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RIDELONDON RETURNS THIS WEEKEND!

- **World's greatest cycling festival coming to London and Essex**
- **Tens of thousands of people inspired to ride bikes over weekend**

RideLondon – the world's greatest cycling festival – returns this weekend after more than 1,000 days away!

Tens of thousands of people are already confirmed to be part of this amazing celebration of cycling on traffic-free roads in London and Essex on Sunday 29 May. Meanwhile, others are being encouraged to join the fun, either by riding themselves or coming out to support and sampling an atmosphere like no other.

RideLondon, a 2012 London Olympic Games legacy event, aims to inspire more people to cycle to improve their physical and mental health and to showcase the bicycle as a sustainable mode of transport.

The event, first held in 2013, could not take place in 2020 or 2021 due to the Covid-19 pandemic and returns in 2022 with a new format, a new place in the calendar and a new partnership with Essex County Council, which means brand-new event routes.

There is also a renewed determination to get more people onto bikes, with a particular focus on women and under-represented groups, including those with disabilities.

The 2022 edition will feature four inspiration rides including the hugely popular RideLondon FreeCycle (10:00-15:00) which takes place on eight miles of traffic-free roads in central London and is completely free for anyone to take part – people can just join the ride on the day. The route takes in some of London's most famous sights and includes four Festival Zones full of activities and entertainment for all ages.

It is not necessary to own a bike to take part. TfL's Santander Cycles will also be available to hire at docking stations across the city with their bikes serviced throughout the day.

For the RideLondon FreeCycle route and more details [click here](#).

The other three inspiration rides are the sold-out [RideLondon-Essex 100, 60 and 30](#), which all start on Victoria Embankment, before heading out to the picturesque Essex countryside and returning to London for a stunning finish at Tower Bridge.

The weekend also includes a three-day race for the world's best female riders, the [RideLondon Classique](#), which is a UCI Women's WorldTour event, with two stages in Essex and a thrilling final stage in central London.

society, there's never been a more important time to inspire people to get on to bicycles.

"The simplicity of the bike as a mode of transport and the physical and mental health benefits riding a bike brings means we need to inspire more people to get cycling. RideLondon is the perfect way to do this, as it's an event for everyone, from beginners to experienced riders."

Will Norman, London's Walking and Cycling Commissioner, said: "I'm delighted that, after more than 1,000 days away, RideLondon's iconic FreeCycle returns to London this weekend.

"Cycling has seen a huge boom during the pandemic and it's wonderful to see more and more Londoners choosing green and sustainable modes of transport to get around. It's not too late to get involved in this completely free event and I encourage cyclists of all ages and abilities to join us."

Clr Lee Scott, Essex County Council's Cabinet Member for Highways Maintenance and Sustainable Transport, said: "We're delighted that Essex is hosting RideLondon for the first time this year and hope that the event inspires many more of our residents to take up cycling.

"From the London 2012 Olympic mountain biking, to a stage of the Tour de France in 2014, Essex has a fantastic legacy of cycling. The event is part of our commitment to promoting more active and sustainable travel."

Isabelle Clement, Director of Wheels for Wellbeing, said: "Most people think disabled people can't cycle and that an event like RideLondon isn't for them – this couldn't be further from the truth.

"Wheels for Wellbeing and our partners Bikeworks have been working hard with RideLondon to ensure the event is accessible for and welcoming of disabled people. Disabled cyclists and non-cyclists alike will not only be able to access the event but also find experts to talk to and a range of accessible cycles to try out at the Lincoln's Inn Fields Festival Zone in RideLondon FreeCycle."

Samra Said, Chairperson of Cycle Sisters, said: "We believe that everyone should have the opportunity to safely enjoy cycling as a means of exercise, personal growth and forming social connections.

"Cycle Sisters was set up to address the under-representation of Muslim women in cycling and through our Muslim women's cycle groups, with volunteer Ride Leaders acting as role models, we've created a space where hundreds of women across London have discovered the joy of cycling."

"We're delighted to have been supported by RideLondon this year, which will enable more of our members to participate in and experience the excitement and challenge of this iconic event."

Road closures in London and Essex are necessary to safely hold the event, so there will be disruption in areas the routes pass. People are urged to plan ahead by using ridelondon.co.uk/roadclosures where full route maps and road closures information is detailed.

The full schedule for 2022 RideLondon is:

Friday 27 May: Stage One of RideLondon Classique

Start: 11:00 Promenade Park, Maldon

Predicted finish: 14:30-14:50, Maldon High Street

Stage One of the RideLondon Classique starts and finishes in Maldon. It heads north to Abberton Reservoir before a two-lap final circuit around Maldon and Little Baddow and a finish on Maldon High Street.

Saturday 28 May: Stage Two of RideLondon Classique

Start: 11:00 Anglia Ruskin University, Chelmsford

Predicted finish: 14:30-15:00 Epping High Street

Stage Two of the RideLondon Classique starts at Anglia Ruskin University, which will be celebrating hosting the stage start with a variety of bike-themed activities throughout the day. The riders will head north to Finchingfield and Great Sampford before returning south through Great Dunmow and Fyfield, culminating with two laps around Epping and a finish on Epping High Street.

Sunday 29 May

RideLondon-Essex 100, 60 and 30.

Start: From 06:00, Victoria Embankment

Finish: From 10:00, Tower Bridge

The mass participation rides described as 'the London Marathon on wheels'. More than 20,000 riders will be taking part in either a 100, 60 or 30-mile ride.

halfway at Felsted. From there, riders will follow a section of the 2014 Tour de France route, travelling south towards the west of Chelmsford and Writtle before returning to central London via Ongar. The other two rides will cover shorter sections of the same route.

RideLondon FreeCycle

Times: 10:00 to 15:00

The free, family-friendly event held on eight miles of traffic-free roads in central London. The route includes some of London's most famous streets and passes iconic landmarks including the Bank of England, London Eye, the Southbank, St Paul's Cathedral and Trafalgar Square. There are also four fun Festival Zones on route, at Lincoln's Inn Fields, Waterloo Place, Guildhall Yard and St Paul's Churchyard & Paternoster Square. For the full route, [click here](#).

RideLondon Classique Stage Three

Start: 15:45, Victoria Embankment

Predicted finish: 17:30-17:45, Victoria Embankment

Stage three is a multi-lap course held in the heart of London. It starts and finishes on Victoria Embankment and passes some of the capital's most historic landmarks. It is expected to be a fast, frantic final stage, which is likely to culminate in a thrilling sprint finish to entertain the spectators.

For more information, see the [media resources](#) section of the ridelondon.co.uk website.

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NOTES TO EDITORS

About RideLondon

- RideLondon, the world's greatest festival of cycling, was developed by the Mayor of London and his agencies. It was first held in August 2013 and is a legacy event from the London 2012 Olympics Games.
- More than 467,000 participants have taken part in the first seven editions of the world's greatest festival of cycling (2013- 2019) and the event has inspired more than 140,000 new or lapsed riders to start cycling.
- Since 2013, more than £80 million has been raised through RideLondon for more than 1,000 charities.
- RideLondon will partner with Essex County Council in 2022.
- Surrey County Council previously partnered with the event from 2013 to 2020.
- London Marathon Events gifts its surplus each year to The London Marathon Charitable Trust.
- Since 1981, The London Marathon Charitable Trust has awarded grants totalling in excess of £95 million to more than 1,500 projects in London and across the UK.

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