



Keep cool

WITH the hot weather set to continue, TfL is reminding customers to keep hydrated on their commute by carrying

- water when travelling. Passengers are also advised to:
- Help others off the train if they are ill as it is easier to get help on a platform
 - Not board a train or bus if you feel unwell



Reporting anything unusual won't hurt you

If you see any unattended items or suspicious activity, report it to a member of staff or the police immediately. For your safety and security, CCTV is in use across the network.



MAYOR OF LONDON



Cycle through the capital

There's still time to sign up to Prudential RideLondon FreeCycle, part of the world's greatest festival of cycling.

ON Saturday July 29, eight miles of the capital's roads will be closed to vehicles, offering riders of all ages and abilities the experience of cycling on traffic-free streets. The event, which is part of a festival of cycling led by the Mayor's office, enables riders to pass iconic landmarks including Buckingham Palace, Trafalgar Square, St Paul's Cathedral and the Bank of England with a loop over Waterloo Bridge offering stunning views of London. Along the route there are seven Festival Zones, which will give riders the chance to stop off to enjoy a whole host of activities and to get something to eat and drink. The Zones are at Green Park, Aldwych, Lincoln's Inn Fields, Guildhall Yard, Leadenhall Market, St Paul's Churchyard and Southbank. There will be music and entertainment too, with bands, music, bikes, stilt



bicycles, stagecoaches and penny farthings. Bike doctors will be on hand in case of any technical problems.

■ **For more information and to register, go to prudentialridelondon.co.uk**

To encourage as many people as possible to take part, there will be free led rides from every borough to take cyclists into the heart of the action. The riders will be led by an experienced London cycling campaign leader who will cycle at a pace that's perfect for beginners. To sign up and for more information, visit prudentialridelondon.co.uk.

Neon nights at London Transport Museum

GET crafty and design your own neon creation at London Transport Museum this Thursday. Experts from Ellbie Co. and the London Craft Club will be on hand to help participants design the shape of the River Thames in Neon,



although guests are free to create their own custom designs too. This workshop uses Electro-Luminescent Wire, a safe battery-powered alternative to traditional glass and gas neon. All materials, tuition as well as a colourful cocktail and goody bag are included.

Book online
Illuminate London with Ellbie Co. and London Craft Club costs £75 and runs from 6.30pm to 9pm on Thursday at London Transport Museum. Save 10 per cent when you book online using code LCCNEON at ltmuseum.co.uk/whats-on.

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

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 24 hour travel information
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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. See tfl.gov.uk/terms for details.



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