

Good news, cycles are now carried free on all National Rail services provided they can be stored safely and out of the way of other passengers. National Rail encourages the integrated use of cycles and trains - two convenient and environmentally friendly forms of transport. This leaflet summarises each train company's policy for carrying cycles by train.

Please note:

- It is strongly recommended that you make your reservation as far in advance as possible and reserve a cycle space at the time of purchasing your ticket.
- Please label your cycle clearly.
- Please cover your folded cycle.
- Tandems, tricycles and bicycle trailers are not carried unless otherwise stated.
- Unaccompanied cycles cannot be carried on any services.
- Motorcycles cannot be carried on any services.
- Cycles must be carried in the designated area on trains and must not obstruct doors or aisles.
- Cycles are carried at owner's risk (see National Rail Conditions of Carriage for more information - www.nationalrail.co.uk/times_fares/nrcc/).
- Engineering work may affect train services. Cycles are not carried on replacement buses during engineering work.

For more information contact either the appropriate train company or National Rail Enquiries at 08457 48 49 50 local rate call (textphone: 0845 60 50 600, Welsh-speaking enquiries: 0845 60 40 500), or visit www.nationalrail.co.uk.

Cycle Storage

An increasing number of railway stations have good quality cycle storage on or near to the station. For more information on cycle storage at specific stations visit: www.nationalrail.co.uk/stations_destinations/

Folding Cycles

Folding bicycles are carried free of charge and without restriction on all services, subject only to the additional requirements for specific services set out below:

- **c2c** and **Stansted Express** - Folding bicycles should be transported in a protective carrying case.
- **GNER, Midland Mainline** and **South West Trains** - Carried free of charge provided they can be stowed as luggage.
- **Silverlink Train Services** - Carried free of charge, up to a limit of one per vestibule area at peak times.

While every effort was made to ensure content of this leaflet was correct at the time of print, specific train company information may be subject to change.



BROMPTON

personal transport



Brompton Bicycle Limited

Lionel Road South, Brentford, Middlesex TW8 9QR
Tel: 020 8232 8484 Fax: 020 8232 8181 Website: www.bromptonbicycle.co.uk

Organisations promoting bicycles on trains

CTC

The national body for cyclists
tel: 08708 730 060 fax: 08708 730 064
email: cycling@ctc.org.uk
www.ctc.org.uk

Sustrans

Cycle routes & sustainable transport
tel: 08451 130 065
email: info@sustrans.org.uk
www.sustrans.org.uk

