DUMFRIES (KM RALLY) & THE LAKE DISTRICT - £190

22nd May 2020 - 30th May 2020 (9 days)
A self-supported camping tour starting with a visit to the Dumfries area in the Scottish Borders for a weekend at the popular KM Rally, which celebrates 180 years since blacksmith Kirkpatrick Macmillan invented the first pedal cycle. Then moving south besides the Solway Firth into England, the peaceful Eden valley and the glorious Lake District to finish near historic Lancaster. Staying at established campsites with good facilities you'll experience a sense of adventure, camaraderie and contact with the natural world. Visit castles, lakes and ancient villages, cycling on many quiet roads and Sustrans National Cycle routes. Regular train services to Dumfries and from Lancaster.

HOLIDAY TYPE: Guided
TOUR MANAGER: Shery Holdsworth
GRADE: Moderate
BOOKING STATUS: Places Available
ACCOMMODATION: Camping
TRAVEL ARRANGEMENTS: Land Only
ROAD / OFF ROAD: Road
HOLIDAY STYLE: Moving-on
VEHICLE SUPPORT: Carry Own Luggage
HOLIDAY REF NO: 03499

Holiday Itinerary

Friday 22nd May
Meet at Barnsoul Caravan Park and Camping site, just north of Shawhead, Dumfries from 2pm. Stay 3 nights.

Saturday 23rd May
Today we enjoy a circular ride as suggested by the KM Rally organisers.

Sunday 24th May
There will be another circular ride from Barnsoul today.

Monday 25th May
We cycle south over the border into England via Annan and Gretna, close to the splendid Solway Coast, following minor roads and parts of National Cycle Route 7 to our campsite near Harker, Carlisle. 46 miles. Stay 1 night.

Tuesday 26th May
Moving on again, we cycle through Brampton and then spend time in the beautiful Upper Eden Valley before arriving at our campsite at Lazonby. 25 miles. Stay 1 night.
Wednesday 27th May
Today we cycle via Langwathby, Orton and Tebay to our campsite just outside Kendal. A varied ride passing through small villages and moorland with some short ups and downs in the afternoon. 37 miles. Stay 2 nights.

Thursday 28th May
Rest day or a luggage free ride into the Lake District National Park.

Friday 29th May
Today we cycle via Kirkby Lonsdale to our final campsite at Redwell, near Carnforth. 25 miles. Stay 1 night.

Saturday 30th May
Tour ends.

Holiday Summary

Accommodation & Meals
The campsites chosen all have good pitching areas, toilet/washing facilities and showers. Some have their own shops, facilities nearby or options to stock up with supplies on the way to the site. Participants need to bring their own tent and other camping equipment and are responsible for their own meals.

Vehicle Support
No vehicle support is provided. Participants carry their own luggage and camping equipment.

Travel Insurance
Obtaining travel insurance is optional for UK residents as your Cycling UK membership provides third party cover. However, this does not cover any other risks such as cancellation charges, personal injury or lost property. We therefore strongly recommend that suitable insurance is taken out to safeguard against such risks. Members who do not reside in the UK are not covered for third party and are advised to obtain suitable cover before leaving their normal residence. If you already have an annual policy, you may need to confirm that it will cover a UK holiday or make provision for it to do so.

Price
The price of £190 is based on a minimum number of 5 people taking part in the holiday. If there are insufficient bookings by 13th March 2020, we will contact you and return all monies paid, although in certain circumstances the holiday may still run at below minimum numbers but at the same price.

Price Includes
- 8 nights campsite
- Entry fee to the KM Rally
- CTC Cycling Holidays & Tours costs

Price Does Not Include
- Travel to and from the tour
- Any meals
- Lunches or refreshments during the day
- Entry fees at any attractions visited
- Any other personal expenses
- Travel Insurance

Payment Schedule
A deposit of £50 per person is payable upon booking, with the final balance of £140 per person to be paid ten weeks prior to departure, by 13th March 2020.

Cancellations
Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

<table>
<thead>
<tr>
<th>Written notice received:</th>
<th>Cancellation charge:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 13th March 2020</td>
<td>Deposit (£50)</td>
</tr>
<tr>
<td>From 13th March 2020 through to departure</td>
<td>100% (£190)</td>
</tr>
</tbody>
</table>

Additional Information

Area Covered By The Holiday
Starting in southern Scotland, we will take in parts of Dumfries and Galloway before travelling over the border near Gretna Green and in to northern England, visiting Cumbria and Lancashire where the tour ends.

Rides & Rest Days
At the Kirkpatrick Macmillan Rally there is a choice of rides of different distances that have been planned by the Rally organisers, who have an extensive
knowledge of this varied area, and we will join the rides on two days. When we leave the Rally we can cycle as one group but anyone who wishes to ride ahead and have extra stops and take photos is welcome to do so. We will re-group at tea/coffee stops and for lunch. There will be cafes, pubs and food outlets available in many areas, but it is useful to carry spare food and snacks (cereal bars, fruit, etc) in case of any delays. As there is no support vehicle it is important that you can complete the distances carrying your luggage and camping gear.

Accommodation & Meals
Meals are self-catering with the option of purchasing supermarket food or making use of cafes, pubs and restaurants. At the KM Rally there are social functions each evening, with quiz nights and slide shows arranged by the Rally organisers.

Travel
There are stations at Dumfries, with connections from Carlisle, and at Lancaster.

Group Information
The maximum number of participants will be 15 excluding the Tour Manager(s).

Weather & Clothing
The weather could well be very variable so there is a possibility of both warm sunny days and cold wet weather. Layers of lightweight clothing, suitable for a range of temperatures, is needed, and waterproofs are a must, as is warmer clothing for the evenings.

Cycles & Equipment
A touring cycle is recommended, although a hybrid or lightweight ATB would be suitable for this tour, provided equipment can be carried using secure racks/bags. You should ensure your cycle is well maintained, paying particular attention to wheels, tyres and brakes. A low bottom gear (e.g. small chaining the same size or smaller than the largest cog on your rear wheel) is recommended. If you are unsure about gears, please discuss with the Tour Manager. Mudguards are optional but show courtesy to those who are following you in wet weather. Lights are recommended and may prove essential in these dark sky areas and on the campsites. New tyres are recommended of at least 28mm diameter. Participants will be expected to carry sufficient spares and tools to deal with punctures and minor repairs.

Each participant is expected to bring, and carry, all of their own camping equipment, clothing, personal items and spares. You are advised to do some riding before the tour with a similar load to that which you will be carrying during the tour to get a feel for how your bike will handle. Helmets are your personal choice.

Maps & Guides
Clear route instructions and the location of the campsites will be provided before the tour starts but you should carry maps of the area. The Ordnance Survey Tour map, scale 1:110,000, for the Lake District & Cumbria covers most of the route. This is best coupled with the OS 1:50,000 sheets 84 and 85 for Scotland, to give more detailed information of the route.

Tour Manager's Contact Details
If you require any assistance, or have any queries, please don't hesitate to contact the Tour Manager using the information provided below.

Shery Holdsworth
Email: sheryabailey@aol.com
Mobile: 07814677325