Cycling by Train
2016

Cycles are carried free on National Rail services

National Rail encourages the integrated use of cycles and trains – two convenient and environmentally friendly forms of transport. To plan your cycle-rail journey, please check the terms and conditions for taking your cycle on the train detailed in this leaflet.

General Advice
• Full size cycles may be excluded from trains at peak times, generally morning (0700-1000) and evening (1600-1900) commuter services to and from London, and some local services, as listed in this leaflet.
• Reservations: Some operators have no seat or cycle reservations on some or all of their services. On such trains a common-sense approach may apply where passengers with full size cycles may be asked by station staff not to board busy trains and wait for a later service.
• Where a seat reservation system is available, the reservation of cycle space is also normally provided, and this is strongly recommended to guarantee your journey. Where the service is available, details of how reservations can be made is listed by operator.
• Compact, fully folding cycles with wheels up to 20” in diameter are carried without restriction on all trains (when folded down), however you may be required to cover the cycle and place it in luggage racks. You may also be required to fold the cycle before passing through the ticket barrier.
• When planning a journey on nationalrail.co.uk under ‘Additional info’ the blue cycle logo indicates when cycle reservations are required or where restrictions apply. The PlusBike logo indicates cycle parking and hire availability.
• Full size cycles may not be carried on replacement bus services during engineering work or service disruption, but it should be possible to carry folding cycles on replacement bus services provided they are folded and covered.
• All cycles are carried subject to the National Rail Conditions of Carriage - nationalrail.co.uk/nrcc.
• Cycle storage and hire: The PlusBike feature on nationalrail.co.uk will inform of cycle parking and if cycle hire is available for your journey. Look under ‘Additional info’ or search by station.

For more information nationalrail.co.uk/plusbike

Want to hire a bike today?
• Visit www.bikeandgo.co.uk and become a member for just £10 per year.
• Once registered collect a bike key from the Station Ticket Office.
• Travel where you like for £3.80 for 24 hours.
• You can hire two bikes at a time per membership.
• Available at participating stations across the UK.

Developed in partnership with the Enabling Innovation Team and the Bicycle Association of Great Britain.

PlusBike
Making your cycle-rail journey easier

One stop shop for information about your journey.

Information includes:
• Cycle parking and facilities at stations
• Cycle-hire schemes
• Cycle carriage rules specific to your journey
• Cycle carriage reservation details

PlusBike is available on the National Rail website and mobile app - download free.

Access via Journey Planner and simply select your journey.

Mobile – scroll down to ‘Travelling with bicycles’ or from the menu bar at the bottom of the app click ‘More…’ and ‘Cycles’.

Online – view under ‘Additional info’ and click on the PlusBike logo.

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Made for speed – whizzing through city streets and down country lanes
Made for trains – all over the UK, at any time
Made for offices – for under your desk and getting to meetings on time
Made for homes – tucked into a corner or under the stairs

Start building yours at brompton.com
Or hire from our national network via bromptonbikehire.com
Cycles are carried free of charge on UK domestic services. Fully folded cycles, with wheel up to a size of 20" in diameter, are carried on all services. Folds down are also carried on some services. Monday to Friday: arriving into Cardiff (and all other stations) on trains timed to depart from London (Including journeys between Stafford, Shrewsbury, Market Drayton and Port Sunlight and all services to/from Liverpool Lime Street and Norton). Reservations compulsory.

East Midlands local services – all other routes.

Reservations are not available. You can take a cycle with you at any time on services to/from Cambridge, as far as your destination, arriving at the same time as possible.

Caledonian Sleeper

Reservations not available. Cycles carried on most services.

First TransPennine Express

Reservations available: Two cycle spaces per train. Reservations required and available: At any staffed station: Book your bike online for the return journey at least 48 hours before you board the train.

Virgin Trains

On trains due to arrive at London Victoria (Except Bank Holidays):

- Monday to Friday: arriving into London Victoria between 0700 and 0959.
- Reservations compulsory.
- Cycles are not permitted on peak time services between 0700 and 0959, and 1600 to 1859.

Exception to peak time restrictions: Cycles permitted on services between 0700 and 0959, and 1600 to 1859, on Virgin Trains West Coast services between London and Birmingham, Birmingham and London Midland services and between the West Midlands and the North West. Reservations compulsory.