodation.  
Homemade meals, good selection

**Buttermere Youth Hostel**  
Buttermere, Cockermouth CA13 9XA  
Tel: 0845 3719508 www.yha.org.uk  
A Lakeland house offering peace and  
tranquillity to cyclists and walkers.

**Ramblers Café**  
Gosforth CA20 1AL Tel: 01946 725258  
Meals served from 10am - 5pm.

**Swish Travel**  
Tel: 015395 67659 www.swishtravel.co.uk  
Swish Travel offer a luggage transfer service  
and can pick up and your bike anywhere  
along the route. Advance bookings also taken.



### fred whitton

This tour and the annual cyclosportive challenge are in memory of Fred Whitton, an extremely popular and enthusiastic member of the Lakes Road Club who was well known and liked throughout north west cycling circles. Until his untimely death from cancer in 1998, Fred organised cycling events and activities which attracted many of the UK's top cyclists.

**useful information**

**Coniston by Train:**  
The nearest railway station is at Windermere connecting with bus service 506.  
Visit [www.traveline.org.uk](http://www.traveline.org.uk) or call **0871 200 22 33** for information on bus and rail timetables before starting your journey.

**Coniston by Bus:**  
**Service 505 Coniston Rambler**  
(Windermere - Ambleside - Hawkshead - Coniston)  
The 4 Seasons Fred Whitton is designed to be completed at your own pace over one or more days. Only you know your own ability: if you need more rest stops, please visit [www.golakes.co.uk](http://www.golakes.co.uk) to search for accommodation. We strongly recommend that you book overnight stays in advance.

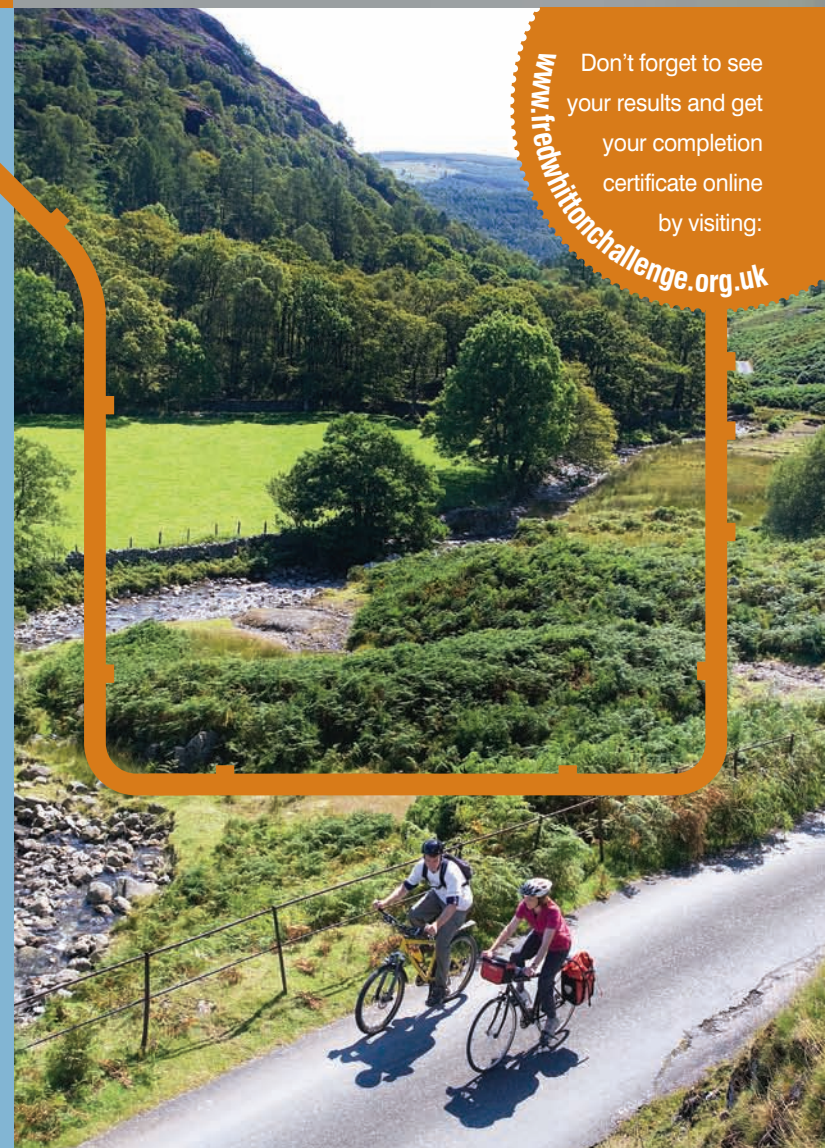
**Weather**  
The Lake District can have unpredictable weather with clear morning skies giving way to rain, sleet or even snow on the summits: be prepared with extra clothing, waterproofs and even sunscreen.  
Visit [www.lake-district.gov.uk/weatherline](http://www.lake-district.gov.uk/weatherline) or call **0844 846 2444** before you set off to check weather conditions.

