Cycling by Train

National Rail encourages the integrated use of cycles and trains – two convenient and environmentally friendly forms of transport. To plan your cycle-rail journey, please check the terms and conditions for taking your cycle on the train detailed in this leaflet.

General Advice

• Full size cycles may be excluded from trains at peak times, generally morning (0700-1000) and evening (1600-1900) commuter services to and from London, and some local services, as listed in this leaflet.

• Reservations: Some operators have no seat or cycle reservations on some or all of their services. On such trains a common-sense approach may apply where passengers with full size cycles may be asked by station staff not to board busy trains and wait for a later service.

• Where a seat reservation system is available, the reservation of cycle space is also normally provided, and this is strongly recommended to guarantee your journey. Where the service is available, details of how reservations can be made is listed by operator.

• Compact, fully folding cycles with wheels up to 20” in diameter are carried without restriction on all trains (when folded down), however you may be required to cover the cycle and place it in luggage racks. You may also be required to fold the cycle before passing through the ticket barrier.

• When planning a journey on www.nationalrail.co.uk the blue cycle logo indicates when cycle reservations are required or where restrictions apply.

• Full size cycles may not be carried on replacement bus services during engineering work or service disruption, but it should be possible to carry folding cycles on replacement bus services provided they are folded and covered.

• All cycles are carried subject to the National Rail Conditions of Carriage - www.nationalrail.co.uk/recr.

• Cycle storage and hire: A large number of National Rail stations have good quality cycle parking, and cycle hire is sometimes available. For more information see the Station Information section of www.nationalrail.co.uk.

• Tandems and special cycles: Some operators can accommodate a wider range of cycles. The Tandem Club has details of current arrangements – email: trains@tandem-club.org.uk.

• A cycle reservation is only valid for one train. Journeys that involve multiple changes or operators will require multiple reservations for each part of the journey, and it may not be possible to reserve a space for your cycle on trains operating on all legs of such a journey.

• Major events that create significant increases in passenger numbers may affect our availability to offer normal levels of cycle carriage on trains. Always check with the train operator prior to travel.
Cycles are carried free of charge on UK domestic services.

Boats and trains:

• Two cycle spaces per train.
• Reservations can be made: At any staffed station
• Via East Coast Trains Telesales Team

Airports:

• At any time between Drayton Park and all central London stations.

Local, rural and inter-urban services throughout the West Country.

Reservations are compulsory on Boston, Great Yarmouth, Sunderland, Liverpool Street and Stratford and 0745 to London Liverpool Street – Southend the nearest station.

Reservations not available. Two cycle spaces per train.
• At any staffed station
• Via Great Western Trains Telesales Team

Cycles are carried free of charge on UK domestic services. Two cycle spaces per train.
• Reservations are compulsory on Great Western Trains
• At any staffed station
• Via Great Western Trains Telesales Team

London Overground

On trains timetabled to depart from London between 1600 and 1800.

On trains timed to depart from Clapham Junction, East Croydon, Croydon and Waterloo.

You can take a bike with you at any time provided you book in advance.

On trains timed to depart from Bermondsey, Blackfriars, Croydon, Hither Green, London Bridge, Rotherhithe, and Stratford

Heathrow Connect

To make a reservation in advance:

• Tel: 0345 722 1294

www.lfgjr.co.uk/gov

You can travel to London with your bike on any London Overground train between 0730 - 0900, 1700 - 1900 and 2000 - 2030 (except Public Holidays).

Merseyrail

Restrictions apply Monday to Friday, cycle spaces per train.

Reservations compulsory on:

• Services arriving into London Waterloo within 1500 and departing London Waterloo within 1600, and

Reservations not available. Cycles can be carried at anytime.

ScotRail

Restrictions apply Monday to Friday:

• On trains timed to depart from London between 1600 and 1800.

Don’t forget that the London Overground Service between Clapham Junction and Croydon is now being run by Southern. For the latest timetables, contact Southern on 0845 600 6000 or visit www.southernrailway.com

West Midlands

Restrictions apply Monday to Friday:

• Services arriving into London Waterloo and departing London Waterloo within 1600, and

If you are planning to travel with a cycle, a staffed station at the station platforms is not available for you to leave your bike whilst you board your train.

Restrictions apply Monday to Friday

• On trains to depart from London between 1600 and 1800.

www.southernrailway.com

Tel: 0800 000 6600

South East London, Kent and East Sussex.

Restrictions apply Monday to Friday:

• On trains to depart from London between 1600 and 1800.

Reservations compulsory on:

• Services arriving into London Waterloo and departing London Waterloo within 1600, and

• Services arriving into London Liverpool Street and departing London Liverpool Street.

If you are intending to hire a bike whilst you are travelling on the London Overground Service between Clapham Junction and Croydon, you can be assured you will be able to travel on the service with your bike.

Restrictions apply Monday to Friday:

• On trains to depart from London between 1600 and 1800.

Reservations not available. Cycles can be carried at anytime.

South East, Sussex and South East

Restrictions apply Monday to Friday:

• On trains to depart from London between 1600 and 1800.

Reservations not available. Cycles can be carried at anytime.

ScotRail

UK: 0845 600 0600

South East

Restrictions apply Monday to Friday:

• On trains to depart from London between 1600 and 1800.

Reservations not available. Cycles can be carried at anytime.

ScotRail

Tel: 0845 600 0600

www.southernrailway.com

Tel: 0330 303 9112

www.thetrainline.com

www.trainline.com

Reservations are available:

• For tickets to travel to Wales:
• For tickets to travel to Scotland:

www.thetrainline.com

www.thetrainline.com

www.thetrainline.com

www.thetrainline.com

www.thetrainline.com

www.thetrainline.com

www.thetrainline.com

www.thetrainline.com

A bike up to 85cm long can be carried on board as part of your baggage allowance.

Bike bags between 85cm and 120cm long can use the adjacent registered baggage service £15 each way from London and 10cm from Paris or Brussels.

Bikes can be folded and packed in a bicycle bag or flat packed in a box and this can be accepted on Stansted Express, but please do check ahead of time to confirm the criteria can be carried on.

Tel: 0845 326 4700

www.thetrainline.com

Tel: 0844 843 5823

www.thetrainline.com

Tel: 0800 326 5470

www.thetrainline.com

Tel: 0333 214 3014

www.thetrainline.com

Tel: 0845 855 3033

www.thetrainline.com

www.thetrainline.com

Tel: 0845 600 0600

www.thetrainline.com

Tel: 0845 600 7245

www.thetrainline.com

Tel: 0845 311 4222

www.thetrainline.com

Tel: 0845 600 2222

www.southernrailway.com