



Great British *CareCycleRelay*

11th – 15th June 2026



MONEY

CHRISTIE & CO

Fulcrum

HOWDEN

**Browne
Jacobson**



Day 1: Edinburgh

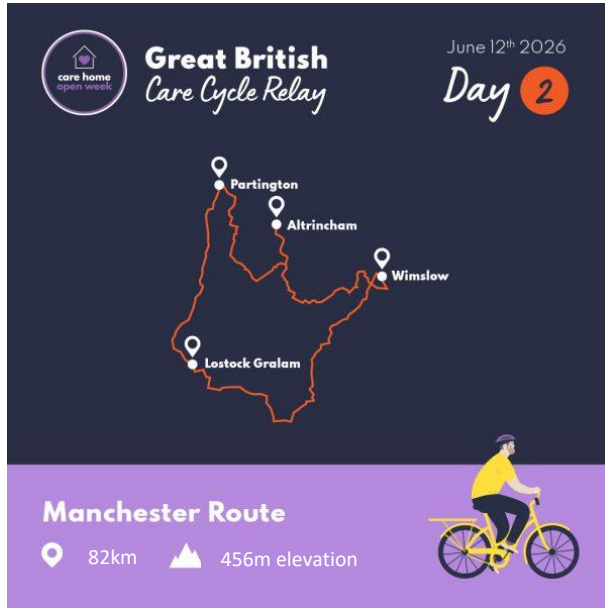


115km, 1129m elevation

The day begins and ends at Glencairn Care Home in Edinburgh. A rolling route will take you around some of the most stunning landscapes that Edinburgh and Fife have to offer. Along the way, we will stop for refreshments at some prestigious care facilities. Some highlights to look out for along the way are the Forth Bridges, the historic village of Culross (where Outlander is filmed) and Linlithgow Palace.

	Date	Care Home Name	Kilometer into ride	Arrival Time	Departure Time
Start	11th June	Glencairn Care Home, 8 Chalmers Cres, Edinburgh EH9 1TR	0	08:00	09:00
AM stop		Bandrum Nursing Home, Saline, Dunfermline KY12 9HR	42k	11:20	12:05
Lunch Stop		Cunningham House, Abbotsgrange Rd, Grangemouth FK3 9JS	73k	13:48	14:48
PM stop		Linlithgow Care Home, HC1, 45 St Ninian's Rd, Linlithgow EH49 7BW	85k	15:28	16:13
Finish		Glencairn Care Home, 8 Chalmers Cres, Edinburgh EH9 1TR	115km	17:53	FINISH

Day 2: Manchester



103 km, 598m elevation

Starting and finishing in Altrincham, Trafford, this lovely route will explore some of the beautiful countryside that south Manchester and Cheshire have to offer. We will enjoy rolling countryside, and stop for refreshments at care homes in Partington, Lostock Gralam and Wimslow, cycling past the well-known attractions of Tatton Park, Dunham Massey, Jodrell Bank and Quarry Bank Mill along the way.

	<u>Date</u>	<u>Care Home Name</u>	<u>Kilometre into ride</u>	<u>Arrival Time</u>	<u>Departure Time</u>
Start	12th June	<u>Timperley Kingsley Healthcare, Altrincham, Greater Manchester, WA15 7JW</u>	0	08:00	09:00
AM stop		Four Oaks Care Home, Partington - 28 Wood Ln, Partington, Manchester M31 4ND	24km	10:20	11:05
Lunch Stop		Acorn Hollow / Acorn Meadow (420 Manchester Rd, Lostock Gralam, Northwich CW9 7QA)	44km	12:11	13:11
PM stop		Wimslow Manor Care Home, 51 Handforth Rd, Cheshire, Wimslow SK9 2LX	80km	15:11	15:56
Finish		Timperley Kingsley Healthcare, Altrincham, Greater Manchester, WA15 7JW	103km	17:13	FINISH

Day 3: East Midlands



110km. 800m elevation

A gentle tour of the East Midlands starting in Chilwell, Nottinghamshire at Adept Care’s impressive Chetwynd House. The home is easily accessible, only 15 minutes from the M1, and there is plenty of on-site parking. After leaving suburbia and crossing the River Trent, we are soon in the rolling Nottinghamshire wolds, heading south towards Leicestershire. A welcome refreshment stop in Rothly will revitalise the riders, ready for the rest of the day. We soon reach the lunch stop in Ashby-de-la-Zouch, after which we start to head north towards Derbyshire and more beautiful countryside. Skirting past the stunning Calke Abbey, we head through the pretty market town of Melbourne, cross over the impressive 1km Swarkestone causeway over the River Trent and towards our afternoon tea stop at Richmond Villages in Aston on Trent. The last leg of the ride takes us past Elvaston Castle, heading back to suburbia and the welcome cheers and refreshments at our destination back at Chetwynd House.

