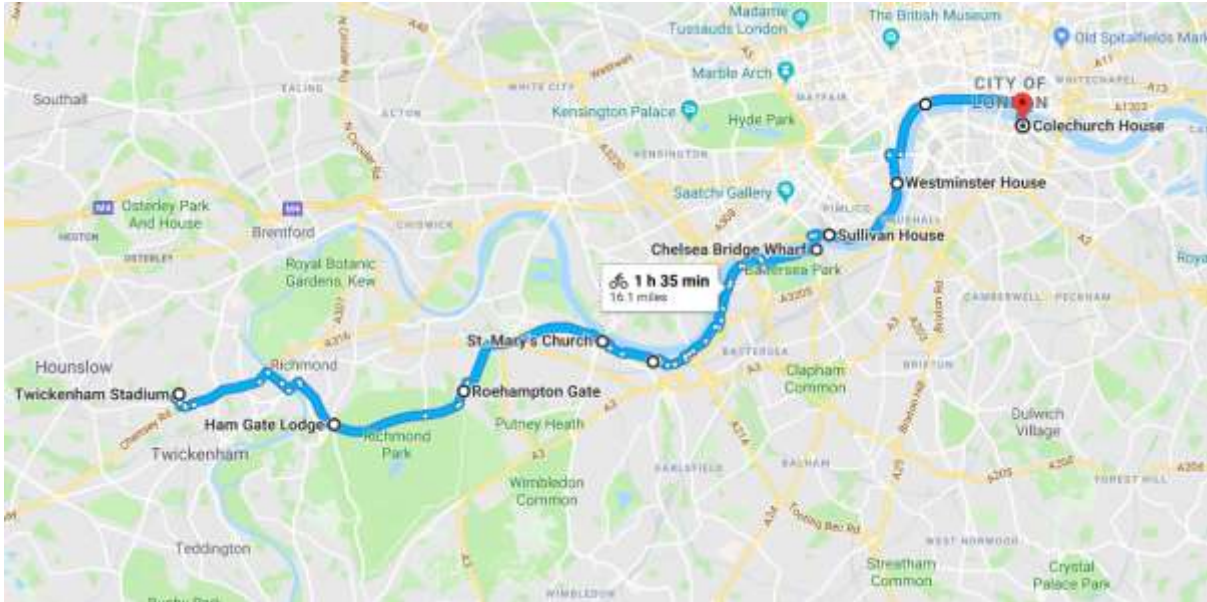


Patrick's #LifeCycle to Japan Twickenham to London Bridge



Overview

Saturday 4th May

Optional: Meet at Syon Park Hilton (there is free parking) and depart with Patrick at 8:30am. It is 2.5 miles to the stadium.

9am Gather at the 'Lineout Statue'

Twickenham Stadium
198 Whitton Road
Twickenham
TW2 7BA

Parking: Tesco (TW7 7LW) opposite the stadium (slightly cheeky, and be aware there is a huge game kicking off at 2pm with road closures nearby)

Arragon Road Multi-Storey (TW1 3NG) is one mile from the stadium.

10am Departure from the statue on the corner of Whitton & Rugby Road, Twickenham Stadium

11am Depart Roehampton Gate

Noon Depart Battersea Park at Chelsea Bridge

12:20 Riders start to arrive at On Your Bike London Bridge

Note there is a large Army v Navy rugby game at 2pm. Road closures and parking restrictions will be in force north of the railway line (these will be signed) from 10am.

For more information on Patrick's cycle to Japan, please see www.kmgfoundation.co.uk

This promises to be a very enjoyable ride, perhaps surprisingly so for those who think riding in London cannot be fun. The ride includes two of London's famous parks, the Thames Path and the Embankment, as well as passing numerous famous sites and views. Almost all of the route is on dedicated cycle lanes or on paths entirely separate from roadways.

The ride is intended to cater for riders of different strengths, allowing sections where strong riders can get ahead and add extra distance in Richmond Park, Battersea Park or speed along the embankment. In the more complex sections we will ride together as a group.

Riders can return to their cars by riding the route in reverse or taking a train from Waterloo station to Syon Land or Twickenham.

