Phyllis Tuckwell's PEDAL TO PARIS
Fundraising for your new Hospice

Frequently Asked Questions

Where is the start and finish?
The ride will depart from Phyllis Tuckwell Hospice, Farnham and end in the centre of Paris.

What is the route?
You'll have the opportunity to experience magnificent English countryside as you depart Farnham on your way to Newhaven, along with picturesque French rural landscapes as you enter France via Dieppe. A high level day by day itinerary is available in our participant pack.

The terrain throughout the challenge is relatively flat with some rolling hills that make the ride challenging but very much accessible to everyone!

How long is the Ride and how hilly is it?
The ride will cover a total distance of approximately 333 kilometres and a climb of around 8,200 feet over the four days, and includes a good balance of flat and rolling hills interspersed with a few larger hills which will test your legs!

What sort of roads / surfaces will we encounter?
Cycle4Good aim to keep away from built up areas and main roads unless this is unavoidable and try to keep to hard or compact paths and country roads.

What happens on a typical days cycling?
Cycle4Good's priority is to get the entire group to your destination safely and as one.

Consequently they break down each day into a series of legs which are broken up with short stops where they let everyone catch up, have a short rest and take on water and snacks ('Water Stops'). This is complemented by a proper 'Lunch Stop' which is either a picnic or in a café / restaurant.

They usually start the day with breakfast in your hotel. You will meet ready to cycle at a prescribed time and before you set out for the day, your ride leader gives the group a briefing about the days plan and the first leg.

You then set off as a group with a Cycle4Good rider at the front and one at the rear. As everyone's pace is different the group will become spread out and Cycle4Good ask the stronger riders to act as "human signposts" at junctions when asked to by the front rider, and then if they wish to they can stretch their legs and cycle back to the front to do the same again.

The 'journey is very much your destination' and Cycle4Good encourage riders to have fun and support each other. The Cycle4Good riders are on hand to help all members of the group throughout the day.

If you have mechanical problems, Cycle4Good will fix them if they can but if not, they will either lend you one of their own bikes, or call up a spare bike and they will stay with your bike until their support vehicle recovers it. If you are not good with punctures the team will also be on hand to get you up and running again without delay!

When you arrive at your hotel each night your bags should be waiting for you and wherever possible Cycle4Good try to sort express check-in. They book local restaurants or the hotel restaurant in advance and usually meet for a drink before you eat together. During dinner, if it is appropriate, the ride leader reviews the day and asks for feedback/questions and then confirms the next day's departure details.

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How much do I have to raise?

The minimum sponsorship level for this challenge is £2,000pp. (However, self-funding options are available and shown below.

EVENT COSTS pp - £950 (estimated) Minimum donation to PT £1,050 TOTAL - £2,000pp (minimum to be received)	REGISTRATION FEE (Non-refundable)	AMOUNT TO BE PAID DIRECTLY BY PARTICIPANT (Excluding Registration fee)	MINIMUM SPONSORSHIP TO RAISE (Excluding Gift Aid)
FUNDING OPTION 1 (Fully funded by participant)	£200	£1,800	£0
FUNDING OPTION 2 (Part funded - Event costs funded by participant)	£200	£750	£1,050
FUNDING OPTION 3 (Fully funded by participant raising sponsorship)	£200	£0	£1,800

Who is the Event organiser responsible for the ride?

Cycle4Good, a well-established, professional organiser of charity bike rides. www.cycle4good.com

What is Phyllis Tuckwell's role?

Phyllis Tuckwell is both the Promoter and Beneficiary of this challenge. We will be supporting the riders in their fundraising and receiving all funds raised. Cycle4Good will invoice Phyllis Tuckwell for the basic estimated event costs (£950pp) and all money raised in excess of these event costs will be kept by Phyllis Tuckwell.

How much are Cycle4Good charging Phyllis Tuckwell to organise this ride?

Nothing! Cycle4Good are a non-profit organisation, run entirely by volunteers. They want the charities they work with to benefit as much as possible from the funds raised. They even cover their own costs for taking part in the ride! It is only those who are in the support vehicles whose costs are covered by the ride costs. They volunteer their time and skills. Should there be any surplus from the ride costs – then Cycle4Good will donate these back to Phyllis Tuckwell.

What will Phyllis Tuckwell spend the money raised on?

All funds raised (net of event costs) will go directly to support the building of the New Hospice. Should we be successful in raising the final £1 million required before this challenge has been completed then all donations received will be spent directly on patient care.

What is included in the trip costs?

