

ST CHRISTOPHER'S PALACE TO PALACE LONDON TO VERSAILLES SEPTEMBER 2025

RIDER INFORMATION PACK

Join us for an unforgettable experience raising money for St Christopher's as we cycle from Crystal Palace in London to the Palace of Versailles in Paris



   [stchrishospice](https://www.stchristospice.org.uk/ridelondontoparis)
[stchristophers.org.uk/ridelondontoparis](https://www.stchristophers.org.uk/ridelondontoparis)

WELCOME TO PALACE TO PALACE



This guide has all the information you need to know before signing up to our most amazing cycling adventure ever! Palace to Palace will take you from Crystal Palace, close to our Sydenham hospice, all the way to Paris, before finishing at the stunning Palace of Versailles. Over four days, you'll cover more than 280 miles. But don't worry, we'll be with you every pedal of the way!

KEY INFORMATION

- Registration fee **£150 per person**
- Minimum sponsorship target **£2,800 per person**
- Event length **Five days and four nights**
- Depart from Crystal Palace **Wednesday 10 September**
- Return to London **Sunday 14 September**
- Accommodation **Three-star hotels**

Included

- Four nights' accommodation
- Ferry crossing out
- Eurostar return
- Bike transportation back to the UK
- All food (except dinner on ferry)
- Support vehicles
- Mechanical support and basic spare parts
- Full marked route and GPX files
- Training guide.

Not included

- Bike and personal kit
- Personal travel insurance
- Bike insurance
- Personal spending money.

“Thank you for an amazing time, five of the best and most memorable days of my life.” IAN

IT'S AN EXPERIENCE NOT TO BE MISSED

Ian Nurdin (below) was part of Team St Christopher's London to Paris 2017 ride and says: “Thank you for an amazing time, five of the best and most memorable days of my life. The personal achievements will last with me for ever, the things we did together every day were inspirational, the 'small world' revelations were fascinating and the many chats and discussions enlightening and endearing. All too soon the way of the world will quickly engulf us and it will be back to the 'every day' but everyone should be so proud of what we achieved! Print out your favourite photo, put it in a frame and place it somewhere where you can see it every day and tell yourself, 'I was there, that was me and I did it!' My thanks, love and best wishes to you all for your kindness, friendship, support and help – a great team effort for a truly worthy cause.”



THE EVENT ITINERARY

DAY ONE LONDON TO NEWHAVEN TO DIEPPE

Cycling approximately 100km (62 miles) An early start from Crystal Palace allows us to avoid the rush hour. Once past Croydon, we ride through beautiful Surrey countryside and quiet villages. After a long climb we're into Sussex where rolling roads take us over the beautiful chalk downs before descending into Newhaven. We board the ferry there and have dinner (not included) on route to Dieppe.

DAY TWO DIEPPE TO LISIEUX

Cycling approximately 140km (88 miles) We enjoy a hearty breakfast before heading out on today's challenging ride. Leaving Dieppe, initially along the coast, we soon ride inland and south through the beautiful Saône valley and its gentle hills, where we pass lots of tranquil villages en route. We skirt the small town of Yerville and cycle south west, arriving at the banks of the River Seine. Keeping the sweeping curve of riverbank to our right, we pedal through the Brotonne Forest, a picturesque area of oak and beech trees.. We continue southwest to Pont-Audemer, a pretty town of half-timbered buildings and canals lying on the River Risle. From here we continue through hedged farmland to our finishing point, Lisieux.



DAY THREE LISIEUX TO VERNON

Cycling approximately 108km (68 miles) Leaving Lisieux behind us, we head due east through rolling farmland and villages known for their cheese, cider and calvados. Continuing east to Brionne, we cross the River Risle, and ride south east to Neubourg. We stop for lunch, then continue through forests which provide a real contrast to the first part of our day. Heading through villages north of Evreux, we cross the River Eure and then ride the final leg to Vernon, an historic town on the Seine where we stay for our final night before arriving in Paris.

