



**London Bike Hub** - This award winning organisation are the main provider for Hounslow's adult cycle training. Their vision is to embed cycling into the community. They don't just do cycle training and fix bikes; but see the bicycle as a sustainable and healthy way of moving around, engaging the local community and educating all ages and abilities. However, first and foremost, they see it as a fun and enjoyable way of spending time. They believe the bike is best!

**Parkwood Leisure** - Are the nominated supplier for Bikeability and children's cycle training in London Borough of Hounslow. They believe cycling is fun and for everyone and are passionate about encouraging more people to cycle regularly and safely through their dedicated team at Change Gear. Their core belief is that when more of us jump on our bikes we are helping the environment at the same time as helping ourselves.

**HCC (Hounslow Cycling Campaign)** - Fun rides throughout the year, which are very much social affairs. They are not a cycling club but aim to show people how easy it is to cycle around the borough and beyond, seeing parts of the London best seen by bicycle. The rides are for all ages and abilities and no one is ever left behind:

**\* Saturday 8/6/19** Illuminated Ride starting @ 6.30pm from Turnham Green District Line Station and returns about 9.30pm. The re-instigated St Michael and All Angels bicycle ride forms part of the Bedford Park Green Days - [www.bedfordparkfestival.org/p/35/cycle-zone](http://www.bedfordparkfestival.org/p/35/cycle-zone) - and roughly follows the boundary of Chiswick. It's an easy flat relaxed social ride for all the family - stopping for refreshments beside the river. Lights are essential and riders are invited to dress up and 'light up' their bikes.

**\*\* Wednesday 12/6/19** Sunset Ride starts @ 6.45pm from Brentford Market Place and returns at about 10.30pm. A social ride, supported by local London Cycle Campaign (LCC) groups, heads to The Roebuck public house on Richmond Hill to - hopefully - see a beautiful sunset and then a return ride to Kew Bridge. Lights and a bell are essential for all riders.

**\*\*\* Saturday 15/6/19** 'Artists at Home' Ride starts @ 12.45pm from Turnham Green District Line Station and returns about 5pm. HCC support the Artists at Home weekend event with a lazy cycle ride visiting half a dozen artists in and around Chiswick. This is a popular, very enjoyable, slow, social, family ride and history shows the artists to be very hospitable.

**\*\*\*\* Sunday 16/6/19** Children and Family 'picnic' Ride to celebrate Bike Week, starts @ 1.30pm from the Lampton Park Cycling Hub and returns about 4.30pm, and will take in the new cycle paths in Osterley Park. Families are welcome and we will make time for a 'bring your own picnic' on the lawn or refreshments at the Stables.



London Borough  
of Hounslow

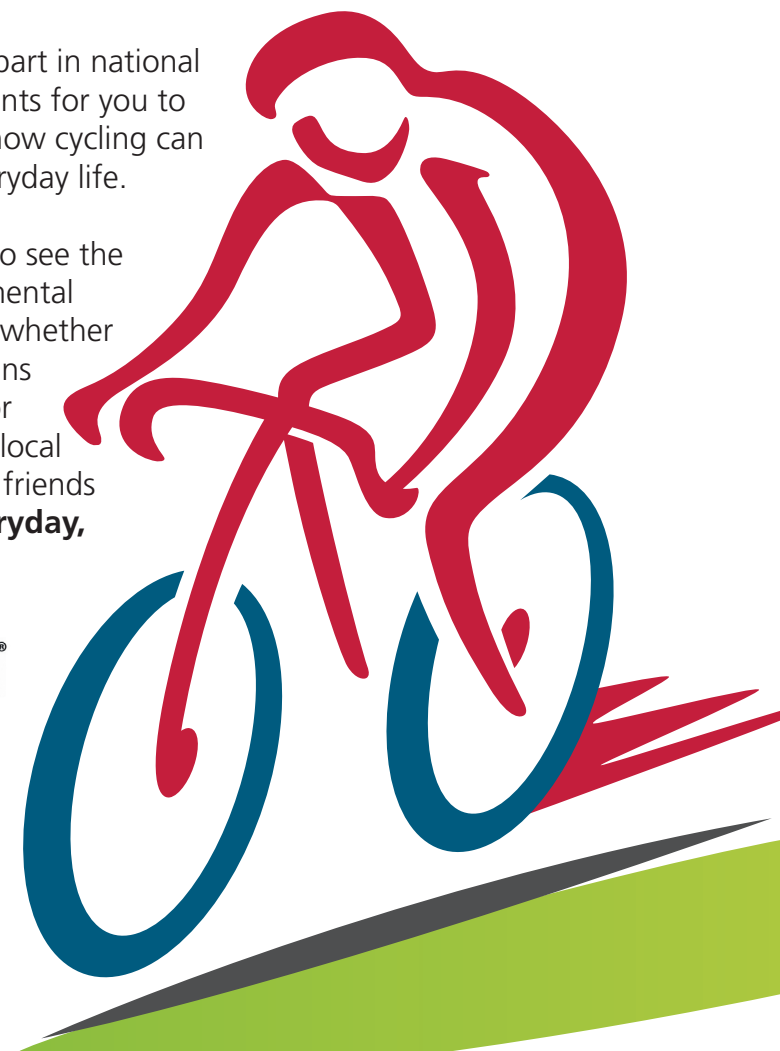


# Bikeweek

**8-16 June 2019**

Hounslow is taking part in national Bike Week, with events for you to enjoy and to show how cycling can easily be part of everyday life.

