

Kingston Cycling Campaign has developed this booklet primarily for local people who'd like to cycle but haven't felt confident enough before to take to the road on their bikes, or maybe haven't ridden for some time. We welcome the use of this booklet by visitors to Kingston to find a healthy and fun way of exploring Kingston and parts of its neighbouring boroughs.

The rides have been selected because they are pleasant, quiet, they're on mainly traffic-free routes and are easily accessible by train. It's a leisure guide, with easy rides on mostly level ground, often in parks and by the River Thames, that cover the whole borough and beyond into neighbouring boroughs. The routes may also help identify pleasant ways to cycle to work and ways to navigate from one side of the borough to the other.

We hope you will enjoy these rides. You can download them from our website www.kingstoncycling.org.uk where you can also find out more about the work we do to promote cycling in the borough. Check us out on Twitter @KingstonCycling or on Facebook.

Kingston Cycling Campaign would like to thank the following members for their contributions towards creating this guide: Nick Davies, John Dunn, Jon Fray, Hilary Gander, Rob James, Roger Mace and Derek Underwood.

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GET CYCLING

TRAFFIC-FREE AND QUIET CYCLE ROUTES AROUND KINGSTON

1	KINGSTON TO HAMPTON COURT	6
2	THAMES RIVERSIDE AND RICHMOND PARK	8
3	HORTON COUNTRY PARK	10
4	BERRYLANDS TO NONSUCH PARK	12
5	SURBITON PARKS AND GREENS	14
6	NEW MALDEN TO RICHMOND PARK AND WIMBLEDON COMMON	16
7	TOWN CENTRE THROUGH ROUTES	18

These seven route maps will help you find your way in and around Kingston; we've added some markers and text just to aid clarity. At a relaxed pace you will cover around 10 miles in an hour; approximate round trip distances are shown.

Please remember to observe any restrictions on cycling. All cyclists can benefit from cycle training to enhance their skills and confidence: email cycling@rbk.kingston.gov.uk or phone **020 8547 5002** for information about the Bikeability scheme provided by the council.