Section 1 Twickenham Stadium to Roehampton Gate (Together to the Thames and Free Ride to Roehampton Gate)

(5.6 miles + / 9km +)

10 – 10.15 stadium to river

10.15 fast riders go ahead

10.40 reach Richmond Gate

11am reach Roehampton Gate

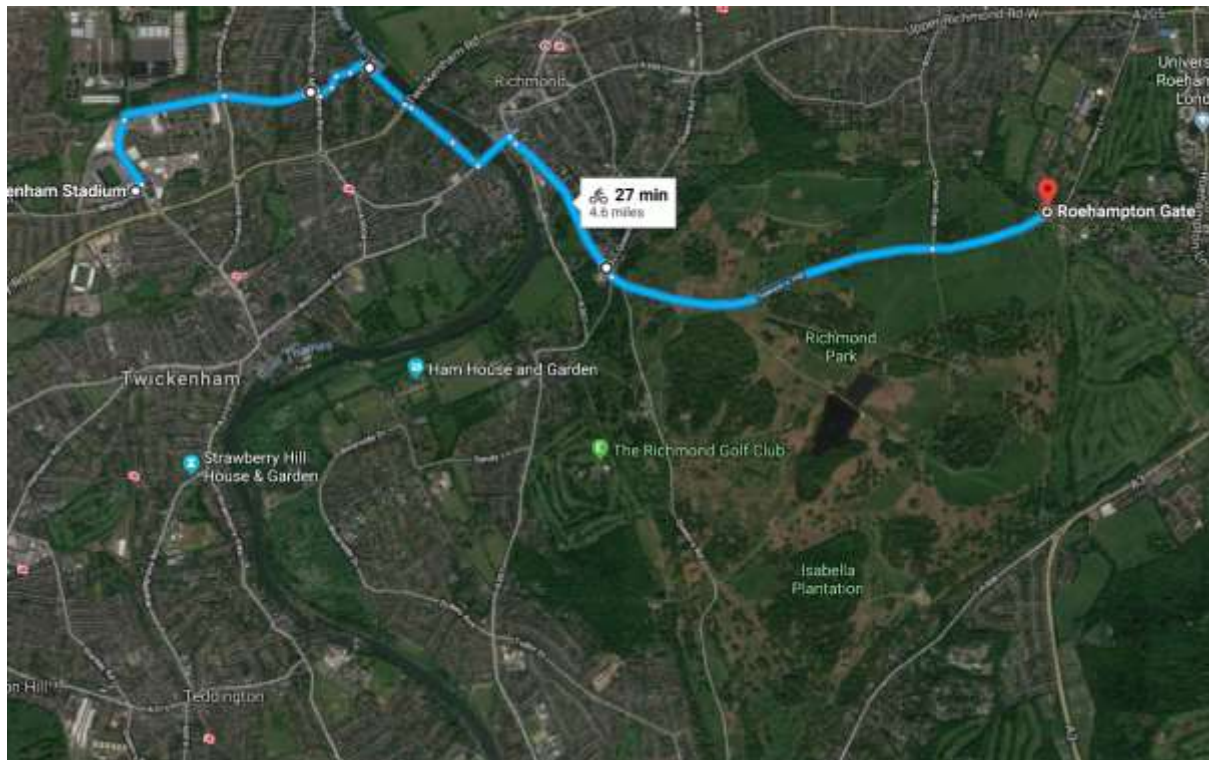
From Twickenham Stadium we travel north and turn right onto Ogden Lane, which becomes Northcote; continue over the A3004 onto St Margaret's Drive which becomes Ranelagh Drive.

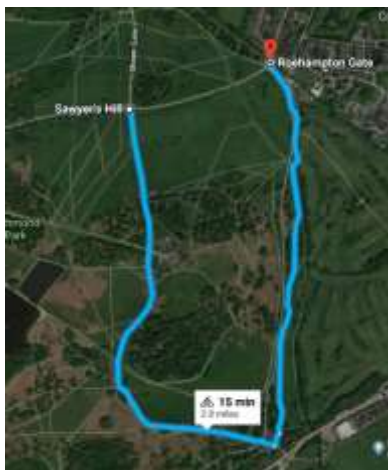
**** Strong riders can go ahead at this point: meet at Roehampton Gate before 11am ****

Hug the Thames, under Twickenham Bridge, and continue along the path Elms/ Ducks Walk and Willoughby Road to Richmond Bridge.

