



CUMBRIAN CRACKER CYCLE SPORTIVE – GUIDANCE NOTES

Sunday 11th October 2026

Location: Grasmere Village Hall, Grasmere, LA22 9TA

Thank you for entering Cumbrian Cracker 2026, the event starts from Grasmere Village Hall, Broadgate, Grasmere LA22 9TA. Registration is open from 07:00am inside the hall and starts are available from 07:30-09:00am.

EVENT SCHEDULE

- 07:00 Registration Opens
- 07:25 First Rider Briefing 100-mile cyclists (repeated until 08:00am)
- 07:30 **First 100-mile Riders Start (riders start in groups of 20 with 2mins between groups)**
- 07:50 Registration Closes for 100 miles cyclists
- 08:00 **Final 100-mile Riders Start**
- 08:00 **First 60-mile Riders Start (rider start in groups of 20 with 2mins between groups)**
- 08:50 Registration Closes 60 miles cyclists
- 08:55 Final Rider Briefing
- 09:00 **Final 60-mile Riders Start (no riders will be permitted to start after 09:00hrs)**
- 10:50 First Riders Finish (approx)
- 11:00 Thwaites Food Stop Closes (only 100-mile cyclists) + Course Cut Off 1
- 14:30 Cartmel Food Stop Closes (all cyclists) + Course Cut Off 2
- 16:30 Course Cut Off 3 (all riders, 8.5 hours after first 60mile race starters/ 9 hours after first 100mile race starters)

Section 1: The Morning of the Event

PLEASE NOTE that Parking is very limited in the official car parks in Grasmere. The location of the official car parks are shown on the maps towards the end of this document. The Race HQ at Grasmere Village Hall is also marked on the map. If you are staying in the area on Saturday night, you may be able to leave your vehicle at your accommodation and cycle in. We do urge you to car share where possible.

PLEASE SEE FURTHER PARKING INSTRUCTIONS AT THE END OF THIS DOCUMENT AND UNDERSTAND THAT THERE IS STRICTLY NO PARKING ON PYE LANE - THIS AREA IS FOR RESIDENTS ONLY AND WE WILL HAVE WARNING SIGNS IN PLACE.

There are portable toilets available OUTSIDE the Village Hall. There are also public toilets in the centre of Grasmere (approx. 200-300m walk from the Village Hall). **Please DO NOT use the toilets inside the Village Hall.**

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Section 2: Accommodation

If you have not already booked accommodation, we recommend using the official Cumbria Tourism Visit Lake District site [CLICK HERE](#) to search for accommodation in Grasmere and the surrounding areas. When booking, please enquire if it is possible to leave your vehicle at your accommodation car park whilst you ride, this will help to avoid any parking issues within the village.

Section 3: Registration

Registration will open at 07:00am at Grasmere Village Hall.

At Registration you will collect a bike plate, zip ties and a wristband. Please do not lose the wristband, we recommend attaching to your wrist on receipt at Registration. The wristband must be displayed at the Food Stop for refreshments - **No wristband = No food or drink at the Food Stop.**

The bike plate must be attached to the front of your bike frame to record your finish time for the event. Please ensure this is attached securely with the zip ties provided. Please ensure you have removed any other timing chips on your bike or helmet from other events as this can cause mis-reads with the timing system and could mean your time is not recorded.

There are an increasing number of cyclists riding Sportives who have not officially entered the event but still follow the route. If the events team and marshals see any cyclists riding with others on this event that are not displaying a number and have clearly not entered the event, they will be disqualified, and the participant(s) and the non-entered cyclist will be banned from attending any future Epic Events.

If any riders are seen taking refreshments from the food stop out to cyclists that have not entered the event, they will also be disqualified and banned from any future Epic Events. Cyclists that have not entered the event are not covered by our public liability insurance or our medical team and they are not included in the numbers that have been catered for at the feed station or approved by the relevant local and national authorities. IF YOU DO KNOW OF ANY CYCLISTS PLANNING TO ATTEND THAT HAVE NOT ENTERED PLEASE ASK THEM TO STAY AWAY.

