



Folded cycles can be taken on any train at any time

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Cycles on the Underground and DLR

On weekdays non-folding cycles cannot be taken on any train **07:30 - 09:30** or **16:00 - 19:00**, except public holidays.

Cycles on London Overground

- Non-folding cycles may be taken, but not **07:30 - 09:30** or **16:00 - 19:00** on weekdays, except public holidays, apart from:
 - 07:30 - 09:30** on trains leaving Liverpool Street
 - 16:00 - 19:00** on trains arriving at Liverpool Street

Cycles on Elizabeth line

- Non-folding cycles cannot be taken Monday - Friday between **07:30 - 09:30** and **16:00 - 19:00**, except:
 - On westbound trains which leave Paddington between **07:30 - 09:30**
 - On eastbound trains which arrive at Paddington between **16:00 - 19:00**
 - On eastbound trains towards Shenfield which leave Liverpool Street between **07:30 - 09:30**
 - On westbound trains which arrive at Liverpool Street from Shenfield between **16:00 - 19:00**