Left, cross over the bridge and turn right (at the Odeon) and then left fork onto the one way up Richmond Hill Rise B321.

At the top of the hill enter Richmond Park – go straight along Sawyer's Hill...





Strong riders may wish to go immediately right onto Queen's Road to complete three side of the park (+3.5 miles) or the shorter option straight along Sawyer's Hill but follow signs to White Lodge/ Pen Ponds café/ Priory Lane (+2.5miles)

Section 2 Cycling Together to Wandsworth Bridge and Free Ride to Chelsea Bridge

7.2miles + /11.6km + (of which 4.5miles/7.2km Richmond Park to Wandsworth Bridge)

Departure 11am Roehampton Gate (together until Wandsworth Bridge)

11.20 Putney Bridge

11.35 Wandsworth Bridge Underpass

11.45 Battersea Bridge Road

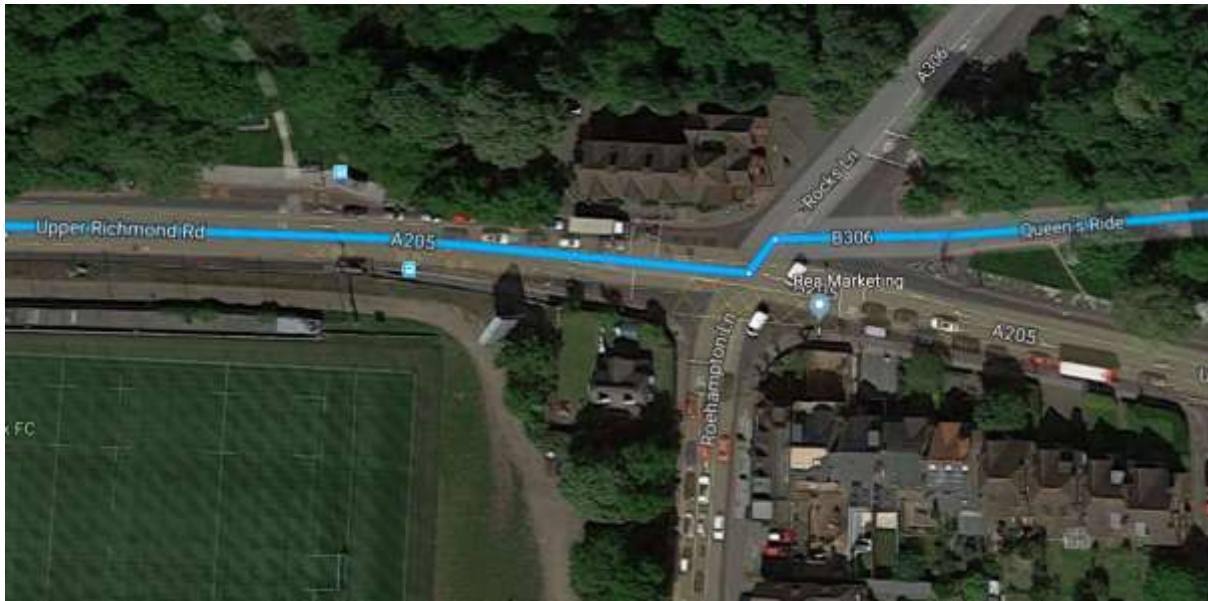
11.55 Chelsea Bridge



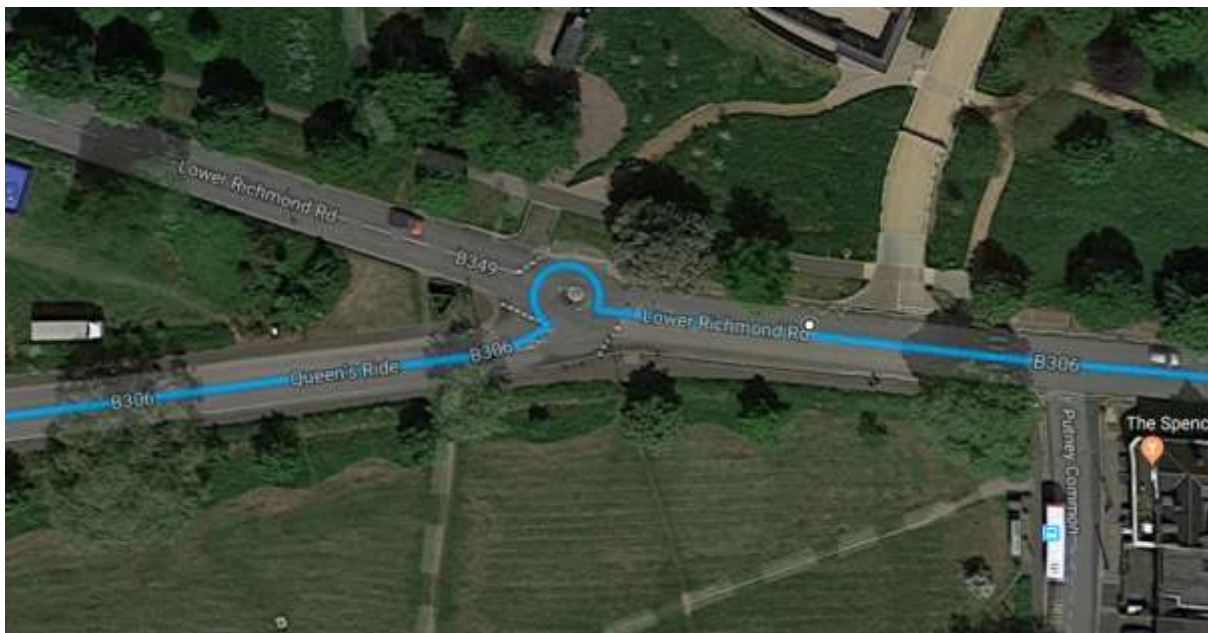
Immediately turn left, following signs for Cycle Route 4.

At the junction turn right into Bank and at the junction turn left onto the dedicated cycle route along the pavement along Priory Lane.

Where priory lane meets the A205we turn right and pass Rosslyn Park. At the next junction we take the 'dog leg' onto B306 Queens Ride:

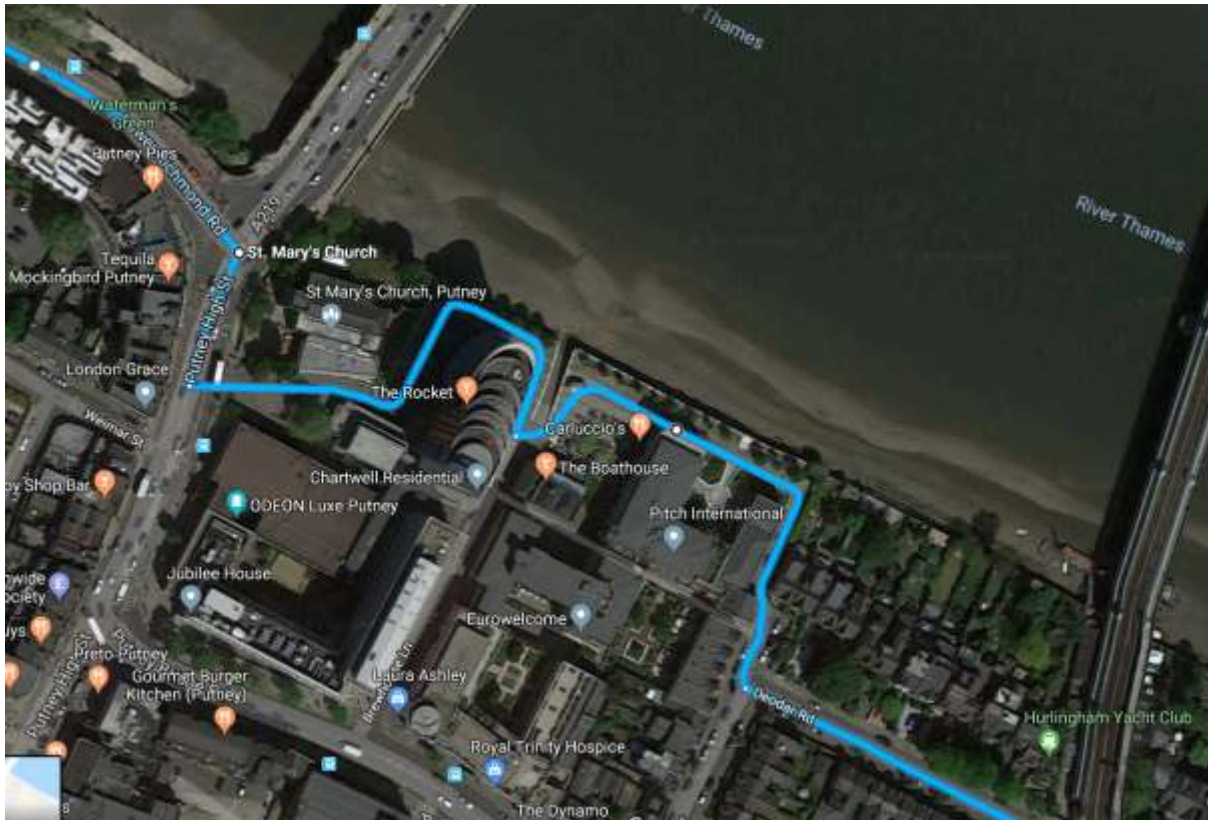


Where B306 meets the B349 we take the second exit to turn right and continue on the Lower Richmond Road (B306):



After about 300m at Festing Road turn left, it is signed 'riverside walk'. At the Thames turn right.

At Putney Bridge cross the road and go to the right of St Mary's church onto the path. There is a cycle way around the front of the orange and glass building and continue to hug the Thames. When you come to Deodar Road immediately turn left (it is signed as a bike route to Battersea)

