



24 – 27 May 2019

PROGRAMME OF EVENTS



Welcome to the Cycle Touring Festival 2019!

We are thrilled to welcome you to the beautiful Ribble Valley, for the fifth Cycle Touring Festival. There is no other event quite like it: a whole weekend dedicated solely to the joys of touring by bicycle.

We have a fantastic line-up of inspiring talks, practical workshops and fascinating films to share with you. Full details are in this brochure, together with some helpful pointers to help you plan your weekend.

A huge debt of gratitude is owed to our speakers and volunteers, who all give up their time to be here for no reward or payment, other than the pleasure of being part of the event. Thanks to all those who have kindly agreed to come and share their skills and stories with us, and to all those who work tirelessly to feed and water us. Thanks also to those people who have helped out in the months leading up to the festival, to whom we are supremely grateful.

The best thing about this event is the people who come to it. Together, we are building this lovely community of cycle tourists, and this is why we hold the festival. Here's to more bike-based adventuring, and thanks for coming along.

Have a great weekend.

Laura and the team



On social media? Tag us!
@CycleTourFest **#CycleTourFest**



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Cycle touring with CICERONE

London to Paris (and back) – classic and Avenue Verte with Mike Wells

Cycling the Camino de Santiago – 800km for road and off-road cyclists

Cycling around Wales – one of the gems of UK cycling

Cycling into History – inspiration from some early travellers, with Richard Barrett

Talks by Cicerone expert authors

Mike Wells and Richard Barrett



CICERONE
CICLING THE
CAMINO DE SANTIAGO
By Mike Wells and Richard Barrett
A 2000km route from London to Santiago



CICERONE
CICLING
LONDON TO PARIS
By Mike Wells and Richard Barrett
A 400km route from London to Paris



CICERONE
CICLING
CYCLE TOURING
IN WALES
By Richard Barrett and Mike Wells
A 1000km route around Wales



CICERONE
CICLING
THE END TO END
CYCLE ROUTE
By Richard Barrett and Mike Wells
A 1000km route from London to London



Over 30 cycling guidebooks

Including London to Paris, Rhine
Cycle Route, Canal de la Garonne,
Lôn Las Cymru, Danube Cycleway

www.cicerone.co.uk

Key information



Friday night

Once you have registered and set up your tent, come down to the marquee where there will be informal activities to take part in. The bar in the Main Hall is open from 6pm and food provided by Waddow Hall is available to buy.



Campsites

We have access to three campsites: Wades Hill and Horseshoe up at the top, and Dogwood lower down, opposite Ribble Lodge (where you registered on arrival) and the car park.



Meals

Breakfast, lunch and dinner will all be served in the marquee. Lunch is portable so feel free to pick it up and take it along with you to the talks happening over lunchtime.

	FRIDAY	SATURDAY	SUNDAY	MONDAY
Breakfast	-	Included 7:30-8:30am	Included 7:30-8:30am	Available to buy 8:00-9:30am
Lunch	-	Included 12-2pm	Included 12-2pm	-
Dinner	Available to buy 6:30-8:30pm	Included 6:30-8pm	Available to buy 6:30-8:30pm	-



Teas and coffees

Tea, coffee, biscuits, cake and fruit are available each morning and afternoon in Ribble Lodge. This is all included in your ticket, although we will be collecting donations for charity.



Bar

The bar will be open from 6pm – 11.30pm on Friday and Saturday night, and 6pm – 11pm on Sunday night. Card payments are possible over £5. If you need cash, there are plenty of ATMs in Clitheroe.



Bike storage

You are solely responsible for your bikes and please note that our insurance will not cover them in the event of any loss, damage or theft. If you are worried, you may prefer to keep them next to your tent or in your car overnight.



Cycling routes

There is plenty of good cycling to be had nearby. We have uploaded GPS tracks for a couple of good local routes at: www.cycletouringfestival.co.uk/routes



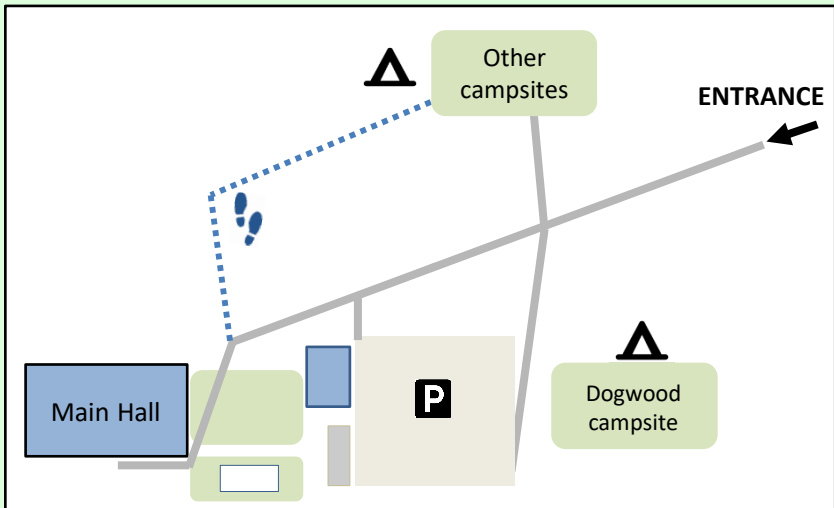
Any problems

Look for one of the volunteers in the yellow t-shirts or red aprons. In an emergency, go to the Waddow Hall office in the main hall.

