



Great British Care Cycle Relay

12th – 16th June 2025

Cyclists' Information Document



Where and Why We're Riding



The Great British Care Cycle Relay consists of 5 days of (roughly) 100km each, which aims to raise awareness of care services at the heart of communities across the country.

The first official loop will start in Edinburgh on 12th June, after which the social care flag will travel across the Scottish Borders to York to complete the second loop of the event. Following York, the flag will travel onto Nottingham, then onto Cardiff with a ride in Wales.

The final ride will depart from Brighton travelling up to London finishing in central London where we are planning a Great British warm welcome to the travelling social care cyclists as they finish riding coinciding with the opening of Care Home Open Week on Monday 16th June.



Why You Should Ride and What You Need To Ride

Why you should ride:

- Meet other care home professional contacts from within the health and social care sector
- Visit care homes across Britain as each ride will start and finish at a host care home and will visit 3 others along the way
- Get fit and have fun! A training plan to help with your preparation will be provided along with encouragement from registration to event day
- Be part of the sector's most important bike ride
- Help raise awareness of the amazing work done in care homes
- Ride through some beautiful countryside with breathtaking views – the rides are fully guided so no need to worry about navigating

What you need to ride:

- You will need a recently serviced road bike
- A bike helmet (compulsory)
- Recent experience of completing a 100km cycle (60 miles)

Your Journey



- Each loop will start with a 9am departure from the designated host Care Home. Please arrive an **hour** earlier to ensure you register in time for the briefing and can enjoy the send off
- The estimated time to complete the loop and finish back at the Care Home you departed from will depend on the speed that you and the rest of the group travel at. Plan to be out most of the day
- We recommend you have experience of completing a 100km bike ride previously to make the day more enjoyable
- Refreshments are provided by the host Care Home.
- Three refreshment stops along the route will be provided by Care Homes in the surrounding area. The distance between stops may vary depending on each care home's location. Water and energy bars will be provided to keep you fuelled between stops
- You are welcome to bring a day bag with your personal possessions in it and leave it in the support vehicle while you are cycling so you do not need to cycle with it
- We have a "No Helmet, No Ride" policy. Please wear a helmet while cycling

pie: What We Do and Who We Are



- The event is being managed by pie – a bespoke cycling events company that specialises in organising guided rides within the UK and Europe
- Guided rides set us apart from the rest. Guides are your “on event one stop shop” for everything you need
- We guide all of our events on a ratio of approx. 10:1 so you are always in safe hands
- No worries about map reading or following signs, just follow the guide
- All of our guides are mechanics and some are 1st aiders
- You don’t need to worry if you aren’t a whizz at bike mechanics, our guides will help
- You will need to carry x2 spare inner tubes, tyre levers & a pump to fit your tubes
- Our support vans carry additional bike repair tools and parts plus a spare bike





