



Event Guidance

95% of issues and problems occur, as a result of not reading this. It's a bit long, but it's worth it!

Reading the Event Guidance, will keep you safe and happy!

Please Read These Notes in Conjunction with Our Standard Terms and Conditions: <https://veloretro.co.uk/terms-and-conditions/>

Welcome

Thanks for joining us on the 12th Velo Retro – we're really excited about delivering a great event and welcoming you to our wonderful area! At Velo Retro, we value the whole experience just as much as the ride. We also know from experience, that if everyone follows a few, simple guidelines, the whole event will be safer, more fun and will keep us welcome in the community.

Changes for the 12th Edition

General

We're pretty much the same as 2025, other than the change of options on the long route. The Tres Grande Fromage section has been dropped, due to little use, but we've added a tougher start option, straight out of the blocks! If you're using last year's GPS track, please update it.

Food Stops

Food stops at cycle events are a known source of contamination. Primarily because of road grime etc and rancid mitts! We encourage the following precautions at stops:

1. Remove gloves.
2. Sanitise hands.
3. Minimize touching of food unless you intend to eat it.

Classic Cycles Display and Judging

This will be a static event this year. If you'd like to enter, we'll post a sign-up sheet at reception. The categories will be on the sign-up in registration.

Judging will be by Scott Simpson from Vintage Cycling Scotland and Ian Hodgson from Vintage Pave Cycles.

This will be a light-hearted affair!

Meet is now in the car park next to the cycle racks. Time tbc but typically 2pm on the Saturday.

Route Changes – see Map Links Below

Short route 'The Saunter.'

No change from 2025

Medium Route Loafeur

No change from 2025

We continue with the 'out and back' format on the East side of Coniston Water. We still experienced some bad driving, but the speeds are lower, which significantly improves safety. The surface of the East side of Coniston Water continues to deteriorate, please take care. On the plus side, this had reduced traffic and speeds.

If you wish to do the circuit of Coniston, this is fine, but you will not have full support, or signage. We recommend turning left at Lowick Bridge and doing the clockwise circuit. This entails one right turn at Torver rejoining the route at Coniston.

The food stop is now at Herdwick's in Coniston village.

The Super Circuit option to Tarn Hows is 'out and back'.

For many, the Loafeur route isn't quite hard enough, but the Grande Fromage route too hard, for others, even the long route isn't hard enough. So, you now have the

option of doing the Super-Loafeur or Super Fromage! Starting at the route split at the head of the lake, it's a classic climb, up to Tarn Hows – one of the finest views in England and either back down the East side of Coniston Water, or onwards to Windermere. It's around 175m of climb and it's not easy...but not desperate! This now avoids the sketchy descent of School Beck.

Med route: after the first food stop, ride back to the head of the lake and turn left towards Hawkshead Hill. Turn left at the top and first left for Tarn Hows. Take a selfie at the top and return to the food stop. Show your selfie at the finish for your brevet stamp.

Long route: after the first food stop, turn left at the top of Hawkshead Hill and first left for Tarn Hows.

Long Route Le Grande Fromage

The first food stop is now at Wray Castle. This removes the queueing issue we had in previous years.

When you leave Wray Castle drive, turn immediately left after 50 metres onto the West Windermere gravel.

The route now returns to the old favourite of Grizedale Moor Top, before the second food stop at Satterthwaite.

We have removed the additional long section as it was receiving little use. We have an additional option if you'd like the challenge, the 'Some Like it Tough' alternative start, which rejoins the normal route at KM7. Supervision on this section will be limited, but it will be marked.

Some Like it Tough Route here:

<https://ridewithgps.com/routes/54084562>

Gravel Sections

All gravel sections are shared use, with families, pets and possibly horses. Please ride considerately.

Venue

Registration and centre of activity is upstairs at the Sun Inn. Enter view the beer garden to the rear. Festival post code is Market Street LA12 7LJ.

Bicycle Parking

Please don't take bikes into the Sun beer garden, it gets very busy and it becomes an issue. Directly adjacent is Theatre Street car park, where there will be bike racks and plenty of people around – bring a lock if you're concerned.

Travel:

Road: M6 Junction 36. Head west following signs for Barrow in Furness, travel time is roughly 30 minutes.

On entering Ulverston, cross the roundabout with Booths Supermarket on your left.

