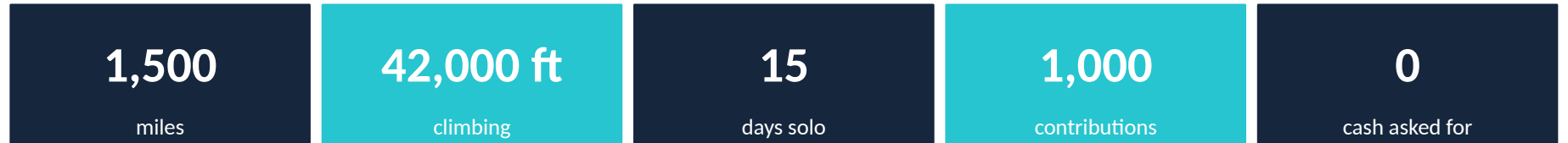




C A R E N O T C A S H

One man. One bike. No support. No cash. Just 1,500 miles and a thousand acts of care.

David is riding from Cambridge to Monopoli — 1,500 miles, 42,000 feet of climbing, 15 days, no support — to change the conversation around mental health recovery. He's not asking for money. He's asking for care.



T H E S T O R Y

On 15 May 2026, David leaves Cambridge and heads south — through Germany, across the Alps, to Monopoli on the Adriatic. He carries everything he needs. No support vehicle. No team. One rest day at the halfway point. He arrives 30 May 2026.

This isn't a sponsored ride. No fundraising page. No donation link. The ask: 1,000 contributions — comments, stories, real care.

W H Y I T M A T T E R S

Hospitality has one of the highest rates of mental health challenges of any sector. Awareness is everywhere — recovery, the harder, quieter road back, is rarely discussed.

David speaks from lived experience of PTSD. The 3 Alpine days alone cover 300 miles and 18,000 feet of climbing. The rest is riding.

"Care Not Cash — because care tends to stick around after the money runs out."