

# Cycle Touring Festival Programme - Sunday 29th May 2016

www.cycletouringfestival.co.uk

	Marquee	Main Hall	Ribble Lodge	Upstairs 1	Upstairs 2 (Film Room)	Adventure House	
7.30am - 9am						<b>Breakfast available</b>	
9am - 9.30am	Yoga - Alice McNeil	Writing for magazines - Stephen Fabes, Dan Joyce, Richard Hallett	Ed & Charly March-Shawcross: 1,000km in Croatia with a 2yr old		I Want to See the World 1: The North (62 mins) Iohan Gueorguiev		
9.30am - 10am			David Pearson: credit card touring in the Alps				
10am - 10.30am				Andrew Sykes: the 35 Degrees (Nordkapp to Tarifa)		Crossing the Alps by mountain bike from Geneva to Nice (24mins)	<b>Tea &amp; coffee available</b>
10.30am - 11am	<b>Toolkit for the road</b> - Ghyllside Cycles	Adventure Plus - Kate Rawles, Julian Sayerer		Introduction to Cycling UK - Suzanne Forup	Devon and Cornwall on a recumbent (22 mins) Frederic Albert		
11am - 11.30am	<b>Bike maintenance</b> The basics (mending a puncture, fixing a chain, adjusting brakes)			Exploring the UK's National Cycle Network - Ben Smith & Judith Pope	Short films (30 mins)	<u>Focus:</u> Cycling in Australia & New Zealand	
11.30am - 12pm	Ghyllside Cycles						
12pm - 12.30pm		Kit for camping - Tim Moss	Scot Whitlock: Camino de Santiago on a folding bike		Solidream ( 1hr.33 mins)	<b>Lunch available</b>	
12.30pm - 1pm	<b>Bike maintenance</b> Gears and brakes (indexing gears, changing cables)			Fearghal O'Nuallain: Sex, Death, & Long Distance Cycle Touring			
1pm - 1.30pm	Ghyllside Cycles	Mind is the ride - Jet McDonald	Pete & Alice McNeil: Long Cycle Journeys for the Non-Hardcore	Advantages of fat tyres - Richard Hallett	I Want to See the World 2: Alaska (53 mins) Iohan Gueorguiev	<u>Focus:</u> Cycling in the Middle East and Africa	
1.30pm - 2pm				Kev Shannon: fighting wolves			
2pm - 2.30pm	<b>Bike maintenance</b> Wheels and spokes (truing wheels, fixing spokes)	Cycling as a woman - Sarah Outen, Anna Hughes, Kate Rawles		Wild food - Richard Prideaux	Bike for Bread - Claude Marthaler (26 mins)		
2.30pm - 3pm			Ghyllside Cycles				
3pm - 3.30pm		Sarah Outen: Tea & Snakes		Wild camping anywhere - Stephen Fabes	Julian Sayerer Changing Gears (20mins plus talk)	<b>Tea &amp; coffee available</b>	
3.30pm - 4pm	<b>Technical Q&amp;A</b> Come and get your technical questions answered	Cycling as a couple - Sarah Outen, Lucy Allen, Jet & Jen McDonald	Jude Walter & Astrid Abele: Cycling the Australian Outback		I Want to See the World 3: The Great Divide in Winter (54 mins) Iohan Gueorguiev		<u>Focus:</u> Cycling in South America
4pm - 4.30pm			Ghyllside Cycles	Cress Allwood: Mid Life Crisis? Perfect excuse to go cycle the world			
4.30pm - 5pm		Extreme environments - Sarah Outen, Tim Moss, Fearghal O'Nuallain	Pete McNeil: fat biking in Lesotho				
5pm - 5.30pm	<b>CLOSE</b>						

<b>COLOUR KEY</b>	<b>Workshops</b>	<b>Story telling</b>	<b>Films</b>	<b>Food &amp; Drink</b>
-------------------	------------------	----------------------	--------------	-------------------------