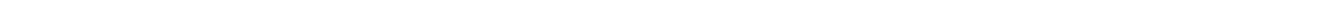




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## Appendix A    Staff Travel Questionnaire



## **Staff Travel to Work Questionnaire**

(Holbrook House, WC1)

### **SECTION A: YOUR DETAILS**

**Q1:** Home Postcode \_\_\_\_\_

**Q2:** Gender                      Male    ☐                      Female    ☐

**Q3:** Age                      Under 25    ☐    25-34    ☐    35-44    ☐    45-54    ☐    55+    ☐

**Q4:** Normal Work Start Time \_\_\_\_\_ Normal Work Finish Time \_\_\_\_\_

**Q5:** Full Time    ☐                      Part Time    ☐

### **SECTION B: CURRENT TRAVEL**

**Q6** What is your usual main mode of travel to work?

Walk	<input type="checkbox"/>
Cycle	<input type="checkbox"/>
Bus	<input type="checkbox"/>
Underground	<input type="checkbox"/>
Train	<input type="checkbox"/>
Car Driver	<input type="checkbox"/>
Car Passenger	<input type="checkbox"/>
Motorcycle	<input type="checkbox"/>
Other	_____

**Q7** Do you occasionally travel by another main mode, if so which mode? \_\_\_\_\_

**Q8** If you drive where do you park? \_\_\_\_\_

**Q9** How far do you travel to work?

< 1 mile    ☐    1-2 miles    ☐    2-5 miles    ☐    5-10 miles    ☐    10-20 miles    ☐    20+ miles    ☐

**Q10** How long does it take you to travel to work?

0-15mins    ☐    16-30mins    ☐    31-45mins    ☐    46-60mins    ☐    61-90mins    ☐    90+mins    ☐

**Q11** Which is the last station/bus stop (Tube/DLR/Rail) that you normally use before arriving at the office?                      Station Name                          N/A    ☐

## SECTION C: ALTERNATIVE TRAVEL

**Q12** What alternative modes of travel to work are available to you?

- |               |                          |
|---------------|--------------------------|
| Walk          | <input type="checkbox"/> |
| Cycle         | <input type="checkbox"/> |
| Bus           | <input type="checkbox"/> |
| Underground   | <input type="checkbox"/> |
| Train         | <input type="checkbox"/> |
| Car Driver    | <input type="checkbox"/> |
| Car Passenger | <input type="checkbox"/> |
| Motorcycle    | <input type="checkbox"/> |
| Other         | _____                    |

**Q13** If you travel to work by car what are your main reasons for using the car to get to work?

- Cost ☐ Reliability ☐ Comfort ☐ Carrying Passengers ☐ Required for Work ☐  
No Alternative ☐ Convenience ☐ Company Car ☐ Other \_\_\_\_\_

**Q14** If you travel to work by car what would make you switch to another mode of travel – Rank 1(*most preferable*) to 5 (*least preferable*)

- Traffic Congestion ☐ Cheaper Public Transport ☐ Reduced Car Parking ☐  
Higher Parking Charges ☐ More Information on public transport services ☐  
Improvements for Cyclists ☐ Congestion Charging Zone Extension ☐

**Q15** Which of the following would encourage you to cycle to work? (if you already cycle which of these would you like to see?)

- Improve Cycle Parking at Work ☐ Improved Cycle Changing Facilities and Lockers ☐  
Safe and well lit cycle routes ☐ Other \_\_\_\_\_

**Q16** Which of the following would encourage you to use public transport? (if you use public transport which of these would you like to see?)

- More frequent bus services ☐ Improved shelters/stops ☐  
Improved walking routes to stations ☐ Public transport information ☐  
Discount Tickets/Passes ☐ Other \_\_\_\_\_

**Q17** Would you be prepared to car share? Yes ☐ No ☐

**Q18** Are there any external factors/circumstances that decide your choice of mode of travel?

Yes ☐ No ☐

If yes please provide details \_\_\_\_\_

Q19: Do you have any comments (e.g. road safety, cycle lanes, pedestrian safety, and quality/frequency of public transport)?

--

*Thank you for your time and co-operation with this survey.*

*All answers will remain confidential.*

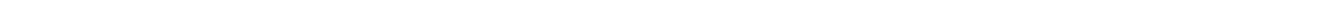
**Please return by xx/xx/xx to:**

Travel Plan Coordinator



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## Appendix B   Useful Travel Information Links



## Holbrook House Travel Plan Useful Travel Information Links



### Travel and Route information

#### **1 Route Information**

<http://www.tfl.gov.uk/tfl/>

Click on the Journey Planner image to access. Journey Planner will provide you with the best route to take from your Origin to your Destination for eg Home to Office.

#### **2 London Travel Information**

By Telephone:

**+44 (0)20 7222 1234**

By Email:

**[travinfo@tfl.gov.uk](mailto:travinfo@tfl.gov.uk)**

#### **3 Rail information and Timetables**

<http://www.nationalrail.co.uk/>

#### **4 Tube Information**

<http://tube.tfl.gov.uk/>

#### **5 Bus Routes and Maps**

<http://www.tfl.gov.uk/buses/>

#### **6 Cycle Routes**

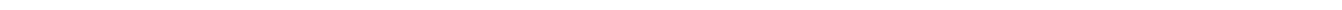
<http://www.londoncyclenetwork.org/>



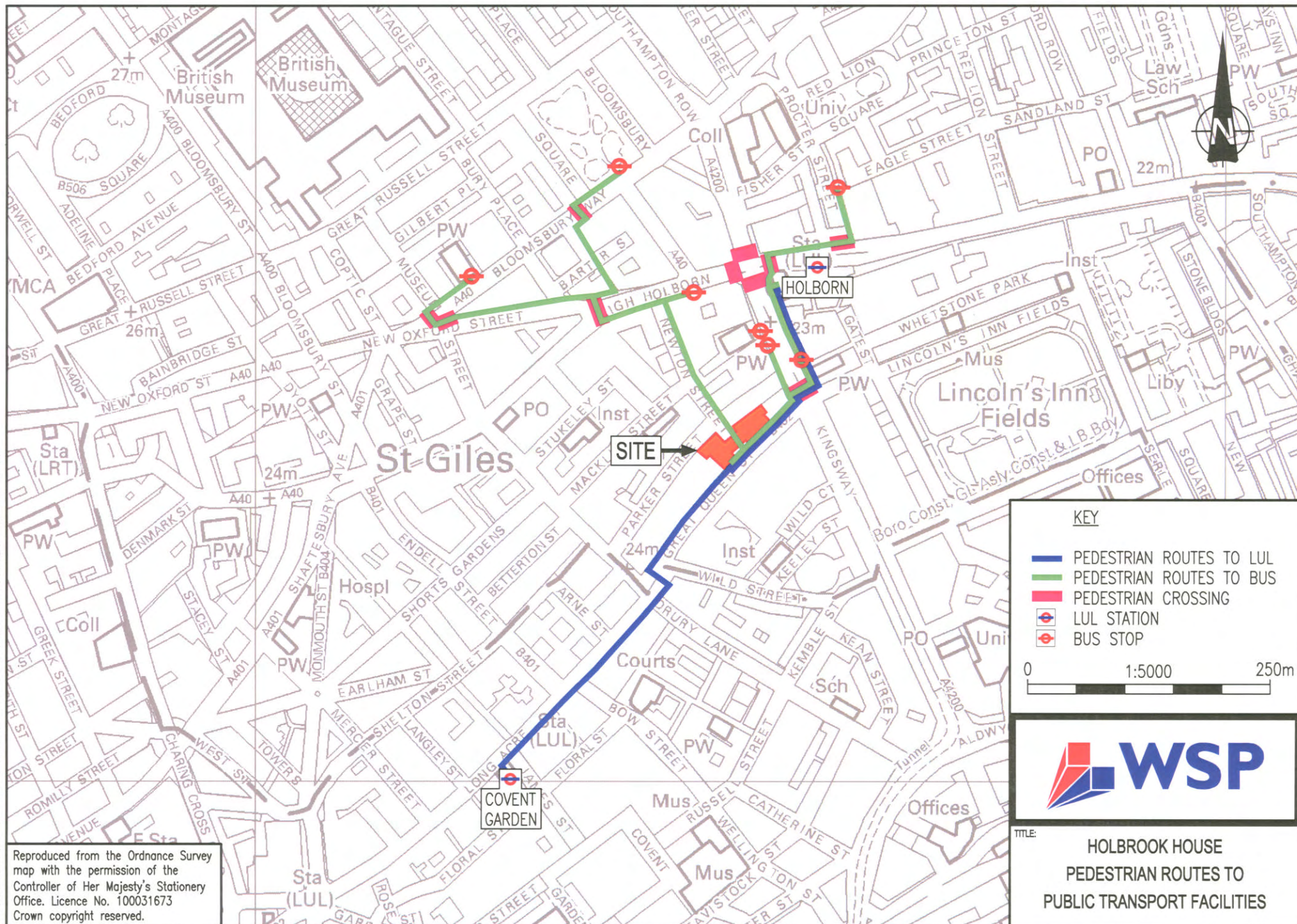


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## Appendix C   Travel Information Pack



# **Travel Information Pack**



## Holborn Station Information

Holborn station is located at the junction of High Holborn and Kingsway. It is on the Piccadilly Line between Covent Garden and Russell Square, and on the Central Line between Tottenham Court Road and Chancery Lane.

It is in Travelcard Zone 1.