Section 4: The Start

07:30-08:00am – 100-mile cyclists only

08:00am-09:00am- 60-mile cyclists only

The 100-mile Cyclists will start from 07:30am-08:00am in small groups, with a maximum of 20 riders every 2 minutes to prevent excessively large groups forming. This process will be repeated from 08:00am - 09:00am with the 60-mile cyclists.

60-mile Course

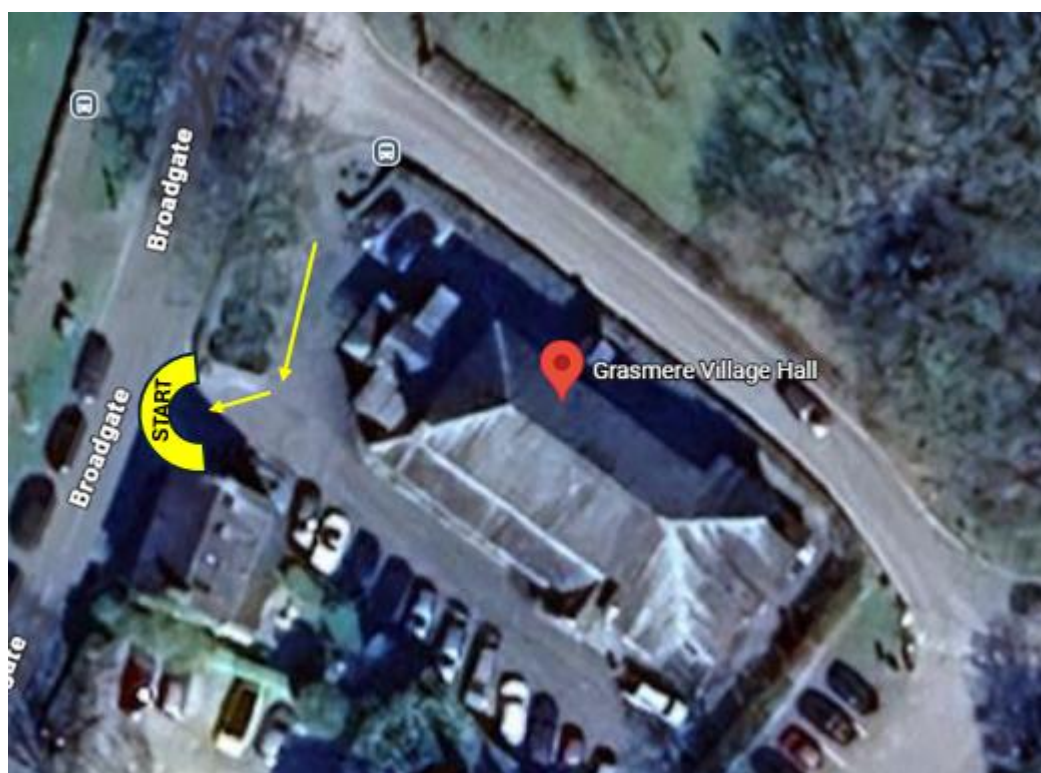
The course is approximately 57 miles. If you are a slower rider and you anticipate taking 7 hours or more, you should start as close to 08:00am as possible. If you are a faster rider, you should start later, thereby allowing slower riders to fill the earlier start times.

100-mile Course

The course is approximately 100 miles. If you are a slower rider and you anticipate taking longer you should start as close to 07:30am as possible. If you are a faster rider, you should start later, thereby allowing slower riders to fill the earlier start times.

Due to the time of year which results in the reduction in daylight, the course cut off for this event is 16:30pm. In addition, there are cut off times at the food stops – on the 100 mile route this is 11:00am at Food Stop 1 (Thwaites Village Hall) and at 14:30pm at Food Stop 2 (Cartmel) for all routes.

