



Cyclists celebrate the launch of the Olympic routes on one of the organised rides

Counting down to the Games

Sustrans volunteers in the vicinity of the London 2012 Olympic and Paralympic Games venues are rising to the challenge this year in preparation for the event. As well as checking and maintaining all the routes around the Olympic Park and other locations to make sure they're in tip top condition, our champions have been planning activities to help people get cycling and walking in advance of the Games.

We've been looking forward to the Games since 2006, so we were thrilled when the eight new 2012 Games Walking and Cycling Routes were opened in October. Not only will these greenways enable thousands of people to get to the Games on foot or by bike, they will also help Londoners travel actively for years to come.

To celebrate the launch of the routes, our volunteers helped plan, advertise and lead three rides and two walks, all finishing at the View Tube station next to the Olympic Park. The rides took place in glorious sunshine and everyone enjoyed exploring new ways to travel to the Olympic Park.

"It was a great way to see a new part of the city. The route was very quiet – almost all off-road – and it was great for cycling in a bigger group," said one cyclist on the ride from Greenwich.

Whilst on the walk from Angel, another participant commented, "I enjoyed going for this walk. It was interesting to see all the sites along the route, and also just how close [the Olympic Park] was - closer than I would have imagined!"

With the routes now in place, our volunteer champions have been approaching their communities and workplaces to support them in changing the way they travel. Turn to Network News on page 3 to find out more.

Better transport policy for London

The fourth Mayoral and London Assembly elections are being held in May this year. Sustrans in London has been busy preparing for them since early in 2011 but there is still a long way to go before we can be certain that our influencing work has had the best effect possible on candidates.

Our manifesto for the elections calls for six key measures:

- an increase in the share of all trips that are made by bike to 10% and on foot to 30% by 2020
- default 20mph on streets where we live, work, shop and play
- a review of congestion charging to look at the potential for a more sophisticated model which extends beyond the central charging zone, to tackle congestion where it is most severe
- the development of more London Greenways which enable people who are new to walking and cycling to give it a try
- a commitment to making walking and cycling the norm for half of school journeys
- extending the cycling revolution to outer London where need and potential are greatest.

We've already held a successful question time event and made sure that we were talking to and working with advisors, candidates, researchers and other representatives from across the four main parties. We're confident that this is already leading to great things in terms of what the party manifestos will contain.

Already, the Green party has commissioned and published a fantastic review of congestion charging which calls for the evolution of road pricing in London to a pay as you go system. Sustrans wholeheartedly supports the recommendations made in the report and looks forward to contributing towards the next stage.

Our Air Quality research, published in January, had incredibly strong results showing the dramatic benefits in air quality on quietly trafficked and off-road routes. This work is helping us to build the case for more London Greenways – a vital network of walking and cycling routes in the capital.

Very soon, you'll also be hearing about the impact of the 20mph campaign 'City of 20' which we worked on with Living Streets and which saw a coalition of 27 NGOs co-operating to ensure mayoral candidates understand just how important 20mph is to Londoners.

There's a huge amount of influencing work still to be done and you can keep up to date with what we're up to on the policy front: www.sustrans.org.uk/sustrans-near-you/london/policy-in-london
If you have any questions, please contact Eleanor Besley: eleanor.besley@sustrans.org.uk

UPDATE

From the Regional Director



Sustrans London has been extremely busy over the last year and we've really hit 2012 with a bang. As you can see from our project updates, our proximity to the centre of the action has meant that we're really gearing up to being part of the London 2012 Olympic and Paralympic Games. We've also got the

2012 Mayoral and London Assembly elections in May which have provided a key focal point for our recent policy work. Our policy update on the previous page provides a glimpse of what we've been doing to influence candidates and try to ensure that our agenda is firmly understood by each of the parties.

Invaluable help

The last six months have seen us working with a wider range of volunteers – it's not unusual for me to come into the office and greet four or five volunteers helping us with mapping, policy work, event planning and our active travel champions. We've also been learning a great deal from you, our supporters. Many of you receive my monthly policy email and your comments and contributions have been happily received and in many cases led to new partnerships and involvement. I'm particularly grateful to you for all the help with our City of 20 campaign which is going very well. If you do not yet receive the policy email and you'd like to, please email: supporters@sustrans.org.uk

Tackling inconsiderate road-use

One of the topics which is brought up time and again by supporters is the matter of road user behaviour – we get as many emails complaining of cyclists' behaviour as we do about bad drivers. We've taken your thoughts and comments and made sure that they were communicated in a recent meeting we had with the Deputy Mayor. Since that meeting we've also had a number of high level discussions and made a number of recommendations to the Mayor about how he could help London (and Londoners) get along better.

