If you only have time for one ride in London, this is the one. Not only will you see all the iconic tourist attractions, you’ll also visit the capital’s must-see old-meets-new leisure destination at King’s Cross, plus several fascinating places even Londoners don’t know about. And, for most of the route, you can relax in Dutch-grade cycle lanes that local cyclists fought for, and which make the ride suitable for all (with some care at junctions).

Tower of London, St Paul’s, Big Ben, Houses of Parliament, Buckingham Palace – yes, they are all on this ride. And the list doesn’t end there: London Eye, Westminster Abbey, Kensington Palace and Hyde Park are all included in the sumptuous package. Plus there’s a trip (optional) to fashionable Camden where Coal Drops Yard features a multitude of eateries, independent shops and award-winning modern architecture. Cleverly designed routing enables you to take in: the little-known but remarkable Caledonian Tower; Amy Winehouse’s home; the hidden courtyard of Lincoln’s Inn; and the High Court.

Although the ride is largely on wide cycle lanes, you should avoid commuter times when even these lanes get congested with bikes.