

Thatu 10 Mile Bicycle Ride



Richmond Park

Sunday 14th October 2018

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How to get to Richmond Park (Parkcycle)

Parkcycle Address:

Roehampton Gate Car Park
Richmond Park
London SW15 5JR

Closest Rail Station to Parkcycle is **Barnes**  . Barnes is approximately **1.4miles** or a **27 minute walk** to Parkcycle

Next closest Rail station is **Richmond Station**  Richmond is approximately **2.5miles** or a **50 minute walk** to Parkcycle

Buses are available from Richmond to Parkcycle: 337 or 493. Alight at Priory Road bus stop

Examples of Trains running on Sunday 14th October to Barnes / Richmond:

From: Waterloo
To: Barnes Railway Station
Travel Time: 17mins

From: Clapham Junction
To: Barnes Railway Station
Travel Time: 9mins

From: Clapham Junction
To: Richmond
Travel Time: 8mins

Bus:

From Richmond take the 337 or the 493 Bus (east) to the Priory Road bus stop and walk to the park as detailed above.

From Clapham and Clapham Junction you can also take the 337 bus (west) to Priory Road.

From Wimbledon you can take the 493 bus towards Richmond and alight at Priory Road as above.

Car:

The cycle centre is in the Roehampton Gate Car Park next to the Cafe and there is plenty of space.

There are six car parks in all within Richmond Park and these are clearly marked on the official park maps. Parking is currently free.

On The Day

What to Bring

Clothing

- T-shirt (x2), Shorts, Tracksuit bottoms, Waterproof Jacket, Comfortable Trainers
- Sunscreen

Equipment

- Bicycle & Helmet (if available)

Refreshments

- Water Bottle / Energy Drink / Energy Bar

Technology

- Smart Phone with your fitness app uploaded

Weather

Highs: 18 C | **Lows:** 8 C | **Pollen Count:** Low

SUN 10/14



17° / 6°

Mostly cloudy

Hist. Avg.
15° / 8°

Our 10 Mile Route

10 Mile Route:

Part 1: 7 miles / 11.25km

Start: "A" (Parkcycle) travelling anticlockwise

Sequence of Points:

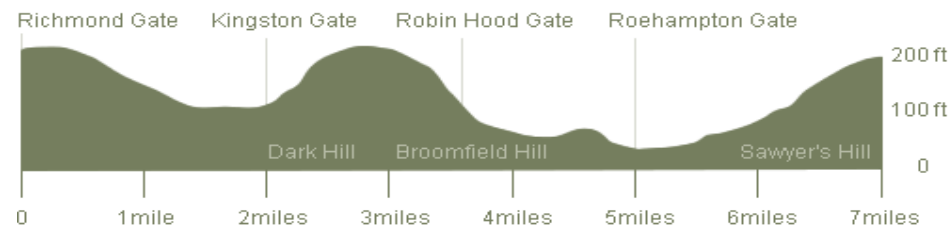
- 1) A-K – gentle climb
- 2) K-H – steeper climb
- 3) H-D – gentle descent
- 4) D-B – technical descent
- 5) B-A – flat

Rest / Toilet Break – 5 – 10mins

Part 2: 3 miles

- 1) A-K – gentle climb
- 2) K-H – flat
- 3) H-F – gentle descent
- 4) F-C – gentle descent
- 5) C-K – flat
- 6) K-A – gentle climb

FINISH



Cycling Safety

- Wear a helmet
- Keep to speed limits
- Ride on designated paths and roads only
- Secure luggage and bags correctly
- Let pedestrians on trails know you are there with a bell or polite greeting
- Watch out for vehicles, even when the park is closed to other traffic
- Be wary of free-roaming deer, other wildlife and dogs
- Wear bright clothing
- Use legal front and rear lights to make sure other park users can see you
- Keep to speed limits. (10mph on cycle paths and 20mph on the roads). No roads are planned in our route.



Pricing Information

	Mid Season		
Bikes	1 HOUR	2 HOURS	3 HOURS
Adult Bike	£9.00	£17.00	£24.50
Child's Bike (U12)	£7.00	£13.00	£19.50
Hybrid Bike	£12.00	£23.00	£33.00
Road Bike	£18.00	£32.00	£44.00
Tandem	£18.00	£32.00	£44.00
Childrens Additions	1 HOUR	2 HOURS	3 HOURS
Single Child Trainer	£7.50	£14.50	£21.00
Double Child Trainer	£9.00	£16.50	£24.00
Tagalong	£7.00	£13.00	£19.50
Baby Seat	£4.00	£7.50	£11.00
Accessories	1 HOUR	2 HOURS	3 HOURS
Helmet	Free	Free	Free
Gel Saddle Cover	£1.50	£2.50	£3.00
Lock	£2.00	£2.00	£2.00

Summary

Meet Place:

Roehampton Gate Car Park
Richmond Park
London SW15 5JR

- **Meeting Time:** 10:30am
- **Start Time:** 11:00am
- **Approximate Finish:** 14:00
- **Bicycle + Helmet Rental:** £24.50 (3hours)
- **Contact Details:** Gloria – 07956643197, Gloria.wyse@btinternet.com