

Southwark Cyclists' Bike Week June 2005

A week of **free** events on bikes in Southwark organised by Southwark Cyclists

Southwark



Saturday 11th June	<p>The Putney/Woolwich Ferry Ride Explore every cyclable inch of the London riverside in an east-west figure of 8 shape. East along the Thames Path to the Woolwich Ferry. And over. West to London Bridge. And over. West to Putney and the embankment's Duke's Head. Over Putney Bridge and east back to London Bridge. Join in/drop out wherever you like. But try the whole 45 mile day. Meet 10am Southwark Needle*. For details contact Barry 07905 889 005.</p> <hr/> <p>Burgess Park Bike Track Fun Day From 12.30pm onwards. 285 Albany Road. Camberwell. SE5 0AH. Loads of events on the dirt track for all ages. Races, games. Dr Bike to mend sick machines. Bouncy castle. BBQ. Rides around the park. Professional cycle trainers. Bought to you by Southwark Play Service, Sustainable Energy Action & Southwark Cyclists.</p>
Sunday 12th June	<p>Green Garter Ride then Bikefest Explore the Green Garter walk/bike route orbiting Elephant and Castle. Then up to the T/L Bikefest in Trafalgar Square. Meet 10am Southwark Needle*. For details contact Andrew 07729 844904.</p>
Monday 13th June	<p>Afterworker Ride to Putney 18 slow circular riverside miles. West to Putney and back along the north-side. Meet 6.30pm Southwark Needle*. For details Contact Barry 07905 889 005.</p>
Tuesday 14th June	<p>Afterworker Ride Border Patrol 16 miles round Southwark's border. Meet 6.30pm Southwark Needle*. For details contact Barry 07905 889 005.</p>
Wednesday 15th June	<p>Bike Week Breakfast The Globe, Bankside. 7.00 - 9.30am. Bike groups from all over London are converging on Southwark Cyclists' breakfast. There'll be animators, celebs, Dr Bike and breakfast. For details contact Barry 07905 889 005.</p> <hr/> <p>Monster Afterworker to the North Downs A 45 mile fast and hilly circular ride into the Surrey hills and back around 10pm. One of few rides that won't wait for all. Meet 6.30pm Southwark Needle*. For details contact Barry 07905 889 005.</p> <hr/> <p>Anti-Monster Greenway Afterworker Ride Heading along the river to the Woolwich Ferry then back west along the Greenway. Meet 6.30pm Southwark Needle*. For details contact Andrew 07729 844904.</p>
Thursday 16th June	<p>Afterworker Ride: Erith for sunset East down the Thames Path towards Greenwich and Erith and back into the glorious sunset. 30 slow miles. Meet 6.30pm Southwark Needle*. For details contact Barry 07905 889 005.</p>
Friday 17th June	<p>Breakfast at Billingsgate Market Ride out to breakfast at London's fish market then back in time to de-scale for work. Cycle out of the City and through the no-lift foot tunnel to the Isle of Dogs and Billingsgate. Meet 4am Southwark Needle; 4.30am Cutty Sark Gardens, Greenwich. For details contact Barry 07905 889 005.</p> <hr/> <p>Afterworker Ride: Regal Royal Parks A Royal Ride at an easy pace. Gentle ride up to Regent's Park, across to Hyde Park, Green Park and St James' and back to the Needle. Meet 6.30pm Southwark Needle*. For details contact Kit 07855 746 535.</p>
Saturday 18th June	<p>Locks, Docks and Ferry Ride All day tour of Docklands. Meet 9am Southwark Needle* or 10am at Cutty Sark Gardens, Greenwich. For details contact Barry 07905 889 005.</p>
Sunday 19th June	<p>Two Wheeled Treasure Hunt A trail of questions and clues round Bankside and the City of London. An easy ride for the curious and a chance to explore the tranquillity of the off-duty City. With prizes sponsored by On Your Bike. Meet 10am Southwark Needle*. Park lunch around 2pm for the answers and optional ride after. For details contact Barry 07905 889 005.</p>
Tuesday 21st June	<p>Bike Bonanza Picnic Finish off Bike Week and join millions (hopefully) of South London cyclists for a bring-your-own picnic at the top of the hill in Greenwich Park. From 7pm till dusk. Meet 5pm Southwark Needle* for the lazy ride there. Contact Barry 07905 889 005.</p> <hr/> <p>Midsummer Madness The magical summer-solstice sunrise on the longest day of the year. Meet 2am: Cutty Sark Gardens; 2.30am: Southwark Needle* 3am: Bar Italia, Frith Street; 4am: top of Primrose Hill 4.43am: sunrise! 6am: breakfast at the Island Café, Flat Iron Square. Southwark Bridge Road/Union Street. 7.30am: work, bed, ride, whatever. For details contact Barry 07905 889 005.</p>

