



St Luke's
Hospice Plymouth



PYRAMID
AUDIO VISUAL

SUNDAY

11
OCT
2026

11K | 28K | 53K ACROSS DARTMOOR

TOUR^{DE}
MOOR



WE FUNDRAISE FOR HOSPICE CARE AS ONE FOR HOSPICE CARE



**FIND OUT
MORE OR
SCAN TO
SIGN UP**



Registered with
**FUNDRAISING
REGULATOR**

Reg Charity No. 280681



TOUR DE MOOR 2026 **THE ESSENTIAL GUIDE**

WHEN IS TOUR DE MOOR 2026?

The event is on Sunday 11 October 2026.

WHAT IS TOUR DE MOOR?

An 11, 28 and 53-kilometre mixed terrain cycling event starting and finishing at Harrow beer, Airfield, Yelverton, PL20 6BT.

The 11km is family friendly, and forms part of the Drakes Trail from Harrowbeer – it will have signage, and there will be ride leaders and volunteers on hand for support if needed.

The 28 and 53km routes are staffed with volunteers at specified marshal points and feature off-road sections, so road bikes will not be accepted, and these routes are only recommended for experienced cyclists. There is also signage along the route to help cyclists, please pay attention to the signage as this is for your own safety. It will be bright orange in colour with our St Lukes Hospice Plymouth logo. Please note, there will be pace setters at the beginning of each wave, so please do not overtake these. It is not a race.

WHO CAN TAKE PART IN THE EVENT?

There are no age limits for the 11km route. Participants 9 years and above can take part in the 28km route, and those aged 12 years and above can participate in all routes.

All entrants aged 16 and under must always be accompanied by a registered parent or guardian. All participants aged 17 must have permission from a parent or guardian to participate, which will be requested at the point of registration.

Please note, places are limited, and you cannot register on the day of the event.

HOW MUCH DOES IT COST TO ENTER?

The registration fee is £40 for the 28km and 53km routes, and £20 for the 11km route. This covers the cost of your participation at the event, your medal, t-shirt, post-cycle bike check and food upon completion, and is non-refundable.

All entrants must enter in advance, either via the registration website or over the phone – there is no access to a paper registration form. All entries will be processed in the order we receive them.

WHEN IS THE LATEST I CAN REGISTER?

Closing date will be 9am on Thursday 8 October 2026, subject to availability. This will allow us enough time to create your event pack and assign you a bike board. Unfortunately, we cannot take any registrations after this date. Please note, Tour de Moor often sells-out before the closing date, so we recommend booking early to avoid disappointment.

WHERE DOES THE EVENT TAKE PLACE?

All routes start and finish at Harrowbeer Airfield, Yelverton, PL20 6BT.

WHERE DO I PARK?

There will be free parking at Harrowbeer Airfield. A site map will be provided in advance of the event, to determine which entrance to the site you should take. Marshals will greet and direct you to allocated parking zones. Car sharing is advised.

DO I NEED A MOUNTAIN BIKE?

Mountain bikes and gravel bikes can be used as some of the route is off road and across the moors. A road bike is NOT suitable for the 28km or 53km routes but can be used at the owner's discretion on the 11km route, along with recumbent trikes.

CAN I USE AN ELECTRIC BIKE?

Yes, you can use your electric aided bike, however, you must specify use of an e-bike upon registration for each participant, if appropriate. We also ask that you please be aware of its own battery life. It is your responsibility to ensure it is safe, charged, and capable of achieving the distance you have chosen as we cannot provide any charge points on route.

WHAT HAPPENS IF THE WEATHER IS BAD?

If the event is cancelled for any reason, announcements will be made on St Luke's website, and on our Twitter,

Instagram and Facebook pages, and we will attempt to text all participants who have provided a valid mobile number.

Bad weather will NOT automatically mean the event is cancelled. Please keep an eye on our social media pages and our website for information on the day.

WHAT SHOULD I WEAR?