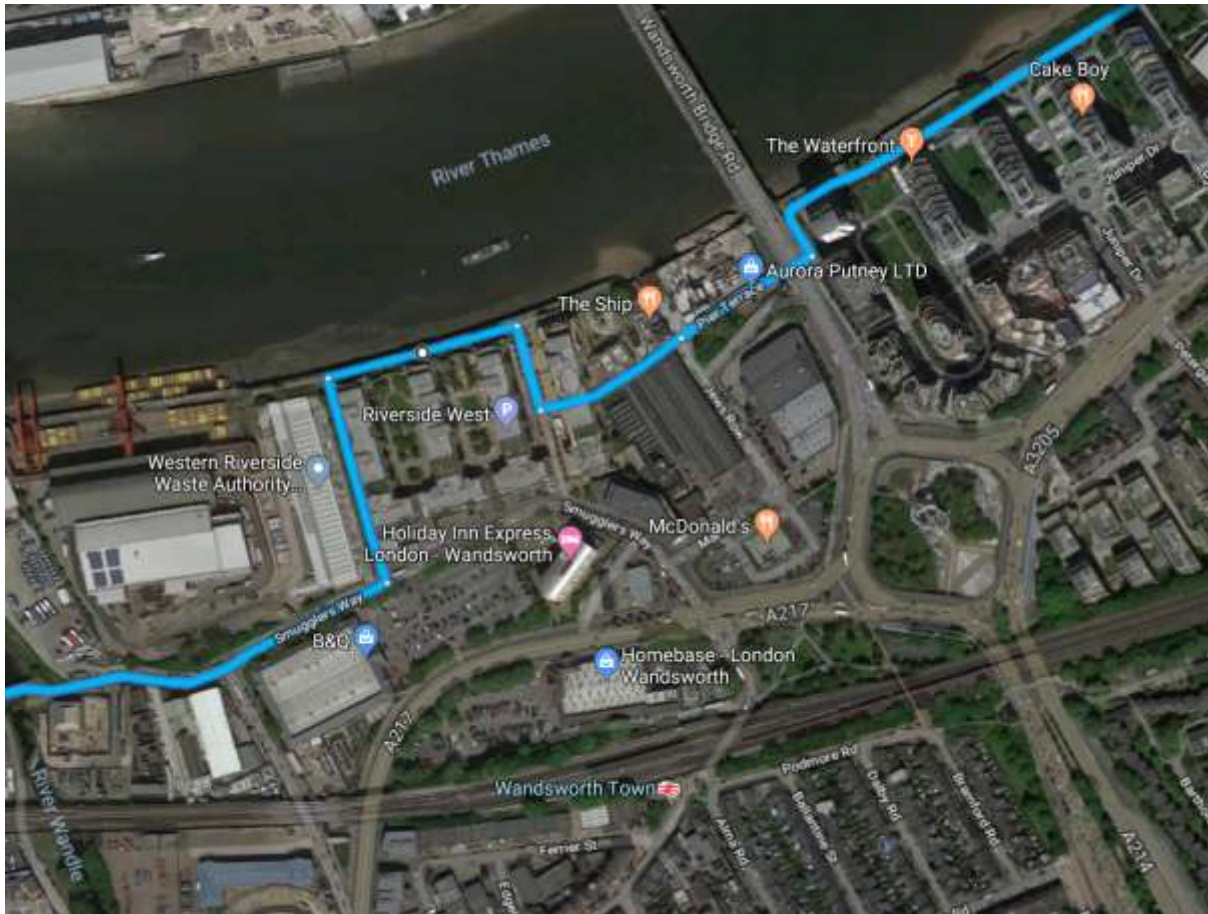


At the end of Deodar turn left and right (dismount in Blade Mews) into Wandsworth Park



At the Riverside Development turn up Point Pleasant road... pass Eastfields road and the Cat's Back and turn left under the arch by 'My Dentist'.

Turn right into Osiers road and 1st left (Sainsbury's on the corner) onto Enterprise. Over the Wandle river bridge and left immediately after the recycling factory (Waterside Path) it follows logically (Jews Row and left into Pier Terrace) to the underpass under Wandsworth Bridge.



**** Strong riders can go ahead at this point: meet at the Chelsea Bridge exit of Battersea Park before midday. ****



There is only one small wiggle around the Crowne Plaza hotel & helipad (take Bridges Court Road).

You will come to a church – go through the gate and pass in front of it.

When you reach Battersea Bridge Road please cross with care and continue along the Thames.

Reaching Battersea Park: to enter the park you need to turn right down Albert Bridge Road and enter through the gates on the left. Go straight. There are toilets just beyond the Pagoda (on the right).

Strong riders can do a circuit within Battersea Park: turn right as you enter the gates. The Carriage Drive loop is 1.76. miles.



Section 3 Chelsea Bridge to On Your Bike (Free Ride)

(4.8 miles(7.8km) from Battersea Park to London Bridge)

- 12 noon departure Chelsea Bridge
- 12.25 Big Ben
- 12.45 London Bridge/ Monument
- 12.50 On Your Bike

We now cross Chelsea Bridge, turn right and follow the blue bike lane (CS8 bike 'superhighway') along the Thames. It is blue lane all the way to Pimlico.

From Lambeth Bridge continue towards Parliament. Use the bike lane to round Parliament Square. Head towards Big Ben / Westminster Bridge and just before the bridge turn left onto CS3 bike 'superhighway'. Continue along the Thames embankment.

At one point the CS3 bike path switches to the opposite side of the road – continue to use it, staying parallel with the Thames.

You will follow Upper Thames Street. Soon after going under Canon Street Bridge you pass under London Bridge (it is not marked, except the street names change from Upper Thames to Lower Thames Street).

Once you go under London Bridge there is a church on the right, turn *immediately* left, up Fish Street Hill, left again onto Monument Street and left again and go over London Bridge.



After crossing the bridge dismount, walk onto the pavement, and up the concrete walkway of Colechurch House. Here you will find 'On Your Bike'.



