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 sporting challenge which is held in May.

This new bike tour uses a state of the art timing facility which is held in May.

The 4 Seasons Fred Whitton Challenge is 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. In 1998, Fred organised cycling events and activities which attracted many of the UK’s top cyclists.

Are you ready? Let's go!

- Register at 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).
- 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.
Hill’s Garage, Coniston
start checkpoint

Turn right from the garage, over the bridge and immediately right, past the Tourist Information Centre towards Hawkshead

Go straight on at the Drunken Duck pub

Turn left at the bottom of the hill (signposted Ambleside)

Turn right at the A593 (signposted Ambleside)

Go straight on at the Waterhead traffic lights

Turn left up Holbeck Lane (towards Troutbeck)

At Troutbeck Village keep going straight ahead

Turn left onto the A592 Kirkstone Road

Kirkstone Pass 454m
check point at Kirkstone Pass Inn

Patterdale

Dockray

summit 2
Matterdale End 343m

Troutbeck (north) turn left onto the A66 to Keswick

Ignore the 1st left into Keswick as this leads to a one way system

Turn left at the T-Junction (signposted Borrowdale B5289)

Turn right at the mini roundabout (B5289 to Borrowdale)

Take the B5289 along the side of the Derwentwater

Rosthwaite Village

Seatoller

summit 3
Honister Pass 356m
check point at Buttermere YHA

Take the 1st right towards Keswick

summit 4
Newlands Pass 333m

Turn left at Braithwaite onto the B5292

summit 5
Whinlatter Pass 318m

Take the 3rd left through Lorton and left onto the B5289 to Loweswater

Turn left towards Whitehaven

Turn left towards Calder Bridge

Turn left towards Gilsland

summit 6
Cold Fell 295m

Caldon Bridge Village Hall

Turn left onto the A699 to Gilsland

Turn left into Gilsland

Point check at Ramblers Café

Turn right, leaving Gilsland for Santon Bridge

Santon Bridge

Santon Village

summit 7
Hawkshead Pass 290m

Turn left at King George IV pub

Santon Bridge

Intack Pike

Eskdale Green

Hawkswick

Brampton

Seatoller

summit 8
Wryhose Pass 293m

Cockley Beck

Moordale

Turn right at the T-Junction towards Coniston

Turn right onto the A593 to Coniston

On entering Coniston, head back to Hill’s Garage

finish
Hill’s Garage, Coniston
finish checkpoint

In 10 years, riders have raised £220,000 for charity
course record is 5hr 40 min by Rob Jebb and James Dobbin

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.

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.

don’t forget to visit www.fredwhittonchallenge.org.uk to see your results and download the completion certificate

the lake district - cumbria