

Cyclefest and why cycle?

The aim of Cyclefest is to encourage more people to get out on their bikes and enjoy the freedom that cycling has to offer.

Cycling is great and has loads of benefits:

- **it keeps you fit** - regular cyclists are as fit as an average person 10 years younger
- **fast** - in towns it is one of the fastest modes of transport and when you get to your destination there are no parking problems
- **cheap** - unlike a car, a bike does not need road tax, an MOT or breakdown cover and, above all, there aren't any fuel bills
- **reliable** - bikes are a lot easier to maintain than cars and are much more reliable
- **good for the environment** - after walking it is the least polluting way of travelling
- **anyone can do it** - cycling is open to all, even those with disabilities
- **there are all kinds of cycling for all kinds of people** - BMX, leisure, road, track, cross country, trials, downhill, handbikes, touring, recumbent ... the list is endless

www.whatson2day.co.uk

Whatson2day.co.uk is a new and fresh approach to providing events and entertainment information online, it can be viewed by everyone adults, children and families alike, covering all activities and events occurring in England, Scotland and Wales.



For more information
or to provide feedback
please contact us
info@cyclefest.org.uk
01539 740694

CycleFest '09 could not have
taken place without the generous
support of the following:



FREE FESTIVAL!



30 May - 7 June '09
festival - rides - talks

Like to bike?

*Celebrating
all kinds of cycling
for all kinds of people!*



cyclefest

www.cyclefest.org.uk

www.cyclefest.org.uk for full details of all events or ring **01539 740694**

Sunday 31st May

ROAD RIDE 9am, New Road Kendal, there will be a fast, medium and slow ride, approximately 65 miles via Kirkby Stephen. There will be a cafe stop just before half way. There will be a small charge to cover the cost of registration to Kent Valley Road Club, allowing all riders to be fully insured by British Cycling. Contact 0791 713 5900.

LEISURE RIDE Flora of the Fells – 10am, Abbot Hall car park, approximately 25 miles. A leisure ride exploring the flora of the scenic Lyth Valley. Lead by Janet Antrobus of Friends of the Lake District's Flora of the Fells project. Contact 01539 727175.

OFF ROAD RIDE 10am, Ashes Lane car park or 10.45am Wilfs Cafe, Staveley, approximately 25-35 miles. An off road route, with The Rough Stuff Fellowship, along the old Shap road and exploring some of the region's less visited attractions. Contact 01524 811843.

FAMILY RIDE 10-12am, Wheelbase, Staveley, approximately 6 miles. Join Wheelbase in Staveley on the Kentmere Konundrum - a family treasure hunt on bikes. A free ice cream is given to every child who takes part, and a Wheelbase voucher given to the top three best scores. Contact 0870 600 3435.

TRAILQUEST 10-11am, Wheelbase, Staveley, approximately 15 miles. A trailquest is a mountain bike orienteering challenge where participants have to visit as many checkpoints as possible within 3hrs. Solos and pairs can enter the event in female, male or mixed categories. It's £6 to enter on the day or £5 for TCA members. Contact 01539 729048. Sponsored by whatson2day.co.uk

Monday 1st June

OFF ROAD RIDE 10am, Ashes Lane car park or 10.45am Wilfs Cafe, Staveley, approximately 25-35 miles. An off track ride, with The Rough Stuff Fellowship, exploring the beautiful Winster Valley. Contact 01524 811843.

LEISURE RIDE 6pm, Windermere Train Station, distance varies with experience. Join Country Lanes cycle hire on this leisure ride which will be tailored according to the participants abilities. Contact 015394 44544.

Tuesday 2nd June

OVER 50'S RIDE 10.15am, Stainton, approximately 18 miles. Join the South Lakes University of the Third Age (U3A) for this over 50's leisure ride to Arnside. Contact 01539 725394.

LANEQUEST 5:30pm, Strickland Arms (opposite Sizergth Barn, Kendal). A Lanequest is a bike based orienteering event. This simple format, two hour tarmac based Lanequest, is an ideal bike ride for a hot summer evening. Families are most welcome and any sort of bike is suitable. Contact 01229 861507.

Wednesday 3rd June

LEISURE RIDE 6pm, Windermere Train Station, distance varies with experience. Join Country Lanes cycle hire on this leisure ride which will be tailored according to the participants abilities. Contact 015394 44544.

Friday 5th June

LEISURE RIDE 6pm, Windermere Train Station, distance varies with experience. Join Country Lanes cycle hire on this leisure ride which will be tailored according to the participants abilities. Contact 015394 44544.

Saturday 6th June

OFF ROAD RIDE 10am, car park at Shap, approx 20/25 miles. Join the South Lakes branch of the Rough Stuff Fellowship for this off road adventure to Askham Fell near Ullswater for some spectacular mountain bike riding. Not to be missed! Contact 01524 811853.

Sunday 7th June

LEISURE RIDE 10.30am, Latterbarrow Nature Reserve, approximately 10 miles. Join Cumbria Wildlife Trust on this leisure ride exploring some of the regions best nature reserves. Contact 01539 727928.

Bike Talks

ADVENTURE NIGHT

Weds 3rd June – 7:30pm, Hawkshead Brewery, Staveley. An evening of touring adventures. We will follow an amazing family on their epic trip with three children, two tandems and two trailers on the pilgrims route to Santiago de Compostela in Spain. Then we will journey with Trevor Sanderson across Europe and into Siberia. Free Entry.

ROAD BIKE NIGHT

Thurs 4th June – 7:00pm, Kirkland Hall, Kendal. A night of road biking talks and films, including Lynn Hamel and Geoff Newcombe. Free entry.

Bike Workshops

CYCLE MAINTENANCE

Tues 2nd June – 7:00pm Askews Cycles, Kendal. Come along and learn cycle maintenance from the experts. Free. Contact 01539 728057.

Cyclefest - Saturday 30th May

Abbot Hall Park, Kendal, Cumbria 11am – 5pm
stunt bike demonstrations • competitions • recumbents refreshments • handbikes • films • talks • bicycle disco kids zone • health check • dress your bike • stalls bicycle maintenance • workshops • bike jumble bike giveaway • cyclemagic • puppet show bicycle powered cinema • tandem cycling for visually impaired adapted bikes for disabled people and much, much more