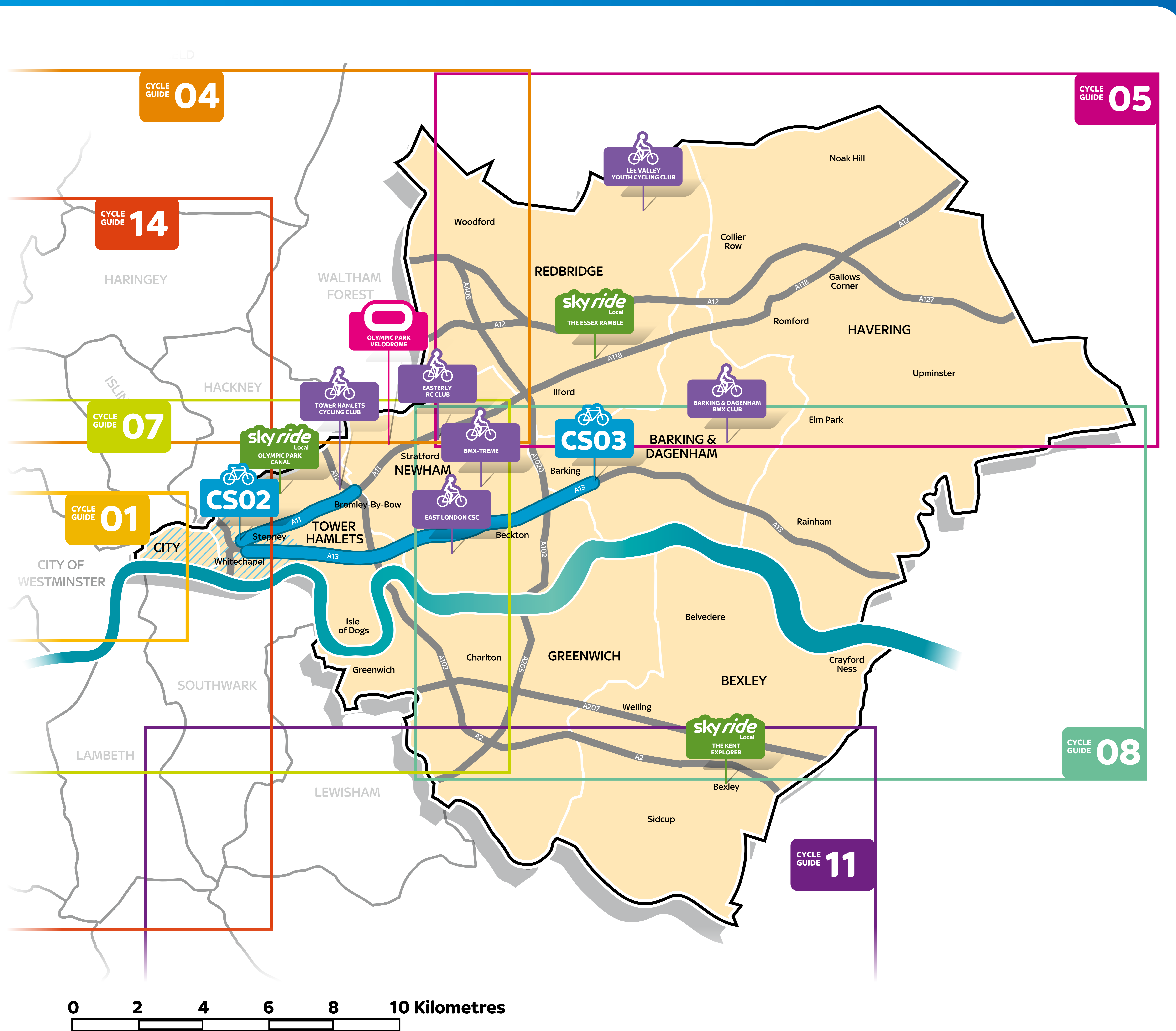


KEEP CYCLING IN EAST LONDON



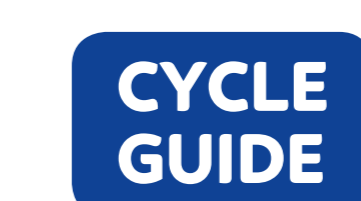
SKY RIDE LOCAL

Sky Ride Local rides are fun, friendly and free community bike rides that help you get out and explore your local area. They're led by a British Cycling trained ride leader who can provide support, whatever your age or ability.