At the 2nd roundabout, turn right into town.

Post code LA12 7LJ

Train: Ulverston is accessible with a maximum of one change from most areas of the country. There are direct trains from Manchester airport and all major North West towns in between.

Air: Fly to Manchester and catch the train direct to Ulverston from the airport.

Registration – Will be very busy until 12.30 on Saturday and on Sunday morning.

Will be in New Market Street. Enter the beer garden to the rear of the Sun Inn and look for signs. Registration is upstairs in the function room. Please treat this as a one-way system, exiting at the far end of the room.

Saturday May 30th: 1100 – 1630

Sunday May 31st: 0700 -1030

Try to register on Saturday if you can, as Sunday before the event, can feel a bit pressured.

Please bring photo ID to registration so we can ensure that your entry is properly allocated.

Start Times – tip, if you're riding very casually, make an early start!

Le Grande Fromage 97 / 85km 0830 – 0845

Loafeur 50km 0850 – 0905

The Saunter 30 and 22km 1100 – 1110

Breakfast

Is available from 0730 at the Sun Inn close to the start, please book in advance so that they can plan effectively: <https://the-sun-inn-1675947718.resos.com/booking>

Make a Weekend of It!

Ulverston is a wonderful place to spend the weekend – for detailed accommodation information see: <http://www.chooseulverston.co.uk/category/accommodation/>

Campsite details. <https://www.campingathayfield.co.uk/>

The official campsite has good capacity but is likely to fill if the forecast is good. There is further camping at Priory View and Bardsea Leisure.

Staying Safe and Going Home Happy

Please ensure that the event leaves everyone feeling good by following our guidance.

What3words

Please consider downloading the What3words app. We have a small number of people off-route every year, if you have this on your phone, we'll guide you back on track very quickly!

Better still, pop a GPS device in your pocket, or download the Google Map of the area (it will then work even if you don't have data.)

If you download the Google Map of the area, you will have access without data use or signal and will be able to navigate if lost.

Here's how to do it:

Google Map download Android:

<https://support.google.com/maps/answer/6291838?hl=en-GB&co=GENIE.Platform%3DAndroid>

Google Map download Apple:

<https://support.google.com/maps/answer/6291838?hl=en-GB&co=GENIE.Platform%3DiOS>

Open Road Event: All sections of road will be open as usual, and all sections of the Highway Code will continue to apply. Please consider the following:

Group Riding: Many of our lanes are very narrow; please allow cars to pass. Leave gaps between groups to allow traffic to keep moving.

Be steady! Take care on the descents, they're often steep and gritty; avoid at all costs the temptation to cut corners or junctions.

Be kind: Thank motorists who are cautious, helpful, and still try to win over the minority who might not be!

Descents and Gravel Sections There are some significant descents and gravel sections on this route. Loss of control on any of these could have serious and unpleasant consequences. The only safe way to ride these is to stay in control from start to finish. **Please ride these with great caution!** Note On the long and medium routes, after the last steady climb to open moorland, you will see a village of white houses below. There is a narrow descent which tends to collect chippings at the bottom as you see the village. Please control your speed.

Coniston Water

On the lane to the east side of Coniston Water, from around 10 km on the med and long routes, there are a number of places where there are ridges in the tarmac caused by tree roots. We had an accident on one of these in 2019. Please take care as they're difficult to see.

Lake District Hazards!

Cattle Grids: Possibly the least pleasant place to fall off a bike imaginable! If you're not used to them, here is some guidance.

Faster is smoother: But remember that if you're not in clipped pedals, your feet can slip – if in doubt, go slow.

90 Degrees Rule: Always hit a cattle grid straight on at 90 degrees, not at an angle. Always hit it upright and not leaning. If the grid is on a bend, make the turn before or after the grid, not on it.

Sheep! Yes, there are sheep here, lots of them...unfenced. If you hit a sheep, the animal may barely notice, you on the other hand will notice a lot! Sheep are utterly unpredictable in their movements, just because they've crossed the road doesn't mean that they're not coming right back! So, here is some guidance:

Sheep want to bring you down!