Riders will line up in the front area of the Village Hall and will pass through into the start chute. The first 20 riders will be asked to enter the start pen and once they have started, the next group of 20 will be allowed to enter the start pen to follow at 2minute intervals. As riders pass under the Start Arch they will ride passed the timing antennas which will read the timing chips attached to the bike plate and start the time for the route. At the finish riders will pass under the Finish Arch directly in front of the Village Hall and passed the timing antennas which will read the timing chip attached to the bike plate and this will record the finish time for the route. There are no 'split times' or an official sign in/sign out required at the food stop – PLEASE NOTE attach the bike plate chip securely – **No Timing Chip = No Time.**



Picture 1: Aerial image of Grasmere Village Hall and the Start Area.

To get to the start please come to the front area of the village hall and into the start pen.



Picture 2: Finish area beyond the gates in the picture (which will be open for the Finish) and Finish timing antennas position at end of the ride, also the entrance to Grasmere Village Hall

Section 5: Navigating the Route

The most difficult part of the course with regards to navigation is the first 600m, please look for the signs when leaving the village.

The course will be marked with large yellow signs with directional arrows, it is your responsibility to look out for the signs. **You MUST also carry a route card which includes instructions and emergency contact numbers (please print or download to your phone and bring with you – available from event web page)** this will help if Riders lose their way or directional signs are deliberately tampered with or removed.

On the Cumbrian Cracker Page on the Epic Events website in addition to the route card we also have a Strava Route map which can be viewed and downloaded onto your GPS device. To view/download the Route Map, please see the link below and note that the GPX download is only available from the Strava website and not via the Strava Mobile App:

100 Mile Loop - <https://www.strava.com/routes/3195078124360955914>

60 Mile Loop - <https://www.strava.com/routes/3374968>

Section 6: Event Rules on the Route

On the route, please ride no wider than in pairs and change to single file when necessary to allow traffic to pass. This event is not a race, it is a social cycling challenge and should be approached in this manner. Please follow the highway code and rules of the road - any dangerous or reckless cycling will not be tolerated, any riders endangering other participants or road users are not welcome at any of our events.

It is compulsory to carry a mobile phone, and spares/tools necessary to make basic repairs to your bike in addition to sufficient food and drink. Please note that there is a sweeper van for this event, but if riders experience a minor mechanical failure, riders should carry appropriate kit to be able to repair their bike. If a repair is not possible the Sweeper Van will not be able to offer a 'Taxi service' back to the Finish. If riders are picked up by the Sweeper Van, they will be required to remain in the vehicle tracking the rear of the field (the "Lantern Rouge") until the Sweeper reaches the finish with the final riders, this can be 7hrs+ if picked up early on the course. There will also be a mechanic on the course who will be able to assist with any more serious mechanicals which will hopefully allow you to continue but again the mechanic will not be able to offer a taxi service back to the finish as this would remove this vital service from the course for several hours.

If you are unable to make your way back to the finish and do not wish to sit in the sweeper van following the backmarkers it is your responsibility to make your own arrangements to return to the finish via Taxi, Public Transport or arranging a pick-up from friends/clubmates/family.

Local taxi numbers can be found below:

<u>AMBLESIDE TAXIS</u>	
JOHNS TAXI	07759 143423 / 07759 143 432
AMBLESIDE AMBER TAXI	015394 68681
AMBLESIDE TAXI COMPANY	015394 68222
AMBLESIDE ANDY'S TAXI	07554 372233

If you feel that this distance is too far and you have any doubts regarding your ability to complete it, you should not start as it would be unsafe to do so and could put your and other riders, marshals/team member's safety at risk.

In the case of an emergency and/or if riders witness an accident or a rider is in trouble, please call the Event Emergency Tel. Number (07494 029628) which is also included on the route card & bike tag (another reason why these must be carried). If there is a serious incident that requires immediate attention, please contact the Emergency Services on 999 if required before then contacting the **Event Emergency Tel. Number 07494 029628**

All Riders must wear a hard-shell helmet for all Cycle Sportive events, the course is challenging and there are many descents and sharp bends so be aware of and please always ride safely. If riders have any known medical illness or injury which may affect participation in this event, please seek medical advice before attending.

Please review the Highway Code Rules for Cyclists here: <https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

Please also be mindful on volume levels (shouting and loud discussions) when passing through the local villages, especially early in the morning. We need to be respectful of residents to ensure we can continue to operate this event.