Participants must wear suitable cycling clothing, and a helmet should be worn at ALL times, (including all children in trailers/seats on the 11km route). Please remember to bring your helmet, we do not have any spares. PLEASE NOTE WEARING A HELMET IS MANDATORY. This is not optional, regardless of the weather on the day and you will be removed from the event, if seen riding without a helmet to ensure we are risk assessment compliant. You will be expected to wear your event t-shirt throughout the ride. Our standard Tour de Moor t-shirt will be provided in your pack which you will receive a few days before the event.

Gloves and suitable cycling footwear are advisable. The weather on Dartmoor is very unpredictable so warm/waterproof clothing and sun cream should be brought on the day.

WHEN WILL I RECEIVE MY EVENT PACK?

If you have registered on or before Sunday 20 September 2026, your event pack will be sent via an external company in the post, and you should receive it a few days before the event.

If you have registered on or after Monday 21 September 2026, you will need to collect your pack on the day from the Information Point.

If you did register on or before Sunday 20 September 2026, and have not received your pack by Friday 9 October 2026, please call our Fundraising Team on 01752 492626.

Your event pack includes your t-shirt and bike board with full instructions.

WHAT TIME DO I NEED TO ARRIVE?

The event starts at:
08:30am for the 53km route, in waves of 100.
09:30am for the 28km route, in waves of 100.
10:15am for the 11km route, in waves of 100.
The first wave will be for e-bikes only.

WHAT IS THE ROUTE?

There are three route choices: 11km, 28km, and 53km. A route map can be found to download on our website.

WILL THE ROUTE BE SIGNPOSTED?

Yes, the route will be fully signposted throughout, with marshals available on the 28km and 53km routes, and lead riders on the 11km.

CAN I CHANGE MY ROUTE CHOICE?

If you no longer want to cycle your selected route and wish to change, this can be done by letting us know in advance on 01752 492626 or if last minute it is doable on the day at the

Information Point, but you will need to arrive no less than 45 minutes before your new route start time. (Please refer to start times on the previous page).

MY T-SHIRT HASN'T ARRIVED?

An external company will be distributing your pack, which will arrive, a few days before the event. If your pack has not arrived by Friday 9 October, please contact us on 01752 492626 or email events@stlukes-hospice.org.uk

MY T-SHIRT DOES NOT FIT

T-Shirts are ordered once we receive your registration form. If you need an alternative size or have received the incorrect size, there is a designated t-shirt swap area on site, so please visit this prior to your start time, however stock is subject to availability.

MY BIKE BOARD HASN'T ARRIVED?

If your bike board hasn't arrived or you've lost it, we can replace it for you on the day if you go to the St Luke's Information Point. If you require more information, please contact us on 01752 492626 or email events@stlukes-hospice.org.uk

WHY IS THERE A TIMING SYSTEM WHEN IT ISN'T A RACE?

We use this system as a safety measure. The timing chip is electronically activated as you cross the start line and deactivates when you cross the finish line. This enables us to know how many cyclists start the ride and that they return safely.

DO I NEED TO BRING



MONEY?

Some money would be useful – we encourage you to buy merchandise or additional refreshments. There will also be a card machine available on the day for donations and the facility to hand in your sponsorship.

CAN I BRING SPECTATORS?

Spectators are welcome both at the event village and on route, at their own risk.

I CANNOT DO THE TOUR DE MOOR ANYMORE; CAN I PASS MY PLACE TO A FRIEND?

You are not permitted to ‘give’ your place to anyone else. If you are unable to take part, please contact the Fundraising Team ASAP on 01752

492626. In the case that the event has sold out, we will have a waiting list, so it is important that you do let us know.

I DO NOT WANT TO/ CANNOT TAKE PART IN THE EVENT BUT I WOULD LIKE TO VOLUNTEER. IS THIS POSSIBLE?