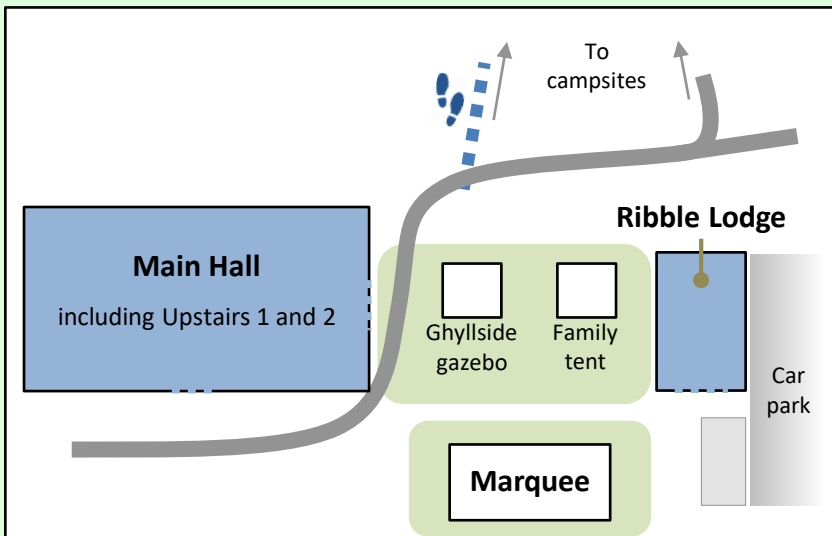
DISCLAIMER The Cycle Touring Festival is a non-profit event, run by volunteers. It is not able to assume legal responsibility for people attending the festival or for others and all participants must be solely responsible for making their own assessment as to the risks involved in any activities and bike rides. The Cycle Touring Festival and each individual acting on behalf of the Cycle Touring Festival exclude any liability for personal injury, death or other harm or loss arising as a result of their negligence or other breach of legal duty. Please enjoy yourselves, but stay safe and look out for each other, particularly if you're going on a bike ride.

Festival maps

The site



Festival area



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STANFORTH



RIDE THE WORLD

www.stanforthbikes.co.uk

Talks - Saturday

10am Saturday	Venue
Middle Eastern myths and realities <i>Rebecca Lowe</i> Journalist Rebecca Lowe talks about her year-long, life-changing solo cycle from London to Tehran (via the Levant & North Africa).	 Main hall
Choosing luggage <i>Richard Hallett</i> A talk which looks at the various options for carrying luggage on your bike.	 Upstairs 1
Bikes and books: a literary tour of northern England <i>Caroline Burrows</i> Cycling through landscapes and locations across northern England connected to various authors and their novels.	 Upstairs 2
11am Saturday	Venue
Campsite yoga <i>Stephen Lord</i> An exercise class to teach yoga and other stretches to keep your back healthy and pain-free while on tour.	 Marquee
Cycling LEJOG for free(ish) <i>Tom Allen</i> Tom put together a touring bike and kit for less than the cost of a round of drinks. He then set out to cycle LEJOG, aiming to spend no money.	 Main hall
9 strangers, cycling across the USA <i>Rachel Lundy</i> Rachel gave up her job to cycle across America with 8 strangers she met online. She will share her story of the trip, and how it changed her life.	 Upstairs 2
12pm Saturday	Venue
Cicerone: cycling into history <i>Richard Barrett</i> Why not follow one of the routes of the early travellers? Richard selects ten early travellers to whet your appetite.	 Main hall
Cycling places you ain't supposed to <i>Dan Martin</i> Dan has cycled through Afghanistan, Saudi Arabia and the Democratic Republic of Congo. His journeys reveal a common humanity, shared across the world.	 Upstairs 2

