



Your London to Brighton Update



Hi Jamie

We are definitely on countdown now and can't wait to meet you all at the start line! Bookings will close next month so if you have any friends or family wanting to join you make sure they book soon otherwise they risk missing out!

Our update this month covers cycling in the hot weather so you are ready when summer finally arrives! Checking your bike is suitable, meeting one of our event partners plus booking your journey home.

For any other information you can check our [Participant Area](#) where you'll find copies of past emails in case you missed any. You'll also find a welcome pack, a training plan, fundraising tips and more!

Enjoy your training and as always if you have any questions make sure you [get in contact!](#)

The London to Brighton Team



If you're wondering how you can keep up with cycling or stick to your training plan during the warmer weather, look no further! Cycling UK have put together lots of information which will give you lots of tips for cycling in the heat.

Please click below to find out more!

[Cycling in hot weather](#)

BIKE SUITABILITY

The route is entirely on road so please ensure your bike is suitable for this.

Whilst using a mountain bike is possible, they are much heavier and it will be more challenging!

We recommend using a lightweight road bike, or hybrid bike.

It is also advisable to have your bike serviced before the ride to ensure it's in good condition.

It must have independent brakes on both wheels, fixed wheel bikes are not allowed.

If you are considering riding a non-standard type of bike, please have a read of the event FAQ's or send us an email so we can be used in the event.

[Event FAQ's](#)



Just like your car its really important to get your bike serviced regularly and if you haven't done so recently we would certainly recommend you having it serviced before the ride. Bikebook are a fantastic company, local to Brighton, with a website that helps you find a mechanic local to you. Check them out [here!](#)

HOW WILL YOU GET HOME?

Southern Railway tend to ban bikes or only permit a very limited number of pre-booked bikes on the day, so we strongly advise you arrange to be picked up from Brighton or book our bike and coach transport (subject to availability).

Our return coaches will be leaving Brighton regularly from 12:30 onwards. These will operate on a first come, first served basis. Bikes will be transported to Clapham Common in secure bike vans and will meet you there upon your arrival.

There is only a limited amount of spaces and once they're gone, they're gone! We expect these to sell out! Please book via the link below. This link is personalised to the rider this email is addressed to. Please DO NOT book anyone else's place using this form. If you need the link for other riders please email us at info@londonbrightoncycle.co.uk

[BOOK YOUR TRANSPORT HERE](#)

DO YOU NEED PARKING AT THE START?

Why not take away the hassle of finding a parking spot in central London and secure a spot 100m from the start line for the whole day!

(Remember you can't take bikes on a lot of TFL services so if you are planning on coming via public transport please check the [TFL website](#) for where bikes are permitted)

Parking is available right by the start line in Clapham! You can arrive any time from 05.30 and we just ask that cars are moved from the site by 20.00 at the latest before the site is locked. There are no height restrictions to the site so we can accommodate larger vehicles such as minibuses. If you looking to park

anything larger please [drop us a email](#) before you book so we can check there is space.

The cost is £30 per vehicle, so if you'll be arriving with friends you only need to make one booking in the name of one rider.

[**BOOK YOUR PARKING HERE**](#)

Skyline Events

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