For the most up to date and accurate information specific to your rail journey, use National Rail Enquiries. Cycle information is available on **desktop, mobile, iPad, iPhone & Android** devices and includes information on:

- Cycling facilities at stations
- Cycle carriage rules specific to your rail journey
- An indicator of levels of cycle spaces on specific trains
- Whether cycle reservations are available or required
- The new Plusbike facility also provides information on hire cycles at station

Download free



Developed in partnership with the Enabling Innovation Team and the Bicycle Association of Great Britain.

www.futurerailway.org www.bikehub.co.uk



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.
- 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. Where the service is available, details of how reservations can be made is listed by operator.
- Compact, fully folding cycles with wheels up to 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 – email: trains@tandem-club.org.uk.
- A cycle reservation is only valid for one train. Journeys that involve multiple changes or operators will require multiple reservations for each part of the journey, and it may not be possible to reserve a space for your cycle on trains operating on all legs of such a journey.
- Major events that create significant increases in passenger numbers may affect our availability to offer normal levels of cycle carriage on trains. Always check with the train operator prior to travel.







Made for speed whizzing through city streets and down country lanes Made for trains all over the UK, at any time



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Made for homes tucked into a corner or under the stairs

Start building yours at brompton.com



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National Rail

Cycling by Train 2015





Cycles are carried free of charge on UK omestic services

Fully folded cycles, with wheels up to a size of 20" in diameter, are carried as luggage, without restriction on all trains. You may be required to cover the cycle and place it in a luggage rack.

Tandems are only carried by exception and where stated.

Abellio Greater Anglia

Tel: 0345 600 7245 www.abelliogreateranglia.co.uk

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

Reservations are compulsory on intercity services. Reservations are not available on local services

Six cycle spaces per intercity train and four cycle spaces per local train. Carriage of additional cycles is at the discretion of the conductor.

Ticket holders receive Abellio Greater Anglia / 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 will be recovered and taken to the nearest station.

London Liverpool Street - Southend Victoria, Colchester and Ipswich and London Liverpool Street - Chingford. Enfield, Hertford, Cambridge, Kings Lynn.

Reservations not available restrictions apply Monday to Friday 0745 to 0945 and 1630 to 1830 on services to / from London Liverpool Street and Stratford and 0745 to 0845 on services to / from Cambridge, as far as Audley End and Ely.

Tandems may be carried on:

London - Norwich intercity services Ipswich - Cambridge / Peterborough services and Norwich - Cambridge services. London Liverpool Street -Southend Victoria, Colchester and Ipswich London Liverpool Street - Chingford, Enfield, Hertford, Cambridge, Kings Lynn.

Reservations can be made by calling our Customer Relations team on 0345 600 745 and selecting option 8.

Arriva Trains Wales

Tel: 0333 3211 202 www.arrivatrainswales.co.uk

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

Reservations recommended. Two cycle spaces per train

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

Reservations not available. Two cycle spaces per train

Restrictions apply Monday to Saturday during peak hours on services to and from

- . Monday to Friday arriving into Cardiff between 0730 and 0930, and departing Cardiff between 1600 and 1800.
- Saturday arriving into Cardiff between 1000 and 1400, and departing Cardiff between 1500 and 1800.

Outside of these times, cycles will be carried at the discretion of the Conductor. see website for full details.

Cycles may not be carried on days when a major event is taking place at the Millennium Stadium. For dates of events refer to the website or call the Customer Relations Department on 0845 6061 660

Reservations can be made:

- At any staffed station
- Via Arriva Trains Wales Telesales Team

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

London Fenchurch Street - Southend Central and Shoeburyness.

Reservations not available. Cycles carried subject to space.

Restrictions apply Monday to Friday 0715 to 0945 on services arriving into London Fenchurch Street and on services departing Fenchurch Street between 1630 and 1842.

Chiltern Railways

Tel: 0845 600 5165

www.chilternrailways.co.uk

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

Reservations not available. Cycles carried, subject to space and at the discretion of staff.

Restrictions apply Monday to Friday on services arriving at London Marylebone or Birmingham Moor Street from 0745 to 1000 and departing London Marylebone or Birmingham Moor Street from 1630 to 1930.



CrossCountry

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

Long distance services between Scotland, South Wales and England: East Midlands, East Anglia, North East, South and South West.

Most trains have two reservable cycle spaces and one further space for unreserved cycles. Cycles without a reservation carried subject to space, on a first come, first served basis.

Reservations can be made

At any staffed station

Via our Telesales Team

East Coast

Tel: 0845 722 5225 www.eastcoast.co.uk

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

Reservations are compulsory. Three cycle spaces per train on diesel high speed trains. and five cycle spaces per train on electric high speed trains.

Tandems can be conveyed subject to length restrictions but require two cycle reservations

Loading restrictions apply at some stations with short platforms, see website for full details.

