



RideLondon
Sunday 4 August
Spectator Guide



We need you!



If you're not taking part in RideLondon, be sure to show your support for those who are!

On Sunday 4 August, 550 inspiring Alzheimer's Society supporters will take to the streets of London, push themselves to the limit and conquer RideLondon.

Together, they are hoping to raise an incredible £490,000 which will help fund our vital research and bring us even closer to finding a cure.

We need YOU to come and cheer our fantastic team on and help spur them to the finish line. Please join us!

Reasons to come and join us...



1. Our cheer station will be branded to the max, so whoever you know riding is far more likely to spot you if you're stood with us!
2. We'll kit you up with a FREE t-shirt as well as bangers and clackers to make some noise as our riders whiz past.
3. We promise to make it a fun, rewarding and memorable day for you!
4. Play your part in helping us beat dementia, by supporting our team of 550 riders. They need you!

Top tips

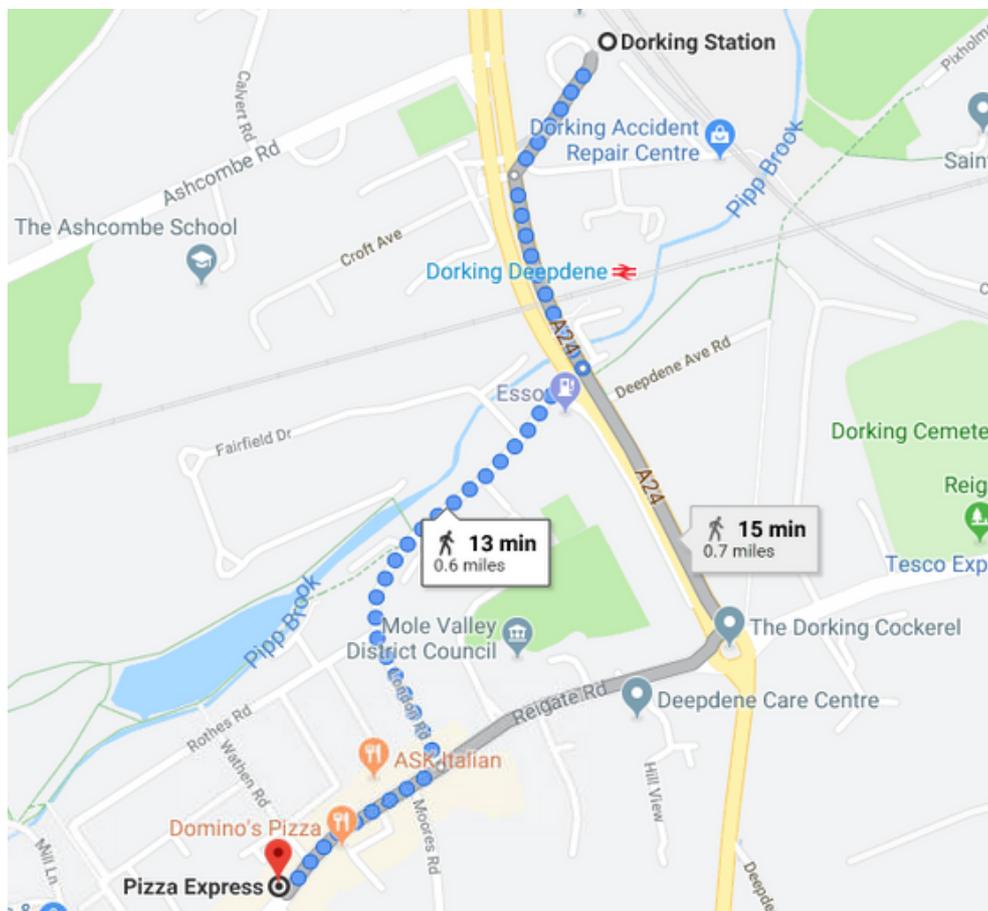


1. There will be hundreds of people lining the route and the streets will be busier than ever, so it's essential you plan your journey and allow plenty of time. We recommend you check out: tfl.gov.uk/ridelondon
2. Wear something comfortable and have appropriate footwear.
3. Keep an eye on the weather forecast. If we're in for sunshine, be sure to pack some sun cream! But be mindful of the changeable British weather, and consider packing a light waterproof in case.
4. We will have a small supply of drinks and snacks but please do bring your own to keep you going!

