

Introduction

Most train companies allow cycles to be conveyed on their services provided they can be accommodated safely. By making rail travel easier for cyclists, we are encouraging more travel on the railway and offering a healthy and acceptable alternative to the car. This leaflet gives a summary of each train company's policy for conveyance of cycles by train.

For full 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.

Please note the following general information:

- Fees may be charged for conveying cycles. For long distance journeys using several train companies, only one fee is charged; where companies offer different rates, the higher rate applies.
- Where a reservation is required please make this as far in advance as possible.
- Please label your cycle clearly.
- Cycles are conveyed free of charge unless otherwise stated.
- Fully folded cycles are conveyed free of charge without restriction. Please cover your folded cycle.
- Tandems, tricycles and bicycle trailers are not carried unless otherwise stated.
- Cycles are not conveyed on replacement buses during engineering work.
- Cycles are carried at owner's risk.
- Engineering work may affect trains, mainly at weekends. Also there may be changes to the information in this leaflet. Please check before you travel.

Arriva Trains Wales

Tel: 0845 6061 660 Reservations: 0870 9000 773

www.arrivatrainswales.co.uk email: customerrelations@arrivatrainswales.co.uk

Long distance services from Cardiff to West Wales, Manchester, Holyhead, plus local services in and around Cardiff, the Vale of Glamorgan and South Wales Valleys

Long distance services carry two cycles. Although free, advance reservations are recommended because reserved cycles will take precedence over unreserved ones. On other local services cycles are generally carried free without booking, though they are conveyed subject to space being available. Some limited restrictions apply during the peak hours (Monday to Saturday) on services to and from Cardiff. For full details, please see the Arriva Trains Wales 'Cycling by Train' leaflet- to obtain copies, please phone 0870 9000 772.

Fully folded cycles are carried free of charge without restriction

Central Trains

Tel: 0121 634 2040 Reservations: 0870 609 60 60 www.centraltrains.co.uk

Long distance and local services across Central Britain

Cycles can be conveyed on all long distance and local services operated by Central Trains up to a maximum of two cycles per train. Cycles are conveyed free of charge on most trains, however advance reservations (£1.00 for up to two cycles reserved at the same time) are required on Central Citylink reservable long distance services. Long distance reservable services operate on the following routes:

Birmingham – Stansted Airport, Liverpool – Nottingham – Norwich,
Liverpool – Birmingham, Nottingham – Birmingham – Cardiff

On other train services space is allocated on a first come, first served basis. Where space has a joint use, priority must be given to disabled passengers. Cycles are only allowed in the special luggage area, please see Senior Conductor before joining the train.

Cycles are not permitted to be stored in any doorway. Cycles are conveyed at owner's risk. "Rann" trailers can be accommodated providing they are detached and treated as two separate cycles.

Fully folded cycles are carried free of charge without restriction

Chiltern Railways

Tel: 08456 005 165 (information and telesales) www.chilternrailways.co.uk

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

It's no problem taking your cycle on our off-peak trains. But on Mondays to Fridays we're unable to convey cycles on our busiest trains. These are trains arriving at London Marylebone or Birmingham Snow Hill between 07.45 and 10.00 and trains departing London Marylebone or Birmingham Snow Hill between 16.30 and 19.30. These restrictions apply even if you're only travelling for part of the journey.

Fully folded cycles are carried free of charge without restriction

c2c

Tel: 08457 678 765 www.c2c-online.co.uk

London Fenchurch Street – Southend Central and Shoeburyness

Cycles are conveyed free of charge subject to space being available but cannot be accommodated Mondays to Fridays on services that arrive in London between 07.20 and 10.10 or leave London between 16.30 and 18.40. To comply with safety regulations cycles must be conveyed in the designated area on trains.

