

## Join the club!

Sutton has lots of cycling clubs to provide you with further help and advice. Why not attend a meeting to find out what cycling around our borough can offer you?

### Sutton Cycling Club (SCC)

A renowned cycling club with a focus on under 18's, SCC meets at various venues across the borough.

Visit [www.suttoncycling.co.uk](http://www.suttoncycling.co.uk) for more information.

### Clarencourt Cycling Club

A small and well established club based in Cheam that caters for everyone from beginners to regular cyclists. They meet at The Harrow in Cheam on the first Thursday evening of each month from 8.30pm. Rides leave Cheam Station south side at 9am on Sundays.

Contact [clarencourt@googlemail.com](mailto:clarencourt@googlemail.com)

[www.clarencourt.com](http://www.clarencourt.com)

### Redmon Cycling Club

Meeting at Hill House Community Centre, Bishopsford Road, Carshalton on Mondays at 8:30pm. They offer coaching and group rides to all cyclists 12 years old and upwards.

Contact [gensec@redmoncc.co.uk](mailto:gensec@redmoncc.co.uk) or visit [www.redmoncc.co.uk](http://www.redmoncc.co.uk)

### Cyclism Sutton

Cyclism campaign in the Sutton area to make cycling an option for everyone. The group is open to anyone who wants to come and get involved or just come for a ride.

There are also beginners' rides every Saturday starting from Nonsuch Park cafe at 2pm, and also occasionally from Beddington Park, and weekday summer evening rides.

Visit [www.cyclismsutton.org.uk](http://www.cyclismsutton.org.uk)

### Pollards Hill cyclists

With 550 members, this is the largest leisure club in London. This award-winning cycling group organises routes for all comers from Pollards Hill in Mitcham.

For route details visit [www.pollardshillcyclists.org.uk](http://www.pollardshillcyclists.org.uk)

### Cyclists Touring Club (CTC)

The CTC is a vast pool of cycling related information and knowledge, from training to touring, advice, route planning, insurance – you name it and CTC can help.

Contact them at [www.ctc.org.uk](http://www.ctc.org.uk)

## Cycles on public transport

### London buses

Fold up bicycles are allowed onboard buses at the driver's discretion and are treated as luggage or pushchairs

### National Rail services

Rail operators' rules vary but generally bikes are allowed outside peak hours. Get a free 'Cycling by Train' leaflet from stations or visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### Trams and tube

Folding bikes are allowed on trams and tubes at all times

## Bike safety

### Reporting a pot hole

To report a road problem visit [www.sutton.gov.uk/potholes](http://www.sutton.gov.uk/potholes)

### Be seen and be safe

Wear reflective clothing and always use lights at night. We recommend wearing a helmet but it's your choice. Helmets need to be fitted properly. For guidance on safety and helmets visit **The Bicycle Helmet Initiative Trust** at [www.bhit.org](http://www.bhit.org)

### Cycle parking

There are cycle parking stands widely available across the borough. Where available, always use a cycle parking stand to lock your bike against instead of posts or railings where your bike may be more vulnerable to theft and damage.

### Local CTC groups

For the South West London District Association of the CTC  
Visit [www.cyclingswlondon.org.uk](http://www.cyclingswlondon.org.uk)

For information on local rides, events and routes please contact Cheam and Morden CTC at [ctc.cheammorden@virgin.net](mailto:ctc.cheammorden@virgin.net)

For the local CTC Right to Ride Group contact [shirley@quemby.cix.uk](mailto:shirley@quemby.cix.uk)

### Go 50! Cycling with Age UK Surrey

Age UK Surrey run regular group bike rides in your area so if you've often thought about going for a cycle ride but had no-one to go with, then this could be for you! Come and take part in 'off road' cycle rides in a relaxed and sociable atmosphere.

Contact GO50! on **01483 534706**, email [go50@ageuksurrey.org.uk](mailto:go50@ageuksurrey.org.uk) or visit [www.ageuk.org.uk/surrey/activities--events](http://www.ageuk.org.uk/surrey/activities--events)

### Ecological - Gear Up

Inclusive cycling sessions for all abilities on Mondays, Wednesdays and Thursdays 10am - 12noon (groups from 11am) at David Weir Leisure Centre (previously known as Sutton Arena).

There is a wide range of disability access cycles, as well as two wheelers provided. Aimed at adults (14+ year olds welcome if supervised by parent/carer).

### Ecological - Get Cycling

'Get Cycling' is a great opportunity for adults to learn to ride for the first time, build cycling confidence and develop cycling skills in a safe off-road environment, or just get some outdoor exercise. Beginners are welcome. Friendly instructors and range of cycles provided including adult trikes.