- 4 nights' accommodation based on sharing a room (all riders will be offered the option of paying a single supplement if preferred, and subject to availability. Every hotel and restaurant is pre-booked by Cycle4Good.)
- All food (except on ferry) and soft drinks, snacks and water during the day
- Ferry crossing to France
- Transportation of your bike back from Paris to Farnham
- Support team & vehicles
- Mechanical support and basic spare parts
- Branded cycling jersey

Not included

- Your bike, helmet and personal/cycle equipment
- Any food/drink required on the ferry or drinks/snacks when not riding
- Personal snacks, coffees, hydration/energy drinks/pouches or the like
- Personal travel insurance
- Bike insurance
- Personal spending money for souvenirs and drinks
- Return journey to Farnham - **participants must pay for and make their own arrangements**

What support team accompanies the ride?
Number of Cycle4Good team: 6 – 8 total (usually 3-6 riders and others in support vehicles/vans. Included in the support team will be a first aider (usually a paramedic or doctor and a mechanic and/or riders that can carry out basic repairs).

We also hope to have a member of the Phyllis Tuckwell team participating in the ride and a further team member in the support team.

What happens to my luggage while I am on my bike?
All bags are moved in the support vehicles. Usually you will not have access to your Night Bag during the day which will be at the hotels on your arrival.

Everything you might need during the day should be in your Day Bag which will be available to you as often as possible during the day.

Where will we be staying?
You will be staying at 3 and 4 star hotels which vary from chain hotels such as Premier Inns, Novotels and the like combined with local hotels of character whenever this is possible.

Accommodation is based on sharing a room, but all riders are offered the option of paying a single supplement if preferred, and subject to availability.

How do I get back from Paris?
All riders are responsible for their return journey to the UK and most choose either train (Eurostar) or fly. As your bike is brought back for you, you will only have your Day and Night bags to bring back with you.

How does my bike get back to the UK?
Your bike will be transported back to UK where it can be collected on your return from Phyllis Tuckwell Hospice, or if more convenient and with prior arrangement, from Cycle4Good's base outside Milton Keynes.

Can I extend my stay in Paris?
As you will need to make your own arrangements for your return trip this is down to you.

If I have someone joining me in Paris what do I need to know?
If you have a partner and/or friends joining you in Paris, and you wish them to join us at the finish, please let Cycle4Good know well in advance and they will help keep you updated on your estimated finish time. They are also welcome to join the celebration dinner but Cycle4Good will need to know numbers and collect payment, again well in advance. Finally if you wish a partner to be added to your room, Cycle4Good will need to know to ensure the right room type is selected for you, and please note that any additional cost will be an additional cost to you. If you wish to spend additional nights in our Paris hotel this will be down to you to arrange and we will be able to provide the hotel name early 2025.

Do I need to wear a cycle helmet?
Yes, you must wear a cycling helmet to take part in this event, it will be a requirement of the ride. Cycle4Good also ask that you do not wear head phones whilst cycling as these increase the risk of accidents.

What type of bike do I need?
It is the rider's responsibility to provide their own bike to use on the ride, in good roadworthy condition. Ideally the same bike would be used for both training and the challenge.

Road and good hybrid bikes are most suitable for this ride. Mountain bikes or other basic bikes are not suitable particularly if you are a relatively novice rider as you will hold the group up.

Can I use an e-bike?
Yes, with Cycle4Good's prior agreement you can use a good quality purpose built e-bike, but not any other forms of bike that have been adapted or enhanced, or has a battery charging system that cannot be safely recharged at a hotel.

If you are considering using an e-bike please discuss this first with Chris Blackham at Cycle4Good so he can confirm it is acceptable and recharging will be possible.

Do I need to get insurance?
Yes, you will need personal travel insurance, sufficient for this challenge, and to cover your equipment/belongings including your bike. This must also cover your medical and emergency repatriation costs and liability to the public, including other riders in the UK and France. Several schemes are available on line if you search Cycling Travel Insurance Europe and Cycle4Good would note that British Cycling has an arrangement with Bikmo.

Can I take part on my own?
Yes, you are very welcome to sign up on your own. There will likely be many others who are on their own and it will be a friendly/social trip as well as being a physical challenge. There will also be an opportunity to meet up beforehand so you can get to know others taking part as well as a WhatsApp group which you are welcome to join too.

Can I take part as part of a group?
Yes, you are very welcome to sign up as a group of family, friends or colleagues.

Are there any age restrictions?
All riders must be aged 18 or over on the 10/09/2025.

What happens if the minimum number of riders is not met by the registration closing date of 31/1/25?
A review of participant numbers will be taken at the end of January 2025. Cycle4Good will determine whether the ride can go ahead. If minimum numbers are not met, then those who have registered will either be offered a refund of their registration fee, or a place on a future ride.