	<u>Date</u>	<u>Care Home Name</u>	<u>Kilometer into ride</u>	<u>Arrival Time</u>	<u>Departure Time</u>
Start	13th June	Chetwynd House Adept Care, Slade Rd, Chilwell, Beeston, Nottingham NG9	Start	08:00	09:00
AM stop		Mountview Care Home – HC One – Rothley	36km	11:00	11:45
Lunch Stop		Ashby Court Care Home – Bupa – Ashby de la Zouch LE65 2PX	67km	13:28	14:13
PM stop		Richmond Villages -Aston on Trent DE72 2ED	90km	15:30	16:15
Finish		Chetwynd House Adept Care, Slade Rd, Chilwell, Beeston, Nottingham NG9	110km	17:21	FINISH

Day 4: Newport (Cardiff)

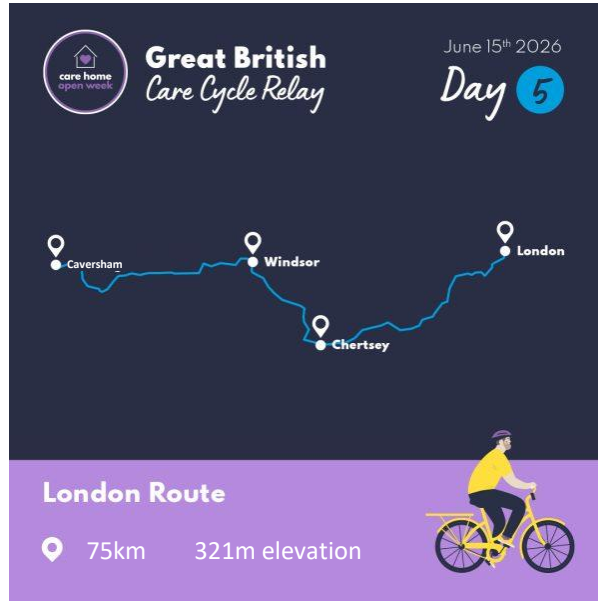


101km. 946m elevation

Setting off from Capel Grange in Newport, the South Wales leg of the Great British Care Cycle Relay will head west, weaving through scenic forests and back lanes before arriving at our first stop in Cardiff for refreshments. Our route will then head southwest from the capital out into the beautiful countryside around Cowbridge before turning southeast to Barry Island, where we'll stop for a second time before taking the coastal route back along the Cardiff waterfront and home to Newport, stopping once more en-route to refuel for the final push.

	Date	Care Home Name	Kilometer into ride	Arrival Time	Departure Time
Start	14th June	Capel Grange Nursing home - Capel Crescent, Newport NP20 2FG	-	08:00	09:00
AM stop		Heol Don Care Home - Bupa, Heol Don, Cardiff CF14 2AU (Bupa)	24km	10:20	11:05
Lunch Stop		Springbank Care Home, Neuadd Went, College Rd, Barry CF62 8HS (Caron Care)	46km	12:11	13:11
PM stop		Hallmark Shire Hall Luxury Care Home, Overstone Court, 6 Overstone Ct, Cardiff CF10 5NT (Hallmark)	63km	14:02	14:47
Finish		Capel Grange Nursing home - Capel Crescent, Newport NP20 2FG	86km	15:49	FINISH

Day 5: Caversham to London



75km, 321m elevation

Cycling through the leafy Berkshire lanes and past Windsor Great Park, we'll take a meandering route into London via the popular cycling location of Richmond Park. You can expect a mostly flat route suitable for both experienced and beginner cyclists.

We will finish our ride in time for the launch of Care Home Open Week.

	<u>Date</u>	<u>Care Home Name</u>	<u>Kilometer into ride</u>	<u>Arrival Time</u>	<u>Departure Time</u>
Start	15th June	<u>Signature at Caversham - 2 Willow View, Caversham, Reading RG4 6LB</u>	-	08:00	09:00
AM stop		Mountbatten Grange, Helston Ln, Windsor SL4 5GG	25km	10:23	11:23
Lunch Stop		CHD Living, Abbey Chase Nursing Home - Bridge Rd, Chertsey KT16 8JW	44km	12:26	13:26
PM stop		Aria Care, Galsworthy House - 177 Kingston Hill, Kingston upon Thames KT2 7LX	62km	14:26	15:26
Finish		<u>Wandsworth Common Care Home – Avery Collection</u>	75km	16:20	FINISH