The Thames Bridges Bike Ride is a challenging and varied bike ride event, but one that everyone can achieve and enjoy.

The routes closely follow the River Thames from the start at Southwark Park to the finish at Hurst Park, near Hampton Court. The final route will be confirmed closer to event day but participants will cross sixteen of the famous Thames bridges.

The Thames Bridges Bike Ride was originally set up by the son of a stroke survivor and his friends who wanted to raise money for the Stroke Association. Now in its 22nd year the ride sees nearly 3000 families, friends and keen cyclists from across the country take to their bikes to raise much needed funds to support stroke survivors.

**Date:**
10.05.2015

**Location:**
Registration point Southwark Park for classic and extended route. Hurst Park for family route

**Minimum fundraising target:**
£100.00

**Routes**

**Extended**

The extended route is the longest and most challenging of the three routes and takes on 50 miles of cycling fun! This route matches the standard route but includes extra mileage as you take in more of London's sites. Limited places available. Start times limited to 8.00-10.00am. Only open to confident and experienced cyclists over 16.

**Classic**

The classic route (previously named standard route) is our tried and tested classic Thames Bridges Bike Ride cycling route. This favourite takes on 16 bridges, covers 34 miles and starts in Southwark Park and finishes in Hurst Park.

**Family**

Our new family friendly route starts at Hurst Park and is a pleasant 8 mile circular route. This route is open to cyclists of all ages although any cyclists under 16 must be accompanied by an adult.
More information about the routes

Tower Bridge
London Bridge
Southwark Bridge
Blackfriars Bridge
Waterloo Bridge
Westminster Bridge
Lambeth Bridge
Chelsea Bridge

After crossing Chelsea Bridge, you will have reached the 10 mile point on the standard route (or mile 19 for the extended!) and be approaching your first pit stop. Water will be provided to all our participants.

Albert Bridge
Battersea Bridge
Wandsworth Bridge
Putney Bridge

Suffolk Road Recreation Ground is home to Pit Stop Two, which is where you'll hit the 17 mile mark (26 for the extended). Again water will be provided for all participants AND you'll be provided with a snack to keep the energy levels up.

Chiswick Bridge
Kew Bridge
Richmond Park

Pit Stop will be mile 26/35 on your epic journey! Again water will be provided to all participants.

Kingston Bridge
Hampton Court Bridge

The finish takes you to our fabulous finish in Hurst Park (near Hampton Court) where you and your supporters will be invited to enjoy the afternoon's activities!

To register for this event please return to myroyalmail.com

For more information on any Stroke Association events please contact:
royalmail@stroke.org.uk
020 7566 1549