Please come and join us

Mile 67 - Dorking

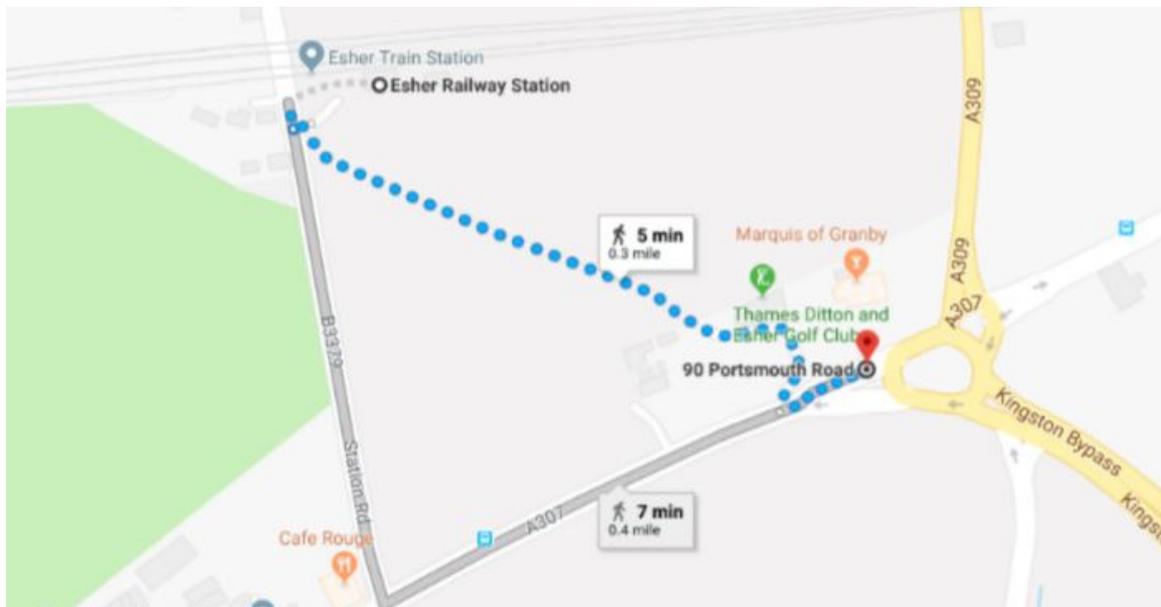
Exit Dorking Station and walk approximately 13 minutes to Dorking High Street. We will be as close to Pizza Express (RH4 1RT) as possible. We'll be joined by the incredible Samba Band Bloco Forgo, so the atmosphere will be buzzing! We're expecting our first cyclist at 08:15 and last at 14:15. We'd love for you to join us for the duration - or as long as you can spare!



Please come and join us

Mile 82 - Esher

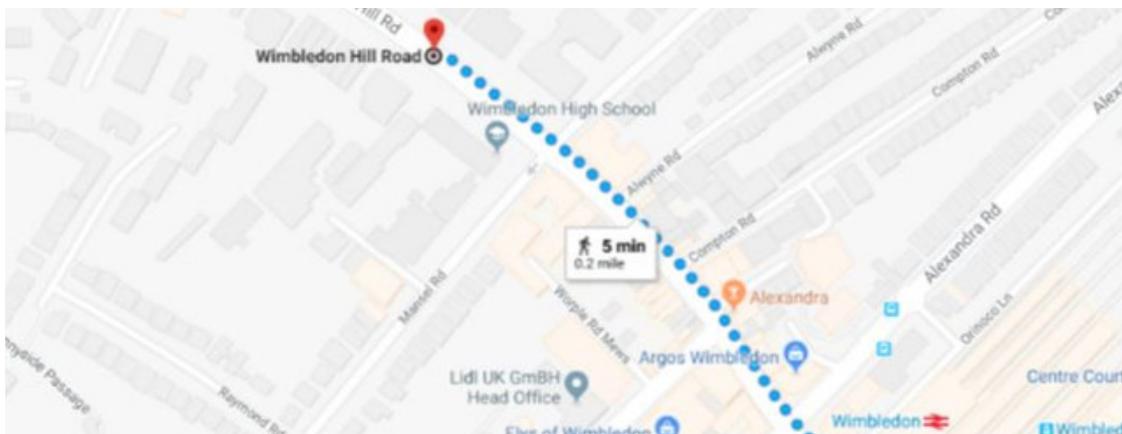
Exit Esher Station and walk approximately 5 minutes. We'll be on the left hand side of the road, close to the Marquis of Granby pub (KT10 9AL). We're expecting our first cyclist at 08:50 and last at 16:15. We'd love for you to join us for the duration - or as long as you can spare!



Please come and join us

Mile 92 - Wimbledon Hill Road

Exit Wimbledon Station and walk approximately 5 minutes up Wimbledon Hill Road. Look out for our Alzheimer's Society banners, and blue and red flags on the left hand side of the road. You won't miss us! We're expecting our first cyclist at 09:15 and last at 17:05. We'd love for you to join us for the duration - or as long as you can spare!



Time to celebrate!

Riders will cross the finish line on The Mall (SW1A 2BJ). They (and you of course!) are then invited to our after-party at the Institute of Directors (116 Pall Mall, SW1Y 4AE), a 10 minute walk from the finish. Here you can celebrate all together and escape the crowds. There are several Underground stations close to the Institute of Directors, including: Piccadilly Circus (6 minutes), Charring Cross (8 minutes) and Green Park (13 minutes).