Reservations can be made

- At any staffed station Via EastCoast's online ticket booking website
- Via EastCoast's Telesales Team

East Midlands Trains

Tel: 0845 712 5678 www.eastmidlandstrains.co.uk

Two cycles per train on all services Reservations compulsory on:

Main Line services to and from London including journeys between Sheffield. Derby, Leicester, Loughborough and

Local services between Liverpool Lime Street and Norwich

Reservations are not available on:

East Midlands local services - all other routes.

Note: If you are travelling with a cycle, please make yourself known to staff at the station so that we can help you to the correct place on the platform to board as quickly and safely as possible.

Reservations can be made:

- At any staffed station
- On our website
- · At our 24 hour customer contact centre on the above number



First Great Western

Tel: 0845 700 0125 www.firstgreatwestern.co.uk

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

Reservations are compulsory Monday to Friday on services arriving into London Paddington between 0700 and 1000, or departing London Paddington between 1500 and 1900

Six cycle spaces per train. Tandems can be carried on most services Local services between London, the

Cotswolds and throughout the Thames Valley.

Reservations not available. Two cycle spaces per train.

Restrictions apply Monday to Friday on services arriving into London Paddington between 0745 and 0945, and departing London Paddington between 1630 and 1900.

Local, rural and inter-urban services throughout the West Country.

Reservations advisable on Cardiff-Portsmouth services. Two cycle spaces per train.

Reservations can be made:

- · At any staffed station
- Via First Great Western's website • Via First Great Western's Telesales Team

First Hull Trains

Tel: 0845 071 0222 www.hulltrains.co.uk

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

Reservations recommended. Four cycle spaces per train.

Reservations can be made

- At any staffed station · Via Hull Trains' online ticket booking website
- Via Hull Trains' Telesales Team

First TransPennine Express

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

First TransPennine Express allows a maximum of two cycles per train with a valid cycle reservation.

Reservations compulsory and available:

· at any station with a staffed ticket office by phone 0845 600 1674 Monday - Friday between 0800 and 2000

Gatwick Express

Tel: 0845 950 1530 www.gatwickexpress.com

London Victoria and Brighton - Gatwick

Reservations not available.

Restrictions apply Monday to Friday on any services due to arrive or depart from London Victoria between 0700 to 1000 or 1600 to 1900.

Grand Central Rail

Tel: 0845 603 4852 www.grandcentralrail.com

North Eastern England and Yorkshire to London King's Cross.

Reservations not available. Cycles can be carried subject to space being available.

Newer high speed trains three cycle spaces in coach B. More traditional Intercity trains: four spaces, two spaces at the front and last carriages.

Great Northern

Tel: 0345 026 4700 www.greatnorthernrail.com

Reservations not available Restrictions apply Monday to Friday (except public holidays):

- a) At any time between Drayton Park and
- b) On trains south of Stevenage or Hertford North timed to arrive in London between 0700 and 0930.

London Overground c) On trains timed to depart from London

between 1600 and 1900.

between 0745 and 0845

www.heathrowconnect.com

Heathrow Connect

Tel: 0845 678 6975

space per train.

Heathrow Express

www.heathrowexpress.com

London Paddington - Heathrow Airport.

between 0730 and 1000 or departing London

Reservations not available. One cycle

Restrictions apply Monday to Friday on

services departing Heathrow Airport

Paddington between 1630 and 1900.

www.southwesttrains.co.uk

Reservations not available. Four cycle

London - Birmingham, Birmingham -

and around the West Midlands.

Liverpool and local regional services in

Restrictions apply Monday to Friday 0700 to

and 1600 to 1859 on services departing

London Euston (excluding Public Holidays).

0959 on services arriving into London Euston.

Tel: 0845 600 1515

space per train

Island Line Trains

Tel: 0845 600 0650

Isle of Wight only

spaces per train.

London Midland

Tel: 0844 811 0133

Two cycles per train.

www.londonmidland.com

Reservations not available.

d) On trains scheduled to depart Ely or

Waterbeach towards Cambridge

You can take a bike with you at any time

between Stevenage and Hertford North.

London Paddington, Ealing Broadway,

West Ealing, Hanwell, Southall, Haves

& Harlington - Heathrow Airport local

Reservations not available. One cycle

Restrictions apply Monday to Friday on

between 0730 and 1000 or departing London

services departing Heathrow Airport

Paddington between 1630 and 1900.

Tel: 0343 222 1234 www.tfl.gov.uk/overground

Non-folding bikes cannot be carried on any London Overground train between 0730-0900 and 1600-1900 Mondays to Fridays (except Public Holidays).

Merseyrail

Tel: 0151 702 2071 www.merseyrail.org

Northern and Wirral line services around Merseyside.

Reservations are not available. Cycle spaces are subject to availability.

We advise our customers for your own comfort and that of others to travel off peak with a bicycle

All of our services have designated areas for cyclists situated at both ends of the train.