**Health and Safety**  
Please wear appropriate protective, high visibility clothing and always a helmet. Plenty of food and drink, a first aid kit and a good map may also prove invaluable. Check your bike before you set off (especially the brakes) and make sure you have a full repair kit on board.  
In an emergency or accident, please contact the emergency services as normal.  
Mobile phone reception is not always good in the Lake District; tell someone your planned route, rest breaks, expected finish time and report back to them.

### are you ready? let's go!

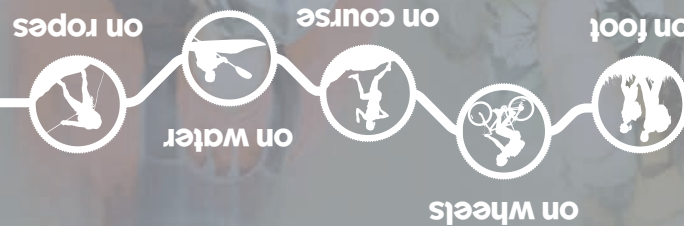
- Register at [www.fredwhittonchallenge.org.uk](http://www.fredwhittonchallenge.org.uk) or Coniston Tourist Information Centre (Tel: 015394 41533).
- If you don't have one, collect your timing card and instructions from Coniston TIC (check opening times at [www.conistontic.org](http://www.conistontic.org)).
- Start at Hill's Garage, Coniston. The 'Start' timing box is on the left hand side of the window. For convenience, timing boxes are positioned externally.
- Place your timing card flat over the top of the timing box: when it lights up and bleeps your time has been recorded. There are two timing boxes here: one for the start and one for the finish.
- Begin the challenge! You can take as long as you like, just remember to stop at each of the three check points to record your time (listed over).
- If you decide to take a break at one of the checkpoints, record your arrival and departure time at the timing box, the rest time will be deducted from your total ride time.
- When you complete the route record your finish time at the timing box outside Hill's Garage, Coniston.
- Timing cards must be handed in at the garage shop counter - the staff will record your times and add them to the challenge website.

take care as there are many steep ascents and descents, slow down and be safe



Don't forget to see  
your results and get  
your completion  
certificate online  
by visiting:  
[www.fredwhittonchallenge.org.uk](http://www.fredwhittonchallenge.org.uk)