## Features

Lines: Central and Piccadilly Line

Lifts: No

Escalators: Yes

Photobooths: No

Phones: 12

Vending machines: 14

ATM: Yes

Toilet: No

Waiting rooms: No

Taxi ranks: No

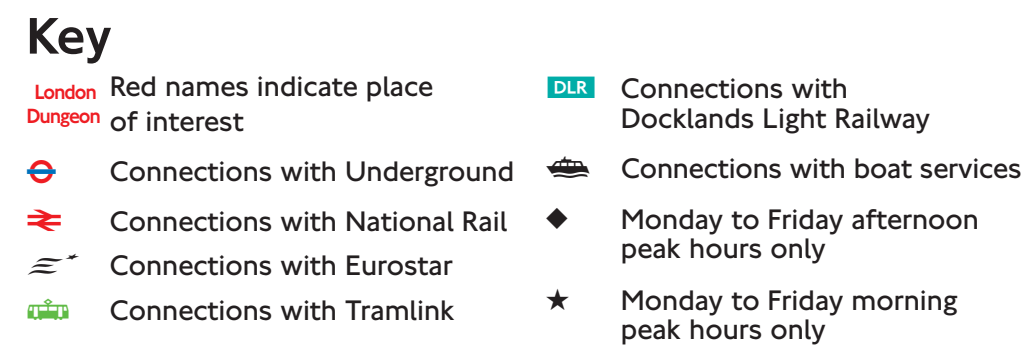
Car park: No

Interchange: None



**Buy tickets before boarding on all routes in central London.**


































































































































































**All stops affected are clearly marked with a yellow panel.**


































































































Bus service	Towards	Bus stops
1	Canada Water	1 2
8	Tottenham Court Road Station	1 2 3
8	Bow Church	1 2
19	Victoria Station	1 2 3
19	Battersea Bridge	1 2 3
25	Finsbury Park	1 2 3 4
25	Ilford	1 2
38	Oxford Circus	1 2 3 4
38	Clapton	1 2 3 4
55	Victoria Station	1 2 3
55	Leyton	1 2 3 4
59	Oxford Circus	1 2 3
59	Euston Station	1 2
68	Streatham Hill	1 2
68	Euston Station	1 2
91	West Norwood	1 2
91	Crouch End	1 2
98	Trafalgar Square	1 2
98	Willesden	1 2 3
168	Hampstead Heath	1 2 3
171	Old Kent Road Tesco	1 2
171	Catford	1 2
188	North Greenwich	1 2
242	Russell Square	1 2
242	Homerton University Hospital	1 2
243	Tottenham Court Road Station	1 2 3
243	Waterloo Station	1 2
521	Wood Green	1 2
521	London Bridge Station Mon-Fri not evenings	1 2
521	Waterloo Station Mon-Fri not evenings	1 2
X68	Russell Square Mon-Fri morning peak hours	1
X68	West Croydon Mon-Fri afternoon peak hours	1 2

**Note:** please refer to separate poster nearby for details of Night buses from Holborn Station

Destination	Bus service	Bus stops
<b>A</b>		
Aldgate  and Aldgate East 	25	 
Aldwych	1, 171	 
	59, 68, 91, 168, 188	 
	243	 
	521 Mon-Fri not eves	 
Angel 	19, 38	  
<b>B</b>		
Bank  	8, 25, 242	 
Battersea Bridge South Side	19	  
Belsize Park 	168	 
Berkeley Square and Berkeley Street	8	  

Destination	Bus service	Bus stops
Bermondsey Station 	188	 
Bethnal Green 	8	 
Bishopsgate St. Ethelburga's	8, 242	 
Bond Street Station 	98	  
Bow Church 	8, 25	 
Bow Road Station 	25	 
Bricklayers Arms	1	 
	168, 188	 
Brixton		
Police Station and Station  	59	 
Brockley Cross and Brockley Rise	171	 
Bruce Grove 	243	 
C		
Caledonian Road		
Carnegie Street,		
Copenhagen Street,		
Killick Street and Station 	91	 
Caledonian Road & Barnsbury		
Station 	91	 
Camberwell Green	68	 
	171	 
Cambridge Circus	19, 38	  
Cambridge Heath 	55	  
Camden Lock Market	168	 
Camden Town	168	 
Canada Water 	1	 
	188	 
Cannon Street  	521 Mon-Fri not eves	 
Canford 	171	 
Chalk Farm 	168	 
Chancery Lane Station 	8, 25, 242	 
	521 Mon-Fri not eves	 
Charing Cross  	91	 
Cheapside Guildhall	8, 25, 242	 
Chelsea Old Town Hall	19	  
City Thameslink Station 	8, 25, 242	 
	521 Mon-Fri not eves	 
Clapton Park Millfields	242	 
Clapton Pond	38, 55	  
Clerkenwell Road Goswell Road,		
Hatton Garden, St. John Street and	55	  
Rosebery Avenue	243	 
Cornhill Bishopsgate	25	 
Crofton Park 	171	 
Crouch End Broadway	91	 
D		
Dalston Junction	38	  
	242	 
	243	 
Dalston Kingsland 	243	 
Denmark Hill Sunray Avenue	68	 
Deptford Evelyn Street	188	 
E		
East Greenwich Vanbrugh Hill	188	 
Edgware Road Station 	98	  
Elephant & Castle 	1, 171	 
	68, 168, 188	 
Essex Road Station 	38	  
Euston Station 	59, 68, 91, 168	 
Euston Road British Library	91	 
Eversholt Street Aldenham Street	168	 
F		
Finsbury Park Station  	19	  
Forest Gate  Princess Alice	25	 
G		
Geffrye Museum	242	 
	243	 
Green Park Station 	8	  
for Buckingham Palace	19, 38	 
Greenwich 		
Cutty Sark  for Maritime Museum	188	 

Destination	Bus service	Bus stops
<b>H</b>		
Hackney Central 🚏	38, 55	🔴🟡🟢🟠🟤
Hackney Road Queensbridge Road	242	🔴🟡🟢
Hampstead Heath 🚏 South End Green	55	🔴🟡🟢
Herne Hill Station 🚏	168	🔴🟡
Highbury & Islington Station 🚏 🚏	68	🔴🟡
Highbury Barn	19	🔴🟡🟢
Holborn Circus	19	🔴🟡🟢
	8, 25, 242	🔴🟡
	521 Mon-Fri not eves	🔴🟡
Holloway Nag's Head	91	🔴🟡
Homerton University Hospital	91	🔴🟡
Hornsey Rise	242	🔴🟡
Hyde Park Corner 🚏	91	🔴🟡
	19	🔴🟡🟢
	8	🔴🟡🟢
	19, 38	🔴🟡🟢
<b>I</b>		
Ilford 🚏	25	🔴🟡
Imperial War Museum	59	🔴🟡
Islington St. Mary's Church	19	🔴🟡
Islington Green	38	🔴🟡🟢
<b>K</b>		
Kennington Church for Oval Station 🚏	59	🔴🟡
Kilburn High Road Station 🚏	98	🔴🟡🟢
King's College Hospital	68	🔴🟡🟢
King's Cross 🚏 🚏 for St. Pancras	91	🔴🟡
Kingsland Road Downham Road	242	🔴🟡
	243	🔴🟡
Knightsbridge Station 🚏	19	🔴🟡🟢
<b>L</b>		
Lambeth North 🚏	59	🔴🟡
Lea Bridge Road	55	🔴🟡🟢
Leadenhall Street St. Mary Axe	25	🔴🟡🟢
Leyton Baker's Arms	55	🔴🟡
Liverpool Street Station 🚏 🚏	8, 242	🔴🟡
London Bridge Station 🚏 🚏 🚏	521 Mon-Fri not eves	🔴🟡
for London Dungeon	91	🔴🟡
London Canal Museum	91	🔴🟡
Lordship Lane (Tottenham)	243	🔴🟡
<b>M</b>		
Malda Vale 🚏 Elgin Avenue	98	🔴🟡🟢
Manor Park 🚏 Broadway	25	🔴🟡
Marble Arch 🚏	98	🔴🟡🟢
Mare Street (Hackney)	55	🔴🟡🟢
Maudsley Hospital	68	🔴🟡
Maze Hill 🚏	188	🔴🟡
Mildmay Park Balls Pond Road	38	🔴🟡🟢
Mill End 🚏	25	🔴🟡
Mornington Crescent 🚏	168	🔴🟡
Mount Pleasant	19, 38	🔴🟡🟢
<b>N</b>		
New Bond Street	8	🔴🟡🟢
New Change	521 Mon-Fri not eves	🔴🟡
New Cross Gate 🚏 🚏	171	🔴🟡
North Greenwich 🚏	188	🔴🟡
Norwood Bus Garage and Crown Point	X68♣	🔴🟡
<b>O</b>		
Old Kent Road Tesco	168	🔴🟡
Old Ford Parnell Road	8	🔴🟡
Old Street Bartholomew Court, Central Street and Station 🚏 🚏	55	🔴🟡🟢
	243	🔴🟡
Old Vic, The	1, 171	🔴🟡
	68, 168, 188	🔴🟡
Oval Station 🚏	59	🔴🟡
Oxford Circus 🚏	8, 25	🔴🟡🟢
and Oxford Street	55	🔴🟡🟢
Wardour Street	98	🔴🟡