Talks - Saturday

1pm Saturday	Venue
Cicerone: a trail of two cities, cycling from London to Paris <i>Mike Wells</i> Two routes between these iconic cities: the 'classic route' (via Dover-Calais) and the Avenue Verte, a shorter route using the Newhaven to Dieppe ferry.	 Main hall
Flying with bikes <i>Neil Wheadon</i> Practical tips for packing up and flying with your bicycle.	 Upstairs 1
Family cycling: birth to pedals <i>Chris Leakey</i> Chris runs 'Bambino Biking', which aims to get people out cycling with their children. He will talk about a variety of equipment to help you do just that.	 Upstairs 2
2pm Saturday	Venue
Cicerone: rediscovering Wales <i>Richard Barrett</i> How to make the best of Wales: somewhere that is magnificent and easy to get to - and yet has not had a touring guide solely dedicated to it until now.	 Main hall
Cuba unplugged <i>Frank Burns</i> Practical tips for packing up and flying with your bicycle.	 Upstairs 2
3pm Saturday	Venue
Cycling and mental health <i>Panel discussion</i> Chaired by Lucy Greaves with Ishbel Holmes, Tim Moss, Ed March-Shawcross and Tim Millikin	 Marquee
Cicerone: cycling the Camino de Santiago <i>Mike Wells</i> Mike will describe the preparation needed for tackling this 800km route across northern Spain and his experiences following Europe's most historic trail.	 Main hall
Cheap bicycle touring hacks <i>Tim Millikin</i> How to make your money last on a long distance tour.	 Upstairs 2
4pm Saturday	Venue
Campstove cookery <i>Sharon Tomlinson & Laura Moss</i> Come and share your top tips for eating well on the road.	 Marquee
Any bike will do <i>Dan Joyce</i> You don't need the ideal bike – you just need a bike that you find comfortable and is unlikely to break. You can tour on anything, within reason.	 Main hall

Talks - Saturday

5pm Saturday	Venue
Make your own beer can stove <i>Tom Allen</i> Make a stove from an empty can. Learn how to do it and have a go yourself. Fastest person to make a cup of tea wins...a cup of tea.	 Marquee
Creative writing workshop <i>Caroline Burrows</i> Come along and learn how to write creatively about your tours.	 Upstairs 1
6:30pm Saturday	Venue
Slow bike race <i>All welcome</i> Complete a short course on our loaded tourer in the slowest time possible, without touching the ground with your feet. Prize for the slowest.	Outside the marquee
8pm Saturday	Venue
Open mike <i>You!</i> It's your turn to tell us a story about your cycle touring adventures. You will have 3 minutes to tell us your story – when the bell rings, you stop. Prize for the best. Sign up in advance on the sheet available in Ribble Lodge.	 Marquee
10pm Saturday	Venue
Star gazing <i>John McGuire</i> A guided tour of the galaxy for cyclists. This event is weather dependent.	Meet in the marquee



Meet ups

These are informal sessions where you can come along and have a chat about a particular topic.

There are three such sessions happening over the course of the weekend:

Travelling light

Saturday 2pm

Looking for people to tour with

Sunday 9am

Planning (or been on) a big trip

Sunday 3pm

Bike maintenance

Ghyllside Cycles are running a series of bike maintenance sessions from their gazebo, repeated on Saturday and Sunday.

1. Punctures and roadside bodes
2. Gear and brake adjustment
3. Broken chains and toolkit for the road
4. Tubeless demystified

Outside these sessions, please feel free to drop in and have a go at some of these things. Somebody will be around to point out exactly what to do.

Film programme



A series of films curated by Geoff Broadway and Barry Godin will be showing in the **Main Hall** on **Saturday evening**

Dales to Lakes

5:30pm

By Barry Godin

A bikepacking trip with Barry Godin exploring three national parks in northern England. With a talk at the Cycle Touring Festival in Lancashire and a talk the weekend after in the Lake District, Barry decides to ride between the two. He spends the week seeking out new trails and wild camping in the Yorkshire Dales, finishing off with the organised Jennride.

Beulah

5:45pm

By Pannier and Brother Cycles

Beulah follows an unsupported cycle trip on the Cape Wrath track; a journey inspired by a 1970s OS map of the most north-westerly part of Scotland. Expect fully loaded bikes, empty roads, wilderness, campfires, bothies, tents, and a steady flow of single malt...

Life lessons from a 7,000 mile bike ride

5:50pm

By Jedidiah Jenkin

Jedidiah Jenkins quit his job to bike from Oregon to the southern tip of South America with his best friend, filmmaker Kenny Laubbacher. "When you're a kid, everything is new, and so your brain is awake. Once your brain establishes a routine, the alertness goes away," he says. By choosing adventure Jenkins is able to reactivate his brain.

There's a Path for Everyone

5:55pm

By Sustrans

The National Cycle Network is 16,575 miles of signed routes for walking and cycling. It spans the UK and is used by millions of people each year. Following its first ever review, we want to build on its success and inspire a long-term, exciting future for the Network.

Cycle Touring Festival Snowdonia Regional Ride

6:00pm

By Gary Eisenhauer


A short video compilation from the latest CTF Regional Ride. Snowdonia at its finest – provided you remember the weather in the mountains can change rapidly and go prepared...

Morocco

6:15pm

By Neil Wheadon

CTC Holiday tour of Morocco. Exploring the Western Coastal area of this fascinating country, this trip takes you from Agadir through the Amelne Valley onto the beautiful coastal road at Sidi Ifni.

