

u3a Bike Group
The Frieze Sculptures Regent's Park
Friday 26th September 2025

It was a cool autumn day for twelve riders on this year's ride to the Frieze Sculptures in Regent's Park. The general view was it interesting, more so than last year.

Fatoş Üstek is the curator of the exhibition which has the connecting theme and a title: 'In the Shadows'. The exhibition imagines the shadow not as an ominous portent but as a creative space where memory, material and myth intersect.

We took the familiar route from Brockwell Park Lido to Myatt's Fields and picked up the cycle route via The Oval and over Vauxhall Bridge, Belgravia and into Hyde Park at Albert Gate. The large Serpentine Café was a good place for coffee and chat.

We left Hyde Park at Albion Gate, took side streets through Marylebone and made our way to the English Garden in Regent's Park. After an enjoyable stroll looking at the sculptures as well as admiring the autumn colours of the trees, we cycled to the café within the Inner Circle for lunch.

The return followed Broadwalk through the park, past The London Zoo and onto the pleasant towpath by the Regent's Canal. The bridge near Little Venice is now open and avoided walking past moored houseboats. From there we followed the cycle route under Westway, alongside Westbourne Terrace, into Hyde Park and clockwise along Rotten Row to exit at Hyde Park Corner. Preparations for a weekend run meant we had a diverted, protected cycle lane down Constitution Hill, in front of Buckingham Palace and onto Parliament Square and Westminster Bridge. Tourists were out admiring the Houses of Parliament so care was needed. Archbishop's Park and the return via Kennington was pleasantly quiet.

We enjoyed our 16 mile ride, seeing central London Parks at their best and the sculptures.

Links:

<https://www.frieze.com/article/frieze-sculpture-announcement-frieze-london-2025>



Riders: Jeremy, Caroline, Joe, Jane Antos, Eileen, Daniela, Mark, Keitha, Valerie, Chris, Andrew, Mary

Ride Leaders: Andrew and Mary

Photos and Report: Mary

Next Ride: Tuesday 7th October Wimbledon to Chiswick House and Hogarth House