3 carriage train 4 cycle spaces 6 carriage train 8 cycle spaces

Northern

Tel: 0333 222 0125 www.northernrail.org

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

Reservations not available. Two cycle spaces per train.

ScotRail

Tel: 0330 303 0112 www.scotrail.co.uk

Caledonian Sleepers between Scotland and London.

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.

A cycle reservation is compulsory on services between:

- Glasgow, Edinburgh and Aberdeen
- . Glasgow, Edinburgh and Inverness
- Glasgow, Oban, Fort William and Mallaig Aberdeen and Inverness · Inverness, Wick, Thurso and Kyle of
- Lochalsh Cycle reservations are also available (but not compulsory) between Glasgow and Stranraer.

Cycle reservations are available up to 12 weeks in advance:

Online at scotrail coluk

is limited.

- · Staffed stations or ScotRail Telesales on 08457 55 00 33.
- On other ScotRail services, cycle reservations are not available and snace

ScotRail Cycle Rescue Service covers all ScotRail services, 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. We've also arranged discounted cycle hire for rail travellers at various locations across Scotland. See website for details

South West Trains

Tel: 0845 600 0650 www.southwesttrains.co.uk

South West London, Berkshire, Surrey, Hampshire, Isle of Wight, Dorset, Wiltshire, Somerset and Devon.

Reservations are compulsory between London Waterloo and Salisbury, Exeter and Bristol. Two cycles per train.

Reservations are not available for any other services. Number of space varies from 2- 12 depending on rolling stock.

Restrictions apply Monday to Friday, cycles are not permitted on:

- services arriving into London Waterloo between 0715 and 1000 inclusive and departing London Waterloo between 1645 and 1900 inclusive from and to the suburban area bounded by Hook, Guildford, Reading and Dorking.
- Services departing Clapham Junction 0745 to 0900 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.

Reservations can be made:

- At any staffed station
- · Via Southwest Trains telesales team

Southeastern

Sussey

Tel: 01732 378 751 or 0845 000 2222 www.southeasternrailway.co.uk South East London, Kent and East

Reservations not available. Cycles carried to subject to space being available and at the discretion of the conductor.

Cycles are not permitted on peak time services arriving into London Monday to Friday between 0700 and 0959, and leaving London between 1600 and 1859.

Exceptions to peak time restrictions: Cycles permitted if travelling from Gillingham (Kent), Otford & Tonbridge, away from London. Cycles also permitted if your journey starts in Kent or East Sussex and terminates anywhere before the stations named

Southern

Tel: 0845 127 2920 www.southernrailway.com London - Surrey, Sussex and South East England.

Reservations not available.

above, subject to space

Southern operates trains formed of multiple units, but in general our services have space for two cycles per unit. Cycles are carried subject to space. on a first come, first served basis.

Restrictions apply Monday to Friday:

- 0700 to 1000 and 1600 to 1900 on any train due to arrive into London/ Brighton or Kensington Olympia.
- 1600 to 1900 on trains due to depart from London/Brighton or Kensington Olympia

Stansted Express

Tel: 0845 600 7245 www.stanstedexpress.com

London Liverpool Street - Stansted

Only fully folded bikes that have been flat packed in preparation for air travel can be accepted on Stansted Express Services, bikes meeting this criteria can be carried at anytime.

Thameslink

Tel: 0345 026 4700 www.thameslinkrailway.com

Reservations not available. Cycles carried subject to space.

Restrictions apply Monday to Friday (except public holidays):

- . On trains travelling towards London south of Luton Airport Parkway that are timed to arrive at or pass through any central London station between 0700 and 1000.
- · On trains travelling away from London and timed to depart from or pass through any central London station between 1600 and 1900.

Bicycles can be carried at any time between Bedford and Luton Airport Parkway

Virgin Trains

Tel: 0871 977 4222 www.virgintrains.co.uk

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

Reservations compulsory.

Virgin Trains operate two types of trains, the Super Voyager and the Pendolino. These trains have racks for up to four cycles. On Pendolino trains one tandem

can be carried. If you are travelling with a cycle, ask a member of the station platform team for the location of the cycle space before

you board the train.

- Reservations can be made:
- At any staffed station • Via Virgin Telesales Team

Tel: 0844 822 5822 www.eurostar.com

Bike bags up to 85cm long can be carried on board as part of your luggage allowance.

Bike bags between 85cm and 120cm long can use turn-up-and-go registered baggage service £10 each way from London and 15€ from Paris or Brussels.

bags more than 120cm need to use registered baggage service, £25 each way from London, 29€ from Paris or 25€ from Brussels. Guaranteed same train bike transfer service is available for £30 each way

Taking cycles beyond Paris, Brussels and London bike bags between 85cm and 120cm can be carried as part luggage allowance.

find out more +44 (0) 844 822 5822, or www.eurostar.com

Fully assembled cycles or bike

To make a reservation in advance or