 = film maker is at this year's festival

Exploring Somerset - a solstice microadventure

✓ **6:30pm**

By Allysse
Riordan

I had been wanting to film one of my journeys for a while but I didn't see the point of filming me. But, after attending the Cycle Touring Festival, an idea emerged. I had joined the 'Filming your trip' talk and discovered a different approach: focussing on the place, not the person.

Bikepacking across the Italian Alps

✓ **6:45pm**

By Barry
Godin

A bike packing adventure starting out in Cuneo, Northern Italy. Route plans continuously evolve as the mountain snow line is reached. Following unknown paths and seeking out trail treasures over the Italian Alps back to Turin.

Simply Propelled: The Canadian North

7:10pm

By Dan Clark

Dreams come in many forms, unique to each of us, and ranging from the fleeting to the enduring. Our dream to ride the divide of North America begins in the Arctic and proves to be a challenging start to our nine-month journey. In the wilderness, we discover strength in our diversity and that our direction is influenced by many dreams.

Going North

7:25pm

By Hannah
Barnes

Hannah Barnes bike packs the 185 mile Hebridean Way, Scotland. Combining both the road cycling route and off road walking routes to take in the best parts of these beautiful and wild islands. Enjoy the journey!

Pedal

7:30pm

By Ultralite
Films

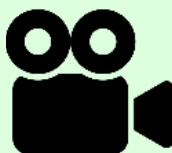
Forty-three countries down, Hera Van Willick rides her bicycle across continents, fully self-supported. This is her journey and what she has learned along the way.

Megamoon

7:40pm

By Maia
Media

Megamoon is a film about a journey by bike where love and adventure come together. Hannah's personal story of how she came to be pulling a heavy trailer across the world's longest mountain bike trail known as the Great Divide.



Saturday

Marquee		Main Hall		Upstairs 1		Upstairs 2		Ghylside Gazebo		Bushcraft		Family tent	
7:30am - 8:30am	BREAKFAST AVAILABLE												
9am - 10am	WELCOME and INTRO												
10am - 11am		Middle Eastern myths & reality Rebecca Lowe		Choosing luggage Richard Hallett		Literary tour of northern England Caroline Burrows		Punctures and roadside bodge		Bushcraft: introduction (pre-booked only) 10am - 12pm		Learn to fix your own bike	
11am - 12pm	Campsite yoga Stephen Lord	Cycling LEDOG for free(ish) Tom Allen		Wheel building #1 11am - 12.30pm (pre-booked only)		Nine strangers: cycling across the USA Rachel Lundy							
12pm - 1pm	LUNCH AVAILABLE	Cicerone: Cycling into history Richard Barrett		Flying with bikes Neil Wheadon		Cycling places you ain't supposed to Dan Martin		Gear and brake adjustment				Planning your own adventure	
1pm - 2pm		Cicerone: A trail of two cities Mike Wells				Family cycling: birth to pedals Chris Leakey				Bushcraft: tools and gadgets (pre-booked only) 1pm - 3pm			
2pm - 3pm	Meet-up Travelling light	Cicerone: Rediscovering Wales Richard Barrett		Wheel building #2 2pm - 3.30pm (pre-booked only)		Cuba unplugged Frank Burns		Broken chains / tools for the road				Get crafty and creative	
3pm - 4pm	Cycling and mental health Panel discussion	Cicerone: Cycling the Camino de Santiago Mike Wells				Cheap bicycle touring hacks Tim Millikin				Bushcraft: creative cooking (pre-booked only) 3pm - 5pm			
4pm - 5pm	Camp stove cookery Laura Moss, Sharon Tomlinson	Any bike will do Dan Joyce						Tubeless demystified					
5pm - 6pm	Make your own beer can stove Tom Allen			Creative writing workshop Caroline Burrows									
6.30pm - 8pm	DINNER AVAILABLE	Films (from 5.30pm)										Slow bike race (from 6.30pm)	
8pm - 9pm	Open mike storytelling												
10pm	Star gazing (weather dependent)											Competition & bike-themed disco (from 5.30pm)	

