



Information for Cyclists and Supporters

Where is the assembly point in Oxford?

Assemble at **Oxford railway station** from 10am.

What time do we set off?

The ride starts PROMPTLY at 10.30am.

Train travel to Oxford - from Leamington Spa

You **MUST** take the **9.38am** Cross Country (Birmingham New Street to Bournemouth) train to arrive on time (at 10.14am).

Cross Country allow only two cycles per train, so if you refuse to be separated from your bike, then you need to reserve a cycle space when you book a ticket.

Contact Cross Country at <http://www.crosscountrytrains.co.uk/> or call 0844 811 0124

Train travel to Oxford - from London

At the latest, you **MUST** be on the **8.42am** First Great Western train from Paddington to arrive on time. There are two earlier trains - the 7.43am train that stops everywhere and an 8.03am train that is quicker.

First Great Western has ten spaces for cycles on their trains and we have reserved them all for the 8.42am train.

If you want one of these cycle reservation tickets (for the 8.42am train only), contact us at friends@buwankothi.org.uk as soon as possible.

Tickets for First Great Western are available from <http://www.firstgreatwestern.co.uk/> or call 08457 000 125

We also have EIGHT pre-booked single tickets costing only £4 – these are available on a first-come-first-served basis by contacting us at friends@buwankothi.org.uk as soon as possible.

Transporting your bike by van to the assembly point

Because of the limitations on taking a bike on the train, we are transporting bike to Oxford by van.

If you want to take advantage of this, then you **MUST** have told us by 30th June – sorry, but there are now no further spaces available.

If you requested transport for your bike, you need to drop it off by 6pm on **Saturday 19th July** at either

- 77 Shacklewell Lane, London E8 2EB or
- 32 Summerton Rd, Whitnash, Leamington Spa CV31 2JU

What time does the ride finish?

We expect to be in Leamington Spa by about 4.30pm, but it is difficult to be specific. The ride finishes at **Pump Room Gardens**.

Transporting your bike back to London

If you are returning to London, bikes will be returned by van on either Sunday evening or Monday morning at the **complete discretion** of the van drivers.

You must collect you bike from Shacklewell Lane by **Saturday 26th July at the absolute latest**.

Travel back to London on Sunday 20th July

From	To	Depart	Arrive	Change at
Leamington Spa	London Marylebone	18.16	20.00	
Leamington Spa	London Marylebone	18.29	20.16	
Leamington Spa	London Marylebone	18.47	20.21	
Leamington Spa	London Marylebone	19.16	21.00	
Leamington Spa	London Marylebone	19.38	21.30	Reading
Leamington Spa	London Marylebone	19.53	21.50	
Leamington Spa	London Marylebone	20.29	22.16	
Leamington Spa	London Marylebone	20.53	22.50	
Leamington Spa	London Marylebone	21.53	23.53	

What to bring with you if you are riding

- one (preferably two) inner tubes that fit the tyres on your bike
- waterproofs (just in case)
- a water bottle
- sun block (just in case)
- shades

Everything else including food and drinks will be provided.

Staying overnight in Leamington

Very few people indicated by 30th June that their planned to stay over on Sunday evening, so if you want us to arrange accommodation, please get in contact straight away.

There will be a party, so it will be worth taking Monday off work if you can.

Sponsorship

If you have not already done so, start collecting sponsors. Set up a Justgiving fundraising page and get hold of a sponsorship form. You can find all the details at <http://cyclists4bkit.blogspot.com/>