Working towards a brighter future for Londoners

As we move into spring, we look forward to seeing the completion of some exciting new greenways and improvements to streets in residential areas. – I'll keep you up to date with progress. We have so many partners that we work with to make local travel better but the most important are you, our supporters. Your contributions really do make a huge difference to the impact we can make, particularly in the run up to the elections.



A bright future for walking and cycling in London

We're especially grateful to those of you who have responded to our fundraising appeal. If you've already responded then thank you, if not, your donation could make a big difference. As borough budgets tighten and cash is in short supply, sustainable transport needs all the help it can get.

That's it from me, but please do get in touch if you'd like to find out more.

Best wishes

Carl Pittam
Regional Director, London

Contact details

If you would like to get involved or have any comments, do get in touch with Carl and the team in London:
t: 0207 017 2350 e: london@sustrans.org.uk

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Date for your diary:

26 July 2012 - Talk by **John Pilkington**, broadcaster, travel writer and photographer, who will be recounting his adventures exploring the ancient trade routes from Georgia to Afghanistan and his travels through the "Axis of Evil" countries which he believes are in the news for all the wrong reasons.

Venue: The Gallery, 70 Cowcross St, London EC1M 6EJ

Time: Doors open at 6pm. Talk starts at 6.30pm.

Tickets available soon from www.sustransshop.co.uk



Network News

The National Cycle Network continues to grow and improve all the time due to your generous support. Thank you on behalf of happy walkers and cyclists everywhere. Read on for a snapshot of some of the work going on in the capital.

Greenway network to grow even faster

Sustrans has become a key partner in the development of the **All London Green Grid**, a mayoral project that aims to use green spaces to support sustainable growth, respond to the challenges of climate change and improve the quality of life for Londoners and visitors to the city.

Much of the **London Greenways Network**, scoped with the help of our volunteers, is included in the All London Green Grid. This means that new greenway routes will have a higher profile as they are now part of the London Plan – the Mayor's strategy for how London will be developed. This means our work on extending the London Greenways Network and providing attractive routes for everyday cycling should get a boost. You can find out more about the All London Green Grid at:

www.london.gov.uk/consultation/all-london-green-grid-spg



The new route in Tower Hamlets will soon be complete

New routes opening soon

Construction work is now underway on three new routes in **Havering**, **Tower Hamlets** and **Croydon**. The first route completed is likely to be **Bethnal Green** to **Victoria Park** and we hope to bring you more on new networks in **Islington** and **Southwark** in the next edition of *the hub*.

The projects in Havering, Tower Hamlets, Croydon, Islington and Southwark are a few of the many local networks Sustrans is developing with the help of funding from the Big Lottery Fund. The aim of the work is to bring the National Cycle Network into the heart of communities. To find out more visit: www.sustrans.org.uk/connect2

1 Isle of Dogs

A new section of riverside path on National Route 1 on the **Isle of Dogs** now means that cyclists and walkers no longer need to climb the stairs at Westferry Circus. Our thanks go to local campaigners and to the Canary Wharf Group for ensuring that this section is now open.

Active Travel Champions

As well as helping to organise rides to celebrate the opening of the Olympic Greenways (see page 1), our volunteers have been busy on other initiatives to encourage people to walk and cycle.

- David Tetlow has attended our Active Travel Champion training and has set up regular group rides to the Olympic Park. Being based near the Lea Valley and National Route 1, David is keen to use the rides to show local people that there are safe, traffic-free routes on their doorstep and hopes this will encourage them to cycle more and engage with London 2012. Following the success of these rides, David is setting up his own cycle group to explore other local routes.
- Fellow Champion, Lisa Tang, has a real passion for helping the community. She is a walking enthusiast and is looking to promote canal towpaths as attractive, traffic-free walking routes. She has attended two Active Travel Champion training sessions and led her first walk to the Olympic Park from Angel. She hopes to make this a regular event for people to join in.
- After meeting one of our Active Travel Champions at a volunteer fair at UCL in the autumn, Mai Seida decided to take part in our launch celebrations for the Olympic Walking and Cycling Routes. Mai, a student at the university, joined the eight mile walk from Gants Hill to the Olympic Park and is now keen to become an Active Travel Champion herself.