Sunday

Sunday					Sunday			
Marquee		Main Hall		Upstairs 1	Upstairs 2	Gazebo	Bushcraft	Family tent
7:30am - 9am	BREAKFAST AVAILABLE							
9am - 10am	Meet-up <i>Looking for people to tour with</i>	Out of Africa Peter Gostelow	Favourite kit Megan Fitch			Punctures and roadside bodgees		Track pump rockets
10am - 11am	Being your own mechanic Caitlin Bartlett & Lucy Greaves	I've got a weekend... Neil Wheadon & panel	Film making Geoff Broadway & Barry Godin	Carretera Austral (with kids) Ed March-Shawcross			Bushcraft: introduction (pre-booked only) 10am - 12pm	
11am - 12pm	Tents & bivis Tim Moss, Sam Jones & Tom Allen	Tread lighter Libby Bowles		Wall to wall Peter & Christine Lloyd		Gear and brake adjustment		
12pm - 1pm	LUNCH AVAILABLE	Tales of the unexpected Ann Wilson	Cycle electronics and lighting Richard Hallett					Rounders
1pm - 2pm		Off road LEDOG Sam Jones (Cycling UK)	Wheelbuilding #3 1pm - 2.30pm (pre-booked only)	Cycling Central America Megan Fitch		Broken chains / tools for the road	Bushcraft: tools and gadgets (pre-booked only) 1pm - 3pm	
2pm - 3pm	Making your own tarp Brenda Cupryna	I've got two weeks... Neil Wheadon & panel		Family cycle touring The Clines family				
3pm - 4pm	Meet-up <i>Planning (or been on) a big trip</i>	The Life Cycle: Adventure in the Andes Kate Rawles	Frame building Richard Hallett	Grown up gap years Debs Butler		Tubeless demystified	Bushcraft: creative cooking (pre-booked only) 3pm - 5pm	Dyeing cloth with natural materials
4pm - 5pm	Tarp pitching Graham Ashton	Classic Rock by bike Oli Warlow	Technical Q&A Ghyllside Cycles					
5pm	CLOSING SESSION							

COLOUR KEY		Talks	Other events	Food and drink	Family activities	Meet-ups
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Special Offer for Cycle Touring Festival 2019 :
Get 8% discount on all Model 1s, 2s, and Expedition Lites
purchased prior to 31st August.

Simply bring your 2019 CTF water bottle and email ticket confirmation

Family activities

Kids are welcome to attend any of the talks / workshops on the main programme, but the sessions below are aimed specifically at our younger visitors. All will happen at the family base camp tent unless otherwise stated.

In addition to sessions below, there will be games, books, friends and creative craft materials available throughout the weekend. This is a child friendly space to hang out and have fun whatever the weather!



Please bring your own grown up!

Sorry, we are unable to provide any supervision or creche facilities.

Saturday

Learn to fix your own bike with Libby and Graham **10am-11am**

A hands-on, practical advice session covering some of the basics of bike maintenance. Come along with any questions you have and any tips want to share with others. We have bikes available or bring our own if you have it with you.

Plan your own adventure with Nancy **12pm-1pm**

In this activity we'll get out the maps, plan a route, decide where to stop and write a kit list, practising the skills needed to plan our own adventure.

Crafty and creative with Sharon **2pm-3pm**

Jazz up your own colourful bike bell or design your own amazing cycling t-shirt. With two great projects to choose from, come along and get creative.

Competition: how many kids can you fit inside an inner tube?! **5:30pm-6:30pm**

Disco: bike-themed dance off for all the family! (in Ribble Lodge after competition)

****Warning*** This session may involve dad dancing.*

Sunday

Track pump rockets with Chris **9am-10am**

Design and build your own rocket...then put it to the test in the Great 2019 Track Pump Rocket Launch...will yours be the winner?!










Rounders game **12pm**

Down by the river. All welcome.











Dyeing cloth using natural materials with Sharon **3pm-4pm**

Have fun getting your hands dirty and create some amazing colourful cloths using only natural ingredients, such as petals and grass.




Talks - Sunday

9am Sunday	Venue
Out of Africa: Mwanza to Muscat <i>Peter Gostelow</i> Peter will talk about his experiences travelling through Africa by bike.	 Main hall
Favourite kit <i>Megan Fitch</i> Megan will talk about her top items for taking on tour, and then lead a discussion on what other items people wouldn't be without.	 Upstairs 1
10am Sunday	Venue
Being your own mechanic <i>Caitlin Bartlett and Lucy Greaves</i> An accessible, non-intimidating environment aiming to equip you with the confidence to be your own bike mechanic on tour.	 Marquee
I've got a weekend <i>Neil Wheadon and guests</i> Where can you go in a weekend? Neil and guests present some ideas, including taking part in the British Cycle Quest.	 Main hall
Film making <i>Geoff Broadway and Barry Godin</i> Guidance and tips for filming your next cycle tour.	 Upstairs 1
Carretera Austral (with kids) <i>Ed & Charly March-Shawcross</i> How hard can it be? How we found ourselves in on Patagonian ripio with two kids and a box of Lego.	 Upstairs 2
11am Sunday	Venue
Tents and bivvies <i>Tim Moss, Sam Jones & Tom Allen</i> An interactive session looking at different tents and bivvy bags	 Marquee
Tread lighter <i>Libby Bowles</i> Adventures (and misadventures) of a conservation cyclist travelling New Zealand by bamboo bike.	 Main hall
Wall to wall <i>Peter & Christine Lloyd</i> 2 walls, 613 days, 1 broken leg – two grandparents eating an elephant on the way from Hadrian's Wall to the Great Wall of China.	 Upstairs 2