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Destination	Bus service	Bus stops
<b>P</b>		
<b>Peckham</b> High Street	171	 
<b>Piccadilly</b> Old Bond Street	19, 38	  
<b>Piccadilly Circus</b> 	19, 38	  
<b>R</b>		
<b>Rosebery Avenue</b> Hardwick Street, Rosebery Square and Tysoe Street	19, 38	  
<b>Rotherhithe</b> Lower Road	188	 
<b>Royal Free Hospital</b>	168	 
<b>Royal London Hospital</b>	25	 
<b>Russell Square</b> 	59, 68, 91, 168, 188 X68*	  
<b>S</b>		
<b>Sadler's Wells Theatre</b>	19, 38	  
<b>St. George's Circus</b>	1, 171	 
	68, 168, 188	 
<b>St. Pancras</b> 	see King's Cross	
<b>St. Paul's Station</b>  for Cathedral	8, 25, 242	  
	521 Mon-Fri not evens	 
<b>Seven Sisters</b>  	243	 
<b>Shaftesbury Avenue</b>	19, 38	  
<b>Dean Street/Chinatown and Trocadero</b>	8, 242	  
<b>Shoreditch</b>	55	  
	243	 
<b>Sloane Square</b> 	19	  
<b>South Bermondsey</b> 	1	 
<b>Stamford Hill Broadway</b>	243	 
<b>Stepney Green</b> 	25	 
<b>Stoke Newington</b> 	243	 
<b>Strand Adelphi Theatre and Savoy Street</b>	91	 
<b>Stratford</b>   Bus Station	25	 
<b>Streatham Hill</b> Telford Avenue	59	 
<b>Surrey Quays</b>	1	 
	188	 
<b>T</b>		
<b>Tavistock Square</b>	59, 68, 91, 168	 
<b>Theobald's Road</b>	19, 38, 55	  
<b>Gray's Inn Road and Harpur Street</b>	243	 
<b>Thornton Heath</b> High Street	X68*	 
<b>Tottenham Swan</b>	243	 
<b>Tottenham Court Road Station</b> 	1	  
	8, 25, 242	 

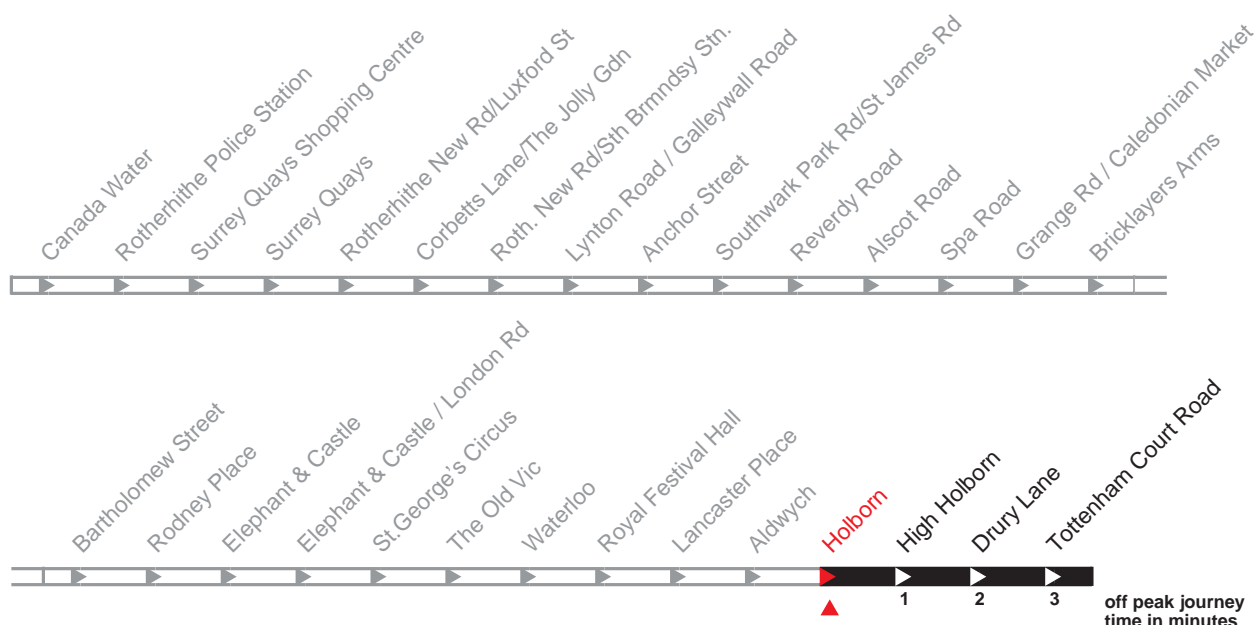
# London Buses

# 1

Daily



## Buses towards Tottenham Court Road



### Monday - Friday

First buses	6 to 7am	7am to 3pm	3 to 4pm	4 to 8pm	8pm to midnight	Last buses
0530 0545	0600 0621 0631 0642 0654	<i>about every</i> <b>6-10</b> <i>minutes</i>	1503 1511 1519 1527 1534 1537 1546 1554	<i>about every</i> <b>6-10</b> <i>minutes</i>	<i>about every</i> <b>10-12</b> <i>minutes</i>	0003 0015 0027 0039 0052

### Saturday (also Good Friday)

First buses	6 to 7am	7 to 10am	10am to midday	midday to midnight	Last buses
0529 0544 0559	<i>about every</i> <b>15</b> <i>minutes</i>	<i>about every</i> <b>8-12</b> <i>minutes</i>	<i>about every</i> <b>5-8</b> <i>minutes</i>	<i>about every</i> <b>8-12</b> <i>minutes</i>	0003 0015 0027 0039 0052

### Sunday and other Public Holidays

First buses	7 to 8am	8am to midnight	Last buses
0629 0649	0709 0729 0744 0759	<i>about every</i> <b>11-15</b> <i>minutes</i>	0003 0015 0027 0039 0052

Operated by East Thames Buses for London Buses

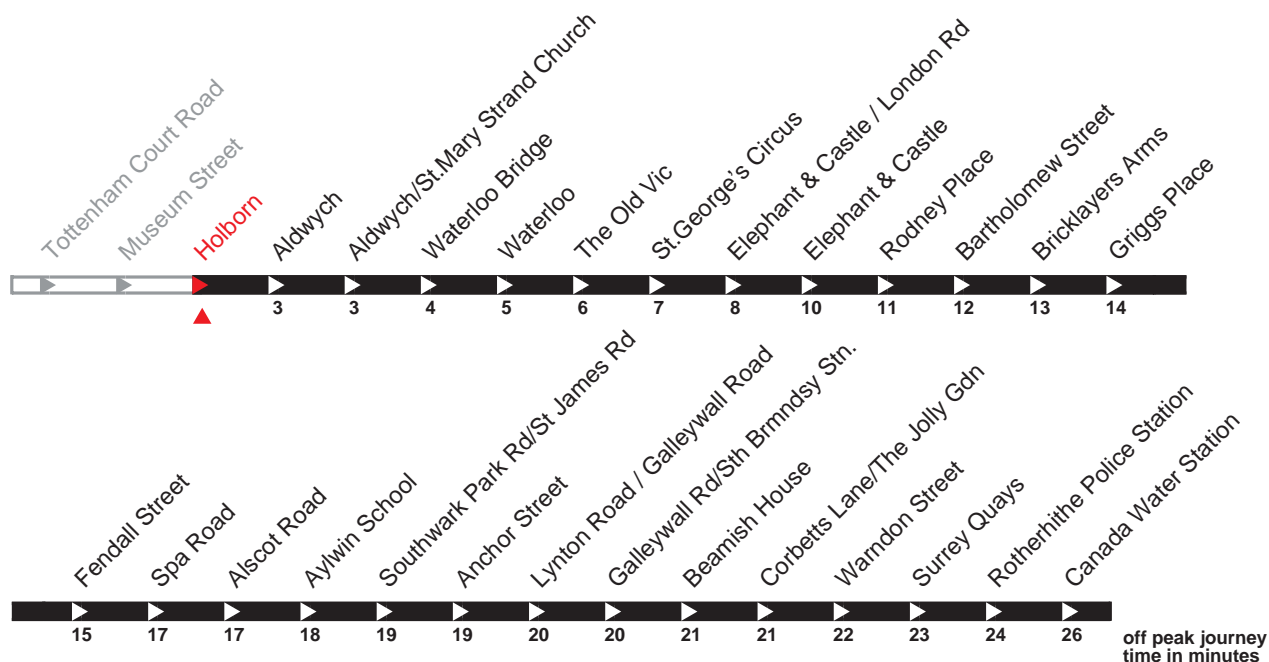
# London Buses

# 1

Daily



## Buses towards Canada Water Station



### Monday - Friday

First bus	6 to 7am	7am to 9pm	9pm to midnight	Last bus
0554	0609 0624 0634 0644 0653	about every <b>6-10</b> minutes	about every <b>12</b> minutes	0005

### Saturday (also Good Friday)

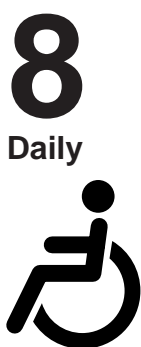
First bus	6 to 7am	7 to 9am	9 to 10am	10am to midnight	Last bus
0554	about every <b>15</b> minutes	about every <b>10-12</b> minutes	about every <b>6-10</b> minutes	about every <b>8-12</b> minutes	0005

