

Watching the race

The race will finish at approximately 3.20pm. The best place to watch the finish will be on the climb up Beast Banks in Kendal.

You can also cheer on the riders along the route as they race through Cumbria. If you are intending to head out to a specific point on the route please make sure you allow plenty of time to get there.

Please do not obstruct competitors in any way, including entering the road as they approach and pass.

Be aware that traffic on the route will be affected and you may find your way closed by the rolling roadblock.

Please be considerate of residents when parking your vehicle, and do not block any residential access.

Approximate timings for key locations in Cumbria:

Brough –	1.32pm
Kirkby Stephen (cycle sprint) –	1.46pm
Great Musgrave –	1.37pm
Kirkby Stephen –	1.45pm
Sedbergh (cycle sprint) –	2.17pm
Gawthrop (King of the Mountains) –	2.32pm
Barbon –	2.43pm
Casterton –	2.47pm
Kearstwick –	2.54pm
Old Town –	2.58pm
Old Hutton –	3.08pm
Hayclose Lane –	3.14pm
Kendal – Castle Street, Beezon Road, Sandes Avenue –	3.20pm
Stricklandgate, Allhallows Lane –	3.21pm
Beast Banks (top) finish –	3.22pm

Race timings

Time schedule for whole route of Stage 4 Gateshead to Kendal –

<https://d2cx26qpfwuhvu.cloudfront.net/tour-britain/wp-content/uploads/2019/07/26092414/Stage-four-timetable-Gateshead-to-Kendal.pdf>