

u3a Bike Group
The Frieze Sculptures Regent's Park
Friday 25th September 2026

It was a warm, sunny day for 16 riders on this year's ride to the Frieze Sculptures in Regent's Park.

The general view was that it was an interesting and impressive selection for the 14th edition of the annual Frieze Sculpture display. It was the fourth one curated by Fatos Ustek exploring the idea of hybridity.

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 and on to Pimlico, Belgravia and into Hyde Park at Albert Gate.



The large Serpentine Café was a good place for coffee, a break and chat (for one group, the other went straight to Regent's Park!). 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 (see below for some pictures), 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 on to the pleasant towpath by the Regent's Canal to Little Venice. 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 and in front of Buckingham Palace and onto Parliament Square and Westminster Bridge.

Tourists were out in force admiring the Houses of Parliament so care was needed crossing the bridge even with the dedicated cycle lanes. We returned via Archbishop's Park and Kennington. We enjoyed our 16-mile ride, enjoying the sun and seeing central London Parks at their best, the sculptures.

Links: [Frieze Sculpture 2026](#)

Riders: Andrew, Jeremy, Caroline, Joe, Jane Antos, Eileen, Mark, Keitha, Valerie, Jan, Patrick, Jo, Alex, Julia, Valerie, Josie, Martin G, and John.

Ride Leaders: Andrew and Jeremy

Photos: John

Report: Andrew

Next Ride: Tuesday 6thth October Fulham Palace