A to B magazine

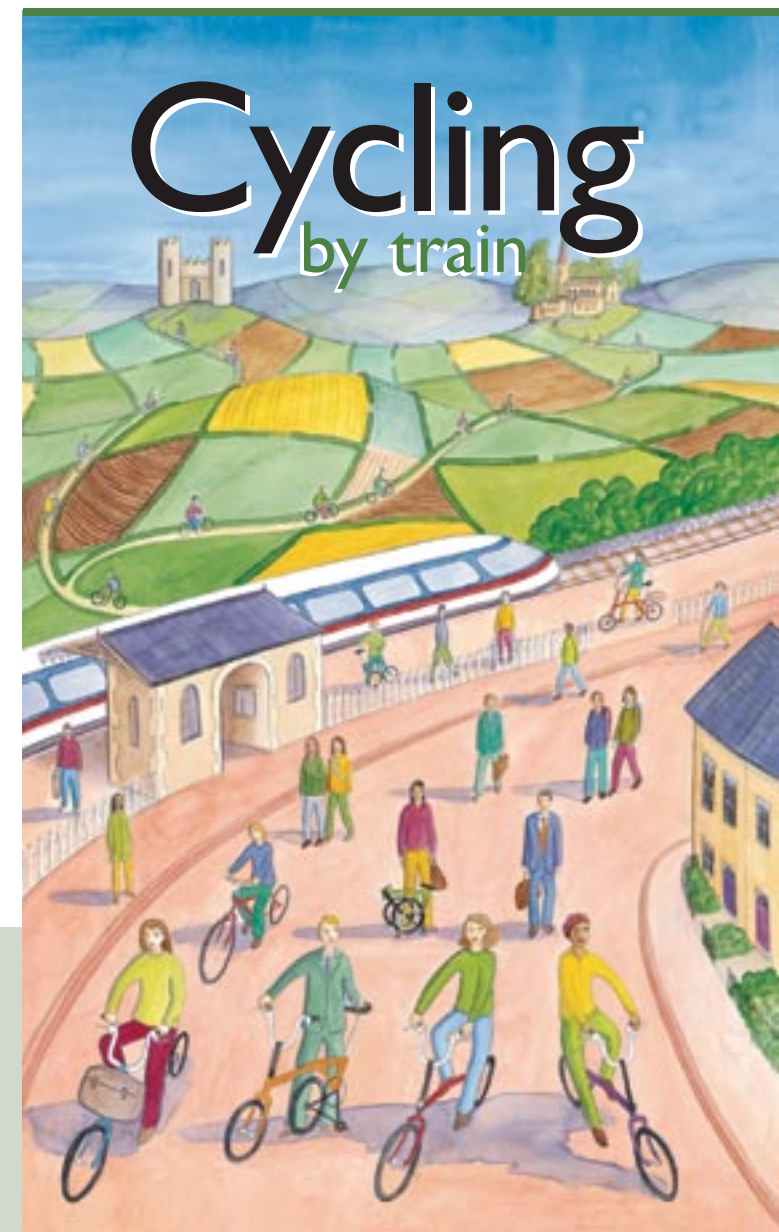
Transport & folding/electric bikes
tel/fax: 01305 259 998
email: atob@onetel.net.uk
www.atob.org.uk

Bike For All

Promoting cycling in the UK
email: editor@bikeforall.net
www.bikeforall.net

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The National Rail Guide



Cycling by train

Valid until 31 December 2007



National Rail

Britain's train companies working together

Arriva Trains Wales

Tel: 0870 9000 773

www.arrivatrainswales.co.uk

Long distance services from Cardiff to West Wales, Manchester and Holyhead

Free of charge. Reservations recommended. Two cycle spaces per train.

Local services in and around Cardiff, the Vale of Glamorgan and South Wales Valleys

Free of charge. Reservations not required. Restrictions apply Monday to Saturday during peak hours on services to/from Cardiff.

Central Trains

Tel: 0870 609 60 60

www.centraltrains.co.uk

Long distance services across Central Britain

Free of charge. Reservations compulsory. Two cycle spaces per train. Cycle space is limited at peak times of the day and during weekends when more people are travelling.

Local services across Central Britain

Free of charge. Reservations not required. Two cycle spaces per train. Cycle space is limited at peak times of the day and during weekends when more people are travelling. 'Rann' trailers can be accommodated providing they are detached and treated as two separate cycles.

Chiltern Railways

Tel: 08456 005 165

www.chilternrailways.co.uk

London Marylebone – Aylesbury, Stratford-upon-Avon, Birmingham and Kidderminster

Free of charge. Reservations not required. Restrictions apply Monday to Friday on services arriving at London Marylebone/ Birmingham Snow Hill 0745 to 1000 and departing London Marylebone/Birmingham Snow Hill 1630 to 1930.

c2c

Tel: 08457 678 765

www.c2c-online.co.uk

London Fenchurch Street – Southend Central and Shoeburyness

Free of charge. Reservations not required. Restrictions apply Monday to Friday 0720 to 1010 and 1630 to 1840 on services to/from London.

First Capital Connect

Tel: 0845 026 4700

www.firstcapitalconnect.co.uk

Cross-London services Bedford to Brighton and Wimbledon and London to Hertfordshire, Cambridgeshire and Kings Lynn

Free of charge. Reservations not required. Space is limited.

