

## LE TOUR DE WALTHAM FOREST 2018 – FAQs

### HOW DO I REGISTER?

Please register on Eventbrite: <https://tdwf2018.eventbrite.co.uk>

### CAN I REGISTER ON THE DAY?

Yes, you can register on the day however we strongly advise that you pre-register online. If you do want to register on the day, please arrive at least an hour ahead of your ride start time to ensure you will be able to take part.

### IS THERE AN ENTRY FEE?

No, Le Tour de Waltham Forest is free to participate in.

### WHAT TIME DO I NEED TO ARRIVE AND HOW LONG WILL IT TAKE ME?

Route	Length	Description	Duration	Registration opens	Registration closes	Start time	Max end time
Adventure	18km	Off road, flat route predominantly on canal towpaths and segregated cycle tracks. There will be small sections on quiet residential roads.	1.5 hours – 2 hours	10am	11pm	11.30am	1.30pm
Explore	12km	Off road, flat route predominantly on canal towpaths and segregated cycle tracks. There will be a small section on quiet residential roads.	1 hour – 1.5 hours	11am	12pm	12.30pm	2pm
Leisure	7.5km	Off road, flat route on canal towpaths and segregated cycle tracks.	30 minutes – 1 hour	1pm	2pm	2.30pm	3.30pm

## WHAT ARE THE ROUTES?

Leisure - [https://gb.mapometer.com/cycling/route\\_4721986.html](https://gb.mapometer.com/cycling/route_4721986.html)

Explore - [https://gb.mapometer.com/cycling/route\\_4722051.html](https://gb.mapometer.com/cycling/route_4722051.html)

Adventure - [https://gb.mapometer.com/cycling/route\\_4724891.html](https://gb.mapometer.com/cycling/route_4724891.html)

These routes are subject to change.

## ARE THE ROUTES SUITABLE FOR MY BIKE?

All routes go via the Lee Valley canal towpath and therefore are not suitable for road bikes. The routes are cargo bike friendly and you will not be required to carry your bike over any bridges.

## WILL ROADS BE CLOSED?

The majority of all routes are on segregated cycle tracks or off road. There are small parts of the Explore and Adventure routes which are on quiet residential roads and these will remain open to other traffic throughout the event. If you do not feel confident to cycle on a road, please participate in the Leisure route.

## CAN I HIRE A BIKE FOR THE EVENT?

Dockless bike hire is available across the borough via the Urbo app. Urbo bikes are most suitable for short distance so we recommend that they are used for the Leisure route.

## IS THERE A MINIMUM AGE TO TAKE PART?

There is no minimum age to take part however all children under the age of 14 must be accompanied by a parent or guardian.

## HOW DO I GET THERE? IS CAR PARKING AVAILABLE?

Please enter Leyton Jubilee Park via the Marsh Lane entrance off Church Road. There will be no standard car parking available however disabled parking will be available on request. Please contact [roadsafety@walthamforest.gov.uk](mailto:roadsafety@walthamforest.gov.uk) to reserve a disabled parking space.

## HOW MANY PEOPLE WILL BE THERE?

Last year over 850 people took part so a similar number is expected this year.

## DO I HAVE TO WEAR A HELMET?

It is recommended that you wear a helmet for the event but this is not mandatory. Waltham Forest Council will not be responsible for any injuries that result from not wearing a helmet.

## WILL THERE BE FOOD AND DRINK AVAILABLE ON SITE?

There is a café onsite, Kukoolala, which sells hot and cold food and drinks. You are also welcome to bring your own picnic to enjoy in the park too.

## WILL THERE BE TOILET FACILITIES?

Yes, there are toilet facilities in the Park Pavilion and in the onsite café.

## CAN I FUNDRAISE FOR CHARITY?

Yes you can – please choose your own charity and set up a JustGiving page or similar to fundraise yourself.

## **CAN MY FRIENDS COME AND WATCH?**

Yes! Waltham Forest Council encourages spectators for the event and facilities will be available in Leyton Jubilee Park. Please be aware that the Lea Valley canal towpath is narrow in places and therefore we do not encourage spectators to stand along here in large groups.

## **CAN I BRING MY DOG?**

Yes you can bring your dog however it must be kept on a lead at all times.

## **WILL THERE BE FIRST AID?**

Yes first aid will be available in Leyton Jubilee Park and first responders will be accessible on all routes.

## **WILL THERE BE BIKE MAINTENANCE?**

Yes a Dr Bike will be onsite before and after the rides to provide free bike maintenance and a roaming mechanic will be on every route to provide assistance where required. However, please ensure that your bike is roadworthy before you take part in the event.

## **WHAT ELSE IS HAPPENING ON THE DAY?**

Participants can take part in other cycling activities including playing with a pedal-powered scaletrix, dancing to a pedal-powered jukebox and using bikes to make smoothies.

## **WILL I GET A GOODIE BAG/MEDAL?**

Yes, all participants will receive a goodie bag containing a medal and other cycling treats.

## **WILL THE EVENT TAKE PLACE EVEN IF IT RAINS?**

The rides will not be cancelled if it rains however in the event of severe weather a decision will be made on the day as to whether it is safe to carry on. Every effort will be made to inform registered participants however please follow the Council's Facebook and Twitter for updates.