

LONDON TO EDINBURGH CYCLE CHALLENGE



Monday 2 September to
Monday 9 September 2024



Crisis



Join me this autumn for the challenge of a lifetime



Being homeless is more than a lack of physical shelter; it's the lack of an affordable, safe and secure home.

It's just not right that in our society, people are still forced to go through the trauma of not having somewhere safe to live. I am hugely proud to lead

Crisis, working every day with amazing colleagues, supporters and partners who are as dedicated as I am to ending homelessness.

I've become a cycling enthusiast. Nothing beats escaping the city, experiencing the freedom of the open road and exploring the Great British countryside. This September I am combining a new-found love for cycling with my other great passion of ending homelessness. We will set off on a unique and memorable challenge, a seven day, 450-mile cycle ride from London to Edinburgh to raise money to help end homelessness. I am looking for a small group of people to join me on this challenge and

collectively raise more than £100,000. These funds will enable our Skylight centres in Edinburgh and London to offer life-changing, tailored support to people who are homeless, for as long as it is needed. This is an experience open to everyone, whether you are a keen cyclist or new to the sport. It will take training and preparation of course, but regardless of your level of experience I would love you to join me.

Many of you will have taken part in other challenges in the past but this is a chance to do something different, hugely rewarding, and have a lot of fun at the same time. On this ride you'll make new, lasting friendships; be in an exceptional, supported and professional environment; recover in comfort each evening, in fantastic accommodation including an historic Scottish castle; and complete the challenge safe in the knowledge you have raised money that can directly help people to leave the cycle of homelessness. I do hope you'll be able to join me for this challenge of a lifetime.

Matt Downie MBE
Chief Executive, Crisis

Seven unforgettable days

This is a tough but fantastic challenge, taking place on quiet, scenic roads but with some serious climbs to tackle over seven days.

Every aspect of the ride is planned with precision from the route and stops, accommodation, meals and transfers, to the professional support team of cycle mechanics, medics, physios and Crisis crew who will accompany you every step of the way. This means you can fully focus on the cycling, taking in the beautiful views, enjoying the camaraderie with other riders, and knowing you are raising vital funds to help end homelessness.



Itinerary

Day one

Monday 2 September
London to Cambridgeshire
Distance covered: 61 miles
Total climb: 721 metres

The ride starts here. You will gather in the early morning close to Theydon Bois for registration and briefing, before setting off on the 400-mile experience of a lifetime. You'll pass through picturesque villages as you quickly leave London and take on some gentle rolling hills before arriving in Cambridgeshire for your first evening stop.

Day two

Tuesday 3 September
Cambridgeshire to Louth (Lincolnshire)
Distance covered: 89 miles
Total climb: 768 metres

It's back on the bikes for the next stage of the challenge, heading through Cambridgeshire and into Lincolnshire. Flatter terrain allows you to push on a bit further today. Expect big skies and hopefully a beautiful sunset as you arrive at the historic market town of Louth.

Day three

Wednesday 4 September
Louth to Malton (North Yorkshire)
Distance covered: 78 miles
Total climb: 1,125 metres

Today you'll roll through the gentle hills of the Lincolnshire Wolds, an Area of Outstanding Natural Beauty, and cross over the dramatic Humber Bridge before heading into the pretty market town of Malton, Yorkshire's bustling food capital.

Day four

Thursday 5 September
Malton to Headlam (County Durham)
Distance covered: 70 miles
Total climb: 1,199 metres

There are a couple of larger climbs to really challenge you today, but your focus won't be on your legs. It will be on the spectacular landscape. You'll be riding straight out into the Howardian Hills, another Area of Outstanding Natural Beauty, before finishing the day at Headlam, a small hamlet where you'll be staying at the 17th century Headlam Hall, now a country house hotel and spa.

Day five

Friday 6 September
Headlam to Wetheral (Cumbria)
Distance covered: 67 miles
Total climb: 1,181 metres

You'll need the shorter overall distance today as the first half of the day features some big climbs through more stunning terrain. You'll go through Barnard Castle, hugging the North Pennines Area of Outstanding Natural Beauty before descending into Wetheral near Carlisle.