Relay Overviews




Route



 **Great British Care Cycle Relay** June 12th 2025 **Day 1**



Edinburgh Route
📍 103km 🏔️ 1,060m elevation



 **Great British Care Cycle Relay** June 13th 2025 **Day 2**



York Route
📍 100km 🏔️ 651m elevation



 **Great British Care Cycle Relay** June 14th 2025 **Day 3**




Nottingham Route
📍 111km 🏔️ 709m elevation





 **Great British Care Cycle Relay** June 15th 2025 **Day 4**




Cardiff Route
📍 129km 🏔️ 1,382m elevation



 **Great British Care Cycle Relay** June 16th 2025 **Day 5**



Brighton to London Route
📍 107km 🏔️ 1,158m elevation



June 12th Edinburgh - Route subject to change

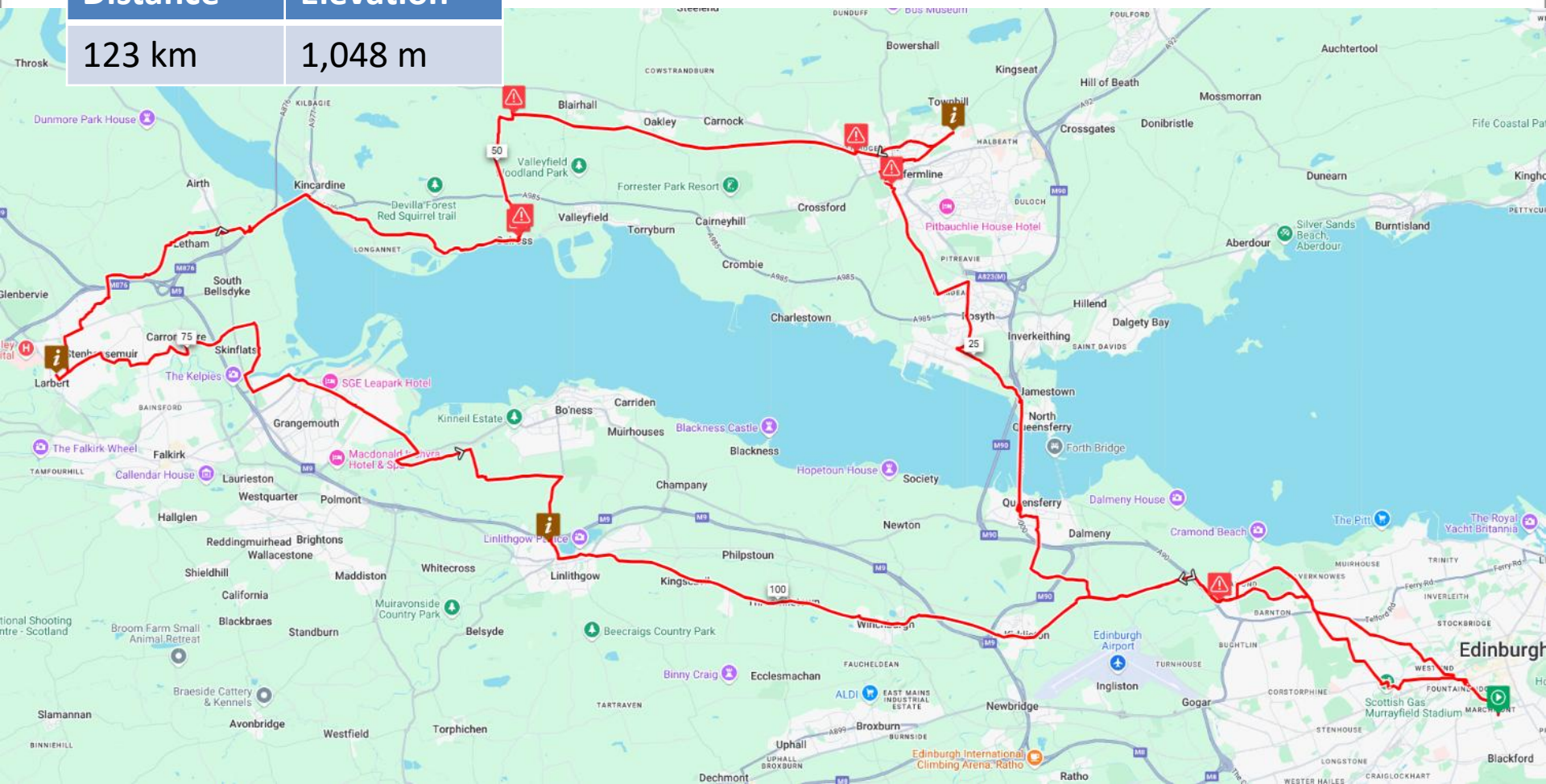


Distance

123 km

Elevation

1,048 m



Edinburgh



Start location – Glencairn Renaissance Care

Finish location: Glencairn Renaissance Care Home

Address: 8 Chalmers Cres, Edinburgh EH9 1TR

Parking – limited parking available at Glencairn Renaissance Care. Alternative on street parking available which may require payment

Nearest train station – Haymarket train station – 10 min taxi or 15 min cycle or Edinburgh Waverley station- 9 min taxi or 8 min cycle

Arrival time – 0800 for event registration, refreshments, collect your cycle jersey, etc

Cyclists' Departure time – 0900

No accommodation provided

3 refreshment stops on the route:

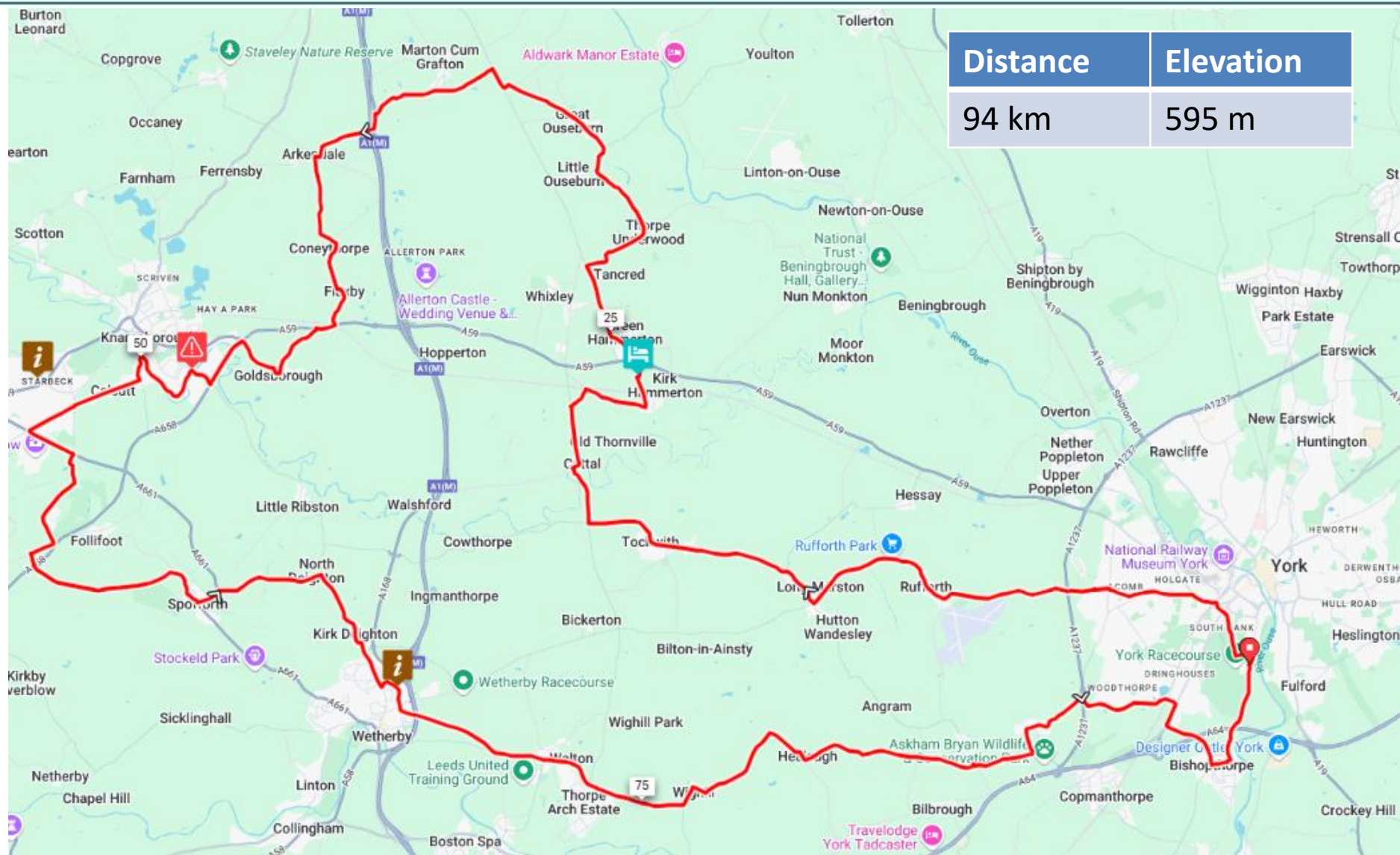
AM stop – Canmore Lodge Care home, 161 Robertson Road, Dunfermline, KY12 0BL

Lunch stop – Caledonian Court Care Home, Care UK, Victoria Rd, Larbert, FK5 4NA

PM stop – Linlithgow Care Home, HC1, 45 St Ninian's Rd, Linlithgow EH49 7BW



June 13th York - Route subject to change



Start - The Chocolate Works

Finish location - The Chocolate Works

Address - Bishopthorpe Rd, York YO23 1DE

Parking - Qpark Barbican, Kent Street, York, YO10 4AH. Roughly 8-minute cycle away from the start location

Nearest train station - York train station, 11 min taxi or 11 min cycle

Arrival time - 0800 for event registration, refreshments, collect your cycle jersey, etc

Cyclists' Departure time - 0900

No accommodation provided

3 refreshment stops on the route:

AM stop - St Johns House Care Home, Parker Ln, Kirk Hammerton, York YO26 8BT

Lunch stop - Vida Grange, Thirkill Dr, Pannal, Harrogate HG3 1FE

PM stop - Wetherby Manor Care Home, St James Street, Wetherby, LS22 6RS



June 14th Nottingham - Route subject to change

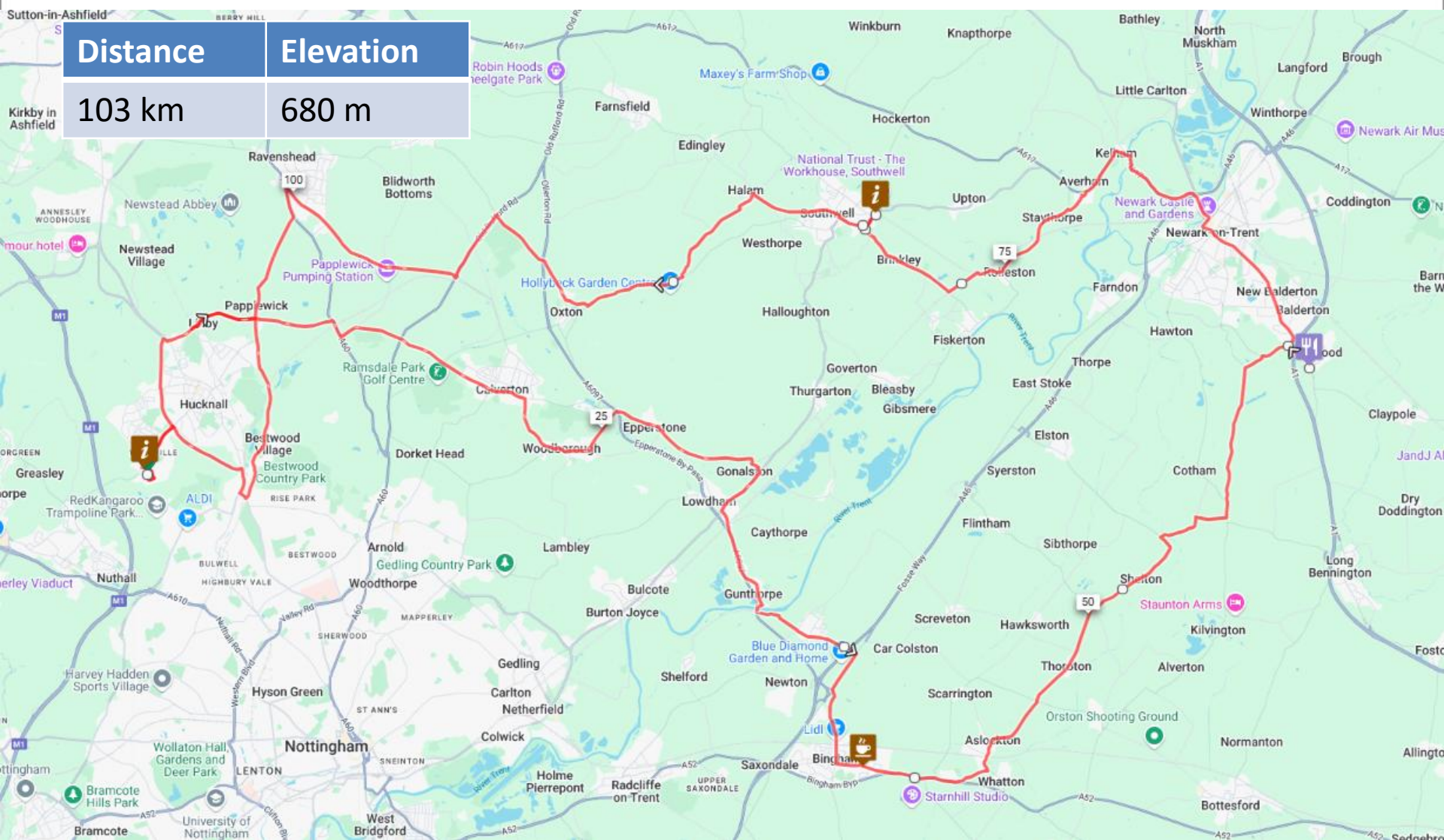


Distance

Elevation

103 km

680 m



Nottingham



Start - Adept Care, Harrier House Care Home

Finish location - Adept Care, Harrier House Care Home

Address - Hurricane Rd, Hucknall, Nottingham NG15 6WN

Parking - Limited parking available at Harrier House Care Home. Alternative on street parking

Nearest train station - Bulwell train station. 13-minute taxi journey, 7 km away.

Arrival time - 0800 for event registration, refreshments, collect your cycle jersey, etc

Cyclists' Departure time - 0900

No accommodation provided

3 refreshment stops on the route:

AM stop - HC One, Fosse Way, 18 Grantham Rd, Bingham, Nottingham NG13 8BW

Lunch stop - Barchester Home, Lancaster Grange Care Home, Cross Lane, Fernwood, Newark NG24 3NH

PM stop - Bondcare, Southwell Court Care Home, Racecourse Rd, Southwell NG25 0TX



June 15th Cardiff - Route subject to change



Distance

125 km

Elevation

1,062 m



Start - Care UK, Llys Herbert Care Home

Finish location - Care UK, Llys Herbert Care Home

Address - Ty-Draw Rd, Cardiff, CF14 0AW

Parking: Limited parking on site. Alternative on-street parking on Hampton Crescent, Cardiff, CF23 6PS

Nearest train station - Llanishen train station. 13 min cycle or 8 min drive away. Mainline station, Cardiff Central or Newport.