### Sunday and other Public Holidays

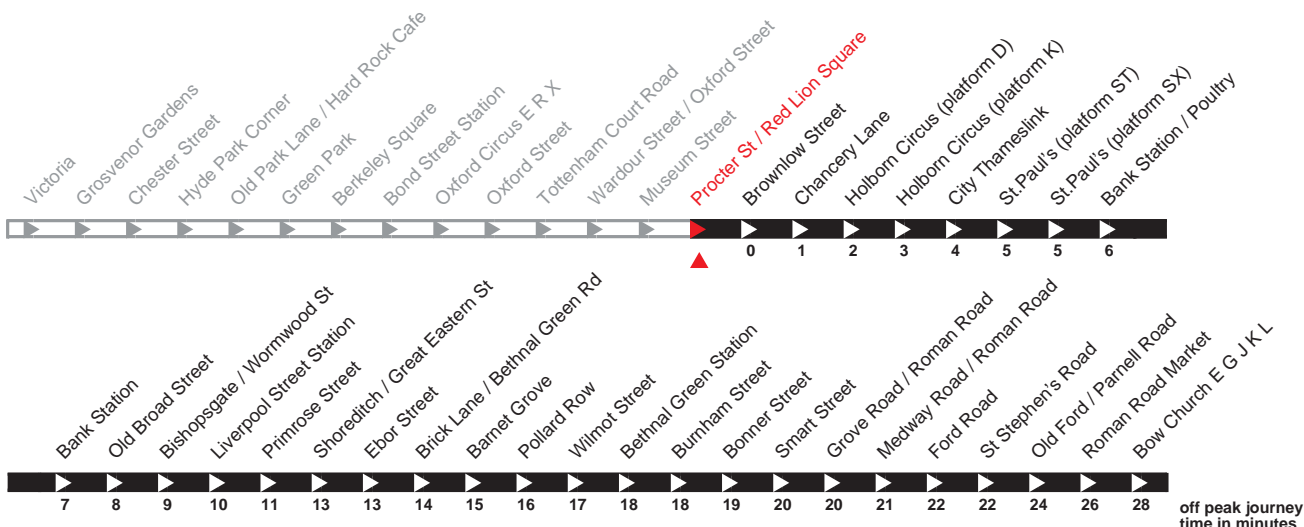
First bus	6 to 7am	7am to midnight	Last bus
0554	0614 0634 0654	about every <b>11-15</b> minutes	0005

Operated by East Thames Buses for London Buses

# London Buses



Buses towards Bow Church E G J K L



## Monday - Friday

First buses	6 to 7am	7am to 9pm	9pm to midnight	Last buses
0546	<i>about every</i>	<i>about every</i>	<i>about every</i>	0001
0556	<b>9-10</b> <i>minutes</i>	<b>5-9</b> <i>minutes</i>	<b>7-10</b> <i>minutes</i>	0011

## Saturday (also Good Friday)

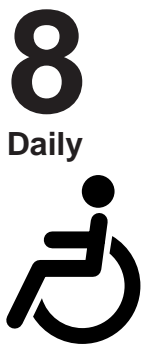
First buses	6 to 8am	8am to 8pm	8pm to midnight	Last buses
0546	<i>about every</i>	<i>about every</i>	<i>about every</i>	0001
0558	<b>8-12</b> <i>minutes</i>	<b>5-8</b> <i>minutes</i>	<b>9-10</b> <i>minutes</i>	0011

## Sunday and other Public Holidays

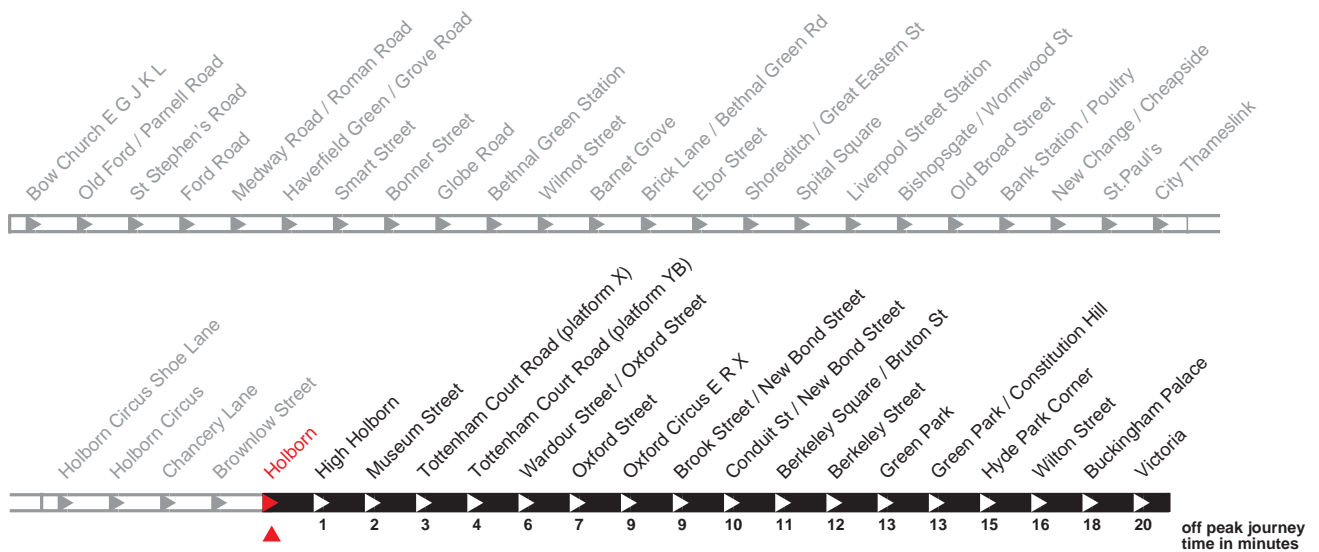
First bus	6 to 7am	7am to 8pm	8 to 9pm	9pm to midnight	Last buses
0548	0603	<i>about every</i>	2008	<i>about every</i>	0001
	0618	<b>9-12</b>	2024	<b>9-10</b>	0011
	0633	<i>minutes</i>	2034	<i>minutes</i>	
	0648		2043		
	0658		2053		

Operated by Stagecoach for London Buses

# London Buses



## Buses towards Victoria



## Monday - Friday

First buses	7am to 9pm	9pm to midnight	Last buses
0606	<i>about every</i>	<i>about every</i>	0005
0616	<b>5-9</b>	<b>9-11</b>	0015
0626	<i>minutes</i>	<i>minutes</i>	0025
0637			0035
0648			
0659			

## Saturday (also Good Friday)

First buses	7 to 8am	8am to 10pm	10pm to midnight	Last buses
0606	<i>about every</i>	<i>about every</i>	<i>about every</i>	0005
0618	<b>10-11</b>	<b>6-10</b>	<b>9-11</b>	0015
0630	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	0025
0642				0035
0654				

## Sunday and other Public Holidays

First buses	7 to 10am	10am to midnight	Last buses
0605	<i>about every</i>	<i>about every</i>	0005
0635	<b>11-13</b>	<b>8-11</b>	0015
0650	<i>minutes</i>	<i>minutes</i>	0025
			0035

Operated by Stagecoach for London Buses

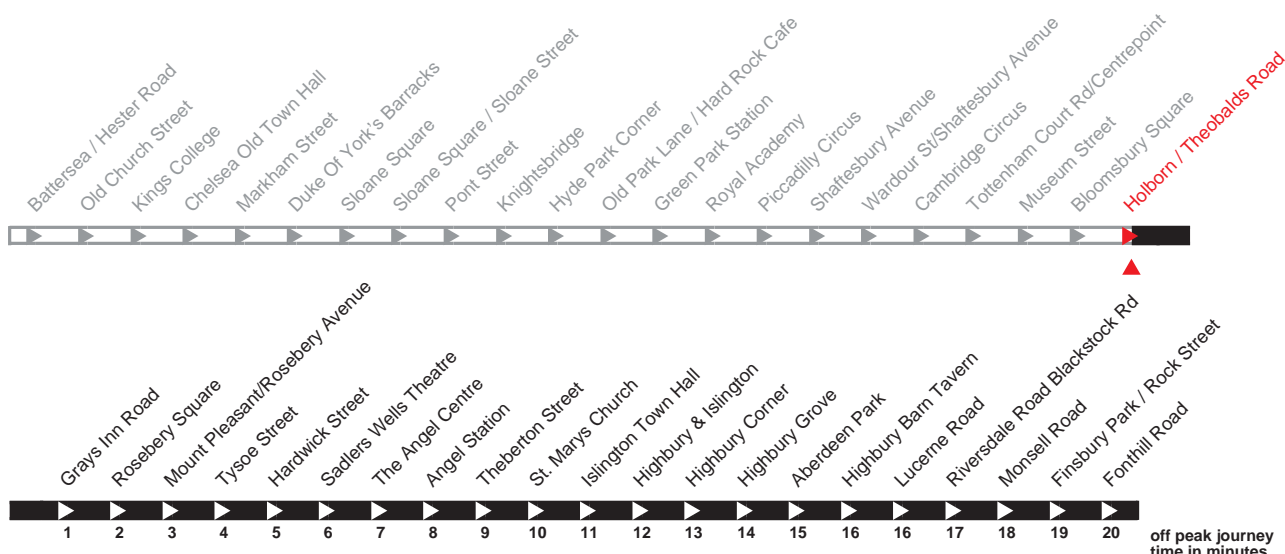
# London Buses

# 19

Daily



## Buses towards Fonthill Road



### Monday - Friday

First bus	6 to 7am	7am to 9pm	9pm to midnight	Last buses
0559	about every <b>4-6</b> minutes	about every <b>5-9</b> minutes	about every <b>10-11</b> minutes	0000 0010 0020 0030 0040 0050

### Saturday (also Good Friday)

First bus	6 to 7am	7am to 10pm	10pm to midnight	Last buses
0559	about every <b>10-12</b> minutes	about every <b>6-10</b> minutes	about every <b>10-11</b> minutes	0000 0010 0020 0030 0040 0050

### Sunday and other Public Holidays

First bus	6 to 9am	9am to midnight	Last buses
0559	about every <b>12-15</b> minutes	about every <b>8-11</b> minutes	0000 0010 0020 0030 0040 0050