Folding cycles completely enclosed in a container or case are carried free of charge without restriction

Eurostar

Tel: 08705 850850 (registered baggage) www.eurostar.com (for information)

London Waterloo and Ashford International – Paris, Brussels and Lille

Passengers can carry folding cycles on board provided they are packed in a regulation size bike bag. This bag must be carried as part of the normal luggage allowance and must be clearly labelled and placed on one of the racks in the vestibule. A registered service is also available at London Waterloo only for those preferring to travel unencumbered at a cost of £20.00 per cycle each way.

Eurostar trains do not have traditional baggage or brake vans and therefore cannot accept accompanied cycles unless they are folded

First Capital Connect

Tel: 0845 026 4700 www.firstcapitalconnect.co.uk customerrelations.fcc@firstgroup.com

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

First Capital Connect welcomes cyclists however restrictions apply:

- on trains that arrive at a London terminal between 07:00 and 10:00 or depart from a London terminal between 16:00 and 19:00 on Mondays to Fridays (except public holidays). London terminal means King's Cross, City Thameslink and Moorgate.
- on trains between Drayton Park and Moorgate at any time.
- on trains between Royston and Ely in either direction that depart or arrive Cambridge between 07:45 and 08:45, with the exception of the 07:15 and 07:45 departures from King's Cross. Folding bicycles can be carried on any service at any time.

Fully folded cycles are carried free of charge without restriction

First Great Western

Tel: 08457 000125 www.firstgreatwestern.co.uk

High speed and local services from London Paddington to Reading, Thames Valley, Bristol, South Wales, the Cotswolds, West of England plus Reading to Gatwick Airport.

High Speed Train services between London, South Wales and the West Country can accommodate up to six cycles and advance reservation is recommended, free of charge. However, reservation is compulsory Monday – Friday for all services arriving at London Paddington between 0700 and 1000 and departing London Paddington between 1500 and 1900.

Most local services between London, the Cotswolds and throughout the Thames Valley have two dedicated cycle spaces with additional use of the door vestibules possible at the conductor's discretion. Cycles cannot be carried between any station on any service that arrives at London Paddington between 0745 and 0945 or departs London Paddington between 1630 and 1830.

Normally on local, rural & inter-urban services throughout the West Country only two cycles on each train are allowed at the conductor's discretion.

In all cases, conveyance of cycles and cycle reservations (where applicable) are free of charge.

Fully folded cycles are carried free of charge without restriction

First ScotRail

Tel: 0845 601 5929 Reservations: 08457 550033 www.firstscotrail.com

[email: scotrailenquiries@firstgroup.com](mailto:scotrailenquiries@firstgroup.com)

Most services within Scotland and London Euston – Scotland Sleeper services

Cycles are conveyed free on all First ScotRail services, but space is limited (First ScotRail aim to provide between two and six spaces per train), so free reservations are essential on long-distance trains to Inverness, Aberdeen, Stranraer, the West Highlands and the far North. The London to Scotland 'Caledonian Sleeper' services convey up to six cycles (except for the Inverness-London service which can only accommodate three cycles), but space must be reserved in advance. A special road vehicle will carry cycles between Inverness and Wick/Thurso during the summer of 2006. Reservations must be made. For details of the special road service please telephone or email First ScotRail.

Fully folded cycles are carried free of charge without restriction

First ScotRail Cycle Rescue

You can have complete peace of mind when you travel First ScotRail 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 by calling First ScotRail Customer Relations on 0845 601 5929.

First TransPennine Express

Tel: 0845 600 1671 Reservations Tel: 0845 600 1674 www.tpexpress.co.uk

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

Cycles are conveyed free of charge on all First TransPennine Express services. As space is limited, customers are advised to reserve a space at least 24 hours before departure. A maximum of two cycles can be carried per train so reservations are subject to availability.

Fully folded cycles are carried free of charge without restriction

Gatwick Express

Tel: 08458 50 15 30 www.gatwickexpress.com

London Victoria – Gatwick Airport

All Gatwick Express services have a capacious luggage van and cycles are conveyed free of charge on all services but large groups should book in advance.

