

Welcome

This guide includes handy tips to help you get to your event and make the most of your Olympic experience. So have a good read – and don't forget to bring it on the day!

Arriving at the venue

Aim to be at the venue early – gates open 2.5 hours before competition. The build-up will begin the moment gates open and we wouldn't want you to miss out!

When you arrive, you'll be asked to go through security checks. With thousands of visitors arriving at the same time, there may be a queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the venue. Go to london2012.com/security for the full list, which includes water and other liquids.

After you've gone through security, it's a 15-minute walk to the first spectator area.

Mountain Bike is unique in how it allows spectators to get up close to the action. Use the map in this guide to explore the entire course and experience all its demanding climbs and descents alongside the athletes.

There's no readmission to the venue.

Games Mobility

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at london2012.com/accessibility

Top tips

1 Check the London 2012 website for the latest information before you travel

2 Remember your tickets! Everyone needs a ticket for entry

3 Aim to arrive early – gates open 2.5 hours before competition

4 The venue and local area will be very busy so **leave plenty of time to travel and be prepared to wait** – it may also take a while to exit the venue once competition is over

5 You'll need to go through security checks when you arrive so make sure you've **read the list of items that aren't allowed inside the venue** at london2012.com/security

6 You can bring one small backpack or a handbag. If you can manage without one, even better – it will help speed up security checks



7 There's a wide variety of healthy and tasty food inside the venue. Hadleigh Farm is an alcohol-free venue

8 You can pay by Visa (debit, credit or prepaid) or cash (£) only

9 This is an outdoor venue with limited shelter and shade so **check the weather forecast and come prepared** – whether that means bringing a sun hat or rain jacket

10 The course is hilly and may get muddy if it's wet, so come in sturdy footwear



BARCODE

Cycling - Mountain Bike

Hadleigh Farm



London 2012 Olympic Games
Official spectator guide



Plan your travel

Getting to Hadleigh Farm

There is no spectator parking at the venue or in the local area except for pre-booked Blue Badge spaces, so we recommend you come by rail or park-and-ride. Park-and-ride must be booked online in advance – visit london2012.com/travel for more information.

Taking the train? You can use the Games Travelcard sent to you with your ticket for free travel between London and the recommended station by National Rail on the day of your event, as well as on public transport in London zones 1–9. The recommended station is:

Leigh-on-Sea – followed by a free shuttle bus or around 40-minute walk to the venue

There are direct train services to Leigh-on-Sea station from London Fenchurch Street.

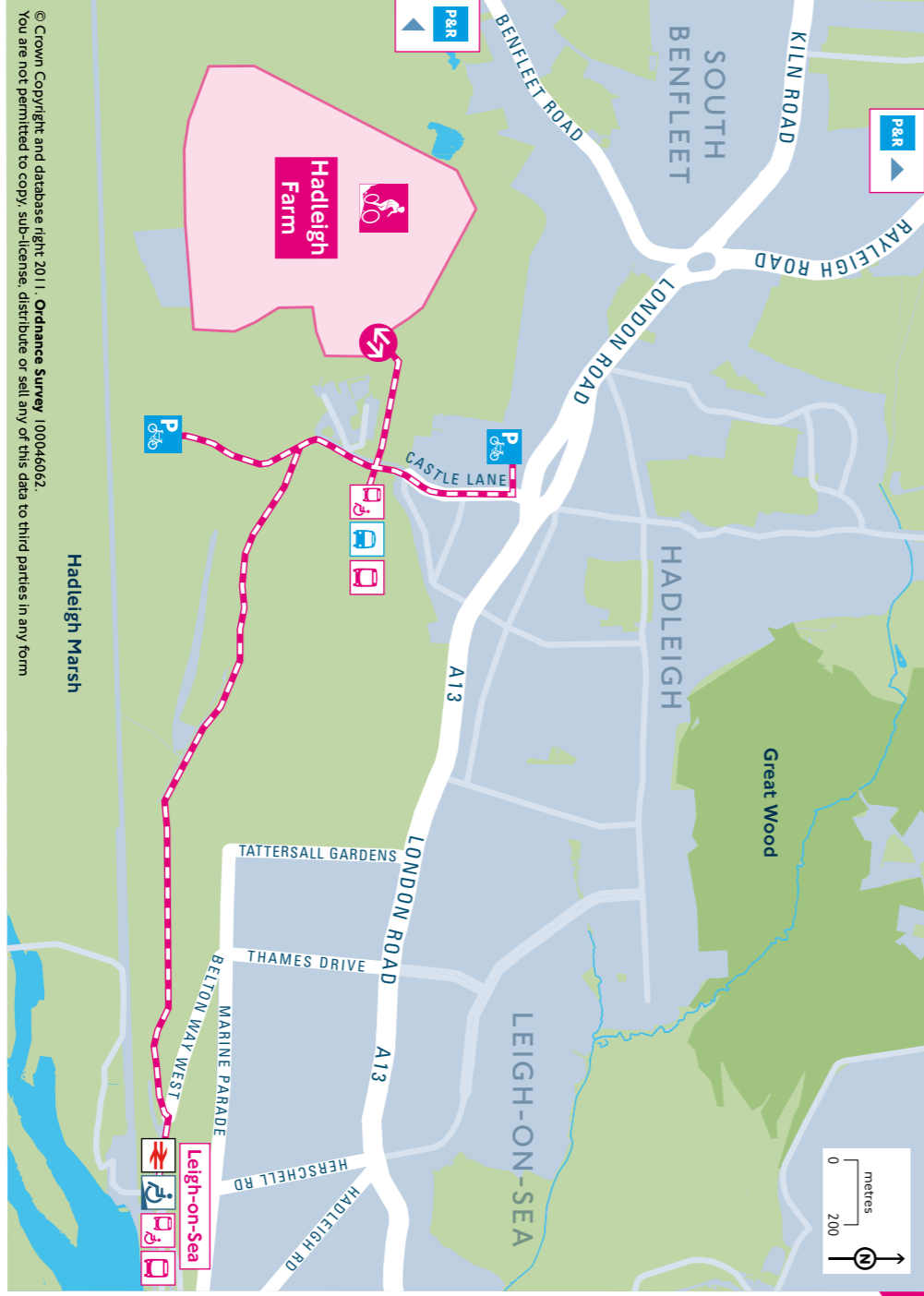
It will be very busy so leave plenty of time to get to the venue and be prepared for crowds.

