

# Land Rover Freelander 1 Workshop Manual 2001-2006

## Camshafts - LH cylinder head

Ref: 10.10.02

### Remove

1. Disconnect battery earth lead.
2. Remove camshaft timing belt.  
6.0T ENJUNE - 4 SOHC 5 kW, 4000 rpm.  
Camshaft timing belt.
3. Remove LH camshaft rear timing belt.  
6.0T ENJUNE - 4 SOHC 5 kW, 4000 rpm.  
Camshaft rear timing belt - LH.
4. Remove LH camshaft cover cap.  
6.0T ENJUNE - 4 SOHC 5 kW, 4000 rpm.  
Camshaft cover cap - LH.

5. Remove 4 bolts and remove front camshaft drive belt cover backplate from cylinder head.

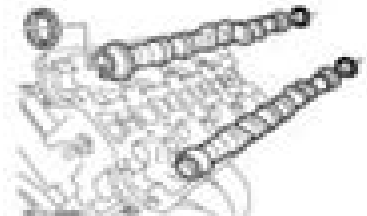
6. Remove 2 bolts securing LH rear camshaft drive belt cover backplate to cylinder head and remove backplate.

### Refit

1. Thoroughly clean and lubricate hydraulic tappets with clean engine oil. Fit hydraulic tappets to original torque in cylinder head.
2. Ensure that mating faces of camshaft carrier and cylinder head are clean and dry.
3. Lubricate camshafts and bearing journals with clean engine oil.

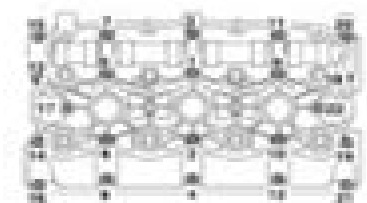


7. Using bolt (2) drive camshaft carrier down until valve spring pressure is released. Remove bolts.
8. Release camshaft carrier from dowels and remove carrier.



9. Remove camshafts and discard all bolts.
10. Using a steel magnet, remove 12 hydraulic tappets from cylinder head.  
**CAUTION:** Store hydraulic tappets in their flow order and store upright. Maintain absolute cleanliness when handling hydraulic tappets. Failure to observe these precautions can result in engine failure.

11. Clean camshafts and bearing running surfaces in camshaft carrier and cylinder head.
12. Inspect camshafts and replace camshafts if scored, tilted or excessively worn.  
**Note:** Camshafts are color coded - their CRANKS: Exhaust - BLUE



1. Rear drive belt cover
2. Bolt - camshaft drive belt inner cover (4 off)
3. Camshaft gear - rear inlet
4. Drive belt - rear camshaft
5. Bolt - inlet camshaft gear
6. Bolt - camshaft rear drive belt outer cover (2 off)
7. Rear drive belt outer cover
8. Bolt - exhaust camshaft gear
9. Camshaft gear - rear exhaust
10. Seal - inlet camshaft, rear oil
11. Inlet camshaft
12. Seal - inlet camshaft, front oil
13. Stud - cylinder head to intake manifold (2 off)

LH cylinder head shown, RH cylinder head similar

# Lander 1 Workshop Manual

**S Ashworth**



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