

## Enjoy London by bike

Take in the sights and get active by cycling around Queen Mary University of London with our customised cycle routes.

We want you to see how easy it is to make cycling part of your life – and how enjoyable and useful it can be. So we've put together some helpful info to give you the tools to get cycling.

Don't have a bike? Don't let that stop you! There are plenty of ways to hire one cheaply.

Feel nervous or want to improve your skills? You can take free lessons from an experienced instructor. Whether you just need a refresher course, want to learn commuter skills or can barely balance on a bike, they'll be able to help you reach your goals.

Be part of the two-wheeled revolution and fill the streets around QMUL with the tinkling of bike bells!

Happy cycling!



## Social cycling

Social group and guided rides are becoming really popular. They're a great way to meet new people and spend time with your friends.

Here are some good free ones from British Cycling:

### Sky Ride Local

100s of free guided rides introducing the best and most iconic routes across the city and further afield.

[goskyride.com/london](http://goskyride.com/london)

### Ride Social

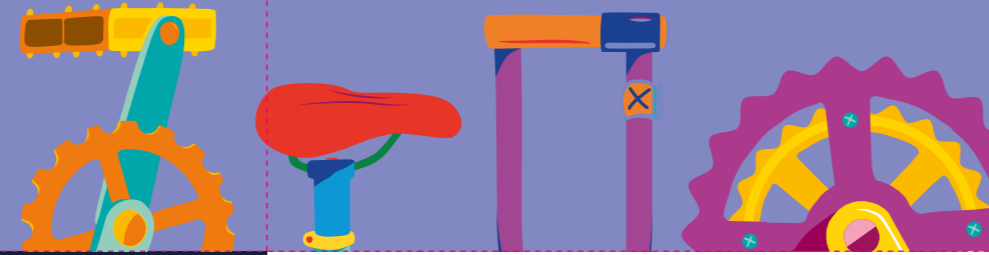
Find cycling buddies, groups or rides. Join Britain's biggest cycling community. Ride together, discover more!

[ridesocial.co.uk](http://ridesocial.co.uk)

### Breeze

Join a Breeze Champion on friendly, organised, local bike rides for women.

[goskyride.com/breeze](http://goskyride.com/breeze)



## Explore London with Santander Cycles

Santander Cycles is London's self-service, bike-sharing scheme for short journeys.

You can hire a bike from as little as £2. Simply go to any docking station with your bank card and touch the screen to get started. For even quicker access, download the official Santander Cycles app, the fastest way to find and hire a bike.

There's no need to book – hire a bike, ride it where you like, then return it to any docking station.

For more bike rental options visit [tfl.gov.uk](http://tfl.gov.uk) and search 'rent a bike'.



## Useful contacts

### Cycling at QMUL

If you have any ideas or questions about cycling at QMUL, contact the sustainability team via email on [sustainability@qmul.ac.uk](mailto:sustainability@qmul.ac.uk) and follow them on Twitter @QMSustTravel @QMSustain

### QMUL cyclists' group

QMUL has an active cyclists' group. Keep up to date with cycling news and information from around the campus by following them on Twitter @QMCyclists

For more cycling information, including parking and shower locations, bike maintenance session dates and other cycling news, go to: [www.qmul.ac.uk/about/sustainability/campus/transport](http://www.qmul.ac.uk/about/sustainability/campus/transport)

Queen Mary  
University of London

## Cycle guide



## Free cycle skills

Discover your city on two wheels and pick up tips on cycling safely and with confidence in a free two hour one-to-one session. Learn new skills and receive assurance from a fully qualified instructor. Sessions are tailored to your needs so ask your instructor to accompany you from your accommodation to university to demonstrate the quickest or quietest route to campus.

For more information or to request cycle training in your borough please email:

[cycletraining@tfl.gov.uk](mailto:cycletraining@tfl.gov.uk)

quoting the code 'QMUNI' in the email subject line.