Operated by Arriva London for London Buses

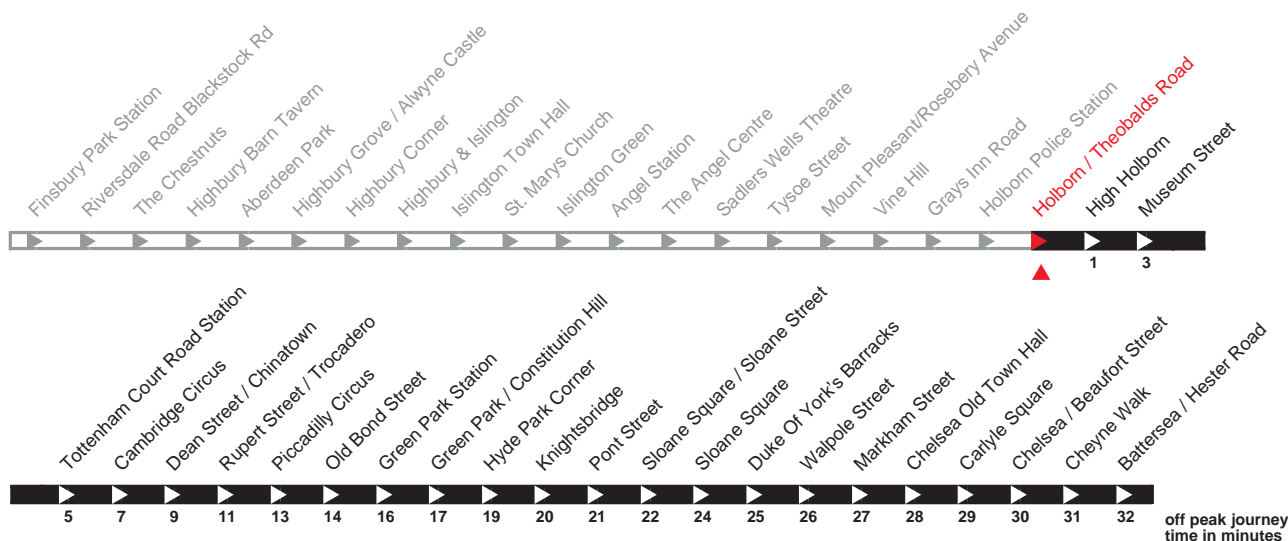
# London Buses

# 19

Daily



Buses towards Battersea / Hester Road



## Monday - Friday

First buses	6 to 7am	7am to 10pm	10pm to midnight	Last buses
0544 0554	<i>about every</i> <b>6-10</b> <i>minutes</i>	<i>about every</i> <b>4-8</b> <i>minutes</i>	<i>about every</i> <b>9-10</b> <i>minutes</i>	0001 0010 0019 0029 0039

## Saturday (also Good Friday)

First buses	6 to 9am	9 to 10am	10am to midnight	Last buses
0544 0556	<i>about every</i> <b>10-12</b> <i>minutes</i>	0900 0912 0923 0931 0938 0946 0953	<i>about every</i> <b>7-10</b> <i>minutes</i>	0001 0010 0019 0029 0039

## Sunday and other Public Holidays

First buses	6 to 10am	10am to midnight	Last buses
0544 0559	<i>about every</i> <b>14-15</b> <i>minutes</i>	<i>about every</i> <b>9-12</b> <i>minutes</i>	0001 0010 0019 0029 0039

Operated by Arriva London for London Buses

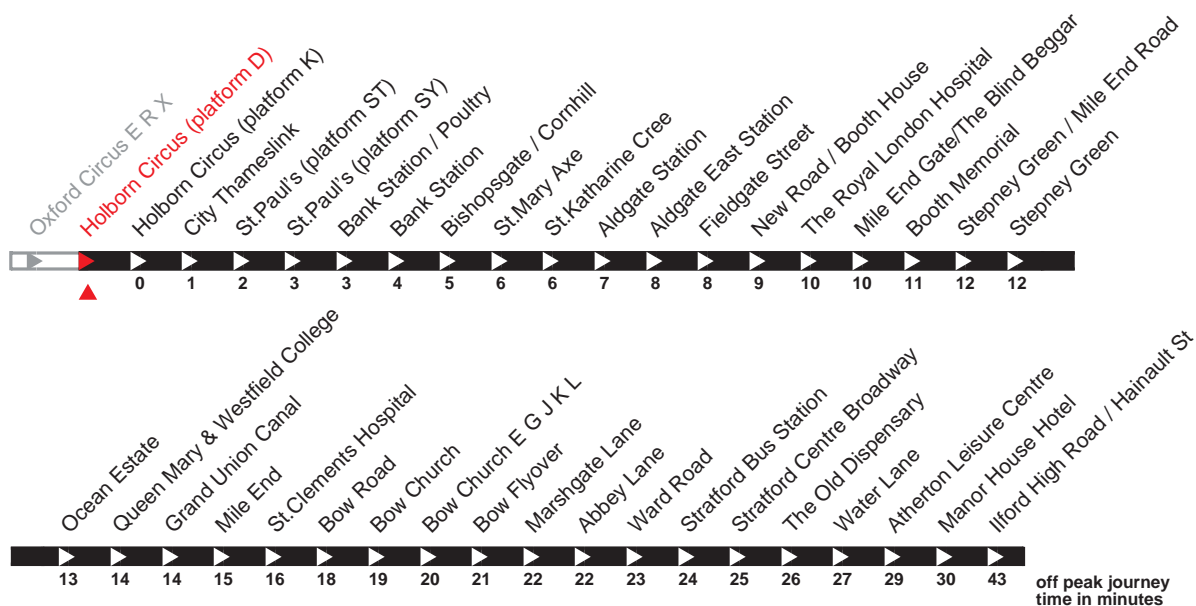
# London Buses

# 25

Daily



## Buses towards Ilford High Road / Hainault St



### Monday - Friday

First buses	1 to 5am	5 to 7am	7am to midnight	Last buses
0017	<i>about every</i>	<i>about every</i>	<i>about every</i>	0001
0025	<b>12-15</b>	<b>8-10</b>	<b>4-8</b>	0009
0032	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	
0044				
0056				

### Saturday (also Good Friday)

First buses	1 to 5am	5 to 8am	8am to 6pm	6 to 7pm	7pm to midnight	Last buses
0023	<i>about every</i>	<i>about every</i>	<i>about every</i>	1800	<i>about every</i>	0003
0032	<b>12-15</b>	<b>8-10</b>	<b>5-8</b>	1811	<b>6-10</b>	0013
0044	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	1817	<i>minutes</i>	
0056				1822		
				1828		
				1834		
				1840		
				1846		
				1852		
				1858		

### Sunday and other Public Holidays

First buses	1 to 5am	5am to midnight	Last buses
0023	<i>about every</i>	<i>about every</i>	0003
0032	<b>12-15</b>	<b>8-11</b>	0013
0044	<i>minutes</i>	<i>minutes</i>	
0056			

Operated by Stagecoach for London Buses

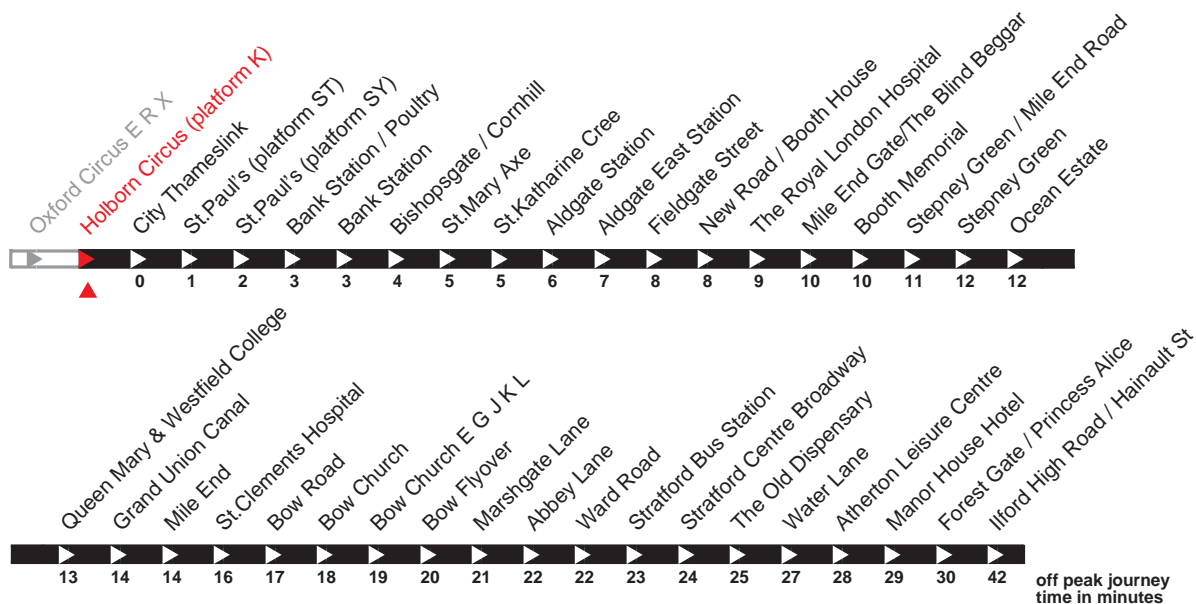
# London Buses

# 25

Daily



## Buses towards Ilford High Road / Hainault St



### Monday - Friday

First buses	1 to 5am	5 to 7am	7am to midnight	Last buses
0018	<i>about every</i>	<i>about every</i>	<i>about every</i>	0002
0026	<b>12-15</b>	<b>8-10</b>	<b>4-8</b>	0010
0032	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	
0044				
0056				

### Saturday (also Good Friday)

First buses	1 to 5am	5 to 8am	8am to 6pm	6 to 7pm	7pm to midnight	Last buses
0024	<i>about every</i>	<i>about every</i>	<i>about every</i>	1801	<i>about every</i>	0004
0032	<b>12-15</b>	<b>8-10</b>	<b>5-8</b>	1812	<b>6-10</b>	0014
0044	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	1818	<i>minutes</i>	
0056				1823		
				1829		
				1835		
				1841		
				1847		
				1853		
				1859		