Arrival time - 0800 for event registration, refreshments, collect your cycle jersey, etc

Cyclists Departure time - 0900

No accommodation provided

3 refreshment stops on the route:

AM stop - Barchester, Bryn Ivor Lodge Care Home, Newport Rd, Cardiff, CF3 2UQ

Lunch stop - Foxhunters Care Community, Iberis Road, Llanfoist, Abergavenny NP7 9LQ

PM stop - Capal Grange Nursing Home, Newport, NP20 2FG

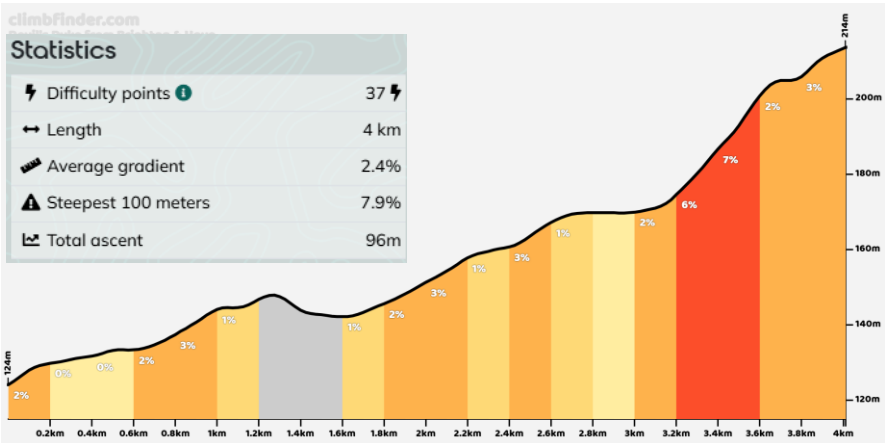


Brighton to London - Route subject to change



Distance	Elevation
110 km	1100 m

Devil's Dyke profile:



Brighton to London



Start location – Hallmark Maycroft Manor

Address – 2-8 Carden Ave, Patcham, Brighton and Hove, Brighton BN1 8NA

Parking – Limited parking at the Maycroft Manor. Alternative on-street parking on Carden Avenue, Brighton, BN1 8NA

Nearest train station – Brighton train station, 10-minute drive or 17-minute bike ride. 4km away

Arrival time – 0800 for event registration, refreshments, collect your cycle jersey, etc

Departure time – 0900

No accommodation provided

No transfers at the end of the ride / return to the start, etc

3 refreshment stops on the route:

AM stop – Ashton House, 6 Bolnore Rd, Haywards Heath RH16 4BX

Lunch stop – Greensand House Care Home, Avery Healthcare, 13 West Avenue, Redhill RH1 5BA

PM stop – James Terry Court, 90 Harling Park Road, South Croydon, CR2 6NF

Finish Location – Loveday Belgravia

Address – 48-56 Ebury Bridge Rd, London SW1W 8QF

Bike storage – Ebury Edge, Community Hall, 43 Ebury Bridge Rd, London SW1W 8DX

Nearest train station – Victoria train station*, 5min cycle

*There are bike restrictions on trains departing between 1600 - 1900



Redhill to London



Start location – Greensand House Care Home

Address – Avery Healthcare, 13 West Avenue, Redhill RH1 5BA

Parking – Limited parking at the Maycroft Manor. Alternative on-street parking on Carden Avenue, Brighton, BN1 8NA

Nearest train station – Redhill train station, 8-minute drive or 12-minute bike ride. 4km away

Arrival time – 1200 for event registration, lunch, collect your cycle jersey, etc

Departure time – 1300/1330

No accommodation provided

No transfers at the end of the ride / return to the start, etc

1 refreshment stops on the route:

PM stop – James Terry Court, 90 Harling Park Road, South Croydon, CR2 6NF

Distance to the finish 50km, 400m elevation

Finish Location – Loveday Belgravia

Address – 48-56 Ebury Bridge Rd, London SW1W 8QF

Bike storage – Ebury Edge, Community Hall, 43 Ebury Bridge Rd, London SW1W 8DX

Nearest train station – Victoria train station*, 5min cycle

*There are bike restrictions on trains departing between 1600 - 1900



Addresses Overview



		Address	W3W	Parking alternative	W3W
Edinburgh	Start	Glencairn Renaissance Care Home, 8 Chalmers Cres, Edinburgh EH9 1TR	///could.swift.holds		
	AM Stop	Canmore Lodge Care home, 161 Robertson Road, Dunfermline, KY12 0BL	///year.slimy.change		
	Lunch Stop	Caledonian Court Care Home, Care UK, Victoria Rd, Larbert, FK5 4NA	///sounding.remarried.decoding		
	PM stop	Linlithgow Care Home, HC1, 45 St Ninian's Rd, Linlithgow EH49 7BW	///allow.fights.emulating		
	Finish	Glencairn Renaissance Care Home, 8 Chalmers Cres, Edinburgh EH9 1TR	///could.swift.holds		
		Address	W3W	Parking alternative	W3W
York	Start	The Chocolate Works, Bishopthorpe Rd, York YO23 1DE	///equal.system.cotton		
	AM Stop	St Johns House Care Home, Parker Ln, Kirk Hammerton, York YO26 8BT	///proofs.disarmed.inched		
	Lunch Stop	Vida Grange, Thirkill Dr, Pannal, Harrogate HG3 1FE	///solved.making.diplomas		
	PM stop	Wetherby Manor Care Home, St James Street, Wetherby, LS22 6RS	///spaceship.smiled.nobody		
	Finish	The Chocolate Works, Bishopthorpe Rd, York YO23 1DE	///equal.system.cotton		
		Address	W3W	Parking alternative	W3W
Nottingham	Start	Adept Care, Harrier House Care Home, Hurricane Rd, Hucknall, Nottingham NG15 6WN	///crisp.birds.drain	On street parking - 9 Shepherd St., Hucknall, Nottingham NG15 6WU	///silly.bake.dizz
	AM Stop	HC One, Fosse Way, 18 Grantham Rd, Bingham, Nottingham NG13 8BW	///adjust.glorified.eminent		
	Lunch Stop	Barchester - Lancaster Grange Care Home, Cross Lane, Fernwood, Newark NG24 3NH	///contemplate.remembers.infringe		
	PM stop	Bondcare, Southwell Court Care Home, Racecourse Rd, Southwell NG25 0TX	///rivers.nudge.unloaded		
	Finish	Adept Care, Harrier House Care Home, Hurricane Rd, Hucknall, Nottingham NG15 6WN	///crisp.birds.drain		

Addresses Overview



		Address	W3W	Parking alternative	W3W
Cardiff	Start	Care UK - Llys Herbert Care Home, Ty-Draw Rd, Cardiff, CF14 0AW, Newport Rd, Cardiff CF3 2UQ	///dimes.aside.claims	On street parking - Hampton Crescent, Cardiff CF23 6PS	///animal.rock.radio
	AM Stop	Barchester - Bryn Ivor Lodge Care Home, Newport Rd, Cardiff, CF3 2UQ	///herbs.slogans.flamingo		
	Lunch Stop	Foxhunters Care Community, Iberis Road, Llanfoist, Abergavenny, NP7 9LQ	///monopoly.flaking.scorecard		
	PM stop	Capal Grange Nursing Home, Newport, NP20 2FG	///blunt.firms.stow		
	Finish	Care UK - Llys Herbert Care Home, Ty-Draw Rd, Cardiff, CF14 0AW, Newport Rd, Cardiff CF3 2UQ	///dimes.aside.claims		
		Address	W3W	Parking alternative	W3W
Brighton	Start	Hallmark Maycroft Manor Luxury Care Home, 2-8 Carden Ave, Patcham, Brighton and Hove, Brighton BN1 8NA	///sands.loans.weedy	On street parking - Carden Avenue, Brighton, BN1 8NA	///extra.hugs.shins
	AM Stop	Ashton House, 6 Bolnore Rd, Haywards Heath RH16 4BX	///line.barn.crops		
	Lunch Stop	Acorn Court Care Home, Redhill, RH1 2PE	///films.claims.tune		
	PM stop	James Terry Court, 90 Harling Park Road, South Croydon, CR2 6NF	///spirit.fight.link		
	Finish	Loveday Belgravia, 48-56 Ebury Bridge Rd, London SW1W 8QF	///ruby.firmly.tidy		

Care Home Open Week Launch



For those who have registered on the ride, they will be sent a separate invitation for the launch event, which you will need to RSVP to if you are looking to attend.