We want everyone to see the health and environmental benefits of cycling - whether it's for fun, as a means of getting to work or school, a trip to the local shops or just to visit friends - **cycling is for everyday, for everyone.**



# Bike Week - Programme of Events 8-16 June 2019

8 June		9 June		15 June	
9.30am - 11am ●	Adult Cycle Training - Complete Beginners Level Lampton Park Cycling Hub. No need to book.	11am - 6pm ●	Family Cycle Zone @ Green Days - Bedford Park Festival - Turnham Green. Includes Dr Bike Contact HCC.	9.30am - 11am ●	Adult Cycle Training - Complete Beginners Level. Lampton Park Cycling Hub. No need to book.
10am - 12noon ●	Inclusive Cycling - All ability cycling with adapted bikes. Lampton Park Cycling Hub. No need to book.	12noon - 2pm ●	Dr Bike and Bike Marking The Piazza, High Street, Feltham.	10am - 12noon ●	Inclusive Cycling - All ability cycling with adapted bikes. Lampton Park Cycling Hub. No need to book.
10am - 6pm ●	Family Cycle Zone @ Green Days - Bedford Park Festival - Turnham Green - Includes Dr Bike.	<b>11 June</b>		10am - 2pm ●	Dr Bike and Bike Marking Lampton Park Cycling Hub.
11am - 12.30pm ●	Adult Cycle Training - Confidence Building Level Lampton Park Cycling Hub. No need to book.	6pm - 7.30pm ●	Hounslow Biking Belles - Ladies Bike Ride Lampton Park Cycling Hub. No need to book.	11am - 12.30pm ●	Adult Cycle Training - Confidence Building Level. Lampton Park Cycling Hub. No need to book.
12.30pm - 2pm ●	Adult Cycle Training - Bike Ride. Lampton Park Cycling Hub. No need to book.	<b>12 June</b>		12.30pm - 2pm ●	Adult Cycle Training - Bike Ride. Lampton Park Cycling Hub. No need to book.
2.30pm - 3.30pm ●	Children's Cycle Training - non riders age 7-14. Lampton Park Cycling Hub. Contact Parkwood Leisure.	12pm - 4pm ●	Dr Bike and Bike Marking Hounslow House TW3 3EB.	12.45pm - 5pm *** ●	Artist at Home Ride for all ages and abilities - Turnham Green Station. Contact HCC.
3.30pm - 4.30pm ●	Children's Cycle Training - Confidence Building age 7-14. Lampton Park Cycling Hub. Contact Parkwood Leisure.	12noon - 1pm ●	Adult Cycle Training - Complete Beginners Level. Lampton Park Cycling Hub. No need to book.	2.30pm - 3.30pm ●	Children's Cycle Training - Non-riders age 7-14. Lampton Park. Contact Parkwood Leisure.
6.30pm - 8pm * ●	Illuminated Ride for all ages and abilities - Contact HCC Turnham Green Station - Piccadilly Line.	1pm - 2pm ●	Adult Cycle Training - Confidence Building Level Lampton Park Cycling Hub. No need to book.	3.30pm - 4.30pm ●	Children's Cycle Training - Confidence Building age 7-14. Lampton Park. Contact Parkwood Leisure.
		6.45pm - 10pm ** ●	Sunset Ride for all ages and abilities. Brentford Market Place. Contact HCC.	<b>16 June</b>	
		<b>All events are FREE to attend.</b> <b>For all adult and child cycle training - helmets and bikes can be provided at no cost.</b> <b>* - **** see back for more details for the rides.</b>		1.30pm - 4.30pm **** ●	
				Family Bike Ride to Osterley Park for Picnic. Start Lampton Park Cycling Hub.	

● **London Bike Hub:** For more details and to book visit [www.londonbikehub.com/hounslow](http://www.londonbikehub.com/hounslow)  
Call 07593 396630 or email [info@londonbikehub.com](mailto:info@londonbikehub.com)

● **Dr Bike and bike marking** with Bike Register - just bring your bikes!  
No need to book.

● **HCC (Hounslow Cycling Campaign):** For more information and to book visit [www.hounslowcycling.org](http://www.hounslowcycling.org)  
or email [info@hounslowcycling.org](mailto:info@hounslowcycling.org)

● **Inclusive Cycling:** For more details and to book please email [roadsafety@hounslow.gov.uk](mailto:roadsafety@hounslow.gov.uk)

● **Parkwood Leisure:** To book email [hounslowbikeability@parkwood-leisure.co.uk](mailto:hounslowbikeability@parkwood-leisure.co.uk)  
or call 07766246785