What happens if there is bad weather?

If the weather is deemed to be an issue on the day of the event – the route may be amended as appropriate to ensure that the event can still go ahead.

If the weather forecast is deemed to be an issue in the week approaching the event, we will update all entrants via email prior to the event. Any updates will also be displayed on the Cumbrian Cracker page on the Epic Events website in the days approaching the event [CLICK HERE](#) and on social media. Please note that unless you are informed by the organisers that the event is postponed, the event is taking place.

Section 7: Hazards on the Route

Most of the route takes place on quiet rural lanes, but you should always be aware that these roads are open to traffic and quiet lanes bring their own hazards. Never ride more than 2 abreast and be wary of blind bends on winding roads, if you can't see the car, they can't see you. Enjoy the scenery but always keep your mind on the road and other road users.

Please ride carefully especially on the descents. The descents on the course are narrow with traffic coming in the opposite direction. There are many blind turns on the descents, and they lead to busy junctions at the bottom. Please cover your brakes on all descents and watch your speed and obey the signs that we will have in place.

HAZARD POINTS

There are **5x main Hazard Points** on the 60-mile course route and **7x main Hazard Points** on the 100-mile course where Riders should exercise extreme caution. There will be marshals at each of these points, but it is the Rider's responsibility to take extra care to pass through these Hazard Points safely.

Hazard Point 1: Redbank @ 2miles (all cyclists)

Hazard Point Description: This hazard is quite early into the course and just outside Grasmere. After a quick ascent the route takes a steep descent but as riders descend it can appear that the whole road is visible but the descent has a hidden camber where cyclists can overshoot the corner as the road curves to the left. There will be “SLOW” signs in place and a marshal will be positioned here with a red flag to remind all riders to slow down. Please exercise extreme care at this corner on the descent from Red Bank

Hazard Point 2: Blea Tarn, Wynose Pass & Hardknott Pass @ 9-16miles (100-mile only)

Hazard Point Description: This section of the course starts with Blea Tarn, Wynose Pass and finishes with Hardknott Pass. This hazardous section is quite early into the course and not far past Redbank. After a quick ascent up Blea Tarn the route takes a steep descent. This is closely followed by the ascent and descent of Wynose Pass followed by the final ascent and descent of Hardknott Pass. The roads across this section are narrow with many blind turns. Extreme care should be taken on the ascent and descent of each of these. There will be “SLOW” signs in place and a marshal will be positioned here with a red flag to remind all riders to slow down on the descents. Please exercise extreme care on this section.

Hazard Point 3: Right Hand Turn onto A595 @ 39.94miles (100-mile only)

Picture 4: Junction from A5903 and A595

Hazard Point Description: Riders take the right-hand turn at the end of the A5903 onto A595 to Barrow & Broughton. Riders **MUST STOP** and cross with extreme care, there will be warning signs in place notifying riders and drivers – A marshals will also be positioned at this point. Please note that the Marshals will not inform Riders when safe to cross, the Marshals will ensure Riders stop and look before crossing. Please exercise extreme care at this crossing

Hazard Point 4: Crossing A590 @40 miles (100 route)/22miles (60 route) heading South & 80.4 mile (100 route)/36.5miles (60 route) heading North (all cyclists)

