

#ADVENTUREatYOURSIDE
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Schedule 1

TOUR DE ST JOHN'S

St John's Hospice hits the open road again in 2026 with a brand-new fundraising cycle challenge: The Tour de St John's! This 3-day cycle will tour the area that St John's Hospice provides care to, across 3 counties – North Lancashire, North Yorkshire and into Cumbria and the South Lakes.

Whether you are an experienced cyclist or just getting into the saddle, you're welcome to join the tour team and raise vital funds for St John's Hospice!



CHALLENGE HIGHLIGHTS

- Conquer a cycle challenge that encompasses the vast area that St John's Hospice provides vital care to
- Experience the dramatic landscapes 3 counties
- Celebrate the 40th birthday of St John's Hospice from the saddle!

CHALLENGE OVERVIEW

- **Date of event:** 15th to 17th May 2026
- **Duration:** 3 days
- **Cycling days:** 3
- **Distance cycled:** 159 miles approx. (subject to challenge examination)
- **Accommodation:** Hostels
- **Challenge grading:** TBC following challenge examination

ITINERARY

Day 1 Hospice to Ingleton via Trough of Bowland

Following registration at the hospice we head south from Lancaster to Garstang for approximately 12 miles before heading in a north easterly direction to reach Trough Road. The terrain over our first 20 miles is largely flat but before we join Trough Road, we will take a well-earned rest to prepare ourselves for the climbing that lies ahead of us. After some snacks and refreshments, we head across the Trough of Bowland to Dunsop Bridge and then climbing north towards Slaidburn, going over Cross of Greet where we will have gained 250m in height above sea level and where we will be able to take advantage of the views across Gisburn Forest and the higher hills of the Forest of Bowland. Thankfully, the last 9 miles of our route are largely downhill as we head to Ingleton for our overnight stop.

Distance - 48 miles approx.
Ascent - 4,612ft approx.
Descent - 2,818ft approx.

Day 2 Ingleton to Langdale via dent and Barbondale

Our morning starts from our accommodation in Ingleton with a climb to Dent and then we descend steadily to Sedbergh where we can take a moment for some rest and recovery!

Day 2 Ingleton to Langdale via dent and Barbondale cont.

Our route continues to undulate across the south Lake District via Beck foot, Meal Bank and Skelsmergh to Staveley where we can get some refreshments at our water stop and prepare for our final 15 miles to Ambleside. To reach our overnight destination in Langdale, our route continues to undulate to Troutbeck before reaching the shores of Windermere and finally our accommodation in Langdale.

Distance - 46 miles approx.
Ascent - 5,096ft approx.
Descent - 3,672ft approx.

Day 3 Langdale to Hospice via Windermere, Arnside and Silverdale

Today's route although the longest, has the least amount of climbing involved which we will be glad of after two tough days in the saddle! From Ambleside we head south along the Shores of Lake Windermere to Grange Over Sands. This first approximately 20 mile section is the hilliest of the day, and we can look forward to a 'flatter' route as we make our way towards Lancaster following the coast to, Arnside, Levens, Milnthorpe and Carnforth where we make our final stop of the challenge.

Day 3 Langdale to Hospice via Windermere, Arnside and Silverdale

Our final 20 miles push sees us continue along the coast to Morecambe, Heysham, Overton and finally back to the hospice in Lancaster, where we will cross the finish line and celebrate our achievements with a glass of fizz and our medals proudly hung around our necks!

Distance - 65 miles approx.
Ascent - 3,244ft. approx.
Descent - 1,982ft approx.

(Itinerary correct at time of printing. Distances, route and itinerary are strictly subject to change following risk assessment and challenge examination)



Costs, service levels and deposits

Costs are based on departing the UK in 2026. Each participant registers directly with Global Adventure Challenges at a cost of £99.00, non-refundable. The costs below are payable no later than 9 weeks prior to departure.

Payment Options

Option A - Minimum Sponsorship ([Learn more](#))
Registration Fee £99 + Min Sponsorship £1295

Option B - Self-Funding ([Learn more](#))
Registration Fee £99 + Self Funding £652 +
Fundraising Target £643

Included before the challenge

- Personalised account hub that houses all challenge support information to ensure participants are fully prepared for the challenge
- Support documents to aid preparation including but not limited to further information about the challenge, detailed challenge itinerary, kit lists, training plan/schedule, fundraising advice
- A dedicated Customer Care team supports each participant from registration and is always on hand to answer queries
- Public Liability Insurance

Included before the challenge cont.

- Online presentation to aid preparation
- GPX files – sent one approx. 2 weeks before challenge
- Full challenge administration & risk management including but not limited to challenge specific risk assessments, route planning including on the ground recce, emergency management plans and medical screening of participants

Included on the challenge

- 4 x GAC Event Crew for 20-24 riders / 5 experienced and professional GAC Event Crew for 25-59 riders – Event Manager, Bike Mechanic, Support/Luggage transfer, 2 x Route Markers
- 3 x support vehicles for 20-24 riders, 4 x support vehicles for Event Manager, Bike Mechanic, Support/Luggage transfer, Route Markers
- 2 nights' accommodation at YHA (4 – 8 bed dorms)
- All meals starting with lunch on day 1 through to lunch on day 3
- Additional snacks, energy powder and drinking water
- Basic bike spares
- Hard copy route guides for all participants
- Fizz at the finish
- Challenge medal

Included on the challenge cont.

- GAC 24-hour emergency on call team
- Comprehensive first aid / medical kits for GAC Event Crew
- Accommodation, travel and subsistence costs for GAC Event Crew on the night before the challenge

Not included on the challenge

- Personal travel insurance
- Alcoholic drinks
- Tips and gratuities
- Any start or finish venue fees
- Transfers of participants or bikes

