



See London by bike

EXPECTING a visitor this summer and want to show them around London? Why not opt for pedal power?

Thanks to Barclays Cycle Hire, you could give them a different type of guided tour that is easy, healthy and fun.

There are more than 550 dockings stations throughout the capital, making it simple to collect or leave a hire bike wherever you are. Whether you want to see the sights, visit a museum or take in the atmosphere, you could combine it with a cycle ride along the river and a picnic in a park.

The following leisure route begins in east London and takes in some of the capital's striking architecture from the comfort of a Barclays Bike saddle.

City Hall to The Gherkin

Pick up a bike from the Tooley Street docking station and head towards Tower Bridge and Tower Bridge Road. Cross the bridge and look for the signs for the Ring Road and The City and carry on towards Shoreditch and Aldgate. You'll spot the Tower of London on your left.

A left turn on to Aldgate High Street and a short trip up Leadenhall Street will bring you to the Lloyd's Building – a leading example of the 'bowellism' style of architecture – with its lifts and ducts located on the outside. Just before the building there's a turn to the right on to St. Mary Axe, past the famous Gherkin.

The Gherkin to The Dirty House

Turn left at the end of St. Mary Axe and on to Camomile Street, then swing right on to Bishopsgate. Carry straight on then turn right on Bethnal Green Road after Shoreditch High Street station. Take the second left on to Chance Street and you'll come across the Dirty House. This stark, black-painted art studio and apartment with a brightly illuminated roof was designed by British architect David Adjaye in 2002.

The Dirty House to St Paul's Cathedral

Continue straight ahead and at the roundabout take the second exit on to Calvert Avenue. When you reach Shoreditch High Street, head right and then immediately left down Old Street.

At the junction, cross over Great Eastern Street to join the cycle path on the opposite side of the road, then ride on the left side of The Yard Restaurant down Paul Street.

Keep straight ahead on Paul Street and turn right on South Place, then turn left on to Moorgate. Go straight ahead on Moorgate and turn right on Gresham Street.

At the end of the road you'll be near one of the most recognisable buildings in London – St. Paul's Cathedral. Until the early 1960s Wren's masterpiece dominated the city's skyline with its huge dome and spires.

St Paul's Cathedral to The Building Centre

Head down Ludgate Hill and continue straight all the way to Trafalgar Square along Fleet Street and Strand.



At Trafalgar Square take the fourth exit and continue straight ahead on to Cockspur Street and then Pall Mall, before turning right up Waterloo Place. From there continue straight and on to Regent Street. Follow Regent Street past Oxford Circus and then turn right on Mortimer Street and all the way along to Tottenham Court Road.

Take a left, followed by a quick right on to Chenies Street and another sharp right on to Alfred Place, where you'll see a docking station and The Building Centre. Here you'll find a range of different galleries, with the main one housing a 39-foot model of the entire city and its future design plans.

The trip covers 7.6 miles and takes about an hour, depending on the amount of time you spend taking photos, of course.

■ For more information about riding your bike in London, visit tfl.gov.uk/cycling



- To hire a Barclays Bike, simply pay at the docking station when you arrive using a credit or debit card. Hirers must be over 18. It's self service and no booking is needed
- There is a £2 access fee and then it costs £1 an hour – or free if the hire time between picking up and docking back is less than 30 minutes
- Cyclists must be over 14
- If there are no cycles or the docking station is full, the terminal map will show where there are some cycles and spaces nearby

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London Travelwatch

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

*Service and network charges apply.
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