Talks - Sunday

12pm Sunday	Venue
Tales of the unexpected <i>Ann Wilson</i> Mishaps and surprises from a senior cyclist.	 Main hall
Cycle electronics and lighting <i>Richard Hallett</i> Richard shares his wisdom about electronics and lighting options when cycling.	 Upstairs 1
1pm Sunday	Venue
Off road LEJOG <i>Sam Jones (Cycling UK)</i> An off-road Land's End to John O'Groats: how Cycling UK is working to increase the potential for off-road adventure for everyone.	 Main hall
Cycling Central America <i>Megan Fitch</i> Megan talks about cycling in Costa Rica, Nicaragua and Puerto Rico, with her daughter Neva.	 Upstairs 2
2pm Sunday	Venue
Making your own tarp <i>Brenda Cupryna</i> Brenda will demonstrate the techniques you need to make your own camping tarpaulin. Take-home kits will be on sale for those who want to try it at home.	 Marquee
I've got two weeks... <i>Neil Wheadon and guests</i> Most people fit their touring into the constraints of annual leave – but where to go? This session looks at some ideas for destinations near and far.	 Main hall
Family cycle touring <i>The Clines family</i> On land, on water, on rails, on bikes: tales of adventures with younger children.	 Upstairs 2
3pm Sunday	Venue
The Life Cycle: Adventure in the Andes <i>Kate Rawles</i> In 2017 'Carbon Cycle Kate' rode the length of the Andes on Woody, a bamboo bike she built herself, exploring biodiversity loss and why it really, really matters.	 Main hall
Frame building <i>Richard Hallett</i> Award-winning frame builder Richard describes the process behind his craft.	 Upstairs 1
Grown up gap years <i>Debs Butler</i> Debs and her partner Jo are experts at taking gap years, having spent 3 of the last 8 years travelling. She will share her tips and advice on how to make it happen.	 Upstairs 2

Talks - Sunday

4pm Sunday	Venue
Tarp pitching <i>Graham Ashton</i> A beginner's guide to pitching a tarpaulin and a chance to practise different techniques.	 Marquee
'Classic Rock' by bike <i>Oli Warlow</i> Oli completed all 82 rock climbs in the 'Classic Rock' guide book, using his bike to travel between them. He tells us about this incredible 3 month adventure from Cornwall to the Isle of Skye, which was supported by a Next Challenge Grant.	 Main hall
Technical Q&A <i>Ghyllside Cycles</i> Come and have your technical questions answered.	 Upstairs 1



Monday rides

Interested in doing your own ride on Monday
and want someone to join you?

Meet in Ribble Lodge at 6pm on Sunday.



Bushcraft sessions

Waddow Hall are offering bushcraft sessions, repeated on Saturday and Sunday.



- **Introduction to bushcraft** Aimed at those with little or no experience. It will cover making a camp in the woods and learning how to set and light a fire.
- **Tools and gadgets** Learn to use various woodsman's tools safely and effectively, from small carving knives to large splitting axes. And learn how to create gadgets from the trees around us, to make camp life easier.
- **Creative cooking** looks at how we can turn our simple campfire into the epitome of any normal kitchen - the oven.

Meet in the reception of the Main Hall for all sessions. To check what sessions you signed up to (and to sign up if there are any places left), see the lists in Ribble Lodge.

Speakers

Tom Allen



Tom has undertaken bicycle journeys on five continents and is a film-maker and author. Known for the film Janapar, he is still attempting to move beyond being 'that guy who cycled round the world and got married to an Iranian girl' by leading the development of the Transcaucasian Trail across Armenia and Georgia. www.tomsbiketrip.com @tom_r_allen

Richard Barrett



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

Libby Bowles



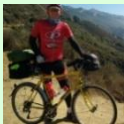
Having spent 6 years working underwater with the world's largest sharks, rays and turtles, Libby has witnessed the impact of humans on the marine environment. She has recently cycled in Australia, New Zealand and southern Africa on a homemade bamboo bike. She continues her mission with a rather unusual new sidekick. www.treadlighter.org @treadlighterlib

Geoff Broadway



Geoff is a filmmaker and photographer and looks after the film programme at the Cycle Touring Festival. He re-discovered the joys of touring 8 years ago and now heads off each year to explore. His travels have included cycling across Spain, following the length of the Danube river and exploring the wilds of Romania.

Frank Burns



Frank joined as a life member of the CTC (now Cycling UK) in 1978, the year of its 100th birthday. His first ever tour was to the Pyrenees in Cataluña, and in succeeding years, he has ventured across some 25 countries, including end-to-ends of Japan and New Zealand. www.frankburns.wordpress.com

Caroline Burrows



Caroline Burrows is a cyclist, writer, and a teacher. She's explored Argentina and Mexico by bike and, closer to home, she's done a literary tour of northern England, seeking out the authors and locations from the novels she studied during her degree. She is currently studying for an MA in Creative Writing. @CarolineB_Write

Debs Butler



Debs admits being 'generally rubbish' at cycling, but after a leisurely ten-day tour of Normandy she got the touring bug and next took on the pointy mountains of New Zealand. Since then she and Jo Welford have completed a two-year bike ride across 30 countries, racking up 20,000 miles and almost as many cakes. www.brakesandcakes.org @brakesandcakes

Louise Clines & family



Jeremy (50), Louise (42), Esther (9) and Nathaniel (7) are a car-free family, happiest on their bicycles with camping gear. In the last year, they travelled through the Netherlands and Germany to Finland by bike, ferry and train and cycled Liverpool to Sheffield on the Trans Pennine Trail. www.ecofamilytravel.co.uk @EcoFamilyTrave1

Brenda Cupryna



Brenda started cycle camping over 50 years ago. Her other passion is sewing and so in those intervening years, with a growing family and budgets being tight, she started to sew the items they needed. These have included quilts, tarps and tents which have been used regularly, some still going strong 30 years later.