Yes, we’d love to hear from you. Without volunteers, events like this would not happen. We are always in need of volunteers so if you’d like to help, please email events@stlukes-hospice.org.uk or contact us on 01752 492626 to discuss your opportunities. Volunteering is open to everyone aged 18 and over.

CAN I BRING MY DOG?

Unfortunately, Dartmoor National Park Authority do not allow dogs at any events, so you cannot bring your dog.

WHAT IS THE DARTMOOR COUNTRY CODE? DOES IT APPLY TO ME?

We work closely with Dartmoor National Park to ensure we respect and preserve the area and to enhance the experience of visitors. By signing up to Tour de Moor you must adhere to the following: Keep to public paths across farmland where possible. Ensure you personally close all gates that you go through. Leave livestock, crops, and machinery alone. Do not drop any litter. Be mindful of wildlife, plants, and trees. Please also be considerate of the Highway code when cycling on tarmac sections on route.

CAN I USE A TRAILER/BIKE SEAT?

For the 11km route, trailers and bike seats are permitted, however, children must be wearing appropriate safety helmets. Children in trailers or bike seats do not need to be registered, however, the cyclist accompanying them must be. If a child is taking part on their own bike, they will need to be registered, and will get the same pack including a t-shirt etc. as all other riders.

DO I NEED TO REGISTER ONCE I GET THERE ON THE DAY?

No, your bike board will do everything for you! You are simply free to soak up the atmosphere. When you pass through the start line it will check you in and will mark you back in when you return.

WILL THERE BE TOILETS ON THE ROUTE?

Yes, at Harrowbeer and Princetown.

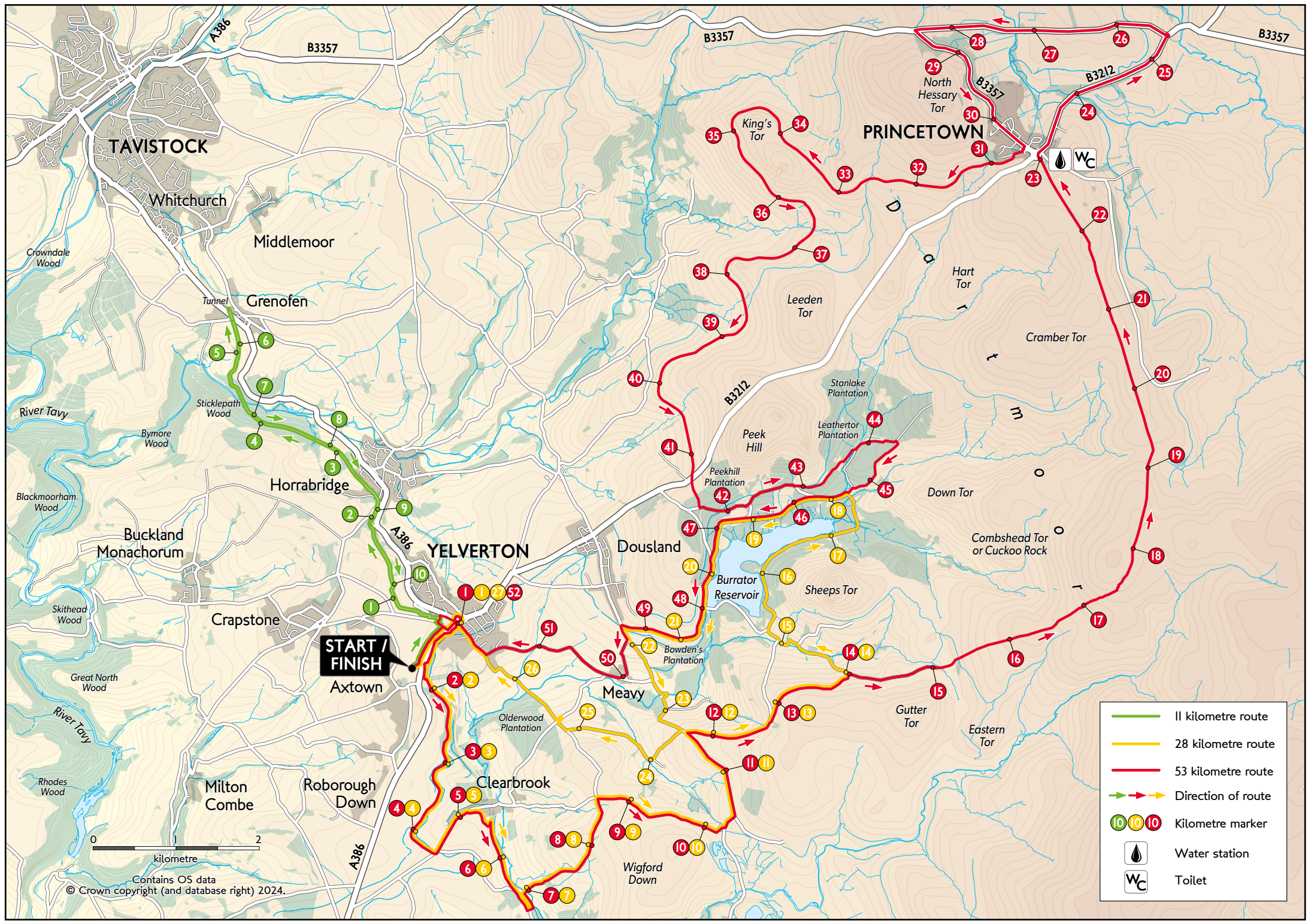
WHAT HAPPENS IF I GET A FLAT TYRE, OR SOMETHING HAPPENS TO MY BIKE?