Care Open Week will be launched at:

Loveday Belgravia

Address - 48-56 Ebury Bridge Rd, London SW1W 8QF

Dress code: business casual. A change of clothes will be required

We hope to finish the ride by 1600 at Ebury Edge, with the Care Home Open Week launch due to take place at 1800.

If you are on the Brighton to London bike ride you can leave your bike here:

Bike storage - Ebury Edge, Community Hall, 43 Ebury Bridge Rd, London SW1W 8DX

Nearest train station - Victoria train station*, 5min cycle

There will be changing facilities at the Loveday Care home. You are welcome to bring a small bag with a change of clothing and leave it in the pie support vehicle while you ride.

Travel - Bikes & People



Travel to the start of your ride and from the end of your ride is not provided.

Please ensure you have your own travel arrangements in place to get to the start of the ride and onward travel from the end.

Some Care Homes have limited parking. To ease parking concerns please car share with a colleague to the start of the ride if you are able to.



WhatsApp Groups



WhatsApp groups have been set up for all riders for each day. Please scan the QR codes below to join the correct day.



**Edinburgh - Great British Care
Cycle Relay 2025**
WhatsApp group



Scan this QR code using the WhatsApp
camera to join this group



**York - Great British Care Cycle
Relay 2025**
WhatsApp group



Scan this QR code using the WhatsApp
camera to join this group



**Nottingham - Great British Care
Cycle Relay 2025**
WhatsApp group



Scan this QR code using the WhatsApp
camera to join this group



**Cardiff - Great British Care Cycle
Relay 2025**
WhatsApp group



Scan this QR code using the WhatsApp
camera to join this group



**Brighton - Great British Care
Cycle Relay**
WhatsApp group



Scan this QR code using the WhatsApp
camera to join this group

Strava club pages have been set up for each Care Home Ride. Feel free to join the club that is relevant to your ride.

[Edinburgh](#)

[York](#)

[Nottingham](#)

[Cardiff](#)

[Brighton](#)



The screenshot shows a Strava club page for 'Championing Care Homes - Edinburgh'. The header includes the Strava logo and navigation links: Dashboard, Training, Maps, and Challenges. A 'Start Trial' button is visible. The main banner features the text 'Join the Great British Care Cycle Relay! 12th - 16th June 2025' and an illustration of a person on a yellow bicycle. Below the banner is a 'care home open week' badge with a 'Remove' button. The club name 'Championing Care Homes - Edinburgh' is displayed with an 'Edit Club' button. The location is listed as 'Edinburgh, United Kingdom'. A description states: 'The Great British Care Cycle Relay is 5-days of riding which aims to raise awareness of care services at the heart of communities across the country. Cycling 100km loops from Edinburgh, York, Nottingham and Cardiff, we finish the relay with a Brighton to London ride riding in to coincide with the start of Care Homes Open Week.' Another line of text says: 'To celebrate the length and breadth of care homes across the country participating in Care Home Open Week, the Cycle Relay will fly the Championing Social Care flag high, celebrating all the wonderful people and services in social care.' An 'Add Club Event' button is at the bottom.

As a cycling events company we are well aware of the way technology and the sport of cycling are intertwined. As a leading organiser of cycling events, we make the safety of our clients and staff our top priority. We appreciate that many of our cyclists like to record their rides on apps such as Strava. However, we ask that such apps should never be used on our rides to encourage racing with other cyclists. Should you use such apps to race, you may be excluded from our Tour Liability Cover. This applies to clients and pie staff.

IMPORTANT

We require you to wear a helmet at all times while on your bike



If your helmet is more that 3 - 5 years old, please look to replace this before the event. Helmets over time can perish, from UV sunlight, general wear and tear along with exposure to sweat and the elements.

Suggested Kit List



Here is a suggested kit list:

- Bike (a road bike is highly recommended)*
- Helmet (mandatory)
- Bike pump (that either fits on your bike, or can be transported in your cycle jersey)
- Spare tubes to fit your wheels
- 1 or 2 water bottles in cages on your bike
- Cycle shorts
- Cycle jersey – provided on the day at the start location of the relay
- Cycle gloves
- Wet weather gear
- Sun-cream
- Change of clothes for after the ride (NB. there are no showers or changing rooms provided)
- Any specialist equipment needed for your bike (see next slide)
- Day Bag (optional). We can put this in our support vehicle, and you will have access to this at the end of the ride. It should contain wet weather gear if the weather isn't looking too good, a change of shoes, a change of clothes or warm jacket for the finish.
- Mobile phone (with zip lock bag to put it in in case of rain)