## where to get on in the adventure capital

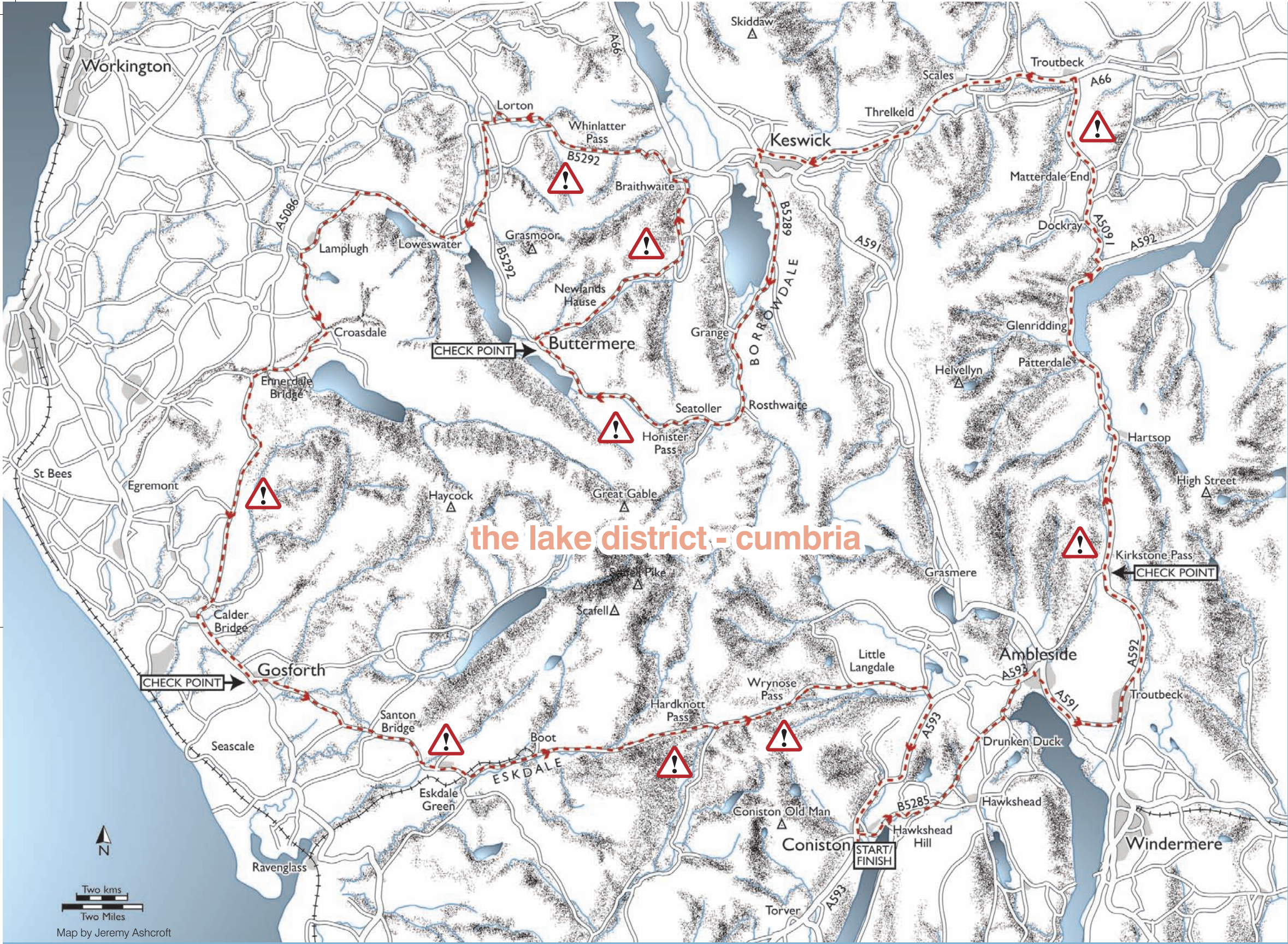


Pedal or paddle, hike or climb.  
Challenge your competitive spirit  
or just get out there and enjoy.

the lake district, cumbria  
for more information visit  
[www.golakes.co.uk/adventure](http://www.golakes.co.uk/adventure)

adventurecapital  
the lakelake district  
Cumbria





about the route

The 4 Seasons Fred Whitton is an amazing cycle tour but you should have a reasonable level of fitness and biking experience. The route tackles Hardknott and Wrynose passes - two of the steepest roads in England, so be prepared!

The descents from all the passes are very steep, please take care as many riders have been caught out over the years. Roads are open to all traffic - always obey the Highway Code, keep to the left and be courteous to other road users. If you are not familiar with Lakeland roads, go steady and take extra care at all times.

what does it cost?