There will be support cyclists to help with any punctures or problems with your bike. We advise you carry a puncture repair kit and a set of spare inner tubes with you so that they can be replaced on route.

WHAT HAPPENS IF I RUN OUT OF WATER?

We strongly advise that you carry enough water for the distance chosen. Dehydration is a key wellbeing consideration and should be taken seriously. There will be a water station at the Start/Finish in Harrowbeer, at the furthest marshal point (28km) and Princetown (53km) where you can get water, free of charge.

It is also recommended that you carry energy snacks in your pockets to maintain your energy levels throughout the event. FYI: by bringing your own supply, you will be helping us to reduce our use of single-use plastics at the event.



- 11 kilometre route
- 28 kilometre route
- 53 kilometre route
- → → Direction of route
- 10 10 10 Kilometre marker
- Water station
- Toilet



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IS THERE A REQUIRED FITNESS LEVEL TO ENTER?

Please be considerate of your own physical ability and respect the distances and terrain that you are covering. We advise you to take training seriously in advance of the event, as the fitter you are the more you will enjoy the overall experience.

WHAT HAPPENS IF I CANNOT FINISH THE ROUTE?

There will be support vehicles on route that can take you back to Harrowbeer Airfield. If there is an injury, Dartmoor Search and Rescue Team Plymouth will be at the event, and there are event marshals located at various points along the route who will wait with you until help arrives.

CAN WE RIDE AS A TEAM?

You certainly can ride as a team, providing you are cycling the same length route – in fact, we encourage it! Set-up a joint fundraising page and train together to enhance the FUN!

CAN WE RAISE MONEY AS A TEAM?

Absolutely! This is not a problem at all, as long as you highlight on your sponsorship forms the names of the cyclists who raised the money, so that everyone's efforts can be recognised, and we can send an official thank you. You can also fundraise as a team online, using JustGiving.

IS THERE A MINIMUM AMOUNT OF SPONSORSHIP THAT I HAVE TO RAISE?

No. We never ask for a minimum amount of sponsorship for Tour de Moor but remember every pound you raise will help ensure St Luke's can continue to care for people in our community.

HOW DOES GIFT-AID WORK?