To find out more about 'Gear Up' and 'Get Cycling' visit [www.ecologicalcycling.org.uk](http://www.ecologicalcycling.org.uk)

### British Cycling

British cycling is the national governing body for cycling. As a membership organisation, British Cycling provides a suite of benefits and support to its members, with all membership revenue invested back into cycling. Visit [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

### Transport for London

TfL have useful pages on Cycle Super Highways, cycle hire, London wide cycling guides, safety tips and events. Visit [www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)

### London Cycling Campaign

LCC is a campaigning membership charity with over 12,000 members, making sure that everyone who cycles, or wants to cycle, has a voice in Greater London. Visit [www.lcc.org.uk](http://www.lcc.org.uk)

## Cycle security

### Avoiding theft

Follow the golden rules below to reduce the risk of theft and increase the chances of recovering your bike if it's stolen.

### To protect it, register it

Make it tougher for thieves to take your bike. 'Immobilise' holds the details of thousands of bikes which can be traced if they are stolen.

Register your bicycle model, make and frame number at [www.immobilise.com](http://www.immobilise.com)

### Buy a decent lock (or two)

Talk to a bike shop about types of locks before you buy one so you ensure you buy the right one for your needs. Expect to pay £40+ or 20 per cent of the value of your cycle on a lock.

### Get insurance

You can extend your home contents insurance to cover your bicycle - but make sure it covers you for thefts outside the home too. If your bicycle is particularly valuable you may need to insure it separately.

### Take a picture

If your bike gets stolen make sure you have a picture to show police when reporting the theft.

### Lock it or lose it

To minimise the risk of theft on a day-to-day basis, consider the following tips when locking your bike:

- If you leave your bike in a public space, make sure it is left somewhere where everyone can see it
- Make sure the lock catches the bike frame as well as the wheel and the post. If it only goes through the wheel a thief may steal the bike and leave the wheel behind
- Use a bike stand if there is one available
- Locks can be picked, so face the lock to the ground (but not resting on it) so it can't easily be turned upwards for picking
- Make it impossible for a thief to smash the lock open: Fill the D part of a lock with as much of the bike as possible and never leave the lock lying on the pavement
- Take with you any items that can be removed without tools - wheels, lights, pump, saddle

## Buying a bike in Sutton

Sutton has plenty of bicycle shops which can advise on the best model for your needs, the best equipment, and help you maintain your bike.

**Cycle Power**  
77 Central Road  
Worcester Park  
Surrey KT4 8EB  
[www.cycle-power.com](http://www.cycle-power.com)  
020 8330 3421

**Pearson Cycle Specialists**  
126 High Street  
Sutton  
Surrey SM1 1LU  
[www.pearsoncycles.co.uk](http://www.pearsoncycles.co.uk)  
020 8642 2095

**Wallington Cycles**  
3 Stafford Road  
Wallington  
Surrey SM6 9AQ  
[www.wallingtoncycles.com](http://www.wallingtoncycles.com)  
020 8288 9909

**Xways Mobile Bicycle Workshop**  
[www.xwayscycles.co.uk](http://www.xwayscycles.co.uk)  
0775 674 562

**The Village Bike**  
20 Green Wythe Lane  
Carshalton  
Surrey SM5 2DW  
[www.thevillagebike.com](http://www.thevillagebike.com)  
020 3417 7260

## Get more out of cycling in Sutton

This guide gives you advice about cycling in Sutton, will help you look after your bike and plan an enjoyable ride in the borough.

## Cycling improves your health by

- Firming and toning the body
- Helping to lower blood pressure
- Raising metabolic rate which can help lose weight
- Helping reduce stress

## Cycling saves you money

Riding a bike means

- There is no tax
- There are no parking charges
- There are no fuel costs
- There is no MOT

## Why cycle in Sutton?

Sutton is a great environment for beginner cyclists and those returning to cycling. It has beautiful parks, plenty of quiet routes, map shown overleaf to plan your next cycle journey in the borough.

## Cycle Training with Sutton Council

Sutton Council can provide you with free expert training and advice to get you confident and keep you safer on the road.

They can also advise about the best routes to take, the best ways to maintain your bike, and answer any questions you have.

Our trainers can assess your needs and give one-to-one or group training.

Contact [stephen.wright@sutton.gov.uk](mailto:stephen.wright@sutton.gov.uk) or call **020 8770 6231**

## To find out more about cycling in Sutton

[www.sutton.gov.uk/cycling](http://www.sutton.gov.uk/cycling)



## Smarter Travel



# Sutton cycling guide

### Includes cycle map

Everything you need to know about getting around Sutton by bicycle

[smartertravel@sutton.gov.uk](mailto:smartertravel@sutton.gov.uk)

take part, take pride