Are there any other conditions when the ride would not go ahead?
There may be circumstances out of Cycle4Good's control which necessitate cancellation, rerouting, or rearrangement of the ride. These may include exceptional weather conditions, issues with key hotels, strikes or failure of transport such as ferries etc. Cycle4Good will always endeavour to produce a safe and quality challenge, but if this is not possible or the risk level is unacceptable they reserve the right to make amendments to the ride, rearrange or cancel.

In such circumstances they will endeavour to recover and return whatever costs they can but riders should ensure they have travel insurance in place from the time they register, to enable them to be protected by any cover that may be included for cancellation.

How fit do I need to be?
You do not have to be a seasoned cyclist, as long as you can ride a bike and are prepared to take on training in preparation to complete this event, then this challenge is for you! Support and guidance will be given for training and preparation in the months leading up to the challenge.

What fundraising support will I receive?
Once you've signed up, you'll receive a welcome email from a member of the Phyllis Tuckwell team who will be your point of contact from registration until after the event. We will then aim to meet you either in person or virtually to see how we can help you, as the support that everyone needs will be different. We can offer advice, fundraising ideas, resources and equipment to support your fundraising efforts. We will be on hand to support you every step of the way!

Do you provide a Ride Cycle Jersey?
We do, and we will all be wearing them as we cycle into Paris on our final day!

Please note that the Cycle4Good Rider Information Form asks you for your shirt size and because cycle shirts usually come up very tight, they rarely see anyone who has chosen a shirt that is too big, but much more often they see individuals who have requested their normal shirt size squeezing into a shirt that looks uncomfortable for them. If you don't know your cycle shirt size pop into a cycle shop and try some on or failing that go for a size up if you are in any doubt.

Can we fundraise as a team?
Yes, if you are taking part with others, you are welcome to fundraise as a team.

Are there any opportunities for companies to sponsor this ride?
Yes! There are different corporate sponsorship opportunities available. If you work for a company who would be keen to learn more, then we would love to hear from you – please email pedaltoparis@pth.org.uk

When should I start training?

It's never too soon to start but assuming you are not a seasoned cyclist we recommend you use the winter months to work on your general fitness. In addition, if you have access to spin classes or indoor bikes of other kinds these are a great way to prepare your body for time on the bike but be careful to build sensibly so as to minimise injuries and discomfort.

We recommend you delay getting on your bike outside until late Spring when the weather is improving and the roads are a little safer.

The key after that is to build your weekly miles over the summer to the point where you are very comfortable regularly cycling 15 to 20 miles in rolling countryside and are happy increasing this to over 30 miles from time to time. We like to set ourselves a weekly target that builds over the period and plateaus at its peak during the month before the ride. Winding down before the ride is also key as is making sure you let your body rest and recover before rides.

A steady pace and regularly fuelling your body and hydrating is the key to distance cycling so don't forget to take healthy snacks with you and eat before you are hungry and keep taking on board water.

When should I register?

As soon as possible! Places are limited on this challenge so pay your registration fee and secure your place. Registration will close on 31/1/25 or earlier should maximum numbers be reached.

What further information will I get after registration?

Both Cycle4Good and Phyllis Tuckwell will at appropriate times email you to keep in touch, provide additional information and give updates and news about the Challenge. This should include everything you need to know particularly as we get close to the event.

What if I have other questions I need help with?

We are here to help!

If they relate to Phyllis Tuckwell, fundraising or payments just address these to Fiona Chapman, Events Fundraiser on 01252 729446 or by emailing pedaltoparis@pth.org.uk

If they concern the ride, training, bikes or any of the arrangements relating to the ride just email Chris Blackham (chris.blackham@endorphingroup.co.uk) with your query and either Chris or one of his team will get back to you.

Cycle4Good continue to refine and test their challenges right up to the time of the ride so their route, hotels, restaurants and therefore distances and climbs are estimates.

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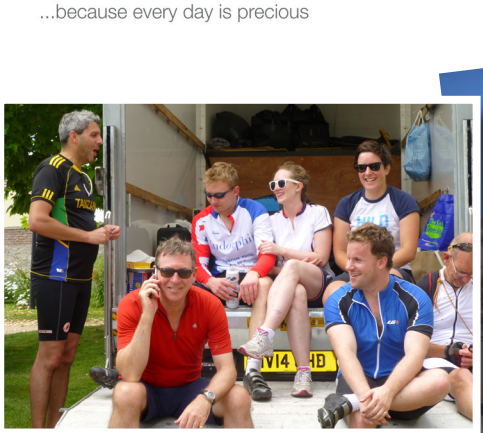

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