Megan Fitch



Megan helped start The Bike Trailer Shop, selling items to make cycle easier. She started a blog after she became a mother to promote sharing activities you love with your family. She has toured over 15,000 miles worldwide with her daughter, and cycle commuted some 40,000+ miles as a family. www.neva-travelwithaninfant.blogspot.com

Barry Godin



Barry started out mountain biking: racing downhill and adventures such as the multi day Tour of Mont Blanc. A few years ago he moved over to the world of bikepacking, and he definitely now has the bug. He films his adventures with the hope of inspiring people to go out and explore the beautiful world we live in. @barrygodin

Pete Gostelow



Peter is an English language teacher whose bicycle adventures have taken him through over 70 countries – including cycling from Japan-UK and UK-South Africa. Between 2015-2016 he rode from East Africa to the Arabian Peninsula – a journey he will be sharing at this year's festival. www.petergostelow.com @petegost

Richard Hallett



After a career spanning two decades testing and reviewing bicycles and writing on cycling technology for some of the UK's leading cycling publications, Richard is currently technical editor of Cycle magazine. His day job is building award-winning custom bicycles at his workshop in west Wales.

Dan Joyce



Dan Joyce is the editor of Cycle, the magazine of Cycling UK (formerly CTC). He's been a cycling journalist since 1991 and has probably published – and rejected – more touring articles than any other editor. He's also written touring articles for other cycling magazines and the national press.

Chris Leahey



Chris and girlfriend, now wife, Liz spent 2.5 years cycling 10,000 miles between NZ and UK. Chris now runs a company called Bambino Biking that helps people get out cycling with their children, offering trial and advice sessions in local parks, hire and sales of cycling equipment. www.bambinobiking.co.uk

Pete & Christine Lloyd



Having sort of retired, Peter and Christine dreamt up the idea of cycling the "Wall to Wall": Hadrian's Wall to the Great Wall of China. In January 2017, they kissed their grandchildren goodbye and set off eastwards to China. They cycled over 20,000 km and recently returned to the UK via container ship. www.cyclingwalltowall.co.uk

Stephen Lord



Stephen Lord wrote the first two editions of Adventure Cycle-touring Handbook. He is a qualified CHEK Practitioner, teaching holistic health, lifestyle and exercise.

Rebecca Lowe



Rebecca completed a year-long, 11,000km cycle through Europe and the Middle East to Tehran, aiming to challenge preconceptions and develop buns of steel. Rebecca works as a journalist specialising in human rights and the Middle East. Her book about the journey is due to be published in 2020. www.thebicyclediarists.co.uk @reo_lowe / @bexio8 (Instagram)

Rachel Lundy



Rachel Lundy describes herself as an ordinary woman who loves exploring countries by bicycle. In 2012 she set her first goal to cycle the length of the UK. She loved it and after a bad day at work in 2016, decided to give up her job and meet up with 8 strangers to cycle across the USA. This is the story she will tell at the 2019 festival.

Sam Jones



Sam Jones works at Cycling UK as Senior Campaigns and Communications officer. When he's not campaigning for safer roads or increased access in the UK, he's either busy planning his next adventure, or trying to squeeze one into the nights between his working days. His current pet project is to make sure he sleeps outdoors at least once a month for 2019.

Ed & Charly March-Shawcross



Ed, Charly, Izzy (aged 7) and Will (5) have been cycle touring together since Izzy was born and before Will had been thought of. In 2018 Ed and Charly resigned from their jobs and the family took to the road on 'The Big Trip', through northern Europe and then Patagonia. www.bikesandbiology.wordpress.com @bikesandbiology

Dan Martin



Dan has cycled fifty thousand miles from London to Cape Town via the Middle East and the eastern coast of Africa, from Korea to Cape Town via the Axis of Evil and the west coast of Africa, and from Saudi Arabia to Johannesburg via Yemen, Somaliland, South Sudan and the Democratic Republic of Congo. @DanielMartinAdv

John McGuire



John began touring in the 1970s and later raced for the Royal Navy throughout the 1980s. Nights under canvas in dark sky areas give him the opportunity to mix his passions for cycling and astronomy.