## Some cycling tips

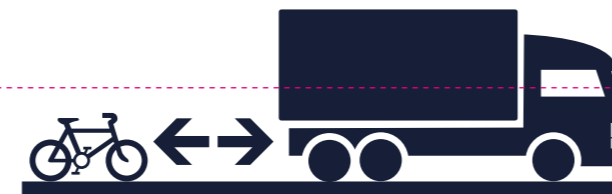
Whether you're a complete beginner or an experienced cyclist, it's always important to ride in a way that takes care of yourself and others. Here are a few reminders of how to do that:

### Communication

Always use **clear hand signals** to show you intend to turn. Look back and **make eye contact** with other road users to check they've seen your signal.



### Observation



Be aware of what is happening all around you. Watch out for traffic turning ahead of you or from upcoming junctions. Pay extra attention around large vehicles. **Drivers of lorries, buses and vans cannot always see you**, so it's best to stay back and keep a safe distance. If you cannot see the driver of a large vehicle, they cannot see you. Always look back before changing direction.

### And some sensible advice...



Make sure you're not distracted unnecessarily. Don't listen to music on headphones or use your mobile phone while cycling.



Steer clear of cycling on the pavement to avoid pedestrians.

### Position

Know where to position yourself on different types of road. **Ride centrally on narrow roads** to discourage vehicles from overtaking until safe to do so. Where possible use designated cycle lanes. Ride in a straight line past parked cars and allow space for car doors to open. A good reminder: 'the width of a door and a little bit more!'



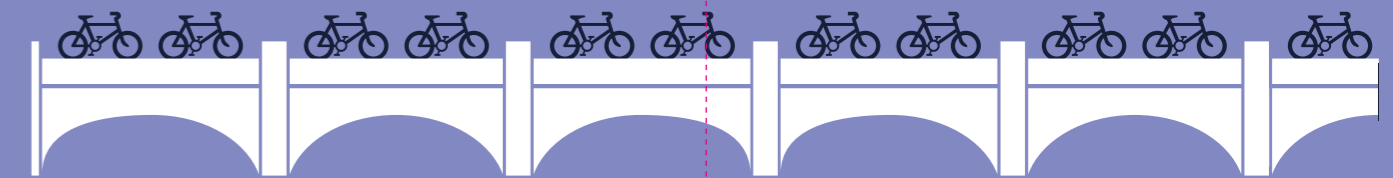
### Speed

Adjust your speed depending on traffic and type of road.



## Everyone's doing it

Over **9,000** cyclists travel across London Bridge every day...



... that's 11 a minute!



**x2** The number of cycling trips in London doubled since 2001

Latest figures show that London cyclist make 645,000 trips per day.

## One in four

road users in central London's morning rush hour is a cyclist!



## Good for your health

Steady cycling burns around **300 calories per hour** that's goodbye to at least one doughnut!



A **5% increase** in cardio fitness from cycling can lead to an improvement in mental capacity of up to **15%**

Cycling just **20 miles** a week can reduce the risk of coronary heart disease by



## Good for the environment

The cost of a decent bike and equipment is

**£648 less** than an annual bus pass

and **£1,660 less** than an annual zone 1-4 rail pass



**1.4 tonnes** The amount of CO<sub>2</sub> an average car emits per year

**x10** You can park 10-12 bicycles in the same space as a car







**Key**

- Cycle Hire Docking Stations
- Refreshment Pit Stops
- Bike Shops
- 5 Cycle parking – number of stands
- ★ University Campus
- CS2 Cycle Superhighway

**Route 1 – Waterways ride (south)**

8km 30

- 1 Mile End Park**  
A tiny haven of wildlife, lakes and reed beds, featuring a glass-walled Eco Pavilion that mirrors the Art Pavilion, which is situated a little further to the south.
- 2 Limehouse Basin**  
Formerly known as the Regent's Canal Dock, it is where the canal meets the River Thames. It was redeveloped in the 1980s and 1990s and is now bordered on its north side by various residential blocks alongside the octagonal tower of a hydraulic accumulator, a Grade II listed building, plus a Victorian railway viaduct that now carries the Docklands Light Railway.
- 3 House Mill at Three Mills**  
A stunning Grade I listed tidal mill – the largest in the world – built in 1776. A cafe is open at weekends and on four days.

