

Ride for Life 2022

6th May - 8th May

The Route



Route is subject to change.

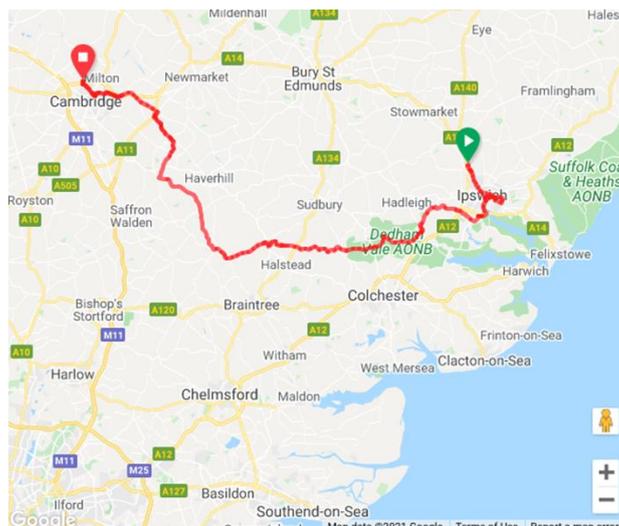
Day 1: 6th May - approx. 75 miles

We will start at Johnston Logistics UK, the event sponsor, in Snetterton at 9am. Cycling through wonderful countryside the road route will take us through Quidenham. We will stop for a short refreshment break at our new hospice in Norfolk - The Nook. Then passing through Harleston we will stop for a well-earned lunch break before we get on our bikes for the second half of the day. We will have a final refreshment break close to Framlingham, Suffolk before reaching our destination in Ipswich.



Day 2: 7th May - approx. 85 miles

Participants who enter for the full three days will enjoy a hearty breakfast before meeting the rest of the cyclists for day two. Our journey will begin at the hotel in Ipswich, departing at 9am and heading towards The Treehouse, our Ipswich hospice. The route will take us through Raydon for our morning refreshment stop, then onto the picturesque village of Wethersfield for lunch. Afterwards we will get back on our bikes for the second half of the day taking us to West Wratting, followed by afternoon refreshments and then the final push onto Cambridge.



Day 3: 8th May - approx. 70 miles

Once again, those joining us for the whole event will enjoy a cooked breakfast before meeting the rest of the cyclists who are joining us for day three. We will be starting from the hotel at 9am and heading towards our hospice in Milton, Cambridgeshire. Our morning begins riding through the historic town of Newmarket with a quick stop for our first morning refreshment break. Then we will continue on to Bury St Edmunds before stopping for lunch and a well earned rest, but not too much of a rest as we have the very last leg to go! Stopping off at Hopton, Norfolk for our final refreshment break before taking on the last part of the challenge, riding back to where it all began at Johnston Logistics UK in Snetterton, Norfolk.



We will take some group photos with your medals and certificates, before heading home for a long relax in the bath!