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# Regent's Park Guide for Cyclists

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REGENT'S  
PARK  
CYCLISTS

This guide was written by Regent's Park Cyclists and produced by Rapha

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Being able to ride our bikes in glorious surroundings of The Regent's Park is a real privilege. A commitment to the following guide will give us a greater chance of holding on to this precious and unique open space. This booklet is not intended to set out rigid rules and regulations - as with all London roads, there are always two sides to a story and a need for give and take - it is simply a guide for cyclists who enjoy using the park. It is a shared facility and by recognising where we can all rub along better, we hope to improve the environment for all.

This guide is applicable to all cycle users of the park.

*Be considerate, be kind and be courteous.*

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# **GUIDE FOR CYCLISTS**

## **STOP AT RED LIGHTS**

Irrespective of any arguments for or against, running red lights is a major contributor to negative perceptions of those who ride in the park, and it's illegal.

## **RIDE AT A SPEED APPLICABLE TO THE TIME OF DAY**

The Regent's Park is the best freely-accessible location for training near central London. However, it is also mixed use and can be very busy. Whilst it's very difficult for a cyclist to exceed the 30mph speed limit, consider training outside peak times and London Zoo opening hours to minimise risks.

## **PAY ATTENTION TO YOUR SURROUNDINGS, PARTICULARLY PARKED CARS**

The primary cause of serious accidents involving cyclists in the park comes from doors being opened into the path of a rider, or a rider with their head down cycling into the back of a parked vehicle.

## **OBSERVE AND INTERACT WITH OTHER ROAD USERS**

Check and signal before moving across the road and don't be afraid to use your voice to politely communicate with other cyclists.

## **TIME TRIAL BIKES**

Time Trial bikes can increase speed and slow the ability to take evasive action if required, so consider training in this manner during quieter times to reduce risk. Do not ride behind (draft) other riders in the extensions/TT bars.

## **PEDESTRIANS, RUNNERS, CHILDREN & DOGS**

With millions of visitors enjoying the park, take extra care if pedestrians are crossing or walking near the road. Quiet cyclists can take people by surprise, so assume that a pedestrian may step out into the road and give them as much space as possible.

## **IF IT'S DARK**

Make yourself seen with lights, reflectors and reflective materials on your clothing. The lighting in the park is lower than on other roads across London and as such comes with increased danger of not being seen during hours of darkness.

## **BE AN AGENT OF CHANGE**

Raising awareness of the issues we face through a gentle word or engaging somebody in conversation could make a real difference and change behaviour that is negatively perceived.

## **CYCLING CLUBS AND CYCLING IN GROUPS**

Riders in club kit are among the most visible users of the park. As a well-organised and recognisable group, club riders have an opportunity to set the tone for other park users.

With that in mind they may consider the following guidance:



Where possible do not ride with more than 2 riders side by side as this makes it difficult for other cyclists and vehicles to pass.

When the park is open to traffic, do not exceed groups greater than 6 riders in length: either 6 riders in a single pace line or 12 in a rotating line.

Treat other road users with care and respect. Err on the side of caution, and consider the impact of up to 12 riders passing slower cyclists.

If you're riding in formation, stop in formation too. Don't swarm around other road users at red lights, whether they're in vehicles or on bicycles.

Communicate with your own and other groups: use hand signals and your voice to warn of hazards and road conditions.

If your club welcomes newer or less experienced riders, please consider introductory training to group riding.

You should always attempt to stop on amber if at the front of a group, since it can result in a number of riders behind passing through red if they follow.

## **IN THE LONGER TERM**

We have a genuine chance to create a community around the park, and to pull together the diverse range of people who are united by the recognition of the value of The Regent's Park.

We welcome your feedback and participation.

Website:

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

Twitter:

[@RPCyclists](https://twitter.com/RPCyclists)

Facebook:

Search [regentsparkcycling](#) under groups



For a digital version visit

[www.rapha.cc/RPCridersguide](http://www.rapha.cc/RPCridersguide)

or

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



## APPENDIX: LEGAL CONTEXT

HIGHWAY CODE RULE	GUIDANCE	LEGAL CONTEXT
60	At night your cycle <b>MUST</b> have white front and red rear lights lit	RVLr regs 13, 18 & 24
64	You <b>MUST NOT</b> cycle on the pavement	HA 1835 sect 72 R(S)A 1984, sect 129
68	You <b>MUST NOT</b> : Carry a passenger unless your cycle has been built or adapted to carry one Hold onto a moving vehicle or trailer Ride in a dangerous, careless or inconsiderate manner Ride when under the influence of drink or drugs, including medicine	RTA 1988 sects 24, 26, 28, 29 & 30 as amended by RTA 1991
69	You <b>MUST</b> obey all traffic signs and traffic light signals	RTA 1988 Sect 36 TSRGD reg 10(1)
71	You <b>MUST NOT</b> cross the stop line when the traffic lights are red. Some junctions have an advanced stop line to enable you to wait and position yourself ahead of other traffic	RTA 1988 sect 36 TSRGD regs 10 & 36(1)



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