### Sunday and other Public Holidays

First buses	1 to 5am	5am to midnight	Last buses
0024	<i>about every</i>	<i>about every</i>	0004
0032	<b>12-15</b>	<b>8-11</b>	0014
0044	<i>minutes</i>	<i>minutes</i>	
0056			

Operated by Stagecoach for London Buses

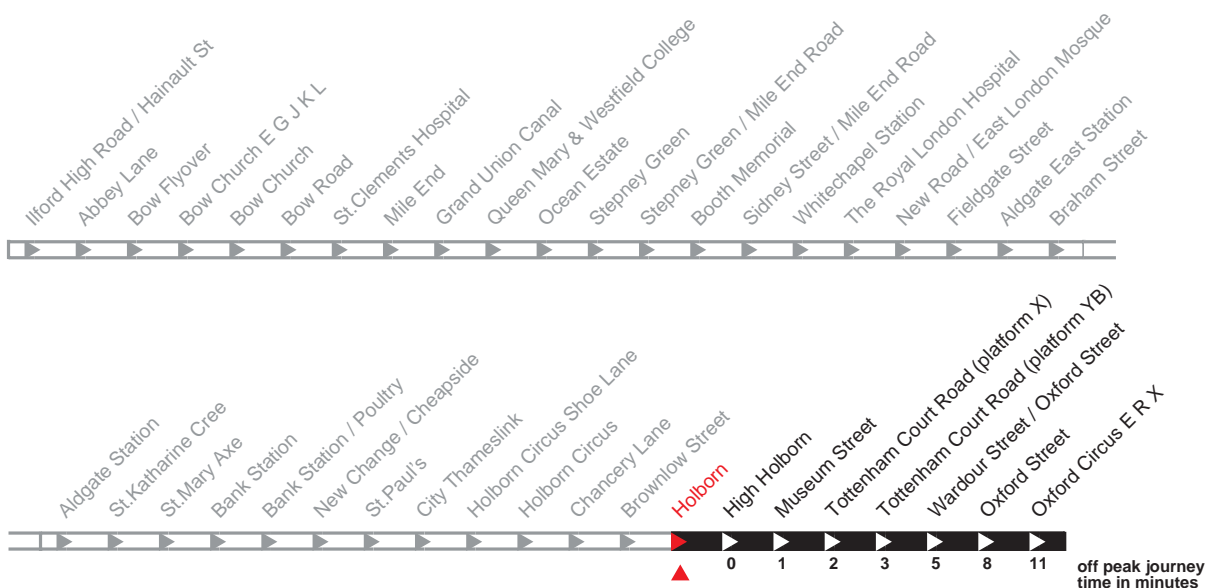
# London Buses

# 25

Daily



Buses towards Oxford Circus E R X



## Monday - Friday

First bus	1 to 5am	5 to 6am	6am to 11pm	11pm to midnight	Last buses
0048	<i>about every</i> <b>13-15</b> <i>minutes</i>	<i>about every</i> <b>8-10</b> <i>minutes</i>	<i>about every</i> <b>4-8</b> <i>minutes</i>	<i>about every</i> <b>6-10</b> <i>minutes</i>	0008 0018 0028 0038

## Saturday (also Good Friday)

First bus	1 to 5am	5 to 8am	8am to 8pm	8pm to midnight	Last buses
0048	<i>about every</i> <b>13-15</b> <i>minutes</i>	<i>about every</i> <b>8-10</b> <i>minutes</i>	<i>about every</i> <b>4-8</b> <i>minutes</i>	<i>about every</i> <b>6-10</b> <i>minutes</i>	0008 0018 0028 0038

## Sunday and other Public Holidays

First bus	1 to 5am	5am to midnight	Last buses
0048	<i>about every</i> <b>13-15</b> <i>minutes</i>	<i>about every</i> <b>8-10</b> <i>minutes</i>	0008 0018 0028 0038

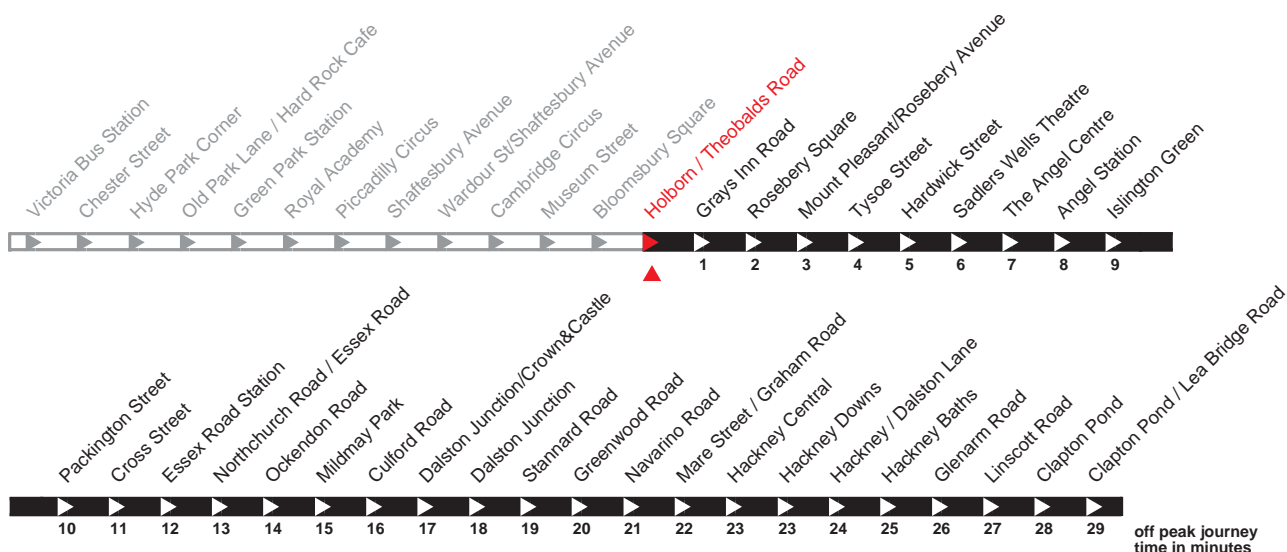
Operated by Stagecoach for London Buses

# London Buses

# 38

Daily

Buses towards Clapton Pond / Lea Bridge Road



## Monday - Friday

First buses	7am to midnight	Last buses
06 31	<i>about every</i>	00 00
06 41	<b>3-7</b>	00 06
06 51	<i>minutes</i>	00 12
06 57		00 18
		00 24
		00 30
		00 36
		00 42
		00 48
		00 54

## Saturday (also Good Friday)

First buses	7 to 8am	8am to midnight	Last buses
06 31	<i>about every</i>	<i>about every</i>	00 04
06 41	<b>7-10</b>	<b>4-8</b>	00 10
06 51	<i>minutes</i>	<i>minutes</i>	00 16
			00 22
			00 28
			00 34
			00 40
			00 46
			00 52
			00 58

## Sunday and other Public Holidays

First buses	7 to 10am	10am to midnight	Last buses
06 31	<i>about every</i>	<i>about every</i>	00 00
06 46	<b>8-10</b>	<b>5-8</b>	00 06
	<i>minutes</i>	<i>minutes</i>	00 12
			00 18
			00 24
			00 30
			00 36
			00 42
			00 48
			00 54

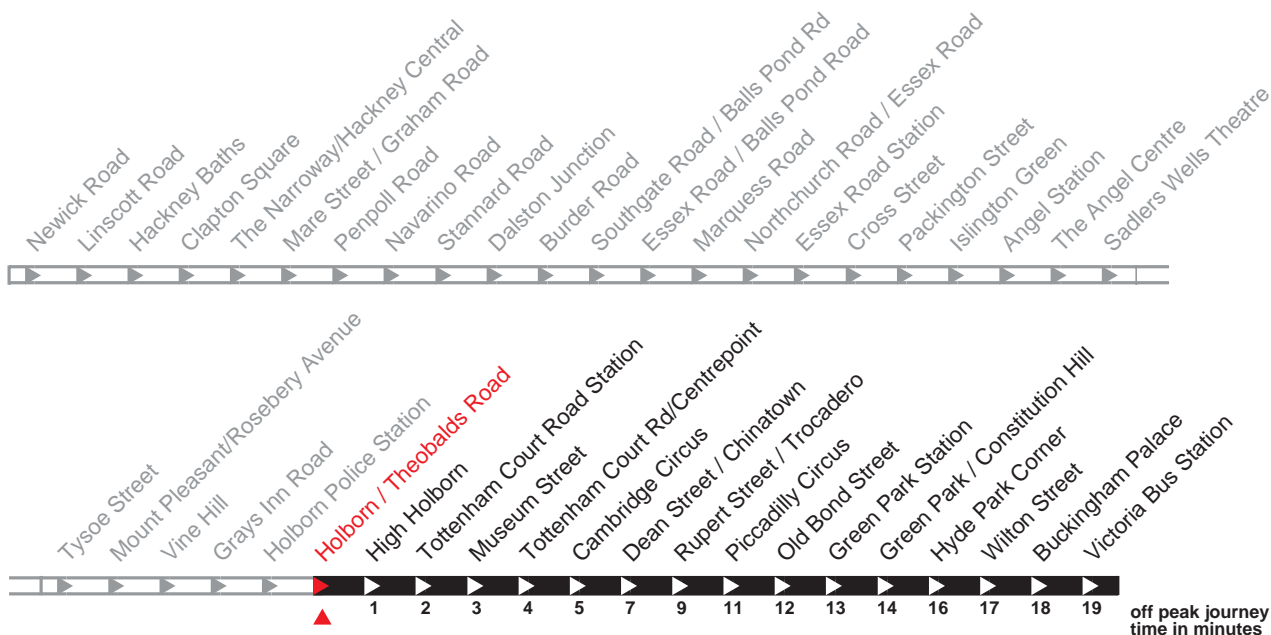
Operated by Arriva London for London Buses

