

# Cycle round the Lake District in 24hrs!

**The Plan...** is to gather a team to ride 4 bikes: a Harmony Trandem cycle (see picture), a handcycle, a recumbent trike and a tandem, around The Lake District in 24hrs!

[The team will swap on and off different bikes, part of the time riding their own two-wheeled bikes and the rest of the time riding one of the above adapted cycles!]

**The challenge...** on a normal road bike a relatively fit person(!) would average around 10mph, however on Keppleway's tandem hand cycle/pedal cycle the same person will average approx 5mph. Getting a heavy steel trandem bike up Kirkstone Pass – the highest pass in the Lake District will be no mean feat!



**The Route...** will be a variation on the annual Fred Whitton Challenge. It will cover a total of 92 miles and take in Birker Fell, Cold Fell, Matterdale End, the Whinlatter Pass and the Kirkstone Pass!

## Raising money for The Bethesda Project BURUNDI

Keppleway are helping to start The Bethesda Project - an outdoor centre for people with disabilities in Burundi Africa.

# Join us!

## 30th - 31st August 09

### 6pm till 6pm

**If you would like to be part of our 24-hour team** please contact Lucy McIlhenny on [bethesda@keppleway.org.uk](mailto:bethesda@keppleway.org.uk) and she will book you a place!

**We ask anyone riding the full 24 hours to raise at least £100 in sponsor money!**

**The event will finish with a BBQ at Keppleway for everyone involved! 6pm Mon 31st Aug 09**

You don't need to join us for the whole thing! You can join us at:

- |  |  |
|--|--|
| The top of Kirkstone Pass                    | - for a 25 mile cycle ride                         |
| Brantwood Visitor Centre (Coniston Water)    | - for a 14.5 mile cycle ride                       |
| Woodland Parish centre                       | - for a 3 mile cycle ride (Includes a steep hill!) |
| The end of Broughton's disused railway track | - for a 1.5 mile cycle ride (Very flat!)           |

**Please let us know if you are going to join the cycle ride at these points.**

There is no charge for joining us, however we would of course appreciate any sponsorship of the 24-hour riders or donations towards the project.

**Suitable For Families**

## To sponsor us...

...or someone else doing the bike ride go to: [www.justgiving.com/bethesda-keppleway/](http://www.justgiving.com/bethesda-keppleway/) and write their name in the box titled **Sponsor a Friend** (You can also add your sponsorship by getting in touch with Lucy – see below)

To get involved or for more information contact Lucy McIlhenny on [bethesda@keppleway.org.uk](mailto:bethesda@keppleway.org.uk) or 01229 716936/07545010611



Keppleway is a registered Charity No 1015762