If you'd like to get involved in volunteering before the Games, there's still time. Please contact the Champions team:

atchampions@sustrans.org.uk



Mai (left) finishes her 8-mile walk to the Olympic Park



Spring days out in London

Whether it's discovering woods full of springtime flowers, treating mum to a Mother's Day cream tea or foraging for Easter treats, London offers lots of choice for car-free days out.

Spring blooms

For a spectacular carpet of bluebells you don't need to travel out of London. Instead, head for the Isabella Plantation in Richmond Park on **National Route 4** or to Osterley Park in Hounslow, where you'll find spectacular displays of this late Spring flower. Claybury Woods in Redbridge, close to the **Roding Valley Way**, is famous for its bluebells (www.redbridge.gov.uk) and Oxleas Wood in Falconwood, close to the **Sidcup Loop**, is another good option – and it has a great café too (www.greenwich.gov.uk).

Valentine's Day

If love is in the air, there really is only one destination to make for and that's Valentines Manor Garden, near the **Roding Valley Way**, which is holding a My Sweet Valentine event on 12 February (www.visitlondon.com). We are working with the London Borough of Redbridge to build a greenway which will improve access to Valentines Park for cyclists and walkers.

Mother's Day

A cream tea can be a special treat on Mother's Day – and even better if you've worked up an appetite by cycling there! Do it in style and take Mum to the Old Royal Naval College on **National Route 1** in Greenwich where afternoon tea will be served in the magnificent setting of the Painted Hall (www.oldroyalnavalcollege.org). For Mother's Day flowers, make your way to Osterley Park (see route information above) where children are invited to make springtime posies.

Easter treats

For Easter fun, take part in the Easter Trail at the Red House in Bexleyheath on the **Sidcup Loop**, and not only will you have a chance of finding an egg but lots of facts about William Morris along the way.

For information on routes and attractions on the National Cycle Network plus nearby public transport, visit the online mapping at: www.sustrans.org.uk

Featured Ride:

Gunnersbury Park to Gladstone Park

This route runs close to the A406 but avoids its noise and heavy traffic, travelling along quiet roads and cycle routes through some beautiful parks in northwest London. We'd like to thank volunteer Bob Surtees for describing this route which emerged from the work he and colleagues are doing to audit the London Greenways Network.

Begin at the Popes Lane entrance of Gunnersbury Park, a 186-acre landscape of mature trees, open grass spaces and historic buildings which is worth a visit in itself. Proceed north along Gunnersbury Lane past Acton Town station, left at Hillcrest Road, left again onto Uxbridge Road then right up Twyford Avenue.

At West Acton station, take a left into Queens Road then right into Monks Drive. Continue along Masons Green Lane, under the A40 underpass and over the railway, after which a new cycle path continues to the left.

Continue alongside the Grand Union Canal, turning left at Abbey Road, then over the A406 and north to Argent Way and Point Place, crossing Harrow Road at the lights.

Walk a short distance beside the A406 to find the cycle path by the River Brent. This goes almost as far as Wembley Stadium, but our route turns right onto Pitfield Road then across the A406 on a footbridge.

Continue along Brentfield Road turning right past the Hindu Temple, then left into Gibbons Recreation Ground, which you leave from the northwest corner and turn right. Go under the bridge and follow Hawkins Road, crossing Churchfield Road at the traffic lights



and taking Suffolk and Brownlow Roads to reach the Church Path cycle route. Next follow Fawcet and Chadwick Roads to enter Roundwood Park at Longstone Avenue. Exit the park and turn right at Harlesden Road then left into Doyle Road to enter King Edward VII Recreation Ground.

Leave this at Donnington Road, turning right into Peter Avenue and continuing north via St Andrews Road, Churchill Road, Waterford Way, Cullingworth Road and Kendal Road to finally arrive at Gladstone Park. Named after Sir William Gladstone who used Dollis Hill House, situated within the park grounds, as a convenient retreat from parliamentary life, the park boasts tree-lined avenues, beautiful views and is a perfect place to while away an hour or two.

The Route

Distance: 9 miles/14.5 km

Terrain: mostly flat

Getting there: railway stations at Acton Town, Gunnersbury, Kew Bridge, Dollis Hill and Cricklewood

OS maps: Landranger 176, Explorer 173

Maps/leaflets: Transport for London Local Cycling Guides 4 and 6 - order from www.tfl.gov.uk