- 4 Nunnery Gallery**  
Hidden in an old convent building, the gallery showcases young and old artists often with an East End connection. The gallery is a part of the Bow Arts Trust and also has a cafe on site.
- 5 Tower Hamlets Cemetery Park**  
One of the seven major London cemeteries ("Magnificent Seven") built in the Victorian era to alleviate overcrowded parish burial grounds. The main gates on Southern Grove are open dawn til dusk and there are further entrances on Hamlet Way and Cantrell Road that are always open.



**Route 2 – Campus and culture ride (west)**

**Route 3 – Green and pleasant ride (north)**

- 1 Stepney City Farm**  
A working farm, rural arts centre and community meeting place. Features a hotchpotch of outdoor seating from where you can share your food with the roaming hens and a weekly farmers market every Saturday selling fresh local produce.
- 2 Whitechapel Gallery**  
The gallery that promoted the first ever exhibition of Pop Art in 1956 (This is Tomorrow) and continues to host a variety of respected contemporary art and artists.
- 3 Old Truman Brewery**  
Once a home to London's largest brewery, is now East London's primary destination for the public creative businesses alike.
- 4 Barbican Centre**  
A renowned cultural centre built as part of a much larger and hugely impressive brutalist housing estate, complete with lakes, fountains, a botanic greenhouse, and futuristic walkways in the sky.
- 5 Boundary Street Estate**  
Arguably the first ever council housing in Britain, comprising multi-storey brick tenements that radiate around a raised circus, featuring a bandstand, built by the London County Council in 1890.
- 6 Columbia Flower Market**  
A Sunday morning institution and one of the prettiest markets in London with lots of great independent shops and cafes.

- 1 The Old Peanut Factory**  
A superb complex of industrial buildings, currently surviving within a jungle of new-build flats and soon-to-be building sites that houses an array of artists' studios and workshops.
- 2 Lea Valley Velo Park**  
A critically acclaimed velodrome by Hopkins Architects includes an outdoor road course for cycle practice and a BMX track. A must-see for all cycling enthusiasts.
- 3 Hackney Marshes Centre**  
An award-winning minimalist structure, clad in weathered steel, designed by Stanton Williams in 2010, features a community space and changing rooms for the Sunday footballers.
- 4 The Yard Theatre**  
A cutting edge community theatre with a yearly programme of thought provoking theatre, music and film, housed in an old warehouse space and made from recycled materials.
- 5 Victoria Park**  
The "People's Park" features a pagoda, an impressive Grade II listed drinking fountain (1862), a variety of ponds, and a café overlooking the boating lake.
- 6 Mile End Park**  
A tiny haven of wildlife, lakes and reed beds, featuring a glass-walled Eco Pavilion that mirrors the Art Pavilion, which is situated a little further to the south.

18.5km 70

12km 45

**Route 4 – Waterways ride (east)**

14km 55

- 1 Fish Island**  
A formerly disused wasteland, now a thriving artistic community with many design and artist studios, Stour Space is a great example with an exhibition, performance and studio space for the development of creative work.
- 2 Olympic Stadium**  
The centrepiece of Olympic Park and it's most recognisable building, open year round for visitor tours, arts and cultural events and concerts. In 2016 it will become the new home of West Ham United FC.
- 3 London Aquatics Centre**  
A critically acclaimed Olympic quality swimming and diving

- 4 Wetlands Walk**  
Parkland and riverside meadows given a new lease of life following the London 2012 Olympic Games and now home to a variety of birdlife and native flora.
- 5 Olympic Park Energy Centre**  
A sleek neo-Modern steel-framed structure, designed by John McAslan and Partners in 2008, the largest decentralised energy scheme to be built in the UK and makes a key contribution to the Park meeting its zero carbon ambitions.

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