Restrictions apply Monday to Friday:

- 0700 to 1000 and 1600 to 1900 on services to/from Zone 1 central London stations.
- any time on services between Drayton Park and Moorgate.
- 0745 to 0845 on services between Royston and Ely that depart/arrive Cambridge, except the 0715 and 0745 departures from King's Cross.

First Great Western

Tel: 08457 000 125

www.firstgreatwestern.co.uk

High Speed Train services between London, South Wales and the West Country

Free of charge. Reservations compulsory on London Paddington services arriving 0700 to 1000 and departing 1500 to 1900. Recommended on all other services. Six cycle spaces per train.

Local services between London, the Cotswolds and throughout the Thames Valley

Free of charge. Reservations not required. Two cycle spaces per train. Restrictions apply 0745 to 0945 and 1630 to 1830 on services to/from London Paddington.

Local, rural & inter-urban services throughout the West Country

Free of charge. Reservations recommended on Cardiff-Portsmouth services. Two cycle spaces per train.

First ScotRail

Tel: 0845 601 5929

www.firstscotrail.com

All services within Scotland

Free of charge. Reservation compulsory on some routes (refer to website for details). Two to eight spaces per train on some routes.

London to Scotland 'Caledonian Sleeper' services

Free of charge. Reservations compulsory. Three to six cycle spaces on Sleeper services. Summer cycle van runs Inverness to Thurso. Reservations compulsory.

First ScotRail Cycle Rescue Service

covers all ScotRail services, so you can have complete peace of mind when you travel with your cycle. If you are unable to complete the cycle portion of your journey as a result of an accident, vandalism or an irreparable breakdown this service will get you back in the saddle. Full terms and conditions for this service are available on www.firstscotrail.co.uk or tel 0845 601 5929.

Gatwick Express

Tel: 0845 850 1530

www.gatwickexpress.com

London Victoria – Gatwick Airport

Free of charge. Reservations not required. Ten cycle spaces per train. No restrictions.

GNER

Tel: 08457 225 225

www.gner.co.uk

London King's Cross – Eastern Counties – Yorkshire – North East England – Scotland

Free of charge. Reservations compulsory. Five cycle spaces per train. Tandems can be conveyed if you reserve two cycle spaces.

Heathrow Connect

Tel: 0845 678 6975

www.heathrowconnect.com

London Paddington, Ealing Broadway, West Ealing, Hanwell, Southall, Hayes & Harlington - Heathrow Airport local service

Free of charge. Reservations not required. Restrictions apply Monday to Friday 0745 to 0945 and 1630 to 1830 on services to/from London Paddington.

Heathrow Express

Tel: 0845 600 1515

www.heathrowexpress.co.uk

London Paddington – Heathrow Airport

Free of charge. Reservations not required. Three cycle spaces per train. No restrictions.

Hull Trains

Tel: 08450 710 222

www.hulltrains.co.uk

Kingston upon Hull, Brough, Howden, Selby, Doncaster, Retford, Grantham and London King's Cross

Free of charge. Reservations compulsory. Two cycle spaces per train.

Island Line

Tel: 01983 562 492

www.island-line.com

Isle of Wight only

Free of charge. Reservations not required. Four cycle spaces per train.

Merseyrail

Tel: 0151 702 2071

Local Northern and Wirral line services around Merseyside

Free of charge. Reservations not required.

Midland Mainline

Tel: 08457 125 678

www.midlandmainline.com

London St Pancras – East Midlands – South Yorkshire (including Leicester, Nottingham, Derby and Sheffield)

Free of charge. Reservations compulsory. Two to four cycle spaces per train.

Northern

Tel: 0845 000 0125

www.northernrail.org

Inter-urban and local trains across the North of England and parts of the East Midlands

Free of charge. Reservations not required. Two cycle spaces per train.

