

Cycling Itinerary: Preston → London (9 Hessel St)

Day 0 – Friday 22nd May 2026: For those travelling to Preston

- Participants arrive in **Preston** by the evening
- Pre-ride safety briefing, bike check, and Q&A session
- Overnight in Preston (optional accommodation available)

Day 1 – Saturday 23rd May 2026

Preston → Leicester (95 miles)

- **Start:** 7:30 am, Preston city centre
- **Morning Route:** Preston → Warrington → Stoke-on-Trent (rest stop, snacks & hydration)
- **Lunch Stop:** Near Stafford (45 miles in)
- **Afternoon Route:** Stoke-on-Trent → Loughborough → Leicester
- **Finish:** Leicester (6:30 pm arrival)
- **Elevation Gain:** 1,200m / 950m
- **Accommodation:** TBC
- **Highlights:**
 - Scenic countryside lanes through Cheshire and Staffordshire

Day 2 – Sunday 24th May 2026

Leicester → Luton (80 miles)

- **Start:** 8:00 am, Leicester
- **Morning Route:** Leicester → Market Harborough → Northampton (rest stop & light lunch)
- **Afternoon Route:** Northampton → Milton Keynes → Luton
- **Finish:** Luton (5:30 pm arrival)
- **Elevation Gain:** 950m / 900m
- **Accommodation:** TBC
- **Highlights:**
 - Rolling countryside roads
 - Pass through historic Northamptonshire and Buckinghamshire towns

Day 3 – Monday 25th May 2026

Luton → London (55 miles)

- **Start:** 9:00am, Luton
- **Morning Route:** Luton → St Albans → Finchley
- **Lunch Stop:** Barnet / Finchley
- **Final Stretch:** Central London cycle lanes → Whitechapel → Muslim Charity Office (9 Hessel St)
- **Finish Line:** 3:00 pm arrival
- **Elevation Gain:** 600m / 800m
- **Celebration:**
 - Warm welcome by Muslim Charity staff
 - Finisher medals presented
 - Group celebratory meal
 - Transport provided for cyclists and bikes back to Preston