Plan and book your journey at london2012.com/travel and check it before you set off as things may change. You'll also find plenty of walking and cycling routes on the website.

Accessible travel

If you've already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/bluebadge

Leigh-on-Sea has step-free access, with staff assistance available. A free accessible shuttle service will run from Leigh-on-Sea station to the venue.



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Key

- Leigh-on-Sea
- Recommended station/park-and-ride site for spectators
- Event area during the Olympic Games
- Venue entrance and exit
- Spectator access route
- National Rail
- Station with step-free access and staff assistance
- Park-and-ride shuttle bus pick-up/drop-off
- Cycle parking
- Shuttle bus pick-up/drop-off
- Accessible shuttle bus pick-up/drop-off
- Park-and-ride site

Cycling - Mountain Bike

Rocky paths, tricky climbs and technical descents provide plenty of challenges for riders in the Mountain Bike competition.

Sports info

Medal events	2
Women's event	11 August
Men's event	12 August
Total athletes	80 (50 men, 30 women)

Did you know?

Hadleigh Farm is so renowned for its nature that it is protected by UK law. Please be respectful – tread carefully and use the waste bins provided.

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Date	Sat 28 Jul	Sun 29 Jul	Mon 30 Jul	Tue 31 Jul	Wed 1 Aug	Thu 2 Aug	Fri 3 Aug	Sat 4 Aug	Sun 5 Aug	Mon 6 Aug	Tue 7 Aug	Wed 8 Aug	Thu 9 Aug	Fri 10 Aug	Sat 11 Aug	Sun 12 Aug
Afternoon															12:30-14:30	13:30-15:30

Gold medals will be decided and/or awarded in every session

The history

Mountain Bike developed in northern California during the 1970s. It quickly spread and now has a huge global following, which has only grown since its arrival on the Olympic programme in the 1990s.

The first official world championships were held as recently as 1990. A mere six years later, cross-country mountain biking made its Olympic debut at Atlanta 1996.

Did you know?

Riders can carry their own toolkits during races. If they have any mechanical problems, they are only allowed to accept outside help in dedicated assistance zones.

The basics

In the Olympic Mountain Bike competition, all riders start together and must complete a set number of laps of the course, with races lasting around one hour and 45 minutes for both men and women.

There are no heats: in both the men's and women's events, all competitors start together, and the first rider to cross the finish line wins the gold medal.

Bicycles used in Mountain Bike events are built for speed, durability and comfort. They need to be quick and light enough to aid climbing through uneven terrain, but sturdy and stable enough to handle descents at extreme speeds.

Find out more about Mountain Bike – pick up an official London 2012 daily or souvenir programme at the event.

Hadleigh Farm



Walk the course

For an easy route and to take in some of the course's main sights, start at crossing point one, head to crossing point nine and then go on to crossing point ten. Or to see the entire course and all its features, start at crossing point one and follow the crossing points around the course in numerical order.

Key

	Venue entrance and exit		Baby changing facilities		Spectator medical		Crossing point
	Accessible entrance or exit		Information and lost and found		Pushchair and wheelchair storage		Crossing point number
	Toilets		Ticket resolution office		London 2012 Shop		Mountain Bike course
	Accessible toilets		Games Mobility		Food and drink		Spectator path

Scan me now or go to london2012.com/mobileapps to find out about the official London 2012 apps, with sports results, spectator information and more.



Inside the venue

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted, except in designated areas.

VISA In recognition of Visa's longstanding support of the Olympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Olympic, London 2012 Festival and other events taking place across the UK at london2012.com/joinin

Get the perfect souvenir or gift – including exclusive merchandise only available in venues – at the London 2012 Shop. Or go online at london2012.com/shop



Don't forget!

This is an outdoor venue with challenging terrain so come in suitable footwear and clothing.

Delivering a memorable Olympic Games to inspire a generation with the support of our Partners



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/OSG/14. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download in English and French at london2012.com



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