

Cycling in the Lake District

The Fred Whitton Challenge, week-long tours and day rides

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Guide to the famous Fred Whitton Challenge: a 179km (112 mile) charity challenge ride through the Lake District taking in 7 iconic passes. The guide also presents an alternative 5-day cycle tour of the Lake District using existing cycle trails and quiet country lanes and 15 challenging day rides departing from Keswick, Ambleside, Penrith and bases to the southwest and southeast of the National Park.

The Lake District's web of green dales and high passes presents endless possibilities for both cycle touring and challenging day rides. Step-by-step route descriptions are accompanied by either 1:100,000 or 1:200,000 mapping, together with details on gradient, major climbs and cafes/pubs en route. Also included is a comprehensive 'what to take' checklist plus other practical information such as preparing your bike, packing for a cycle tour, fuelling your ride and more. Difficulties range from moderate to difficult.

The guidebook allows for flexible touring of between 2 and 7 days, suggesting schedules taking in all the dales, lakes and passes and making maximum use of budget accommodation. There is full logistical information, as well as advice on preparation and equipment and tips for those planning to take on the Fred Whitton Challenge.

About the author

Richard Barrett spent his working life as a professional marketer, but still found time for climbing, winter mountaineering and sea kayaking. He first visited the Harris hills as a teenager and became a regular visitor. He lived in North Harris for a number of years, where he and his wife ran a guest house and, although now a city-dweller, he still makes frequent forays to the Hebrides, reconnecting with the wilderness and catching up with old friends.

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