Tim Millikin



Tim cycled 46,500km around the world in 2015 – 2018, spending just £9,000 in three years. Travelling low budget by bike has enabled him to see the world in a unique perspective and he will be sharing his best money saving tips at this year's festival. www.timmillikin.com @TimMillikin1

Laura Moss



Laura is the festival organiser. In 2013-4, she completed a 16 month, 13,000 mile cycle around the world with her husband, Tim. Elsewhere she has crossed the Wahiba Sands desert on foot, walked across Patagonia and run the length of every London Underground Tube line. @LauraLikesWater

Tim Moss



Tim runs adventure website The Next Challenge, through which he has supported over 200 expeditions across all seven continents. He has climbed new mountains in Siberia, set a Guinness World Record for the longest distance cycled on a rickshaw and ridden his bike through over 30 countries. www.thenextchallenge.org / @nextchallenge

Kate Rawles



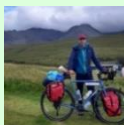
Kate is passionate about using adventurous journeys to raise awareness and inspire action on our major environmental challenges. She has recently returned from The Life Cycle: Colombia to Cape Horn by bamboo bike, exploring biodiversity loss. www.outdoorphilosophy.co.uk @CarbonCycleKate

Sharon Tomlinson



Sharon is well known to previous festival attendees as Caterer-in-Chief, Laura's mum and general legend. She organises a team of volunteers to provide breakfast, lunch and snacks throughout the weekend. If you have a tight belt on Sunday evening, blame Sharon for the amount of cake she's fed you.

Oli Warlow



Oli decided to complete all 82 rock climbs in the book 'Classic Rock' in 2018, using his bike to get between them. This was an incredible 3-month adventure from Cornwall to Skye with over 2000 miles of cycling. www.classicrockbybike.com @classicrockbybike

Mike Wells



Mike Wells has written a series of cycling guides for Cicerone following the great rivers of Europe. His other cycling journeys include both the Camino and Ruta de la Plata to Santiago de la Compostela, a traverse of Cuba from end to end, a circumnavigation of Iceland and a trip across Lapland to the North Cape.

Neil Wheadon



In 1981, Neil set out for a 4 week tour of Europe armed with a tent, touring bike and a map of Europe and hasn't stopped since. Having tandemmed to Australia with his wife in 1997, Neil has since organised over 100 cycling holidays for both the Tandem Club and Cycling UK, all over the world.

Ann Wilson



Ann retired from the telecommunications industry in 2009 and set off to see the world by bicycle. She travelled solo through 20 countries over 14 months and in the years since, has added another 18 countries to the list. When she's not cycling, she likes to spend her free time walking the Lakeland Fells.

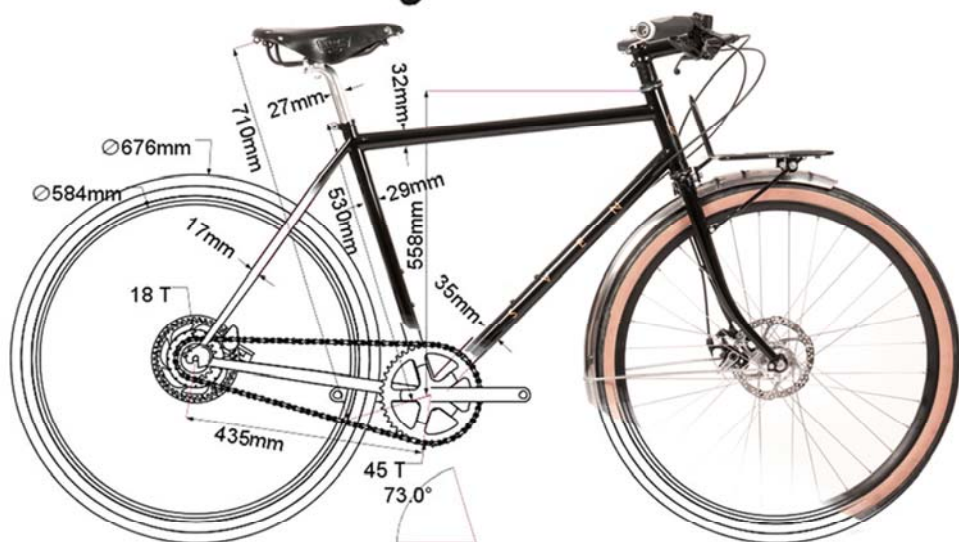
Nancy Williams



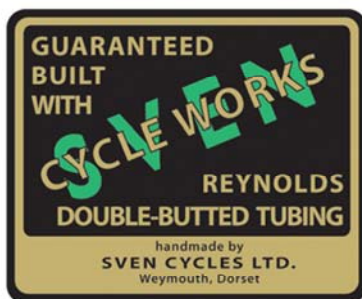
Nancy's cycling adventures include the Three Peaks by bike, and riding from the UK to both Paris and Amsterdam. With two young children, her cycling adventures these days involve trailers, bike seats and lots of snack stops. Nancy has kindly put together the family activity programme this year.

SVEN

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