

Arriva Trains Wales

Tel: 0870 9000 773
www.arrivatrainswales.co.uk

Local, medium and long distance services throughout Wales to Cardiff, West Wales, Aberystwyth, Manchester, Birmingham International 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.



c2c

Tel: 0845 601 4873
www.c2c-online.co.uk

London Fenchurch Street – Southend Central and Shoeburyness

Free of charge. Reservations not required.

Restrictions apply Monday to Friday 0715 to 0945 and on services leaving Fenchurch Street between 1630 and 1840.

Chiltern Railways

Tel: 08456 005 165
www.chilternrailways.co.uk

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

Free of charge. Reservations not required.

Restrictions apply on the following Monday to Friday services arriving London Marylebone or Birmingham Snow Hill from 0745 to 1000 and departing London Marylebone or Birmingham Snow Hill from 1630 to 1930.

CrossCountry

Tel: 0844 811 0124
www.crosscountrytrains.co.uk

Long distance services between Scotland and North East England and the South and South West, and between South Wales and the East Midlands and to East Anglia

Free of charge. Reservations are compulsory on most services.

Please visit website for more information.

East Coast

Tel: 08457 225 225
www.eastcoast.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 subject to length restrictions. Platform restrictions apply at some stations. See website for full details.

East Midlands Trains

Tel: 08457 125 678
www.eastmidlandstrains.co.uk

East Midlands London services - London, Leicester, Nottingham, Derby, Sheffield

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

East Midlands Local services - Liverpool to Norwich route

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

East Midlands Local services - all other routes

Free of charge. Two cycle spaces per train.

Note: If you are travelling with a cycle, you must make yourself known to the station platform staff.

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.
- On services between Royston and Ely that depart / arrive Cambridge between 0745 and 0845, with the exception of the 0715 and 0745 departures from King's Cross.

Fully folding compact cycles allowed on all services at any time. Please see the full cycle policy on the First Capital Connect website for further details. You may be asked to fold your bike before passing through the ticket barriers at busy times.

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 weekdays on services arriving at London Paddington 0700 to 1000, or departing London Paddington 1500 to 1900.

Six cycle spaces per train. Tandems can be carried on most services.

Please visit website for details of restrictions.

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

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

Restrictions apply weekdays on services arriving at London Paddington 0745 to 0945, or departing London Paddington 1630 to 1900.

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

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



First Hull Trains

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

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

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

First TransPennine Express

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

Long distance services across the North of England: Manchester Airport - North East - North West - Central Scotland

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

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.

No cycles will be permitted on the peak services extended from/to Brighton, except folding cycles that can be stored on shelves provided.



Grand Central Railway

Tel: 0845 603 4852
www.grandcentralrail.com

Sunderland and Hartlepool - London Kings Cross

Free of charge. Reservations not required.

Three cycle spaces per train but six by arrangement.

Cycles should only be stored within the luggage compartment which can be entered via the adjacent train crew door. This door must be locked prior to station departure.

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. One cycle space per train.

Restrictions apply Monday to Friday on services departing Heathrow Airport between 0730 and 1000 or departing London Paddington between 1630 and 1900. No restrictions apply Saturdays and Sundays.

Heathrow Express

Tel: 0845 600 1515
www.heathrowexpress.com

London Paddington – Heathrow Airport

Free of charge. Reservations not required. One cycle space per train.

Restrictions apply Monday to Friday on services departing Heathrow Airport between 0730 and 1000 or departing London Paddington between 1630 and 1900. No restrictions apply Saturdays and Sundays.

Island Line Trains

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

Isle of Wight only

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

London Midland

Tel: 0844 811 0133
www.londonmidland.com

London - Birmingham, Birmingham - Liverpool and local regional services in and around the West Midlands

Free of charge.

Restrictions apply Monday to Friday 0700 to 0959 on services to London Euston and 1600 to 1859 on services from London Euston (excluding Bank Holidays).

It is also recommended that passengers avoid taking non-folding cycles on services to and from Birmingham during peak hours.

London Overground

Tel: 0845 601 4867
www.tfl.gov.uk/overground

Greater London local services

Free of charge. Reservations not required.

Restrictions apply Monday to Friday 0700 to 1000 and 1615 to 1900 on services between Watford Junction and London Euston and for services between Willesden Junction and Gospel Oak and between Gospel Oak and Barking in either direction 0800 to 1000 and 1630 to 1830.

Merseyrail

Tel: 0151 702 2071
www.merseyrail.org

Local Northern and Wirral line services around Merseyside

Free of charge. Reservations not required. For passenger safety and comfort, there may be restrictions at busy times.

National Express East Anglia

Tel: 0845 600 7245
www.nationalexpress.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 unique NXEA/ETA cycle recovery scheme whilst travelling by train and cycle in Norfolk, Suffolk and Cambridgeshire. If your cycle breaks down or is stolen, both you and your cycle (if appropriate) will be recovered and taken to the nearest station.

Tandems may be carried on London - Norwich intercity services, London - Lowestoft/Peterborough services and Norwich - Cambridge services.

London Liverpool Street – Southend Victoria, Colchester and Ipswich

Free of charge. Reservations not required.

Tandems may be carried.

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.

Tandems may be carried.

