



## Sportive Accessibility Guide

Keswick Mountain Festival will deliver 2 Back o' Skiddaw Cycle Sportives, 100Km and 72Km, on Sunday 19 May 2024.

We welcome all outdoor sport enthusiasts to Keswick Mountain Festival and want to make the event as inclusive as possible. The following information aims to give you all the information you need to allow you to make a decision about visiting the Festival and entering one of the sportives. If you need more information, please email [info@keswickmountainfestival.co.uk](mailto:info@keswickmountainfestival.co.uk).

### Festival Village, general information

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- The site is mainly an undulating field with a path running around the bottom of the field
- The Accessible Adventure Zone is by the main entrance, just off the path
- Access to the Festival Village is not ticketed, you are welcome to enjoy the view, shop the stalls, enjoy the food and drink. You need tickets (a sports entry or a festival ticket) to see the speakers and take part in the 'have a go' activities and access the Big Top. All of these are accessed on a first come first served basis
- Evening speakers, in the Theatre by the Lake and Tent Talks, are ticketed separately
- Carer/support riders tickets are free and will be issued on proof of disability. Please order the paid for entry/ticket and then email [info@keswickmountainfestival.co.uk](mailto:info@keswickmountainfestival.co.uk) with the proof of disability and your order number.

### Parking

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Lakeside Car Park has 14 disabled spaces and operates on a pay & display basis - 3 hours free parking for disabled badge holders. There are toilets in this car park, including 1 disabled toilet (info here: <https://seearoundbritain.com/venues/public-toilet-block-keswick-cumbria>). It is 100m to the Festival Village on tarmac. This is available to the public and available spaces cannot be guaranteed. There will be some restrictions on movements in and out of these spaces on Sunday morning, whilst the sportives are starting (08:30 - 10:00)

There is also parking at the Keswick Rugby Club Car park, which is operated by the Festival over the weekend. This is a short cycle or walk of 700m to the festival site. Disabled parking will be the closest to the entrance. This can be booked in advance via the website [Here](#)  
Please note that the Rugby Club Parking does not have any toilets.

## **Toilets**

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There is a disabled toilet in Lakeside Car Park - see information above.

There is a mobiloo toilet and changing room on the festival site, next to the Accessible Adventure Zone and close to the main entrance.

## **Support Riders**

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Whilst we strive to make the Festival and its activities as inclusive as possible there might be some barriers that we may not be able to remove fully. Support Riders can offer a solution to this and support with access to Registration, gate openings, transfer of riders into chairs when needed and assist repairing punctures. If any disabled or adaptive rider requires a support rider your support rider can enter free. Please book your sportive entry as normal, and then email [info@keswickmountainfestival.co.uk](mailto:info@keswickmountainfestival.co.uk) with proof of disability and a second entry will be made available free of charge.

## **Registration**

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Registration is situated on Crow Park in one of the temporary structures within the Event Village.

Access to the Registration marquee from the Lakeside car park is on tarmac roads and paths and then a sloping grass field of the Festival Village.

Access to the Registration marquee from the Rugby Club car park is on tarmac roads and paths initially, cinder path on the festival site and then on a sloping grass field.

If you would like to collect your race pack from the box office, which is fully accessible and close to the main entrance, please email [info@keswickmountainfestival.co.uk](mailto:info@keswickmountainfestival.co.uk) as soon as possible, including your order number and the sporting event you have entered.

## **Sportive start**

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The start is organised in small waves of 25 riders within a start window of 08:30-10:00