Fully folded cycles are carried free of charge without restriction

GNER

Tel: 08457 225 225 (Enquiries & Reservations) www.gner.co.uk (cycle booking form)

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

One cycle may be conveyed free of charge per ticket holder, subject to space being available. We also convey tandems, but you need to reserve two cycle spaces. You must reserve before travelling (maximum of 5 spaces available), and the earlier you book the more chance you have of travelling on the train of your choice. Please try to arrive at the station at least 10 minutes before the train is due to depart.

Fully folded cycles are carried free of charge without restriction, provided they can be stowed as luggage within the passenger accommodation

Heathrow Connect

Tel: 0845 678 6975 www.heathrowconnect.com email: queries@heathrowconnect.com

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

Cycles are conveyed free of charge, but are not allowed on trains timed to arrive at London Paddington between 07.45 and 09.45, or departing London Paddington between 16.30-18.30 Mondays to Fridays. In the interest of customer comfort, we reserve the right to limit the number of cycles at other times.

Fully folded cycles are carried free of charge without restriction

Heathrow Express

Tel: 0845 600 1515 www.heathrowexpress.co.uk email: queries.hex@airexp.co.uk

London Paddington – Heathrow Airport

Limited accommodation is available for cycles on Heathrow Express services, for passengers flying with their cycles from the airport. Cycles are conveyed free of charge. Heathrow Express reserves the right to limit the number of cycles conveyed on each train to no more than three at busy times. Cyclists not travelling onwards by air may also use the service to and from Terminal 4, subject to space being available for airline passengers.

Fully folded cycles are carried free of charge without restriction

Hull Trains

Tel: 08450 710 222 www.hulltrains.co.uk

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

Cycles are conveyed on Hull Trains services free of charge, although as a result of limited space, it is recommended that a cycle space is reserved in advance (reservations are free). Up to 2 cycles can be conveyed, and these must be stored in the Train Manager's office, situated in coach 'D'. Please ring 08450 710 222 (08.00-18.30 Mondays to Fridays, 08.00 – 18.30 weekends and bank Holidays) to book.

Fully folded cycles are carried free of charge without restriction

Island Line

Tel: 01983 562492 www.island-line.com email: comments@island-line.com

Isle of Wight only

A maximum of four cycles may be conveyed free of charge in the Shanklin end of all trains. Island Line reserves the right to restrict the carriage of cycles on any train when the safety and comfort of passengers or the punctuality of the train may be jeopardised. Implementation of this restriction is at the conductor's discretion.

Fully folded cycles are carried free of charge without restriction

Merseyrail

Tel: 0151 702 2071

Local Northern and Wirral line services around Merseyside

Cycles are conveyed free of charge at any time, space permitting.

Fully folded cycles are carried free of charge without restriction



Midland Mainline

Tel: 08457 125 678 www.midlandmainline.com

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

You can take cycles on all Midland Mainline High Speed Trains and Meridian trains, with an advance reservation. There is no charge for taking a cycle on Midland Mainline services.

Folding cycles are carried free of charge provided they fit into luggage racks

Northern

Tel: 0845 00 00 125 www.northernrail.org customerrelations@northernrail.org

Inter-urban trains and local trains across the North East, North West, Yorkshire and Humberside.

Most Northern services have space for up to two cycles. Cycles are carried free of charge and reservations are not required. The cycle spaces will be allocated on a first come, first served basis provided space is available.

Fully folded cycles are carried free of charge without restriction

'one'

Tel: 0845 600 7245 www.onerailway.com [email: customerrelations@onerailway.com](mailto:customerrelations@onerailway.com)

London Liverpool Street – Norwich inter-city services and local services in Norfolk, Suffolk, Cambridgeshire

Cycles are conveyed on all local and inter-city services.

Up to four cycles accepted on local trains and six on inter-city trains. The flat fare is £1 per single or return journey on local trains and inter-city journeys between Norwich and Colchester.