# London Buses

# 38

Daily

Buses towards Victoria Bus Station



## Monday - Friday

First buses	6am to 7pm	7pm to midnight	Last buses
0548 0558	about every <b>2-6</b> minutes	about every <b>4-7</b> minutes	0000 0006

## Saturday (also Good Friday)

First buses	6 to 8am	8 to 9am	9am to midnight	Last buses
0548 0558	about every <b>7-10</b> minutes	about every <b>4-8</b> minutes	about every <b>3-7</b> minutes	0000 0006

## Sunday and other Public Holidays

First bus	6 to 7am	7 to 9am	9am to midnight	Last buses
0548	0603 0618 0628 0638 0648 0658	about every <b>10</b> minutes	about every <b>5-8</b> minutes	0000 0006

Operated by Arriva London for London Buses

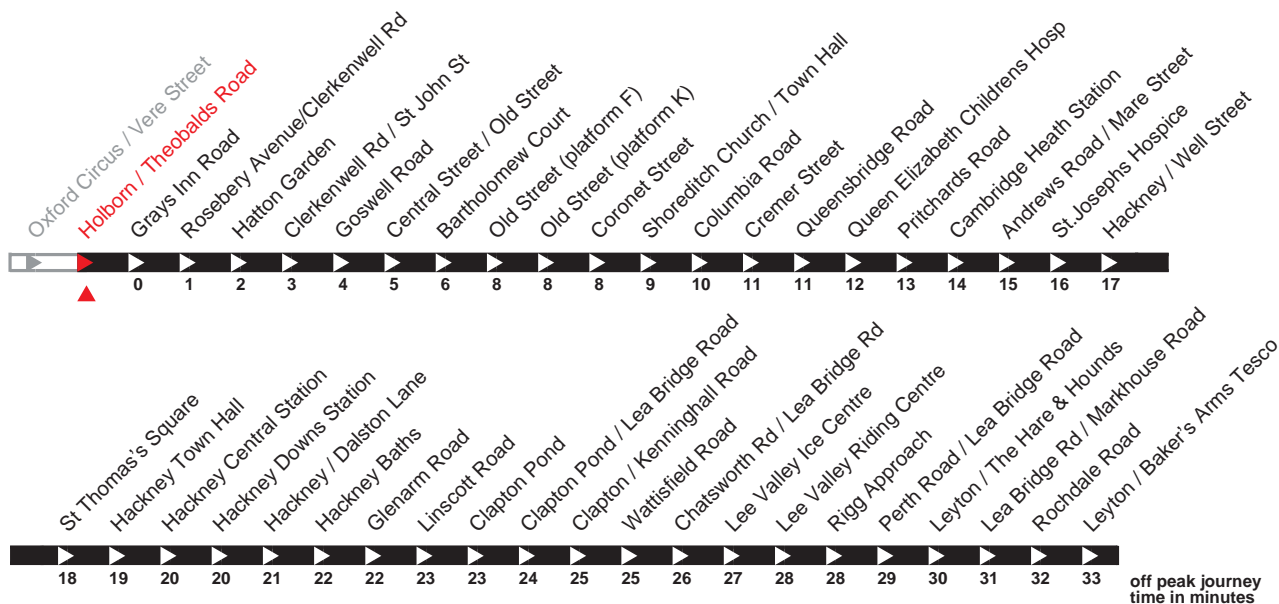
# London Buses

# 55

Daily



## Buses towards Leyton / Baker's Arms Tesco



### Monday - Friday

First bus	5 to 6am	6 to 7am	7am to 8pm	8pm to midnight	Last buses
0458	<i>about every</i> <b>15</b> <i>minutes</i>	<i>about every</i> <b>10-11</b> <i>minutes</i>	<i>about every</i> <b>6-10</b> <i>minutes</i>	<i>about every</i> <b>8-12</b> <i>minutes</i>	0009 0021 0033 0045

### Saturday (also Good Friday)

First bus	5 to 9am	9am to 7pm	7pm to midnight	Last buses
0458	<i>about every</i> <b>12-15</b> <i>minutes</i>	<i>about every</i> <b>7-10</b> <i>minutes</i>	<i>about every</i> <b>8-12</b> <i>minutes</i>	0009 0021 0033 0045

### Sunday and other Public Holidays

First bus	5 to 9am	9am to midnight	Last buses
0458	<i>about every</i> <b>11-15</b> <i>minutes</i>	<i>about every</i> <b>8-12</b> <i>minutes</i>	0009 0021 0033 0045

Operated by Stagecoach for London Buses

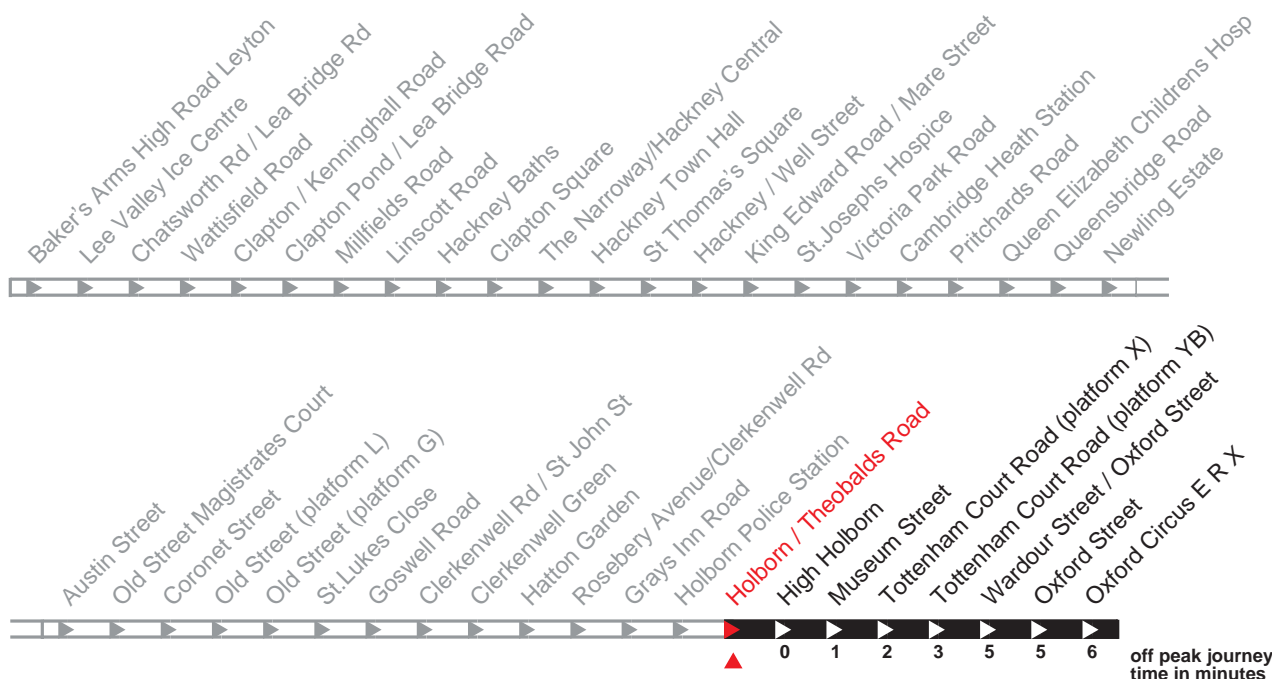
# London Buses

# 55

Daily



## Buses towards Oxford Circus E R X



### Monday - Friday

First bus	5 to 6am	6 to 7am	7am to 8pm	8pm to midnight	Last buses
0436	0506 0536 0548	0600 0614 0628 0640 0650 0658	<i>about every</i> <b>6-9</b> <i>minutes</i>	<i>about every</i> <b>8-12</b> <i>minutes</i>	0005 0017

### Saturday (also Good Friday)

First bus	5 to 6am	6 to 8am	8 to 9am	9am to 7pm	7pm to midnight	Last buses
0436	0506 0536 0551	<i>about every</i> <b>12-15</b> <i>minutes</i>	0802 0814 0826 0838 0847 0854	<i>about every</i> <b>7-10</b> <i>minutes</i>	<i>about every</i> <b>10-12</b> <i>minutes</i>	0005 0017

### Sunday and other Public Holidays

First buses	5 to 8am	8am to midnight	Last buses
0436 0451	<i>about every</i> <b>15</b> <i>minutes</i>	<i>about every</i> <b>10-14</b> <i>minutes</i>	0005 0017