- 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 to/from Cambridge, Audley End and Ely.

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.

No restriction on numbers of folding cycles and no requirement to encase them.

ScotRail

Tel: 0845 601 5929
www.scotrail.co.uk

Caledonian Sleepers between Scotland and London

Free of charge. Reservations compulsory. Three cycle spaces per train on Inverness to London Sleeper. Six cycle spaces per train on all other Sleeper services (including northbound London to Inverness).

All other ScotRail services

Free of charge. Reservations compulsory on some longer distance routes (refer to website for details). On other routes, reservations are not required but space is limited.

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 are available at www.scotrail.co.uk.

South West Trains

Tel: 0845 6000 650
www.southwesttrains.co.uk
London Waterloo – South West London and South West England

Free of charge. Reservations are required between London Waterloo to Salisbury, Exeter and Bristol.

Restrictions apply Monday to Friday:

- Cycles are not permitted on trains arriving in London Waterloo between 0715 to 1000 inclusive and departing London Waterloo between 1645 to 1900 inclusive from and to 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.



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 0959 for services to London and 1600 to 1859 on services from London but folded cycles can be carried any time.

Exceptions: Cycles permitted if travelling between Gillingham, Oxford, Tonbridge 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.

Stansted Express

Tel: 0845 600 7245
www.stanstedexpress.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.

Virgin Trains

Tel: 08457 222 333
www.virgintrains.com

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.

Wrexham & Shropshire

Tel: 0845 260 5200
www.wrexhamandshropshire.co.uk

Wrexham, Ruabon, Chirk, Gobowen, Shrewsbury, Wellington, Telford, Cosford, Tame Bridge Parkway – London Marylebone

Free of charge. Reservations not required, but we advise booking in advance. Please visit website for more information.

Eurostar

Tel: 08705 850 850
www.eurostar.com

London, Paris and Brussels routes only

Bikes can be dismantled and carried in a bike bag at no charge.

Reservations also available (subject to availability - fee £20 each way). Please visit website for more information.



Folding cycles

Compact, fully folding cycles (wheels under 20" in diameter) are carried without restriction on all trains (when folded down), however you may be required to cover the cycle and place it in luggage racks. You may also be required to fold the cycle before passing through the ticket barrier.

Further information

For more information on taking your cycle on the train visit:
www.nationalrail.co.uk/cyclingbytrain

For information on rail travel, including train times and fares, contact:

National Rail Enquiries

Website:



www.nationalrail.co.uk

Contact Centre:



08457 48 49 50

All calls are charged at local rate and may be recorded.

TrainTracker™:



0871 200 49 50

For up-to-the-minute automated journey planning, with fare and ticket availability for today and beyond. Calls cost 10p a minute from a BT landline. Charges from other operators may vary.

TrainTracker™ Text - text station name to:



8 49 50

For live departure and arrival times direct to your mobile. TrainTracker™ texts cost 25p for each successful response (plus usual text costs).

Textphone:




0845 60 50 600

Cycles are carried free on National Rail services

National Rail encourages the integrated use of cycles and trains – two convenient and environmentally friendly forms of transport.

To plan your cycle-rail journey, please check the terms and conditions for taking your cycle on the train detailed in this leaflet.

General Advice

- Full size cycles may be excluded from trains at peak times, generally morning (0700-1000) and evening (1600-1900) commuter services to and from London, and some local services, as listed in this leaflet. On most other rail journeys a full size cycle can be carried for free.
- Reservations: Some operators have no seat or cycle reservations on some or all of their services. On such trains a common-sense approach may apply where passengers with full size cycles may be asked by station staff not to board busy trains and wait for a later service.
- Where a seat reservation system is available, the reservation of cycle space is also normally provided, and this is strongly recommended to guarantee your journey. Online cycle reservations are offered by East Coast for all tickets purchased on their website. For all other combined ticket purchases and cycle reservations please use the phone numbers listed in this guide or visit a station ticket office.
- Compact, fully folding cycles (wheels under 20" in diameter) are carried without restriction on all trains (when folded down), however you may be required to cover the cycle and place it in luggage racks. You may also be required to fold the cycle before passing through the ticket barrier.
- When planning a journey on www.nationalrail.co.uk the blue cycle logo  indicates when cycle reservations are required or where restrictions apply.
- Full size cycles may not be carried on replacement bus services during engineering work or service disruption, but it should be possible to carry folding cycles on replacement bus services provided they are folded and covered.
- All cycles are carried subject to the National Rail Conditions of Carriage - www.nationalrail.co.uk/nrcc.
- Cycle storage and hire: A large number of National Rail stations have good quality cycle parking, and cycle hire is sometimes available. For more information see the Station Information section of www.nationalrail.co.uk.
- Tandems and special cycles: Some operators can accommodate a wider range of cycles. The Tandem Club has details of current arrangements.

BROMPTON



Brompton Bicycle Limited

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

Cycle Organisations

CTC - www.ctc.org.uk

UK's national cyclists' organisation.

Sustrans - www.sustrans.org.uk

Cycle routes & sustainable transport.

Bike For All - www.bikeforall.net

Promoting cycling in the UK.

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

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National Rail

Cycling by Train 2010



National Rail
Britain's train companies working together