



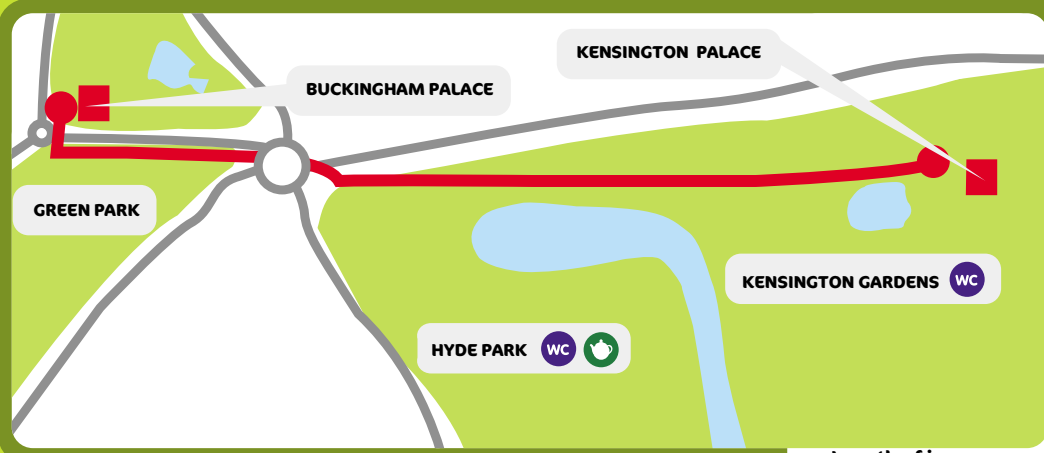
Buckingham Palace to Kensington Palace

Simply enjoy cycling past palaces, memorials and gardens on this relaxing and unique way to see some of London's sights.

www.kelloggs.co.uk/cycling
www.kelloggs.ie/cycling



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This map is a representation of the route, use the signage on route or OS maps for further detail if required.

TIME TAKEN: **DISTANCE COVERED:**

NOTES:

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- PARKING**
- PUBS**
- CAFÉS/TEA ROOMS**
- TOILETS**
- ATTRACTION**



When you are on the National Cycle Network look out for these signs.

The numbers on the signs relate to the route you are following.

Length of journey:
2 miles (one way)

Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

Enjoyed your ride on the National Cycle Network?
 Sustrans is the charity behind the National Cycle Network.
 For more information visit www.sustrans.org.uk

Buckingham Palace to Kensington Palace

After marvelling at the grandeur of Buckingham Palace, you then cycle through a series of crossings. Go under the Duke of Wellington arch and into Hyde Park. This park is an oasis in the heart of London, so if you are feeling energetic take a detour on its cycle paths and enjoy the 350 acres, with over 4,000 trees, a lake, a meadow and acres of grass.

You will then continue past the Serpentine Gallery and the bandstand through to Kensington Gardens. Cycle down the formal avenues lined by magnificent trees, past ornamental flower beds, to the western end of these gardens; and there at the gates of Kensington Palace stretch out and enjoy the surroundings.

Who'd enjoy this ride?
 Completely flat and on shared-use path for walkers and cyclists with only a couple of signalled road crossings, this is a great short ride for everyone.

Start/finish points:

Buckingham Palace / Kensington Palace.

Nearest railway station:

Victoria. For information on when and where bicycles are permitted on the tube please go to www.tfl.gov.uk click on 'Tube' then 'Maps' and scroll down to 'Bicycle Map'.

Parking:

Hyde Park and Kensington Gardens. For parking in London please see a detailed road map.

Refreshments:

Serpentine Café in Hyde Park is the best place on the route. Otherwise there are a large number of eateries around Victoria Station.

Public toilets:

Hyde Park and Kensington Gardens.

Attractions:

The Changing of the Guard (or Guard Mounting) held daily from April to July, and on alternate days throughout the rest of the year. Visit www.royal.gov.uk to find out more.

Visit www.royalparks.gov.uk to find out all about Hyde Park and Kensington Gardens.

Constitution Hill and The Mall are both closed to motor traffic on a Sunday, making it the most peaceful day to ride along this section.

Good to know:

Bike hire is available, please check on www.yell.com

You can visit www.kelloggs.co.uk/cycling or www.kelloggs.ie/cycling where you can download more guides and share your experiences with others.