Rides vary in levels, from beginners to more experienced cyclists but whatever level you choose, you'll be riding on safe routes, with your ride leaders.

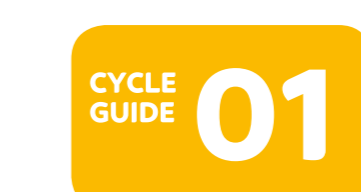
Sky Ride Locals are every Sunday until the end of October across London.

Visit goskyride.com/skyridelocal for more details

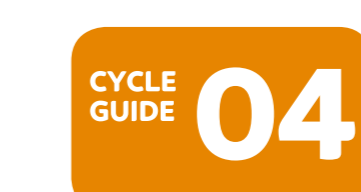


TRANSPORT FOR LONDON CYCLE GUIDES

Free printed guides showing routes recommended by cyclists across all of London. Ask at the 'Keep Cycling' zone for your free guide or visit tfl.gov.uk/cycleguides



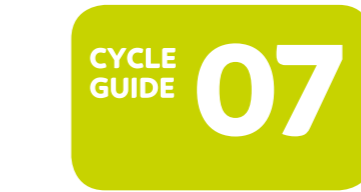
Central London



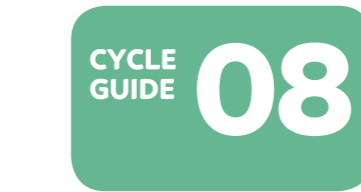
Mill Hill, Hendon, Hampstead, Finchley, Wood Green, Tottenham, Chingford, Woodford, Walthamstow, Hackney, Islington, Leyton



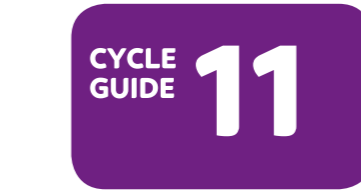
Woodford, Wanstead, Ilford, Romford, Hornchurch, Upminster, Harold Wood



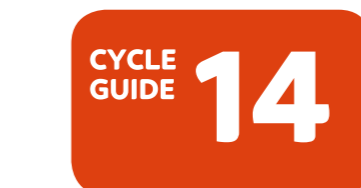
Kensington, Battersea, Brixton, Willesden, Camden Town, Islington, Stepney, West Ham, Poplar, Greenwich, Woolwich



Beckton, Barking, Dagenham, Charlton, Woolwich, Plumstead, Erith, Eltham



Lewisham, Catford, Beckenham, Bromley, Eltham, Bexley, Sidcup, Chislehurst, Orpington



Hampstead, Tottenham, Wood Green, Stoke Newington, Hackney, Clapham, Tooting, Sydenham, Streatham



CYCLE CLUBS AND CIRCUITS

British Cycling clubs are at the heart of cycling across London. All ages and abilities welcome. Keen to give it a go?

To find out more visit britishcycling.org.uk



BARCLAYS CYCLE SUPERHIGHWAYS

Providing cyclists with safer, faster and more direct journeys into the city.

Visit tfl.gov.uk/cycling for more details



BARCLAYS CYCLE HIRE DOCKING STATIONS

Available 24 hours a day, all year round. It's self-service and there's no booking. Just turn up and go. Barclays Cycle Hire docking stations are available across Central London including The City and Tower Hamlets.

To find your nearest location and for more information about Barclays Cycle Hire visit tfl.gov.uk/cyclehire



BRITISH CYCLING GO-RIDE!

Provides a fun and safe way to introduce young riders to entry-level bike racing and to improve bike handling skills. To find your local accredited Go-Ride club visit britishcycling.org.uk/go-rideracing