

KM	Miles	Direction
0	0.0	Turn right out of the Garden Museum and cross the roundabout onto Lambeth Bridge
0.4	0.3	After crossing Lambeth Bridge, carry straight on over the roundabout onto Horseferry Road
0.5	0.3	Take the first right onto Dean Bradley Street
0.7	0.4	Cross Smith Square (go round to the left) onto Lord North Street
0.8	0.5	Turn left onto Great Peter Street
0.9	0.6	Turn right onto Tufton Street
0.9	0.6	At the end of Tufton Street, pass through a small gateway into Dean's Yard
1	0.6	Cross Dean's Yard towards the opposite corner (cycling not allowed, though you can walk)
1.1	0.7	Pass through another gateway into the precinct of Westminster Abbey
1.1	0.7	Cross the main road and ride down Storey's Gate, passing Methodist Central Hall on your left
1.5	0.9	At the T-junction turn left then immediately right onto Horse Guards Road
2.1	1.3	At the T-junction turn left and cross The Mall using the pedestrian crossing
2.1	1.3	Turn left onto the cycle path along The Mall (towards Buckingham Palace)
2.7	1.7	Follow the cycle route around to the right and into Green Park
2.8	1.8	Follow the cycle route up Constitution Hill
3.6	2.3	Cross Hyde Park Corner using the cycling/pedestrian crossing
3.8	2.4	Enter Hyde Park and bear left onto the cycle path heading along Rotten Row
5.4	3.4	Cross West Carriage Drive and enter Kensington Gardens, continuing along the cycle path
6	3.8	Pass the boating lake on your right, and cross the Broad Walk, passing right in front of Kensington Palace
6.4	4.0	After leaving the park, continue through the car park and turn right onto Kensington Palace Gardens
7.1	4.4	At the T-junction turn right onto Bayswater Road (it's may be easier to walk bikes along the pavement)
7.5	4.7	Turn right back into Kensington Gardens and head south along the Broad Walk
8	5.0	Turn left at the water fountain and retrace your route back to West Carriage Drive
9	5.6	Turn left onto the cycle path along West Carriage Drive
9.2	5.8	Easy to miss! Shortly after crossing the Serpentine lake, cross the road and continue along the cycle path on the right hand side of West Carriage Drive
10.1	6.3	At the end of the cycle path turn right onto North Carriage Drive
10.6	6.6	Just before reaching Marble Arch / Speakers Corner, turn left onto the cycle path (there's a row of cycle hire bikes on the other side of the road)
10.8	6.8	Cross Hyde Park Lane onto Stanhope Place
10.8	6.8	Turn right onto Seymour Street (take care as this is not strictly a legal manoeuvre)

11.1	6.9	After crossing Edgware Road, turn left onto Seymour Place
		Continue all the way up Seymour Place
12	7.5	Cross Marylebone Road onto Lisson Grove
12.8	8.0	Continue up Lisson Grove until you reach a set of traffic lights with a cycle path on the right (opposite Gateway Primary School).
		Follow the cycle path onto the Regent's Canal
		Follow the canal towpath east, crossing a bridge onto the north side
14.8	9.3	Continue along the towpath until you pass under the bridge just before the large red barge / Chinese restaurant. Here take the track to the left off the towpath (SP London Zoo)
14.8	9.3	At the top of the path, turn sharp left and immediately left by the traffic lights into Regents Park
		Follow the Broad Walk through Regents Park
15.8	9.9	Turn left onto Chester Road
15.9	9.9	Turn right onto the Outer Circle
16.6	10.4	Cross the Marylebone Road onto Park Crescent
16.7	10.4	Turn left onto Portland Place
16.8	10.5	Turn left onto Weymouth Street
16.9	10.6	Turn right at the T-junction onto Great Portland Street then left onto Clipstone Street
17.4	10.9	Turn left then imm right onto Maple Street
17.7	11.1	Cross Tottenham Court Road then turn right onto Huntley Street
17.9	11.2	Turn left onto the cycle path on Torrington Place
19	11.9	Turn right at the traffic lights onto Hunter Street
19.2	12.0	Turn left onto Guildford Street
19.3	12.1	Turn right onto Guildford Place and continue down Lamb's Conduit Street
19.7	12.3	Cross Theobald's Road onto Red Lion Street
20.2	12.6	Turn left at High Holborn, cross at the first traffic lights (on foot) and walk bikes down Great Turnstile (a narrow alleyway beside the Pendrel's Oak pub)
		Continue straight onto Newman's Row
20.5	12.8	Turn right onto Lincoln's Inn Fields (for the Seven Stars Pub, highly recommended, carry on down to Carey Street then double back)
20.9	13.1	Turn right, following the road around Lincoln's Inn Fields
21	13.1	Turn left onto Remnant Street and cross Kingsway onto Great Queen Street
21.4	13.4	Turn right onto Drury Lane
21.5	13.4	Turn left onto Short's Gardens
21.9	13.7	At Seven Dials turn right onto Mercer Street and cross Shaftesbury Ave onto St Giles Passage to end the ride at the Phoenix Garden