Although it is advisable to reserve a space in advance (reservations are free), it is also possible to turn up and travel with your cycle subject to space being available. On inter-city services to destinations south of Colchester the fee is £3 per single or return journey (reservation essential). Ticket holders receive the benefit of the unique '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

Cycles are conveyed free of charge on all non inter-city services where they can be accommodated safely. However, we are unable to accommodate cycles at our busiest times, on trains arriving in London (Liverpool Street or Stratford) between 07.45-09.45 and departing London (Liverpool Street or Stratford) between 16.30-18.30 Mondays to Fridays. These restrictions also apply to intermediate journeys. There are no restrictions at weekends and Bank Holidays.

London Liverpool Street – Stansted Airport

Cycles are not conveyed on Stansted Express services at any time.

Folded cycles are allowed if they are fully folded and contained in a protective carrying case. Cycles that have been flat packed in preparation for air travel are also allowed.

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

Cycles are conveyed free of charge on services where they can be accommodated safely. However, we are unable to accommodate cycles at our busiest times, on trains south of Broxbourne timed to arrive in London (Liverpool Street or Stratford) between 07.45 - 09.45 and departing London (Liverpool Street or Stratford) between 16.30 and 18.30 Mondays to Fridays. These restrictions also apply to intermediate journeys. Cycles can also not be conveyed on services between Cambridge and Audley End and Ely in either direction between 07.45 – 08.45 Mondays to Fridays. There are no restrictions at weekends and Bank Holidays.

Fully folded cycles are carried free of charge without restriction on all 'one' train services

Silverlink Train Services

Tel: 08705 125 240 www.silverlink-trains.com

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

Cycles are conveyed free of charge where they can be accommodated safely, but on Mondays to Fridays are not permitted south of Wolverton on trains arriving at London Euston between 07.00 and 10.00 or departing London Euston between 16.15 and 19.00 (16.30 – 19.00 on Metro services).

Folding cycles are carried free of charge without restriction, up to a limit of one per vestibule area at peak times

Southeastern

Tel: 0845 000 2222 www.southeasternrailway.co.uk

London – Kent and East Sussex.

Cycles are carried free of charge but are not permitted on peak time services arriving in London from Monday to Friday between 07.00 and 09.59, and leaving London between 16.00 and 18.59.

If you are starting your journey from one of the following boundary stations - Gillingham, Otford, Tonbridge or Redhill - and heading away from London, you are permitted to take your cycle. Similarly, if your journey starts in Kent or East Sussex and terminates anywhere before these stations, you are also permitted to take your cycle, subject to onboard space.

Fully folded cycles are carried free of charge without restriction

Southern

Tel: 08451 272920 www.southernrailway.com

London – Surrey, Sussex and South East England

A limited number of cycles are conveyed free on all services except on trains due to arrive into London and Brighton between 0700 and 1000, or due to depart from London Stations and Brighton between 1600 and 1900 on Mondays to Fridays. Reservations for cycles are not required.

Fully folded cycles are carried free of charge without restriction

South West Trains

Tel: 0845 6000 650 www.southwesttrains.co.uk

London Waterloo – South West London and South West England

A limited number of cycles can be conveyed on most services. However, in the suburban area bounded by Hook, Alton, Guildford, Reading and Dorking, cycles are not carried on trains due to arrive London Waterloo between 07.15 and 10.00 inclusive and departing London Waterloo between 16.45 and 19.00 Mondays to Fridays. A small number of services extending beyond the area will also be restricted. This will be advised at local stations. In addition, cycles are not permitted on services away from London in the area bounded by Clapham Junction, Feltham and Strawberry Hill and on services timed to leave Clapham Junction between 07.45 and 09.00 Mondays to Fridays.

Please note that cycles may be conveyed on services between Ascot, Aldershot and Guildford at any time. These restrictions are kept under review and may change at short notice.

Cycle reservations are needed on all services between London Waterloo and Salisbury/Bristol, Exeter, Paignton and Plymouth and all services between Reading and Brighton. Cycle reservations are free and should be made at least 24 hours in advance at staffed stations.