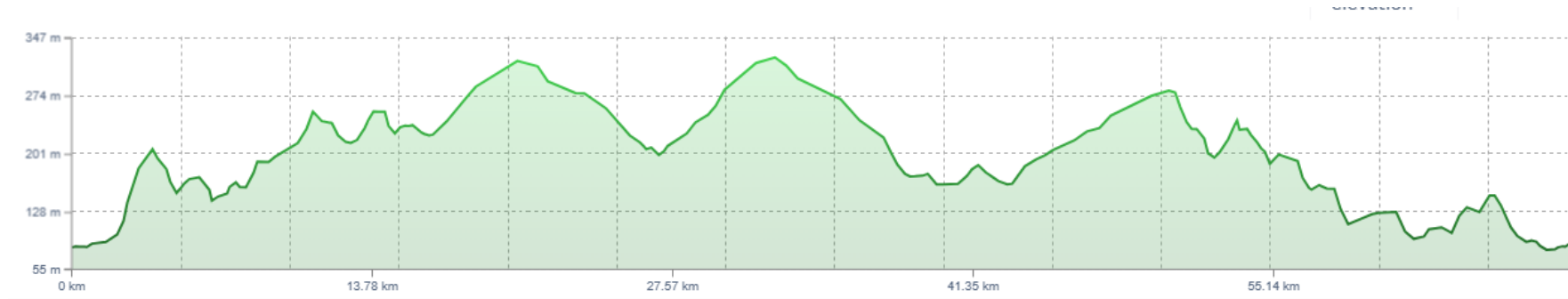
The sportives start in Lakeside Car Park

## Routes

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The route maps will be available on the main website as soon as possible.

72Km Route Profile. The Route has 954m of elevation



100Km Route Profile: the route has 1410m of elevation



Please note that there is a section on both routes, between Mungrisdale and Johnby, that has six gates to pass through. We endeavour to have these covered with marshals, but in the event that these are not covered by marshals the riders may need to get off their bikes to pass through the gates. If you need support to do this then we suggest you ride with a support rider or ride with others.

### Permitted Bikes:

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- E-bikes are permitted. Ebikes can be hired from local retailer E-Venture <https://e-venturebikes.co.uk/bike-rental/>
- Single-speed (both fixed and freewheel) bicycles are allowed, as long as they have suitable brakes.
- Mountain bikes are allowed, although it is advised to use "slick" tyres to conserve energy.

- Tandems are allowed, both riders must be registered for the event. See above for support riders
- Tricycles are permitted
- Recumbent cycles are allowed; we strongly recommend a safety flag is attached to the cycle.

Please note that participants should ensure their bicycle is roadworthy and the event organisers reserve the right to challenge the safety/road worthiness of any bicycle they see at the event.

### **Feed Stations & facilities**

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72km

- There is a feed station at Millhouse Village Hall, approximately half way round the route, [what3words - hats:grudges.vaulting](#)

100km

- This also uses the Millhouse Village hall feed station and has a second one at Lorton Tennis Club (located at Lorton Primary School) at approximately 75km, [what3words - perfumes.plotting.grid](#)

Each Feed station has accessible toilets and a wheelchair that riders can use to gain access if required. Feed station staff will be present to provide as much help and support as possible, however, they are not experienced or trained in safe transfers from cycle to chair. Support riders can assist with this or, if not riding with a support rider, you can make arrangements to have a friend or family member meet you at one of the aid stations highlighted.

### **Spare Batteries / charging**

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There are charging facilities to allow the charging of E-bike batteries at both Feed stations, but you must carry your own charger. Alternatively, you can carry a spare battery with you or make arrangements to have a friend or family member meet you with a spare battery at one of the aid stations highlighted

### **Emergency pick up**

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Each route will have a sweep vehicle, these are likely to be transit vans or similar. Each sweep vehicle will have communication with Event Control, should you get into difficulty or have any mechanical failure the sweep team will be your first line of response. If you cannot continue and need support, ensure you are safely off the road and call the Emergency Number which will be provided on registration. When you call the emergency number, please give your name, rider number and location and we can send the sweep vehicle out to you. It would be useful to have downloaded the [what3words](#) app so you can give a precise location. The sweep vehicle will be equipped with water, snacks and warm blankets. If you are able to access the vehicle they can collect you and your bike. If you are unlikely to be able to gain access to this type of vehicle then please ensure you have someone on standby to collect you if required, the sweep vehicle can still collect your bike and can provide you with items to keep you comfortable whilst you wait.

If you require emergency aid, do not hesitate to call 999. If you are able to, please also call the Emergency number provided so the team are aware of the urgency.