

**EVERY FRIDAY
LEAVES AT 7.45AM**

**PROUDLY SPONSORED
BY**

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@Northwestpedalexpress

NORTHWEST PEDAL EXPRESS

Join the Local Community Bike Bus: Pedal Your Way to School!

ARE YOU READY TO TURN THE MORNING SCHOOL RUN
INTO A FUN-FILLED ADVENTURE?

Check out our route: <https://bit.ly/NWPERoute>

What's a Bike Bus?

It's more than just cycling; it's a joyful gathering of families riding together to school! With our Bike Bus, your children will experience the many benefits of cycling while staying safe in a vibrant group.



Why Ride with Us?

Boost Physical & Mental Health:

Help your children enjoy exercise as they pedal their way to school.

Start the Day Right:

Arrive relaxed and ready to learn—teachers love it!

Connect with the Community:

Meet other families and make new friends along the way.

Ease Traffic Congestion:

Did you know 1 in 4 cars in the morning rush hour are on the school run? Let's change that!

Go Green:

Just one day of cycling each week significantly cuts your carbon footprint.

Schools we pass:

Les Petites Etoiles Bilingual

Montessori

- Mill Lane

West Hampstead Primary School -

Glastonbury Street

Emmanuel C of E Primary School

- Mill Lane

Southbank International School

- Hampstead

South Hampstead Junior School

North Bridge House

- Nursery & Pre-prep Hampstead

St Mary's School

- Hampstead

St Christopher's School

- Hampstead

North Bridge House

- Prep School Regent's Park

Cavendish School - Camden

Please let us know where your school is and we can look at including it on our route.

Ready to Ride?

Here are the Rules:

Stay in control of your bike and be able to stop safely.

Always ride together—cycle in pairs and allow space to brake.

Keep adults on the traffic side, especially in busy areas.

Share the path, ride predictably, stop at junctions, and follow your leaders.

Listen for whistles, bells, and hand signals to stay in sync with the group.

Wear your high-visibility vest and helmet to keep everyone safe on our ride!

Let's make our school run safe, fun, and beneficial for our kids and environment!

When & Where?

Kick-off your biking journey with us **every Friday**, leaving promptly at 7.45am.

Starting at St. Gabriel's Church, Walm Lane, London **NW2 4RX**

what3words:

///shape.spoke.float

Join us for the Bike Bus — where every ride is an adventure!

For more information or to sign up, contact us on

bit.ly/NorthwestPedalExpress



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