Folding cycles are carried free of charge without restriction provided they can be stowed as luggage

Virgin Trains

Tel: 08457 222 333 www.virgin.com/trains [email: customerrelations@virgintrains.co.uk](mailto:customerrelations@virgintrains.co.uk)

Cycles are conveyed free of charge on all our trains. A complimentary advance reservation is required for each single journey. Reservations are subject to availability, please check before travelling. Unfortunately, cycles cannot be conveyed on Virgin Trains coach link services.

CrossCountry: Scotland, Northern England – Midlands – South and South West England

CrossCountry services convey up to four cycles. Most trains cannot carry tandems.

West Coast: London Euston – West Midlands – North Wales – North West England and Scotland

Most West Coast services convey up to four cycles, or two tandems.

Fully folded cycles are carried free of charge without restriction

Organisations promoting bicycles on trains:

CTC

The National body for cyclists.

tel: 0870 873 0060 fax: 0870 873 0064

email: cycling@ctc.org.uk

www.ctc.org.uk

Sustrans

Cycle routes & reducing motor traffic

tel: 0845 113 0065

email: info@sustrans.org.uk

www.sustrans.org.uk

A to B magazine

Transport & folding / electric bikes

tell/fax: 01963 351649

email: a2b@onetel.net.uk

www.atob.org.uk

bike2work

Encouraging more use of bikes

email: HQ@bikeweek.org.uk

www.bike2workinfo

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take the... **BROMPTON**



For product information:

www.bromptonbicycle.co.uk

Tel: 020 8232 8484

Fax: 020 8232 8181

Brompton Bicycle Limited

Lionel Road South,

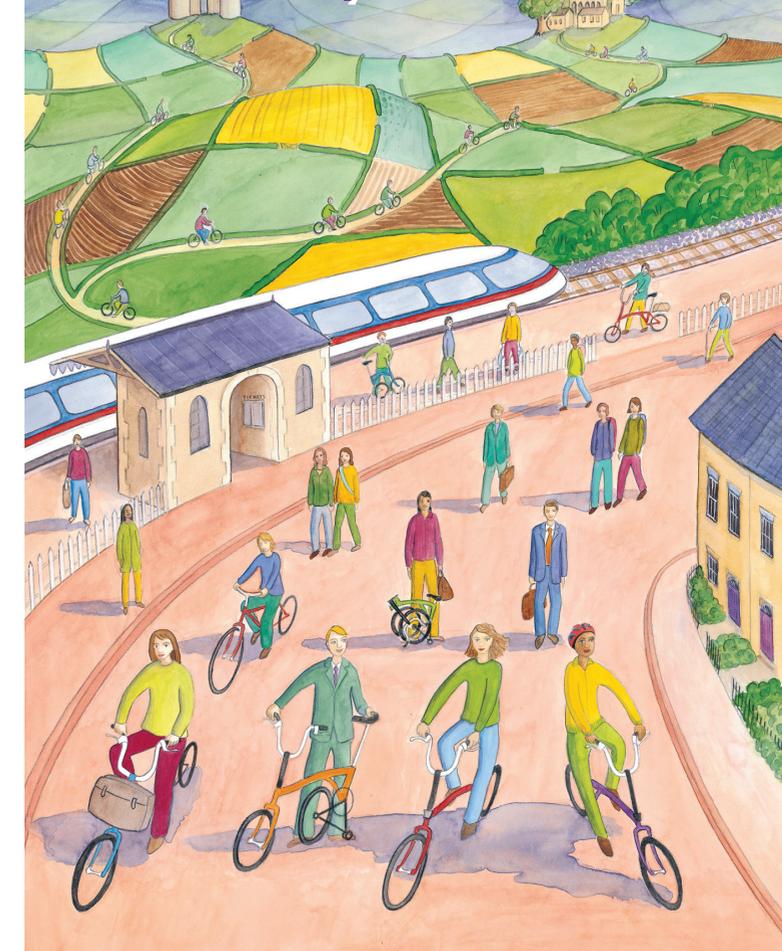
Brentford,

Middlesex TW8 9QR

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The National Rail Guide

Cycling by train



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 **National Rail**
Britain's train companies working together