Day six

Saturday 7 September
Wetheral to Shieldhill Castle (South Lanarkshire)
Distance covered: 79 miles
Total climb: 1,172 metres

Crossing the border, you cycle into Scotland through Gretna Green. A largely flat start with a significant climb in the second half. This night, you will have sole use of an historical Scottish Castle dating back to 1199, set in rolling hills and six acres of gardens and wooded park land.

Day seven

Sunday 8 September
Shieldhill Castle to Edinburgh
Distance covered: 34 miles
Total climb: 448 metres

You've almost made it! Today will be a short ride into Edinburgh. After some rolling gentle hills for the first 15 miles, you will take a steady descent into the wonderful city of Edinburgh. In the evening, you will be invited to a post-race reception and celebratory dinner where you can bask in what you have achieved.

Day eight

Monday 9 September
Edinburgh to London by train

Your bike will be transported straight back to London while you rest your legs on the train with your fellow cyclists.

Route and hotels subject to change.



Places for this exclusive ride are limited to just 20 to ensure you have the ultimate ride experience. We ask that you raise £5,000 in sponsorship.

The registration fee for this event is £1,500.

This covers the costs of all your evening meals, lunch, drinks and snacks enroute, and seven nights accommodation. It also includes the post event celebratory dinner in Edinburgh, two bespoke high performance cycling jerseys and the return journey back to London for you and your bike.

The sponsorship is a significant, but achievable target to reach. We will support you to fundraise through your networks, colleagues and friends.

To take part, you will need to provide the following equipment:



A good quality road bike
– mountain bikes are not appropriate for this ride.



Cycling helmet – this is an essential piece of kit and **you will not be permitted to ride without one.**



Cycling shoes with a clip-in pedal system – worth investing in as this is a tough ride.



Waterproofs – we cannot guarantee the weather!



Cycling computer – to help you monitor your training progress.



Base layers – essential for early starts on each day and changing weather conditions.

Training

Any serious endurance challenge requires training and London to Edinburgh is no different.

You will be covering over 450 miles over seven days, which is no mean feat! It is important to make sure that both you and your bike are in the best possible condition to take on the challenge. With the right preparation, reaching Edinburgh is achievable for everyone, whether you're a seasoned pro or new to cycling. The best way to prepare is to start with short rides and slowly build up to your final daily mileage.

When you register for the ride, you'll receive a welcome email with more detailed training tips and a personalised programme based on your fitness and experience. We will also put you in touch with our dedicated team to discuss your fundraising, and answer any questions you have about the ride.



All you need to know



How do I sign up?

[Register your interest](#) to secure your place. You will be asked to complete a registration form.

I've never cycled this far before. Can I still take part?

Absolutely! This event will be a serious challenge, but with the correct training and preparation it's achievable for anyone with a good level of fitness, and this can be achieved with an appropriate training plan. Once you sign up, you'll receive training tips and a monthly programme to help you prepare.

How much does the ride cost and what do I need to raise?

To take part your fundraising target is £5,000.

Your registration fee of £1,500 covers your accommodation and meals, return transport and bike transfer to London. Crisis will incur these costs to run the event so this must be paid in advance to secure your place on the ride.

When do I have to submit my fundraised/ sponsorship money balance?

We ask that all sponsorship money and funds raised are sent to Crisis at the latest eight weeks after the event (Monday, 4 November). We recommend that you set up a JustGiving page and that way all the money you raise gets automatically transferred to Crisis.

Will I be sharing a room?

No, each person will have their own private room.

What happens to my bike every night and at the end of the challenge?

There is secure storage at every hotel where your bike will be kept overnight. At the end of the challenge, your bike will be transported back to London by van, and you can pick it up when you arrive back in London by train on Monday, 9 September.

I have questions who can I speak to?

Contact the team on cycle@crisis.org.uk and one of us will get back to you.

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