*please contact us if you are on an electric bike



Kit List



During the event, our support vehicles will contain a toolbox and a spares parts box with equipment in to repair your bicycle. However, with the ever-changing make up of bicycles, we don't stock every possible item. We therefore ask clients to provide their own bike specific spares:

- Disc brake pads – 1 pair minimum. Disc brake pads vary across all bicycles. We have a universal pair but sometimes these may not fit your bicycle.
- Drop out hanger – we do carry emergency/universal ones, but these may not fit.
- Specialist spokes – we have a selection of traditional spokes to cover emergencies. However, those are only a temporary fix.
- Tyres – we carry 25 x 700 tyres. If you are running tubeless tyres, we suggest that you carry a tubeless repair kit.
- Tubes – we will carry 25 x 700 tubes, but if you regular ride with larger inner tubes, we recommend you bring those with you.
- Fluids – not all tubeless sealants mix with one another. If you have a specific sealant in your wheels we recommend bringing a small amount with you.
- Electric gear charging kits i.e. Di2, SRAM
- Electric bike battery charging kits



Edinburgh



[Matt Piercy - Event Manager](#)



[Mark Grange - Bike Guide](#)

York



[Clare Appleby - Event Manager](#)



[Matt Piercy - Bike Guide](#)



[Mark Grange - Bike Guide](#)

Staff for each Care Home Loop



Nottingham



[Clare Appleby - Event Manager](#)



[Matt Piercy - Bike Guide](#)



[Mark Grange - Bike Guide](#)

Cardiff



[Clare Appleby - Event Manager](#)



[Matt Piercy - Bike Guide](#)

Staff for each Care Home Loop



Brighton



[Paul Rayfield- Event Manager](#)



[Matt Piercy - Bike Guide](#)



[Simon Cooper- Bike Guide](#)



[Andrew Payne - Bike Guide](#)

Emergency Procedures 1



All cyclists will be provided with an emergency card providing the contact details for the Event Manager and other pie staff. Should a cyclist not receive an emergency card, they should request one from a pie member of staff, who will pass on the emergency contact information to them. All cyclists are required to reduce the risk of an accident occurring as far as possible for the duration of the event.

In the event of an emergency

In the event of an emergency, our staff will instruct you as to the appropriate actions they would like you to take. It is important you follow these instructions; however if you feel these instructions put you in more danger than acceptable, you are entitled to discuss this with our staff member and agree a course of action.

Once all cyclists are safe, the pie staff member will call the Event Manager, who will then decide on the best course of action. This may involve a re-organisation of the logistics of the event, and in extreme cases, may mean the event is temporarily stopped, or terminated entirely. If the emergency involves a member of pie staff, and there are no other pie staff in the immediate vicinity, you should follow the following course of action:

1. Ensure you, your fellow cyclists and members of the general public are as safe and as comfortable as possible
2. If necessary, call the emergency services
3. Call the pie Event Manager to tell them the nature of the incident and your location – the contact details can be found on your emergency card
4. If it is safe to do so, you must **stay where you are**. If not, you should move to a safe location nearby
5. Please follow the instructions given to you by the pie Event Manager or the emergency services on their arrival

Emergency Procedures 2



If the emergency involves you or a fellow cyclist on the event, and there is no pie member of staff in the immediate vicinity you should take the following course of action:

1. Ensure you, your fellow cyclists, and members of the general public are as safe and as comfortable as possible
2. If necessary, call the emergency services
3. Call the pie Event Manager to tell them the nature of the incident and your location – the contact details can be found on your emergency card
4. If it is safe to do so, you must **stay where you are**. If not, you should move to a safe location
5. Please follow the instructions given to you by the pie Event Manager, pie member of staff or the emergency services on their arrival

After the incident

After the incident, the Event Manager may ask to meet you to note down the details of the incident. This is for the purposes of our own records, and for use in improving our emergency procedures. We would be grateful if you could comply with this request, and provide a full and honest account of the incident.

General procedures – group activities

When undertaking an activity as part of a group (a cycle ride), it is vital unless instructed to do so, **that all members of the group stay together**. This makes things easier for us to co-ordinate a plan of action and is safer for you and your fellow cyclists. Should you not stay with your group, we cannot be responsible for you and we reserve the right to remove you from the event entirely.

Contact Details



Care Homes Contact: Vishal Shah

Email: vishal.shah@banyancare.co.uk

Mobile: 07977 002 744

pie Office contact: Tina Makin

Email: tina@pieevents.co.uk

Mobile: 0797 096 3040

Office: 01932 460090

pie Office contact: Tom Gregory

Email: tom@pieevents.co.uk

Mobile: 07785 619972

Office: 01932 460090

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