

Suggested Itineraries



*Cycle,
Sail,
Surf!*



① Windsurfing Experience

Experience an action packed four hour windsurfing taster session led by qualified friendly instructors. Hire clothes and equipment or bring your own, plus there is a great leisure shop on-site too.



Sailing, Canoeing, Kayaking and Rowing are also available here.

Accommodation:
Whitwell Hotel; Whitwell
Call: 01780 686555
www.whitwellhotel.co.uk

Pear Tree Cottage; Whitwell
Call: 01780 460258

Rutland Watersports
Whitwell
Oakham
Rutland
LE15 8BL

01780 460154

② Sailing Experience

An unforgettable day where **you** crew a powerful racing yacht around Rutland Water, no matter what level your sailing ability, Rutland 8 Yachts offers a sailing experience that will suit you. Catering for groups from 2-21 people with all **kit provided**, this is an exhilarating day for all.



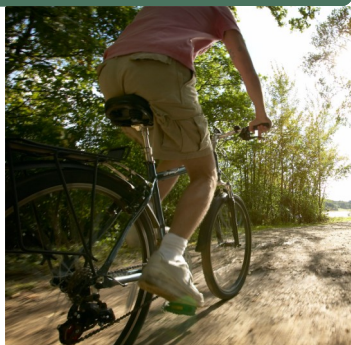
Sail and Supper Offer:
Two hour sailing experience plus a delicious 3 course meal at The Horse & Jockey in Manton for only £55 per person

Rutland 8 Yachts
Gibbet Lane, Edith Weston
Oakham, Rutland
LE15 8HJ

07890 421282
office@rutland8yachts.co.uk
www.rutland8yachts.co.uk

① Cycle around Rutland Water

Hire a bike and explore the **25 miles** of track around the reservoir. There are two convenient depots offering a full range of bikes and equipment for hire and sale, these are at Normanton and Whitwell. Whitwell is the largest shop but both are staffed by dedicated **cycle enthusiasts** who will give you all the advice you need.



Accommodation:
Barnsdale Lodge Hotel; Exton
Call: 01572 724678
www.barnsdalelodge.co.uk

Lakeside B&B; North Shore
Call: 01572 722422
www.thelodgebarnsdale.co.uk

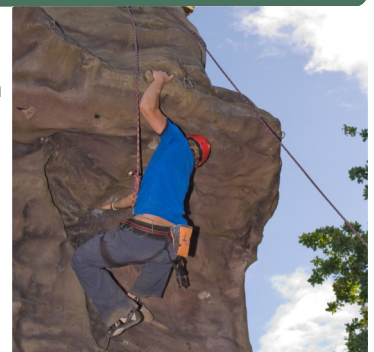
Rutland Cycling
Whitwell Leisure Park
Whitwell
Oakham
LE15 8BL

01780 460705
hire@rutlandcycling.co.uk

Open 7 days a week

① Go Rockclimbing

The Rock Blok is Rutland's premier Outdoor Adventure Facility. Located on the north shore of Rutland Water, they specialise in providing challenging experiences in a safe environment that will test your nerves. With the **High Ropes**, the **Climbing Wall** and a number of other challenging activities they have all you need for a fun and rewarding day out!



Rock Blok
Whitwell Leisure Park
Whitwell
Oakham
LE15 8BL

Eat & Drink:
The Noel; Whitwell
Call: 01780 460347
www.thenoel.co.uk

Harbour Bar & Café; Whitwell Creek
Call: 01780 460077

01780 460705

hire@rutlandcycling.co.uk

Active 2010 Events

17th January
Rutland County International CiCLE Classic 'Cross

1st -9th May
Rutland Walking Week

25th April
East Midlands International CiCLE Classic
A 100 miles road race for professional cyclist taking in countryside from Rutland and Melton

19th June
Dambuster Triathlon
A major fixture on the British triathlon circuit. Competitors swim 1.5km, bike 42km and run 10km.

4th September
The Vitruvian
Witness some amazing feats of athleticism as competitors swim 1.9km, bike 84km and run 21km!

Walking in Rutland

For a pleasant way to explore the country side, visit Rutland Water Tourist Information Centre who offer a wide selection of walks around the county. Titles include 'Oakham Heritage Trail', 'Rutland Heritage Trails', 'Walks in Exton' and 'Walks in Braunston', to enjoy pretty villages and country side.



Events:
Don't miss Rutland Walking Week
May 1st - 9th 2010
www.discover-rutland.co.uk/walkingweek

Sykes Lane
Empingham
Rutland
LE15 8PX

01780 686800
tic@anglianwater.co.uk



www.discover-rutland.co.uk