



# RICHARD DAVIS IS CYCLING 4500 MILES AROUND THE UK COAST



This year marks my 19th year of taking on sponsored challenges in support of the Willow Foundation, a charity that provides Special Days for seriously ill young adults living with life-threatening illnesses.

In 2026, I'm taking on one of my biggest challenges yet — cycling around the entire coast of the UK, including Northern Ireland.

Over 70 days, I'll cover an incredible 4,500 miles, pushing myself physically and mentally to raise funds for this incredible cause.



To donate to my  
JustGiving page, please  
scan the QR code

Registered charity no. 1106746

# RIDE SCHEDULE

March 20 – 22 (3 days)  
**Christchurch to Fowey**

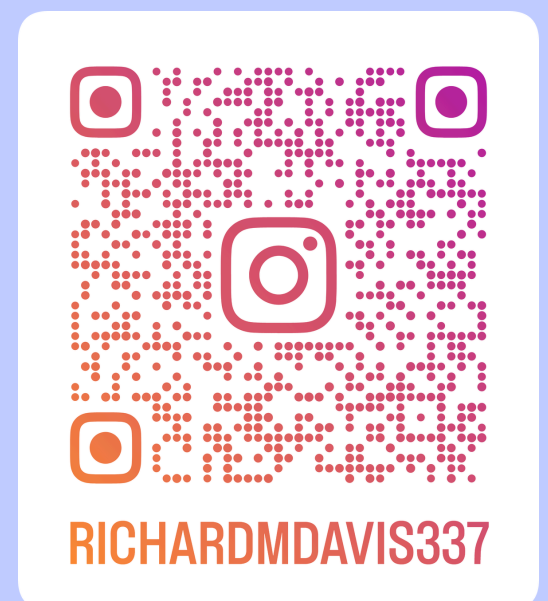
April 2 – 6 (5 days)  
**Fowey to Chepstow**  
via: Lands End, over the old Severn bridge.

April 24 – 9 May (16 days)  
**Chepstow to Stranraer**  
via: Wales, Anglesey, Liverpool, Workington,  
Carlisle.

June 2 – 7 (6 days)  
**Belfast to Belfast**

June 25 – July 9 (15 days)  
**Stranraer to Aberdeen**  
via: Largs, Duran, Tarbert, Oban, Isle of Mull,  
Mallaig, Isle of Skye, Ullapool. Durness, John  
O'Groats, Inverness, Aberdeen.

July 30 – August 16 (18 days)  
**Aberdeen to Christchurch**  
via: Edinburgh, Newcastle, Hull, East Anglia,  
Whitstable, Deal, Hastings, Brighton,  
Portsmouth, Isle of Wight, Lymington



SCAN THE QR CODE TO FOLLOW  
MY JOURNEY ON INSTAGRAM