DAY FOUR VERNON TO PARIS

Cycling approximately 105km (65 miles) Our final day's cycling takes us once more on quiet roads through small villages and woodland to the banks of the River Seine. We cross the river and head south through shady forest to Versailles and its famous Palace where we complete our ride. After checking into our hotel, we enjoy a great celebration to mark our achievements.

DAY FIVE PARIS TO LONDON

After your included breakfast you are free to explore the city. Why not go up the Eiffel Tower or visit world-famous attractions such as the Arc de Triomphe, the Louvre and Notre-Dame cathedral? You are responsible for getting you and your bags to the Gare du Nord on time for your afternoon Eurostar train back to London St Pancras. Your bike will be returned and stored at St Christopher's for your convenience.

YOUR QUESTIONS ANSWERED



IS THE TRIP FOR ME?

Definitely! This ride is a fantastic challenge for anyone wanting to do something amazing for a great cause! There will be lots of like-minded people on the ride all looking for the challenge of a lifetime. Some people come with friends or family but most people come on their own. There will be opportunities to meet your fellow cyclists before the event at training rides and social events, as well as Facebook and WhatsApp groups. The feeling of complete unity comes very early on the first day – one team working together.

WILL I BE ABLE TO RAISE THE SPONSORSHIP?

Yes! Once you have started you will find that raising the minimum sponsorship is easy and, most importantly, fun! We have suggested a few simple fundraising ideas in this pack and we will of course be available every day to help you with more ideas!

WHAT ABOUT FOOD AND DRINK?

Breakfast, lunch and dinner will be provided throughout the ride except for dinner on the ferry on day one. We can of course cater for vegetarians and other dietary requirements – as long as you let us know in advance!

WILL YOU CARRY MY LUGGAGE WHILST I'M CYCLING?

There will be support vehicles with the group at all times, which will also carry your luggage. You will just need to bring a bum bag for any essentials like a camera, phone and sun tan lotion.

HOW FIT DO I NEED TO BE?

You absolutely do not need to be Tour de France standard to complete Palace to Palace. However, this ride is a huge

endurance test and it is therefore essential that you put in the training for this challenge. You will enjoy the experience far more if you have a good level of fitness. This ride is achievable for most people provided they train well in advance. We will send you a suggested training plan and will be on hand to help you with any training advice and organised training rides.

WILL YOU HELP ME?

Yes! You will have one main contact here who will be on hand to help you in the lead up to the event. You will be sent access to a full confirmation site shortly after you register for the event. This will give you all the information you need. Remember, we are always here to make the ride as enjoyable and hassle free as possible.

WHAT DO I NEED TO BRING?

No specialist kit is required. However, a cycle helmet is compulsory and we strongly recommend that you use your own bike for both your training and the cycle itself. Road bikes are the most suitable for this ride.

WHEN SHOULD I BOOK MY PLACE?

As soon as possible! Places are extremely limited and get snapped up quickly, so to avoid disappointment sign up today and don't miss out!

CAN I TAKE PART ON AN E-BIKE?

Yes, but it is your responsibility to ensure your bike is charged and you have a spare battery if needed. There will be space in hotels to charge your bike each day, either in your room or a secure place.



RAISING YOUR SPONSORSHIP

We ask that you raise a minimum sponsorship amount of £2,800 to take part in Palace to Palace to ensure that costs are covered as well as raising funds for the hospice. There are hundreds of ways you can raise money – you may already be thinking of things that you could do, which is great. Whatever you choose, remember to have fun with it. If you need any advice or help with ideas, please get in touch. Here are a few ideas to get you started.

ASK EVERYONE

Start by asking everyone you know – the more people you ask, the more you will raise! Try to get payment up front by setting up an online page, or if you prefer to use sponsorship forms **always** start with a generous sponsor as this will set a high standard for the rest – it really does work!

ONLINE FUNDRAISING

We will automatically set you up an online fundraising page so you can easily raise money from people who don't live close by. That way, you can just email the link to all the contacts in your address book and they can go directly to your page and sponsor you.

FACEBOOK

Why not use Facebook to get other people involved? Just create an event page and invite all your friends to sponsor you or to take part themselves.