'one'

Tel: 0845 600 7245

www.onerailway.com

London Liverpool Street – Norwich intercity services and local services in Norfolk, Suffolk and Cambridgeshire

Free of charge. Reservations compulsory on intercity services and recommended on local services.

Six cycle spaces per intercity train and four cycle spaces per local train. Ticket holders receive the benefit of the 'one' /ETA cycle recovery scheme whilst travelling by train and bike in Norfolk, Suffolk and Cambridgeshire. If your cycle breaks down or is stolen, both you and your bike (if appropriate) will be recovered and taken to the nearest station.

London Liverpool Street – Southend Victoria, Colchester and Ipswich

Free of charge. Reservations not required. Restrictions apply Monday to Friday 0745 to 0945 and 1630 to 1830 on services to/from London Liverpool Street and Stratford.

London Liverpool Street – Chingford, Enfield, Hertford, Cambridge, Kings Lynn

Free of charge. Reservations not required. Restrictions apply Monday to Friday:

- 0745 to 0945 and 1630 to 1830 on services south of Broxbourne to/from London Liverpool Street or Stratford.
- 0745 to 0845 on services into Cambridge from Audley End and Ely.

Silverlink Train Services

Tel: 08705 125 240

www.silverlink-trains.com

Metro: North London local services, County: London Euston – Northampton (local services)

Free of charge. Reservations not required. Restrictions apply Monday to Friday 0700 to 1000 and 1615 to 1900 on services south of Wolverton to/from London Euston. And for services between Willesden Junction and Gospel Oak or between Gospel Oak and Barking in either direction 0800 – 1000 and 1630 – 1830.

Southeastern

Tel: 0845 000 2222

www.southeasternrailway.co.uk

South East London, Kent and East Sussex

Free of charge. Reservations not required. Restrictions apply Monday to Friday 0700 to 1000 for services to London and 1600 to 1900 on services from London. Exceptions: Cycles permitted if travelling between Gillingham, Otford, Tonbridge or Redhill and Kent or East Sussex subject to space availability.

Southern

Tel: 08451 27 29 20

www.southernrailway.com

London – Surrey, Sussex and South East England

Free of charge. Reservations not required. Restrictions apply Monday to Friday 0700 to 1000 and 1600 to 1900 on services to/from London Victoria, London Bridge or Brighton.

South West Trains

Tel: 0845 6000 650

www.southwesttrains.co.uk

London Waterloo – South West London and South West England

Free of charge. Reservations compulsory. Restrictions apply Monday to Friday:

- 0715 to 1000 and 1645 to 1900 on services to/from London Waterloo and within the suburban area bounded by Hook, Alton, Guildford, Reading and Dorking.
- 0745 to 0900 on services from Clapham Junction to the area bounded by Clapham Junction, Feltham and Strawberry Hill.

Cycles may be conveyed on services between Ascot, Aldershot and Guildford at any time.

Stansted Express

Tel: 0845 600 7245

www.onerailway.com

London Liverpool Street – Stansted Airport

Only fully folded cycles and cycles that have been flat packed in preparation for air travel can be conveyed on Stansted Express services at any time. Free of charge. Reservations not required.

TransPennine Express

Tel: 0845 600 1674

www.tpexpress.co.uk

Long distance services across the North of England: Manchester Airport – North East and North West

Free of charge. Reservations recommended. Up to two cycle spaces per train.

Virgin Trains

Tel: 08457 222 333

www.virgintrains.com

CrossCountry: Scotland, Northern England - Midlands - South and South West Country

Free of charge. Reservations compulsory. Generally four cycle spaces per train are permitted, however this may be reduced to two spaces on some services. Cycles cannot be conveyed on services to/from Newquay during the summer timetable or on coach link services.

West Coast: London - West Midlands - North Wales - North West England and Scotland

Free of charge. Reservations compulsory. Four cycle spaces per train. Note: Spaces are subject to service alterations.