

NIGHTRIDER™ LONDON

19 JUNE 2010

Starting at Crystal Palace in south east London, this circular route of 102km / 64 miles on road will take in over 50 of London's famous landmarks at night. The route will be fully sign-posted with 4 snack stops en route. The challenge finishes at Crystal Palace in time for breakfast.

The event starts at Crystal Palace (Anerley Road entrance). We will meet here for a briefing before setting off at approximately 11pm. Following the signs all the way, we head first towards Blackheath, taking in a view of the National Maritime Museum before cycling over Tower Bridge. With a glimpse of the Tower of London we continue into the city which is likely to be deserted at this time, past Lloyds, The Bank of England and St Paul's Cathedral.



Our next highlight is Smithfield market, where meat has been bought and sold for over 800 years in this magnificent Grade II listed Victorian building. It is one of the oldest markets in London. Our challenge continues as we head out of the city, along Brick Lane, world famous for its many curry houses and also where you will find shops open selling bagels if you're getting hungry! After bagels, it's onto Canary Wharf, home to the tallest building in London (One Canada Square).

From here we head into north London to explore the many familiar sights on offer including sporting venues, an 18th century home and exotic animals! First on the list is the home of Arsenal Football Club (The Emirates Stadium) before we experience the first of our toughest hills, Highgate Hill, but the views from the top will be worth it! It's then onto the English Heritage property of Kenwood House, Hampstead Heath, Camden Lock, London Zoo, Regent's Park and Lords Cricket Ground.

More culture now, as we head into central London past The Royal Academy and BBC Broadcasting House before we reach The Royal Opera House and Covent Garden. There will be more cars and people around here, so extra care is required.



Next on the list is the South Bank area of the Thames, crossing the river at Waterloo Bridge. We'll be able to spot the National Theatre, the London Eye, Waterloo Station and the Old Vic Theatre from our bikes before we reach Westminster Bridge and cross the river again.



Probably one of the most famous sights of London greets us here, the Houses of Parliament and Big Ben. Lit up at night, this is simply a stunning sight. More attractions follow after this including Westminster Abbey, Downing St, the Cenotaph and Trafalgar Square before we reach the home of our Royal Family, Buckingham Palace.

Museums are next on our itinerary, including the Science Museum, Natural History Museum and the Victoria and Albert Museum before we cycle to the Albert Bridge to cross the Thames for the final time. The end of this fantastic challenge is now in sight, but first we have to cycle up Central Hill before arriving back at Crystal Palace for our very well deserved breakfast.

This is a complex itinerary and may be subject to change
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