

Cycle Touring Festival Programme - Saturday 28th May 2016

www.cycletouringfestival.co.uk

	Marquee	Main Hall	Ribble Lodge	Upstairs 1	Upstairs 2 (Cicerone Room)	Adventure House
7.30am - 9am						Breakfast available
9am - 9.30am	WELCOME					
9.30am - 10am	Getting started with your next cycle tour - Nancy Williams, Laura Moss, Judith Pope			Frame building - Richard Hallett		
10am - 10.30am						Tea & coffee available
10.30am - 11am				Dynamos and charging - Richard Hallett		
11am - 11.30am		Communicating on the road - Kev Shannon		Writing your own obituary - Fearghal O'Nuallain	The Lancashire Cycleway – 'Loop the loop through Lancashire's countryside' - Jon Sparks	Focus: Cycling in North America
11.30am - 12pm						
12pm - 12.30pm		Earning money on the road - Stephen Fabes and Tim Moss			Getting high in the Lake District - lightweight touring and day rides - Richard Barrett	Lunch available
12.30pm - 1pm						
1pm - 1.30pm		Cycling in Europe - Andrew Sykes	Judith Pope: bike packing with added child			Kit exchange
1.30pm - 2pm			Ben Smith: if I could only give 3 bits of advice...	Flying with your bike - Laura Moss		
2pm - 2.30pm	Cycling with kids - Suzanne Forup, Ed Shawcross, Scot Whitlock, Tom Jones/Thomas Ivor, Paul Porter	Staying driven and resilient on tour - Cress Allwood			Cycling photographer - Landscape, action shots and 'selfies' for the cyclist - Jon Sparks	
2.30pm - 3pm						
3pm - 3.30pm			Anna Hughes: adventures on your doorstep in the UK		The Hebrides without the headaches - island hopping made easy - Richard Barrett	Tea & coffee available
3.30pm - 4pm	What to wear when cycling - Tim Moss	Your back is like a bicycle wheel - how to keep it true on tour - Stephen Lord	Martin Philpot: Carretera Austral & Ushuaia			
4pm - 4.30pm			Nancy Williams: Three Peaks by Bike			Focus: Cycling in Asia
4.30pm - 5pm	Coming home after a long trip - Cress Allwood, Jude Walter, Stephen Fabes, Jet McDonald	Thomas Jones: the touring diary of Thomas Jones, age 7 3/4			Recumbents - Mark and Julie Lovegrove	
5pm - 5.30pm						
5.30pm - 6pm		Stephen Fabes: Cycling the 6 continents (the first 4 years)			Preparing for a trip (Kazakhstan) - Scot Whitlock, Kev Shannon	
6pm - 6.30pm		Films showing	DINNER SERVED			
6.30pm - 7pm						
7pm - 7.30pm						
7.30pm - 9pm	Q&A with Julian Sayarer & Stephen Fabes					
9pm - 10.30pm	OPEN MIKE					

COLOUR KEY	Workshops	Story telling	Films	Food & Drink
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