Gift Aid allows charities to reclaim tax on a donation made by a UK taxpayer, which means your donations will be worth 25% more to us at no extra cost to you. REMEMBER: Full Name + Postcode + Full Address + Tick is needed for every gift-aided donation. Please visit <https://www.stlukes-hospice.org.uk/gift-aid/> to learn more about the power of gift-aid and FAQs.

WHEN DO I HAVE TO HAND IN MY SPONSORSHIP?

Ideally, all sponsorship money should be submitted either on or shortly after the event.

HOW DO I SET-UP A JUSTGIVING PAGE?

1. Head to [justgiving.com/campaign/stlukestourdemoor2026](https://www.justgiving.com/campaign/stlukestourdemoor2026)
2. Click 'Start Fundraising' (with a big smile and a sense of being proud of oneself!)
3. Click 'A Charity' (you will find St Luke's Hospice Plymouth a little later)
4. Sign-Up or Log-in if you are already registered!

5. Search 'St Luke's Hospice Plymouth', scroll to charities and select our logo!
6. Chose 'Taking part in an event'.
7. Chose 'St Luke's Tour de Moor'.
8. Finalise the settings and consent.
9. Click 'Create your page'.

And it's done! We recommend you personalise your page cover photo and story (talk about why you are raising funds for St Luke's Hospice Plymouth and why you are taking part!) – you can also set a target for how much you would like to raise! Post updates to your page so your supporters can track your progress and have FUN!

HOW DO I PAY IN MY SPONSORSHIP MONEY?

Paying in your sponsorship money is easy, by simply choosing one of the following options:

1. Your online fundraising page
2. Via our website at www.stlukes-hospice.org.uk/tourdemoor
3. On the day and handed to the team at the St Luke's Information Point
4. Returned via our freepost address – Freepost RTKE-ESRG-CABY, St Luke's Hospice Plymouth, Stamford Road, Plymouth, PL9 9XA

Please do not send cash in the post

5. Drop into St Luke's Hospice, Stamford Road, Turnchapel, Plymouth, PL9 9XA

If you are sending in combined sponsorship money for more than one person, it is important that you let us know the names of those who have raised the money via a covering letter.

IF YOU HAVE ANY OTHER QUESTIONS OR NEED TO GET IN TOUCH, SEND US AN EMAIL AT EVENTS@STLUKES-HOSPICE.ORG. UK OR GIVE US A CALL ON 01752 492626.

WE RIDE AS ONE FOR HOSPICE CARE

It's bold, it's brave, it's big-hearted and it's the best fun you can have on a bike while backing your local hospice. Yes, St Luke's Hospice Plymouth's ever-popular **Tour de Moor** cycle event returns on Sunday 11 October with plenty of off-road challenges, new and old, to thrill and delight every rider, regardless of age or ability.

Are you ready to get on your bike and join us to embrace the mud, sweat and gears of this exhilarating cycling experience in the wilds of beautiful Dartmoor? Feel

a sense of belonging, purpose, and achievement as we ride as one to **raise funds to support hospice care** in our community.

Our **Tour de Moor** is best known as an adrenaline-packed two-wheel quest that can test the skills, fitness, and endurance of even the toughest of

cyclists. But it's so much more than that. With three distances and difficulty levels to choose from, **it's the ultimate inclusive family friendly cycling adventure.**

You can even join in if your bike is electric or you're still using stabilisers, and there's a unique challenge for school groups to discover.

· Beast mode: **53km of cycling** at its fiercest (12 years old and above, entry fee £40) – an enhanced route based on your feedback.

· Adventurer style: **28km of tough riding** (9 years old and above, entry fee £40) – an exciting route based on Dartmoor National Park's Granite and Gears Cycle Trail.

· Mini-moor: **11km ride** along Drake's Trail (suitable for the whole family, entry fee £20)

Sponsored by **Pyramid**, our Tour de Moor challenge departs from Harrowbeer Airfield (near Yelverton) at 8.30am and finishes there, too. Join us as we ride as one!

Sign up today at stlukes-hospice.org.uk/tourdemoor

