



**On the up:** People of all ages and abilities can experience the joy of cycling

# Pedal power

## PRUDENTIAL RIDELONDON TAKES PLACE THIS WEEKEND

MORE than 100,000 cyclists will take to the streets this weekend as the world's largest mass participation festival of cycling takes over the capital.

The Prudential RideLondon, now in its sixth year, will take place in London and Surrey and TfL is encouraging Londoners to make the most of traffic-free streets.

There is a wide range of events taking place across the weekend, including the family-friendly FreeCycle on Saturday, which is open to all ages and abilities. This eight-mile ride runs along a traffic-free circuit, passing iconic London landmarks such as Buckingham Palace and St Paul's Cathedral.

There will be free festival zones with music and entertainment at seven locations along the route and bike doctors will be on hand in case of any technical problems.

Experienced cycle guides will also be leading rides to the event from every London borough, making it even easier to get to central London to take part. Anyone without their

own bike can always hire a Santander Cycles from any docking station, with prices starting from just £2.

### RIDE WITH THE BEST

Saturday also sees the UCI Women's WorldTour Prudential RideLondon Classique, as well as the Brompton World Championship Final and Prudential RideLondon Handcycle Grand Prix.

On Sunday, thousands of amateur cyclists will be raising money for charity by taking part in the Prudential RideLondon-Surrey 100, 46 and 19 sportive events. The 19-mile event, which is new for 2018, is open to cyclists aged 12 upwards and has been created to encourage the next generation of cyclists.

The UCI WorldTour Prudential RideLondon-Surrey Classic event on the same day will see 150 of the world's best male cyclists take part in a 114-mile race through London and Surrey. There will be a variety of opportunities for spectators to cheer on the riders along the route.

## Keep cool and carry on

AS the summer heatwave continues, TfL is reminding customers to carry water with them at all times when travelling in London.

This can help you stay hydrated as you make your way around the capital, especially on the Tube.

Passengers are also advised to:

- Not board a train or bus when feeling unwell
- Avoid pulling the alarm between stations. If you feel unwell, get off at the next stop and seek help from staff. It is easier for them to give assistance on the platform
- Remember to look up and offer your seat to anyone who may need it more than you

TfL is investing millions of pounds to make the Tube and buses cooler for customers.

There are 192 air-conditioned trains, serving 40 per cent of the network.

All London buses have opening windows and all new double-deck buses use air-cooling systems.

Get ready for the world's greatest festival of cycling from Saturday 28 to Sunday 29 July

**PRUDENTIAL RIDELONDON**

Check your travel



Roads, bridges and bus routes across Surrey and London will be affected.

Search TfL RideLondon travel



**Riding the wave:** Celebrate traffic-free streets

## Travel advice for the weekend

ON Saturday, roads in central London will be closed to traffic from 5am until 7.30pm. Waterloo Bridge will also be shut.

On Sunday, various roads throughout parts of east, central, west and southwest London will be closed from 4am until 8pm.

This includes 13 river crossings for part of the day, including Westminster Bridge, Tower Bridge and Battersea Bridge. The Blackwall Tunnel will remain open throughout the event.

The Emirates Air Line cable car will open at 4am for a special service to help participants to get to the start. The regular service will begin at 9am as usual.

Tube and rail will be the best way to travel during the event weekend. For more information, visit [tfl.gov.uk/ridelondon](http://tfl.gov.uk/ridelondon).

For more articles and to keep up to date with TfL announcements, visit [tfl.gov.uk/news](http://tfl.gov.uk/news)

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**London Travelwatch**  
London's transport watchdog  
call 020 3176 2999, or visit  
[www.londontravelwatch.org.uk](http://www.londontravelwatch.org.uk)

\*Service and network charges apply. See [tfl.gov.uk/terms](http://tfl.gov.uk/terms) for details.

 Newspapers left on the Tube can jam doors and cause delays to your journey. Take your newspaper with you or put it in a recycling bin.