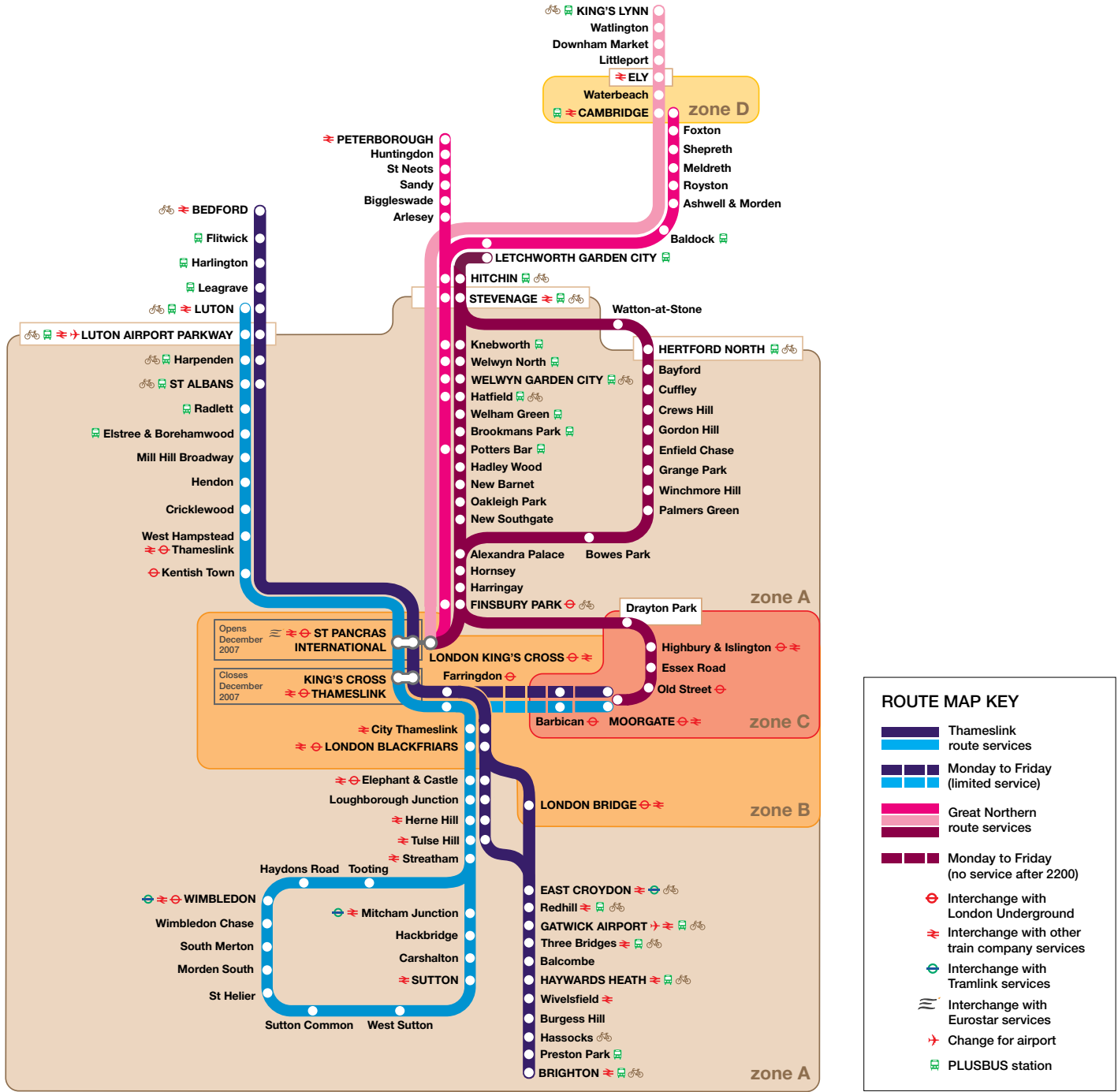


Cycling with First Capital Connect



ROUTE MAP KEY

- Thameslink route services
- Monday to Friday (limited service)
- Great Northern route services
- Monday to Friday (no service after 2200)
- Interchange with London Underground
- Interchange with other train company services
- Interchange with Tramlink services
- Interchange with Eurostar services
- Change for airport
- PLUSBUS station

CYCLE INFORMATION KEY

- zone A** Cycles not permitted on trains leaving from stations in this zone which arrive at stations in Zone B on Mondays to Fridays between the following times:
Great Northern route: 0700 and 0930
Thameslink Route: 0700 to 1000
AND
Cycles not permitted on trains which depart stations in Zone B on Mondays to Fridays between 1600 and 1900 and which arrive at any station in this zone
 - zone B** Central London station zone
 - zone C** Cycles not permitted at any time on trains between stations in this zone
 - zone D** Cycles not permitted on trains between Cambridge and Ely timed to depart from or arrive at Cambridge on Mondays to Fridays between 0745 and 0845
WITH THE EXCEPTION OF the 0715 and 0745 departures from London King's Cross
 - Station in both zones
 - Main location with cycle parking facilities
- NB - Cycles are permitted at all time on trains between stations not in zones A, B, C or D**