

Cycle around the capital on free guided bike rides



IF you're keen to get out on a bike and explore London this summer, why not pick up a free Santander cycle and join one of the special guided rides taking place over the coming weeks.

British Cycling and Sky, in partnership with TfL, have organised more than 200 hosted rides across the capital - and a number of the routes are specifically designed for the Santander hire bikes.

Take a ride around Regent's Park, Clapham and Wandsworth

Commons and Battersea Park, all under the guidance of a cycling expert. All the rides are suitable for beginners so it is perfect if you've always wanted to give the bikes a go.

The British Cycling 'Sky Ride Local' programme is part of the national 'Let's Ride' campaign to get more people cycling for fun and fitness. Sky Ride Local offers a range of themed guided bike rides which take place throughout the summer months.

Many of the excursions follow local scenic routes, along canal towpaths and past famous London landmarks. They also explore some of the green spaces and squares in the capital.

Ben Plowden, director of strategy and planning at TfL, said: 'Cycling is one of the best ways to get around the capital. It is becoming an integral part of London's transport network and rides like Sky Ride

Local will help to encourage people of all ages and abilities to jump on a bike.'

Free ride

To get your free Santander cycle, just register at www.goskyride.com/london and click which guided ride you wish to join.

The rides all take place on Sundays and start at 10am. Arrive 15 minutes early to collect your bike.

Select from:

- Regent's Park: June 28, July 26 and August 30
- Clapham and Wandsworth Commons: July 12, August 9 and August 16
- Battersea Park: June 21, July 19, August 23 and September 13

You can use a contactless payment card to travel on bus, Tube, tram, DLR, London Overground, TfL Rail and most National Rail services in London. For more information, visit tfl.gov.uk/contactless

UK issued cards are accepted. For cards issued outside UK, check tfl.gov.uk/contactless-payment-card, before you travel. Check with your card issuer for any international transaction fees/charges that may apply.

Calling women in engineering and technology

ARE you a woman working in engineering or technology? Celebrate National Women in Engineering Day and be part of a Guinness World Record attempt by joining a mass photocall at the iconic Horse Guards Parade on Tuesday June 23 from 8.15am to 9am.

The event, which is part of the 100 Years of Women in Transport programme, aims to mark the role of women in engineering and technology and showcase the diverse careers these fields have to offer.

■ To take part, simply turn up on Tuesday morning



Traffic information for the capital

Victoria Embankment Until April 2016

Lower Thames Street closed, eastbound, and traffic restrictions nearby for East-West Cycle Superhighway works.

A24 Colliers Wood Until September 19, midnight

Temporary signals at the junction with Merton High Street for urban realm improvement works.

Hospital Bridge Road, TW2 Until August 9, 4.30pm

Temporary traffic signals at the intersection of Percy Road and Powder Mill Lane for junction improvements works.

Central London area June 18, 10am to June 21, 9.30pm

Waterloo 200 celebrations include a slow moving horse and carriage travelling from

Greenwich to The Mall on Sunday. Expect traffic delays.

Central London area June 20, 12 noon to 6pm

A group will form at Bank and march to Parliament Square via Farringdon Street, Fleet Street and Trafalgar Square. Full road closures will be in place.

For a full list of traffic information, go to tfl.gov.uk/trafficnews

For more articles and to keep up to date with TfL announcements, visit tfl.gov.uk/news

London travel advice: plan your journey now



tfl.gov.uk



24 hour travel information
0343 222 1234*



tfl.gov.uk/socialmedia

London Travelwatch

London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply.
See tfl.gov.uk/terms for details.



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