

# Hugh's Refill Tour



# About

In May, June and July 2018 I will be cycling around the coastline of mainland UK. Why?

The looming crisis to our planet and particularly the oceans has been highlighted over the last year and none more effectively than by David Attenborough's recent Blue Planet series. In particular the damage which plastic is doing to the oceans and their wild-life was heartbreakingly portrayed.

A recent success story was our government action to impose a compulsory charge for plastic bags in supermarkets. This has led to an astounding reduction in the use of these bags in our country and, we have to assume at this stage, to the quantity of this damaging waste reaching the sea around the UK.

One of the most damaging other sources of pollution to the oceans is the single use plastic drink bottle. It is estimated that over 35 million of these are used in the UK every year of which an unknown but significant percentage enter the sea. They take hundreds of years to break down and are causing devastation to ocean wildlife.

The single use water bottle is the most used bottle in the UK and ironically the one which could so easily be avoided.

Our tap-water is of exceptional quality and perfect to drink. Some will argue better for us to drink than spring or mineral water. There is therefore, in the UK at least, no need to be buying water.



Why pay money for something that can so easily be free?

Why cause more plastic to be made from petro chemicals for such an unnecessary reason.

Why cause lorries, with their pollution and congestion, to deliver water around the country when it flows freely from our taps.

Why create more plastic waste much of which will end up in the ocean.

Forty years ago, in the UK, the water bottle as an item to buy in a shop barely existed. So we can manage without!

The reasons for not buying water are numerous and compelling; the opportunity not to is also an extremely easy one to take. There is no excuse.

Buy a refillable water bottle and use it for travel, at work, at school, wherever.

It's easy to do! I personally have only ever bought a bottle of water at UK airports where, scandalously, there are often no water fountains.

The Coastline Refill Tour is my campaign to reduce the use of the single use water bottle and promote the use of refillable water bottles around the country and in particular in cafes, bars and restaurants on our magnificent coastline where the ocean is such a meaningful and valuable presence. Perhaps more than most, people living on our coastline surely value the health and future of their esteemed neighbour, the ocean and its wildlife.



# City to Sea

I'm partnering with the wonderful City to Sea campaigners based in Bristol. They raise awareness for many environmental issues and have created the fantastic Refill app.

The Refill app is the water drinker's friend. Download the app and wherever you are you can see where there is a water refill point near you. Most of these are cafes who have registered to welcome you in to fill your bottle free of charge. You may see a Refill sticker on their window.

On my circuit of the UK coastline I will be stopping at numerous cafes to persuade them to register as a refill station. If they do so I will also give them a sticker to put on their window.



## **15th March**

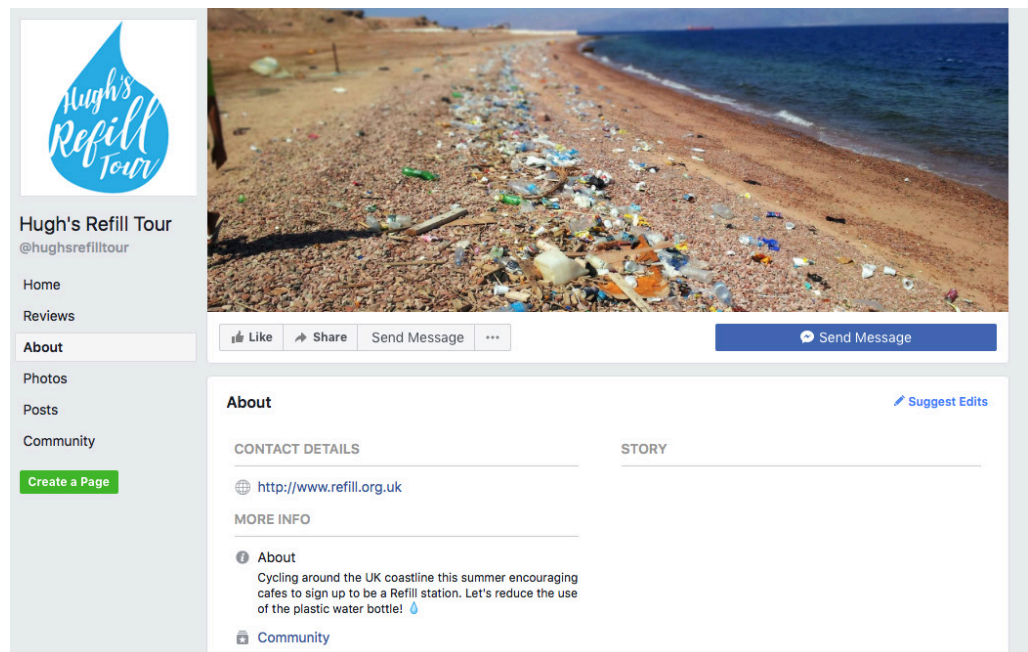
*Fantastic Breaking News.... Sadiq Khan, Mayor of London, And Thames Water have just announced their support of the Refill App and tying it in with their campaign for more public water fountains around London.*

# Social Media

I will be reporting on my journey in the hope to raise awareness for the cause and promote each of the cafes I successfully persuade to become a Refill Station, with some pretty scenery thrown in for good measure!



Instagram



Facebook

Please follow me on this journey  
@hughsrefilltour

# Questions & Answers

## **How far is the ride?**

Taking the roads which are nearest to the coast, the ride is around 5000 miles; a similar distance as cycling from London to Calcutta.

## **Where will you stay?**

I will be camping most nights but staying in B&Bs for some. Anyone who lives on or near the coast, or knows someone who does, who could offer a bed and shower or even a bit of grass and shower would be very welcome! (Wild camping is allowed in Scotland but not in England)

## **Which way will you go?**

The aim is to follow the road nearest to the sea. The only island I'll visit is likely to be Sky.

## **Where will you start?**

Liverpool.

## **Why Liverpool?**

I love Liverpool but it also gives me a week or so of flatter riding before the mountains of Scotland; easing into it? hmmm we'll see...

## **What bike are you using?**

My 18 year old mountain bike; dismantled, repaired, repainted, greased and raring to go.

## **How much stuff will you carry?**

As little as possible but can't avoid much less than 25kg. Tent, sleeping bag, few clothes, cooking gear, food, maps, Refill stickers, bike repair kit and yoga mat.

## **How far will you ride each day?**

I hope about 40-50 but it will all depend on how many cafes I come across, steepness of the hills and, most importantly, the state of my knees!

## **What will you eat?**

Cake, cake and more cake. The wonderful thing about cycling all day is that you burn a lot of calories which you have to replace any old how. So cake it can be. What an opportunity! But seriously, lots of easy cooking porridge, pasta and lentils... and cake.

## **How long will it take?**

In theory, at the rate I expect to go at, it will take over 4 months but I'm allowing three months this year. So more to be done next year.

## **Who will you be with?**

Most of the time on my own but some friends might join me for some legs. Anyone is very welcome, anywhere!

Are you being sponsored?

Eden Caterers are sponsoring some of the costs. The plan is to keep it as cheap and sustainable a ride as possible.

# Contact

To find out any more information about Hugh's Refill Tour or to get in touch about Press Opportunities, please use the details below:

Charlotte Illingworth  
charlotte@edencaterers.london

#OneLess



CHOOSE THIS

NOT THIS



*Eden Caterers wishes Hugh all the very best on his ride and is delighted to be sponsoring the ride for a cause which is of such urgency to the wellbeing of our planet's environment. Please help by encouraging all those you know to get refilling and avoid buying single use water bottles.*

