

Ride 3 – South to Hampton Court

Start from Strawberry Hill station which has step-free access. Cycle west along Wellesley Rd and turn left at the end. Continue past traffic lights to turn left into Princes Rd and then first right into Kings Rd. Cross straight over a main road and enter Bushy Park – created as a hunting ground for Hampton Court ; there are still herds of fallow and red deer.

You are allowed to cycle on any surfaced path here , giving priority to pedestrians. Cycle straight on and turn right at a park road. Take a track on the left after the group of buildings to access the restored early 18th century Water Gardens. (park your bike at the stands).

Return along the road and continue to turn right into the main “Chestnut Avenue” lined up on the Great Hall of Hampton Court Palace. Cycle round the fountain with its gilded 17th century sculpture of Diana (or Arethusa) and leave the park.

You may prefer to walk your bike across the zebra and through the palace grounds or turn right, follow the road round to the left and turn left just before the river.

From this side you have a view of the Tudor palace built for Cardinal Wolsey and expanded for Henry VIII. (The gatehouse was originally taller). Cycling eastwards along the river brings into view the rebuilding of state apartments for William III and Mary by Christopher Wren. The gates are contemporary wrought iron by Jean Tijou and are generally regarded as outstanding.

The Barge Walk takes you to Kingston Bridge which you cross on a segregated track. It is easier here to dismount and walk under the bridge , glancing at the remains of Old Kingston Bridge through the windows of John Lewis store. Back on the road take the track on the riverside of Canbury Gardens, a road and then NCR 4 to Teddington Lock.

Cross the bridge here and cycle across a crossroad to turn right after the (Tudor) church. Follow the marked cycle route to Waldegrave Rd where you turn right to return to Strawberry Hill station.

There are refreshment opportunities at the welcome centre in Bushy Park, at Hampton Court and at the YMCA on the riverside between Kingston and Teddington.