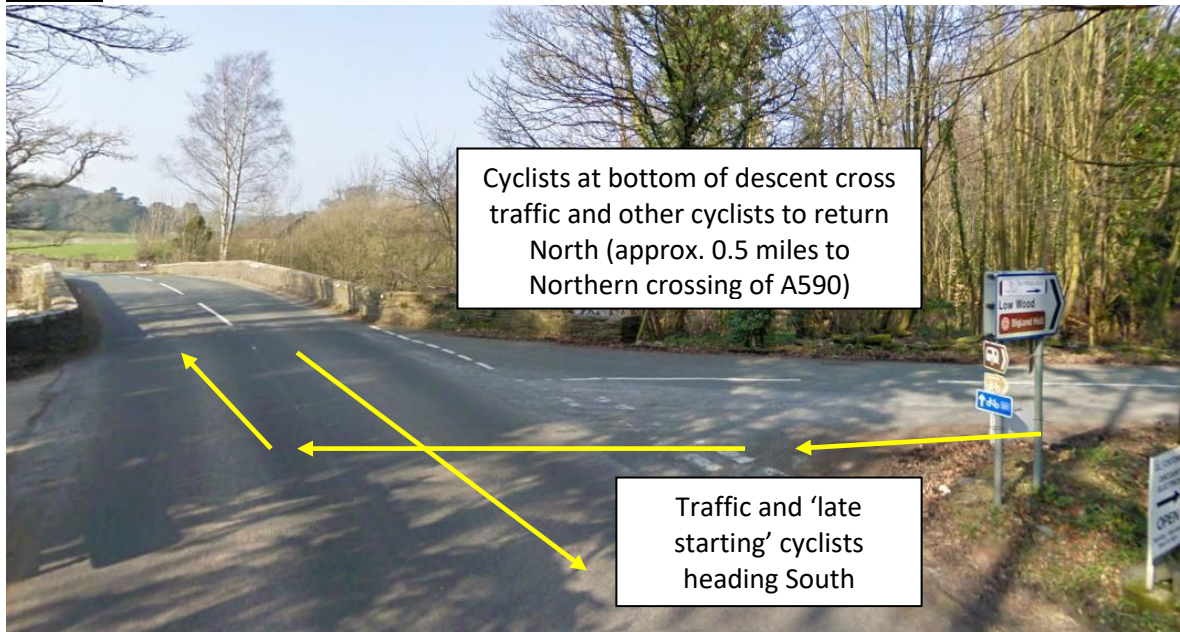


Picture 5: A590 crossing heading South in the direction of the food stop at Cartmel



Picture 6: A590 crossing heading North on the return journey to Grasmere

Hazard Point Description: Riders will cross the A590 heading South and then cross at the same point on the Northwards return journey to Grasmere. Traffic will be travelling at 50mph+ on this main road heading East and West - Riders **MUST STOP** and cross with extreme care, there will be warning signs in place notifying riders and drivers - Marshals will also be positioned on both sides of this junction. Please note that the Marshals will not inform Riders when safe to cross, the Marshals will ensure Riders stop and look before crossing. **Please exercise extreme care at this crossing**

Hazard Point 5: The descent into Haverthwaite @79.6mile (100 route)/36miles(60 route)

Picture 7: Right turn at bottom of sharp descent

Hazard Point Description: Upon leaving the refreshment stop at Cartmel Scout Hut Riders will tackle a long gradual climb (Sorry!) followed by a very fast and technical descent to a T-Junction at Haverthwaite. The road surface on the descent is poor and there is also likely to be loose leaves on the road. If Riders are not familiar with the descent it can be very dangerous as there are several unexpected blind/sharp/narrow bends. At the bottom of the descent Riders will reach a T-Junction and turn right across traffic and across 'later starting' cyclists heading South to the refreshment stop. There will be warning signs in place notifying Riders and Car Drivers at this junction. **Please exercise extreme care at this junction.**

Hazard Point 6: The right turn to Ambleside @95 miles (100 route)/51.5 miles (60 route)

Picture 8: Approaching the right turn to Ambleside

Hazard Point Description: After passing through Hawkshead the road continues towards Ambleside and eventually reaches a right hand turn onto the main Ambleside to Coniston Road. Initially there is a short steep climb to reach the T-Junction. The traffic moves quickly in both directions on this road and the vision is poor looking both right and left. There will be warning signs in place notifying Riders and Car Drivers. **Please exercise extreme care at this junction.**



Picture 9: The right turn to Ambleside from the top of the road

Hazard Point 7: Passing through Under Loughrigg @ 95.7mile (100 route)/52miles (60 route)



Picture 10: Pass through Under Loughrigg

Hazard Point Description: At approximately 52miles Riders will pass through Under Loughrigg, this road is often heavily populated with walkers and parked vehicles. Riders will need to pass with extreme caution! There will be signs in place warning cyclists of pedestrians in the road and warning pedestrians that a cycle event is taking place. Please be courteous to the walkers in the road.