* Southwark Needle is at the south end of London Bridge

Bike Week keeps getting bigger!

Check our website for the latest details: www.southwarkcyclists.org.uk

Get Ready for Bike Week

Discounts on bike hire • cycle training • cycle maintenance classes

If you've been meaning to start cycling but something has been holding you back, **Get Ready for Bike Week** activities, can get you pedalling for **Bike Week 2005** and the rest of the summer.

Not got a bike?

Why not see if there's room in your life for a significant other and join us for some taster rides. Rent a bike at a special Bike Week Rate from On Your Bike. We've arranged a 30% discount for Southwark residents. It will cost you just £8 for the first day and £5/day thereafter compared with normal hire rates of £12 for the first day and £8/day thereafter. A deposit of £200 together with photo ID and proof of address will be required. Take this leaflet to benefit from the special rates.

Bike needs fixing?

There's no need to leave your bike rusting in a corner. Southwark Cyclists in partnership with On Your Bike have organised a series of bike maintenance classes. Each two hour training session will cover bicycle terminology, mending punctures, adjusting brakes and gears. Refreshments provided, plus a discount of 20% for purchases made on the evening.

Sessions will take place at On Your Bike, 52-54 Tooley Street, near London Bridge station.

6th June and 7th June 19:30 - 21:30

Cost: £7.50 per person or £6.00 per person for London Cycling Campaign members living in Southwark – take your LCC membership card. To book: Email Nigel@onyourbike.com with your name, work & home tel numbers and mobile, or phone Nigel on 020 7378 6669. First come first served. **Advance booking is essential.**

And if you want someone else to get their hands greasy, On Your Bike offer a 10% deduction to members of the London Cycling Campaign living in Southwark on any purchases of bike spares and labour charges. Take your LCC card to benefit from this offer.

Need to build up confidence?

Join a cycle training session organised in partnership with Cycle Training UK (CTUK), the biggest provider of on-road cycle training in London. The two hour sessions will take you through effective bike handling skills to on road assertive cycling. Groups will be small to ensure you get all the help you need. Sessions start in Burgess Park and are designed for adult cyclists. **Advance booking is essential.**

Sessions will take place at the following times:

Monday 6th June	18:30 - 20:30
Tuesday 7th June	18:30 - 20:30
Wednesday 8th June	18:30 - 20:30
Thursday 9th June	18:30 - 20:30
Friday 10th June	18:30 - 20:30
Saturday 11th June	16:30 - 18:30

Cost: Sessions are at a special subsidised rate supported by Southwark Cyclists and CTUK: £15 waged, £5 non-waged. You need to live, work or study in Southwark to benefit from this offer. To book: Call CTUK on 020 7582 3535 during office hours (Monday-Friday, 9am-6pm) or book online at www.cycletraining.co.uk. Quote Southwark Cyclists Bike Week.

Southwark Bike Week is supported by:



Join Southwark Cyclists to support better cycling conditions in London and just to enjoy getting out on your bike
Go to www.lcc.org.uk