BUCKET COLLECTIONS

Hold a bucket collection on behalf of St Christopher's – this could be in your local shopping centre, outside your local supermarket or garden centre. Any money you raise on that day can go towards your sponsorship target.

TOP TIPS FOR FABULOUS FUNDRAISING

- Set a goal, decide how much money you think you can raise and have something to aim for – be ambitious as most people are surprised by how quickly the money adds up
- The earlier you start your fundraising, the better – it gives people as much notice as possible
- Approach as many people as you can and get them to spread the word
- Ask your employer to match your fundraising pound for pound as many companies now do this – they can claim a tax break too
- Ask your business clients or suppliers for their support and add your fundraising link to your email signature

- Get people in your local community involved – tell them all about your challenge and get them to pledge money, raise awareness of your fundraising or get them signed up
- Hold an event – people are more likely to part with their cash if they get something in return!

GIFT AID

Unfortunately, Gift Aid is not automatic. It is St Christopher's who needs to 'claim' each individual pledge rather than the donor, so it isn't possible for Gift Aid to be included towards your fundraising target. However, Gift Aid is still a fantastic way to help St Christopher's to raise much-needed extra funds – so encourage your supporters to tick the box. That way your fundraising efforts can keep on giving even when your challenge has long been completed!

HITTING THE TARGET

Here's an idea of how you could hit the sponsorship target:

- **£500** Share your fundraising page across social media asking friends and family to sponsor you
- **£200** Sell unwanted clothes or furniture on Vinted
- **£500** Hold a quiz or bingo night with a raffle
- **£300** Hold an afternoon tea/barbecue/brunch/sip'n'paint for friends and family
- **£500** Ask your employer, business clients or suppliers for their support
- **£200** Hold a bucket collection at your local supermarket or train station, and put our collection pots in your local area or place of work
- **£200** Hold a coffee morning or cake sale
- **£100** Enjoy a dress-down day at work
- **£300** Ask for donations instead of Christmas and birthday presents.

All of which gives you a grand total of £2,800!

“The actual ride was amazing, something I will never forget. Full of laughs and, at times, silent tears but mostly an overwhelming sense of achievement.”

JANE CARTER London to Amsterdam 2019

WHY WE NEED YOUR HELP

St Christopher's is a charity providing care and support to people across five boroughs in south east London. It costs £28.5m each year to provide our services and we need to fundraise £16.4m every year. Thanks to generous supporters like you, we were able to help almost 6,500 people in our community during 2023-24.

WHAT MATTERS MOST

Every person who receives care and support from St Christopher's is asked this powerful question: 'What matters to you?' We pride ourselves on providing person-centred care, and by asking this important question we make sure we work with people to achieve the things that are important to them.

Together, we can make sure St Christopher's provides care and support to people when it matters most. Making sure that each person gets the help they need, whether that's to stay in their own home, be more mobile and get more from life or just be surrounded by family and friends.

Thank you for your support. We hope you will sign up for Palace to Palace to join us for the ride of your life and help change lives in our community!



“I learned what St Christopher's is all about and that's care and attention. They look after you so well and I wouldn't be like I am now if it wasn't for those nurses - no way at all” MIKE



We provided care and support for 4,276 patients



We carried out 15,208 home visits



We provided 5,199 outpatient appointments



We had 650 inpatient admissions



The cost to run our services was £28.5m



We need to raise over £16.4m every year



Sydenham site

51-59 Lawrie Park Road,
Sydenham, London SE26 6DZ

Orpington site

Caritas House, Tregony Road,
Orpington BR6 9XA

Telephone **020 8768 4500**

Email info@stchristophers.org.uk

[f](https://www.facebook.com/stchrishospice) [@stchrishospice](https://www.instagram.com/stchrishospice)
[stchristophers.org.uk](https://www.stchristophers.org.uk)

Registered charity 210667 registered with the Fundraising Regulator © St Christopher's September 2024



For more information, help or advice about St Christopher's Palace to Palace 2025, please call our friendly Fundraising team on **020 8768 4575**, email communityfundraising@stchristophers.org.uk or visit [stchristophers.org.uk/ridelondontoparis](https://www.stchristophers.org.uk/ridelondontoparis)