Section 8: Refreshments

Food Stop 1 (100-mile cyclists) - approx. at 39.4 miles

Thwaites Village Hall, Millom, The Green, Millom LA18 5HJ

At this food stop there will be tea, coffee, flapjack and jelly babies. Riders will also be able to refill water bottles.

Food Stop 2 (all cyclists) - approx. at 31 miles for 60-mile cyclists and at 75 miles for 100-mile cyclists

The Scout Base, Cartmel Park, Cartmel, LA11 6QF

The food stop will be at Cartmel Scout Hut. As Riders enter Cartmel Village centre the famous Cartmel Village Shop will be visible. To reach the food stop follow the lane to the left, continuing passed the Village Hall and through the Racecourse Car Park to reach the Scout Hut. On leaving the Food Stop Riders must then **retrace the same route back towards Cartmel Village Shop but then turn sharp left to continue the route back to Grasmere.**

At this food stop there will be tea, coffee and a selection of sandwiches, cakes, and biscuits. Riders will also be able to refill water bottles.

The event is helping to raise funds for Cartmel Scout Hut, and we would be extremely grateful if all Riders would donate £1 to the Cartmel Scouts to thank the Scouts when Riders stop for food. This is not compulsory as the refreshments are included in your entry fee.

We hope that Rider donations coupled with an Epic Kidz donation will go a long way to assist the local Scout Group and their costs for the year and this is a great way to give something back to the local community as we pass through.



Picture 11: The route to and from the Cartmel Scout Hut

Finisher Food

When you reach the Finish at Grasmere Village Hall, we will be serving tea, coffee, and a Finisher's Hotpot meal (with vegetarian/vegan alternative) which is included in your entry fee.

Section 9: Epic Events 'Maillot Jaune' Support Riders



Epic Events 'Maillot Jaune' support riders will be out on the course, starting at regular intervals throughout the morning. The support riders will carry a stock of spares, tools and basic first aid equipment.

Look for the yellow high-viz with 'Epic Marshal' written on the back and stop them if you need them!

These riders will also be acting as 'group leaders' for anyone who cares to join them. They will depart at regular times throughout the morning. The speed of these support riders will vary depending upon their start time with the earlier riders cycling slower.

Section 10: Rider's Finish Times and Photographs

Finish times can be found on the results page of the Epic Events website [HERE](#) and will be live as Riders cross the Finish.

Please remember that we provide the results as a reference of personal performance, the event is not a race and should not be treated in this manner. Times will be listed in alphabetical order by surname, not by fastest time.

All photographs will be available from the Official Photographer's website [HERE](#) within 12-24 hours of the finish, pictures are included with your entry fee and are free to download.

Section 11: Bike Mechanic

There will be a bike mechanic covering this event provided by our sponsors [Croston Cycles](#) at HQ for the start and then following the 60-mile route to Cartmel Food Stop until the final rider has passed through or they have been called out to assist on course.

Section 12: Finally

Have a great day, ride safely and we look forward to seeing you at the Finish for some well-earned Hotpot!!

The Epic Events Team
info@epicevents.co.uk
www.epicevents.co.uk
Tel: 01257 251217

Car Parking

Pay and Display Car Parks available:



Car parking in Grasmere is limited, to avoid congestion please follow the following:

1. PLEASE CAR SHARE WHEREVER POSSIBLE – to reduce disruption to the local area. THIS IS IMPORTANT FOR ALL COMPETITORS AND THE FUTURE OF EVENTS IN GRASMERE!
2. If staying overnight, please leave your vehicle at the accommodation and ride to the start if possible.
3. Consider parking outside Grasmere and ride in where possible.
4. Park responsibly and take minimal space.

The pictures below show areas where you can park, it will be very difficult to find a car park in Grasmere, please follow the instructions provided.

If travelling through Ambleside, please park at White Moss (which will be sign posted) and the lane / small car parks from White Moss over to Dove Cottage. Do not double park or cause obstruction.