Agricultural Vehicles

These are large and noisy and often have limited visibility from the cab – always assume that you have not been seen or heard. **If you see a warning sign for tractors, please take it seriously!**

Holiday Motorists

Please take extra care anywhere with a pretty view. This event is in one of the quieter weekends, however, you will experience a small percentage of motorists who have at least half of their attention on the scenery rather than the road. If you assume that some holiday motorists will drive irrationally things will be fine!

Medical and Emergency

Your route card will have a medical conditions section, please fill this in and carry at all times on the event – it can save valuable minutes in the event of an incident.

Give details of: Illness, Injury, Allergy, Medication.

In the event of an incident or accident – if in doubt, call the emergency services 999 or 112. If it is minor, call our roving first aiders, you'll find the number on the route / medical card. Update registration asap.

If you're finding it hard, slow down and give yourself the chance to recover. We will wait for you to finish (within reason of course!)

Please carry a charged mobile phone, the signal is intermittent, but you are rarely more than five minutes from a signal. Emergency numbers will be provided.

Food and Drink

No one goes hungry at Velo Retro! The short and medium routes will have one excellent food stop, the long route two. All routes will get a chip butty and an Ulverston Brewing Company beer at the end. We are negotiating a breakfast offer at The Sun pub for Sunday morning.

Litter

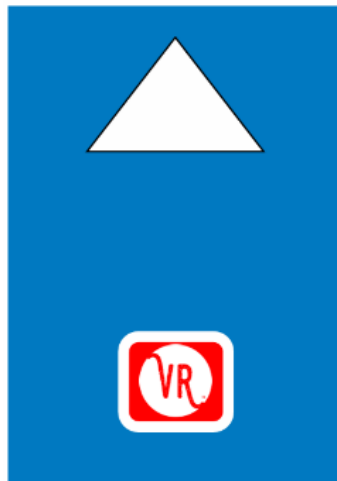
We don't have a litter problem, keep up the good work!

Signage

Lots of events in the Lakes, only follow the Velo Retro signs! There are some changes this year, as we move towards semi-permanent marking, in an attempt to outwit the sign-tamperers!

These are the new markers. **They are fake NCR route copies!** They are designed to be 'invisible' to sign-tamperers!!

They will be mainly attached to existing road furniture. They are smaller than the usual arrows, but once you're used to spotting them, easy to see.



You will also see some of the orange VR arrows in place where they are still accurate.



In many areas we now use temporary road spray and stick-down arrows, as these are difficult to tamper with, so LOOK DOWN!

Where we can't find a place to stick them, we'll revert to our usual pink signs, road spray and sticky pink tarmac arrows. So, either orange VR circle or Pink signage = good, all other signage = less so!



If there's a junction, look for a sign, no sign = straight on.

Lost? No one ever got less lost by keeping going!

Do not keep going! Stop and back track to the last sign and get back on course from there. If you're not sure, give us a call or ask a local. Your route card will also contain a basic but accurate map of the route. Use the what3words app! Or downloaded Google Map.

Helmets

This is an historic cycle's event and operates under the 'helmets advised,' rather than 'compulsory' category. Riders should consider their own safety carefully and please read the note in our standard terms and conditions regarding helmet use.

Routes

We can never guarantee that signage won't be tampered with. We recommend downloading your route to check if you think you're lost.

If you download the Google map of the area, it will work, even if you don't have a phone signal and it won't use any data!

Ride with GPS:

Le Grande Fromage 85km: <https://ridewithgps.com/routes/41195224>

The Loafeur 50km: <https://ridewithgps.com/routes/37622563>

Saunter 32km: <https://ridewithgps.com/routes/34516508>

Saunter 24km:

<https://ridewithgps.com/routes/36718880>

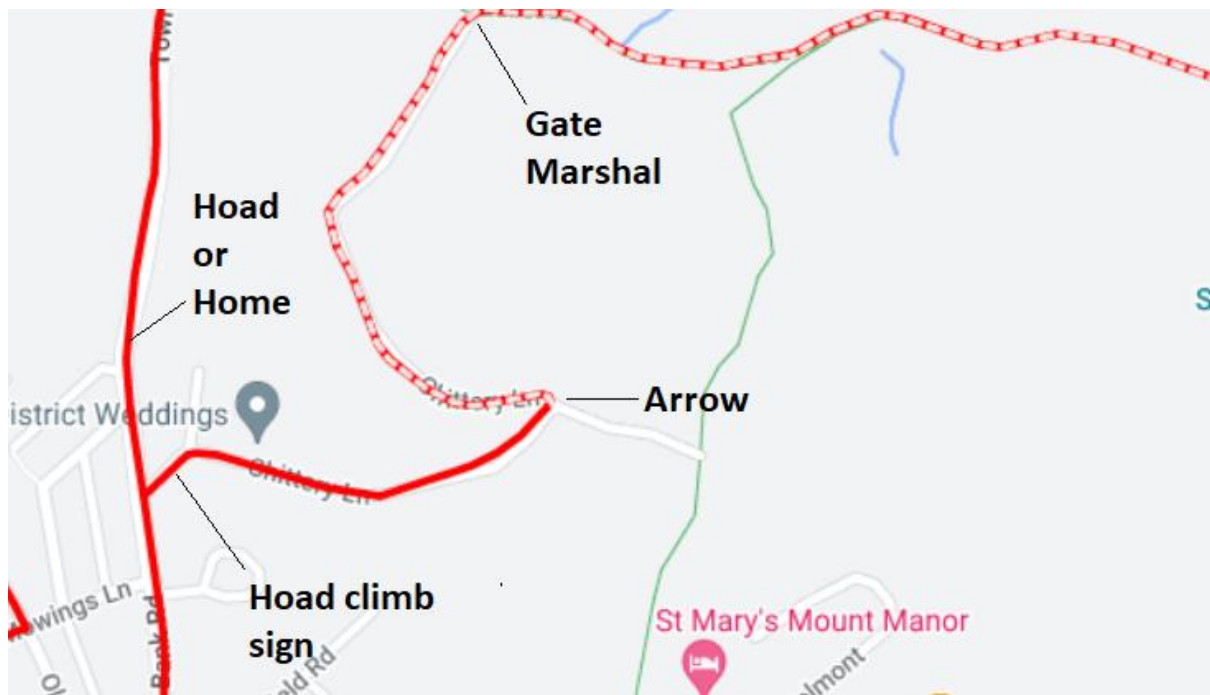
Tarn Hows Option:

<https://ridewithgps.com/routes/42563556>

The Mighty Hoad!

Returning downhill to Ulverston on the long and medium routes, you will see the option of riding up to the Sir John Barrow Monument. There will be a sign saying, 'Hoad or Home.' This is a short, quite challenging gravel section, which is worth the effort. It is unique to Velo Retro and the views are stunning!

It is a shared use path with walkers and livestock. Please ride with care.



Timings

Depending on your fitness, bike and approach, rough timings are:

85: 4h30m to 6h30m

50km: 3h – 4h30m

32km 2h15m – 4h

24km 1h50m – 3h

All including food stops, socialising, pub stops etc.

Your Bike

Should be from 1987 or older (or a suitable replica.) This means downtube shifters, friction brakes and either steel or era specific aluminium.

Safety

Having your brakes, bars, stem, tyres, and wheels in good condition and correctly fitted can make the difference between fun and disaster on a route of this type. We will have a mechanic available for support and final checks, but please don't leave it until the day, get the bike checked over. There are two, good local bike shops in Ulverston, who may be able to offer a service on the Saturday.

Weather. It will be hot and sunny / windy / cold / snowing or all of the above! We will issue forecasts in the lead up, please bring flexible clothing for the conditions.

Fancy a Ride Fri / Sat or Mon? Here are some suggested routes.

You can hire an electric bike from www.velobikes.co.uk or you can stay retro-true!

Breakfast Potter: <https://www.komoot.com/tour/69585731>

Cake Run with Gravel: <https://www.komoot.com/tour/69584050>

Coast, Hills, and a Big Lunch: <https://www.komoot.com/tour/59842532>

For news on the overall festival: www.retrorendezvous.co.uk

Finally!

We hate it when you crash, you hate it when you crash, it spoils the weekend for everyone. Velo Retro is about the occasion, it's the fun, the friendship, the wonderful, shared experience – it's not about going fast!

From years of running the event, we know why people crash, as follows:

1. Roughly 90% of incidents are caused by people going too fast, usually on a descent, with rubbish retro brakes! Please don't!
 2. Something freakish, like equipment failure or an oil patch, or raised tree root.
- If we focus on the speed, we will have very few incidents, and they shouldn't be serious 😊