**It's FREE!** The annual challenge event raises money for Macmillan Cancer Support, whose nurses cared for Fred Whitton during his illness, and The Dave Rayner Fund, which helps promising young cyclists develop their skills on the continent.

In the spirit of the route, we would be delighted if participants raised money for a charity of their choice.

the SPORTident UK timing system

From their base in Penrith, Cumbria, SPORTident produce state of the art equipment used to identify, time and score competitors in sporting events worldwide.

Competitors carry a small electronic timing card which is scanned at stations located around the route and the challenge results will be uploaded to:  
**www.fredwhittonchallenge.org.uk.**

don't forget to visit [www.fredwhittonchallenge.org.uk](http://www.fredwhittonchallenge.org.uk) to see your results and download the completion certificate

course record is 5hr 40 min by rob jebb and james dobbin

in 10 years riders have raised £220,000 for charity

- 0.0 **start** Hill's Garage, Coniston **start checkpoint**
- 0.0 Turn right from the garage, over the bridge and immediately right, past the Tourist Information Centre towards Hawkshead
- 2.2 Turn left at the top of climb (signposted Ambleside)
- 4.4 Go straight on at the Drunken Duck pub
- 5.2 Turn left at the bottom of the hill (signposted Ambleside)
- 6.4 Turn right at the A593 (signposted Ambleside)
- 7.0 Turn right 100m after bridge (signposted Windermere A591)
- 7.6 Go straight on at the Waterhead traffic lights
- 8.7 Turn left up Holbeck Lane (towards Troutbeck)
- 10.6 At Troutbeck Village keep going straight ahead
- 11.6 Turn left onto the A592 Kirkstone Road
- 14.7 **summit 1** Kirkstone Pass 454m  
**check point at Kirkstone Pass Inn**
- 21.1 Patterdale
- 23.4 Turn left onto A5091 to Matherdale End
- 24.8 Dockray
- 26.1 **summit 2** Matherdale End 343m
- 28.7 Troutbeck (north) turn left onto the A66 to Keswick
- 28.7 Ignore the 1st left into Keswick as this leads to a one way system
- 37.4 Turn left at the large roundabout (signposted Keswick)
- 37.8 Turn left at the T-Junction (signposted Borrowdale B5289)
- 38.1 Turn right at the mini roundabout (B5289 to Borrowdale)
- 38.1 Take the B5289 along the side of the Derwentwater
- 44.5 Rosthwaite Village
- 46.0 Seatoller
- 47.5 **summit 3** Honister Pass 356m
- 52.0 **check point at Buttermere YHA**
- 52.1 Take the 1st right towards Keswick
- 53.5 **summit 4** Newlands Pass 333m
- 60.0 Turn left at Braithwaite onto the B5292
- 61.6 **summit 5** Whinlatter Pass 318m
- 65.0 Take the 3rd left through Lorton and left onto the B5289 to Loweswater
- 73.0 Turn left (Ennerdale)
- 75.0 Turn left (Ennerdale and Croasdale)
- 77.3 Turn right (Ennerdale Bridge)
- 78.0 Turn left towards Whitehaven
- 78.8 Turn left towards Calder Bridge
- 81.5 **summit 6** Cold Fell 290m
- 86.8 Calder Bridge Village Hall
- 86.8 Turn left onto the A595 to Gosforth
- 88.8 Turn left into Gosforth
- 89.0 **check point at Ramblers Café**
- 89.2 Turn right, leaving Gosforth for Santon Bridge
- 92.2 Santon Bridge
- 93.5 Irton Pike
- 94.3 Eskdale Green
- 95.8 Turn left at King George IV pub
- 97.6 Boot village
- 101.3 **summit 7** Hardknott Pass 393m
- 101.4 Cockley Beck
- 104.5 **summit 8** Wrynose Pass 393m
- 106.0 Fell Foot
- 107.8 Little Langdale
- 108.9 Turn right at the T-Junction towards Coniston
- 109.5 Turn right onto the A593 to Coniston
- 109.6 On entering Coniston, head back to Hill's Garage
- 112.0 **finish** Hill's Garage, Coniston **finish checkpoint**

Celebrate!