Operated by Stagecoach for London Buses

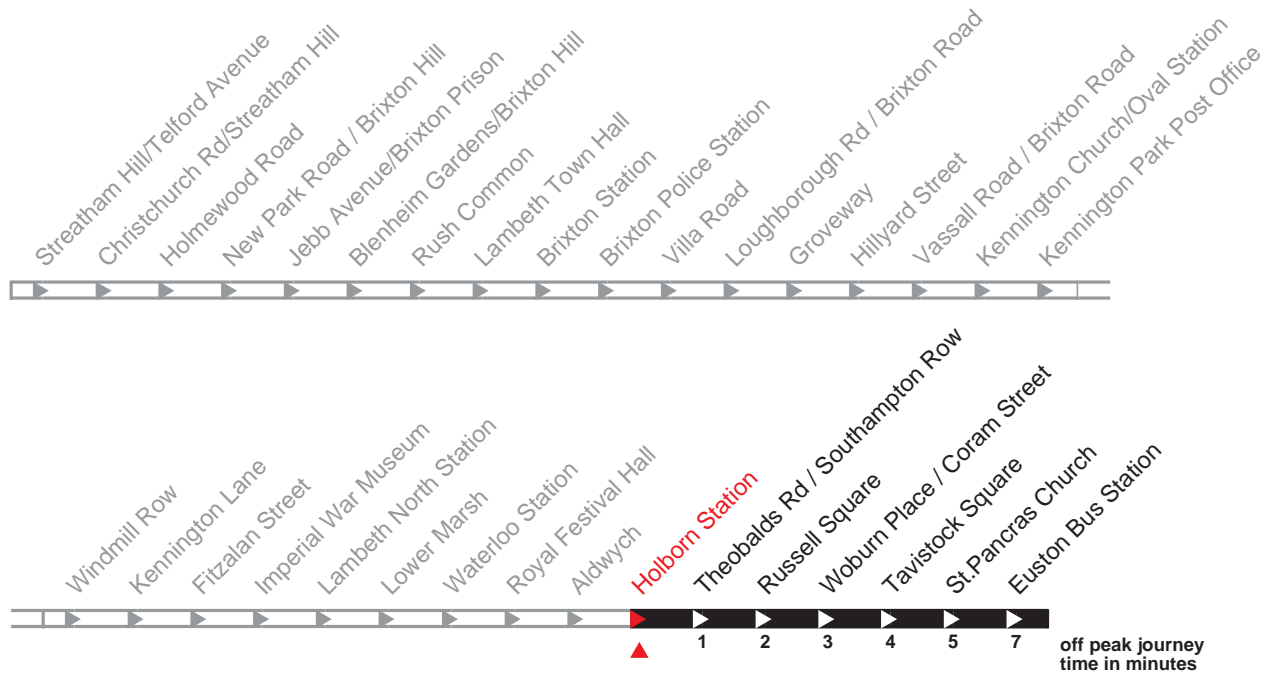
# London Buses

# 59

Daily



## Buses towards Euston Bus Station



### Monday - Friday

First buses	6 to 7am	7am to 7pm	7 to 8pm	8pm to midnight	Last buses
0518	<i>about every</i>	<i>about every</i>	<i>about every</i>	<i>about every</i>	0006
0530	<b>9-12</b>	<b>6-8</b>	<b>8-12</b>	<b>11-14</b>	0018
0542	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	0030
0554					0042

### Saturday (also Good Friday)

First buses	6 to 9am	9am to 7pm	7pm to midnight	Last buses
0518	<i>about every</i>	<i>about every</i>	<i>about every</i>	0006
0530	<b>9-12</b>	<b>7-9</b>	<b>12</b>	0018
0542	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	0030
0554				0042

### Sunday and other Public Holidays

First buses	6am to midnight	Last buses
0518	<i>about every</i>	0006
0530	<b>11-12</b>	0018
0542	<i>minutes</i>	0030
0554		0042

Operated by Arriva London for London Buses

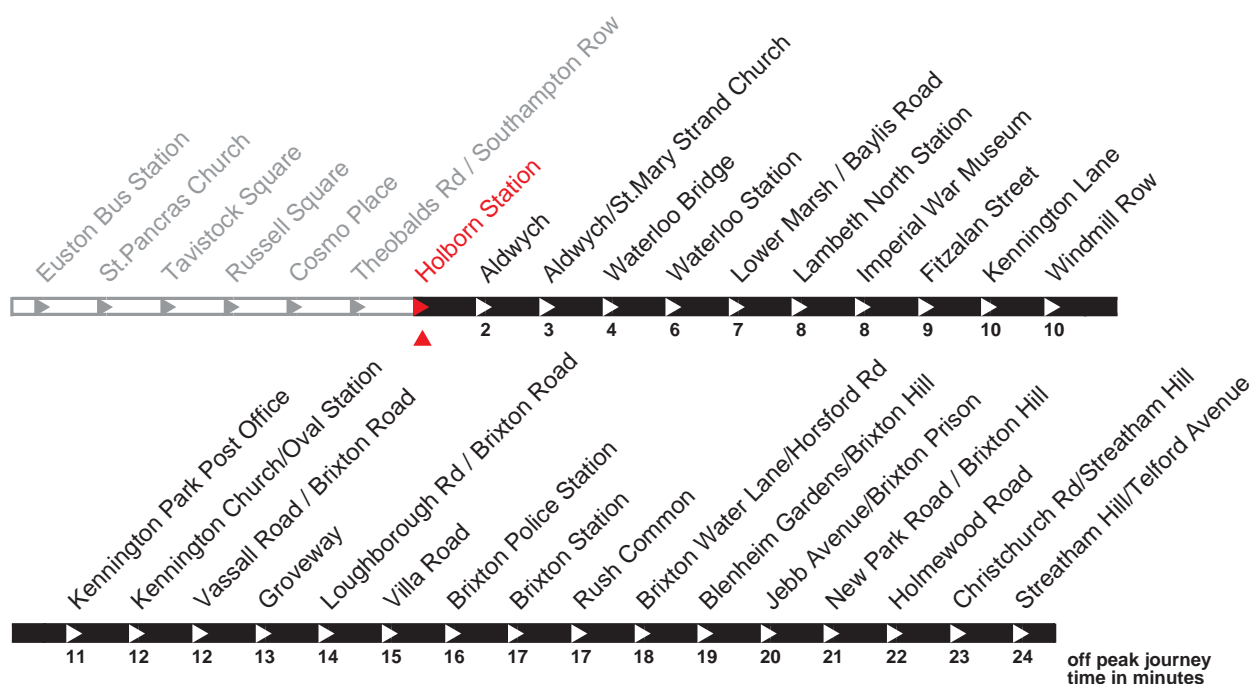
# London Buses

# 59

Daily



## Buses towards Streatham Hill/Telford Avenue



### Monday - Friday

First buses	6 to 7am	7am to 8pm	8pm to 1am	Last bus
0542 0554	about every <b>12</b> minutes	about every <b>6-9</b> minutes	about every <b>8-12</b> minutes	0106

### Saturday (also Good Friday)

First buses	6 to 9am	9 to 10am	10am to 7pm	7pm to 1am	Last bus
0542 0554	about every <b>10-12</b> minutes	0904 0915 0925 0935 0943 0950 0956	about every <b>7-8</b> minutes	about every <b>8-12</b> minutes	0106

### Sunday and other Public Holidays

First buses	6 to 1am	Last bus
0542 0554	about every <b>11-13</b> minutes	0106

Operated by Arriva London for London Buses

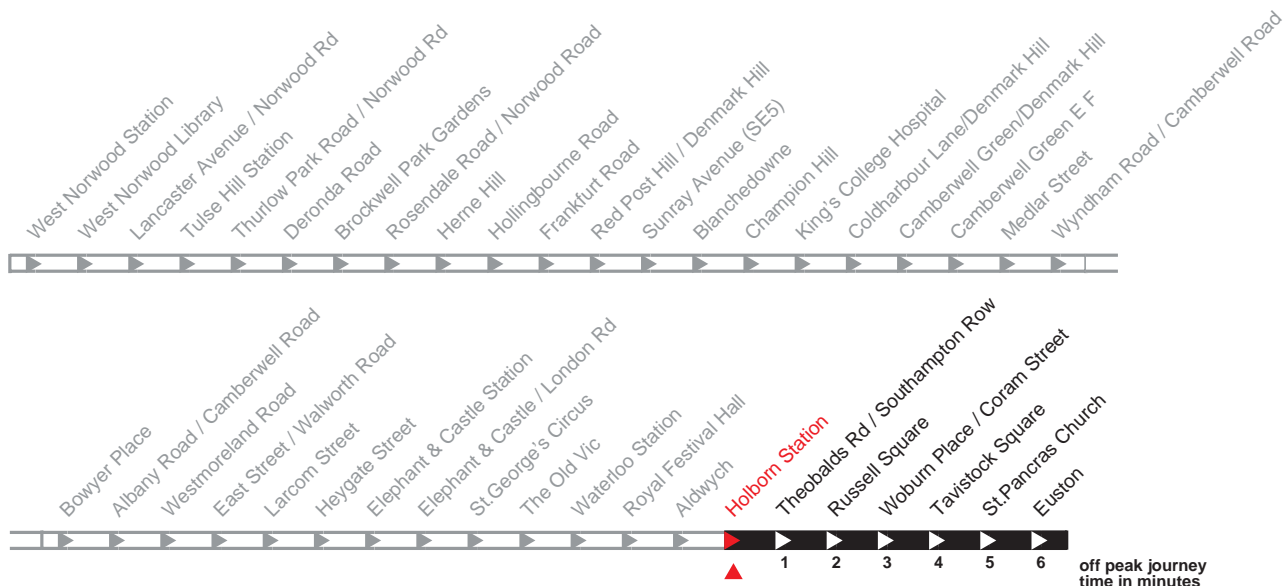
# London Buses

# 68

Daily



## Buses towards Euston



## Monday - Friday

First bus	6 to 7am	7am to 8pm	8 to 9pm	9pm to midnight	Last buses
0555	<i>about every</i> <b>10-12</b> <i>minutes</i>	<i>about every</i> <b>6-10</b> <i>minutes</i>	2001 2008 2017 2026 2036 2048	<i>about every</i> <b>11-13</b> <i>minutes</i>	0000 0011 0021

## Saturday (also Good Friday)

First bus	6 to 7am	7 to 8am	8am to 8pm	8pm to midnight	Last buses
0555	0610 0625 0640 0656	<i>about every</i> <b>12-15</b> <i>minutes</i>	<i>about every</i> <b>7-10</b> <i>minutes</i>	<i>about every</i> <b>11-13</b> <i>minutes</i>	0000 0011 0021

## Sunday and other Public Holidays

First bus	6 to 10am	10am to midnight	Last buses
0555	<i>about every</i> <b>13-15</b> <i>minutes</i>	<i>about every</i> <b>10-14</b> <i>minutes</i>	0000 0011 0021

Operated by London Central for London Buses

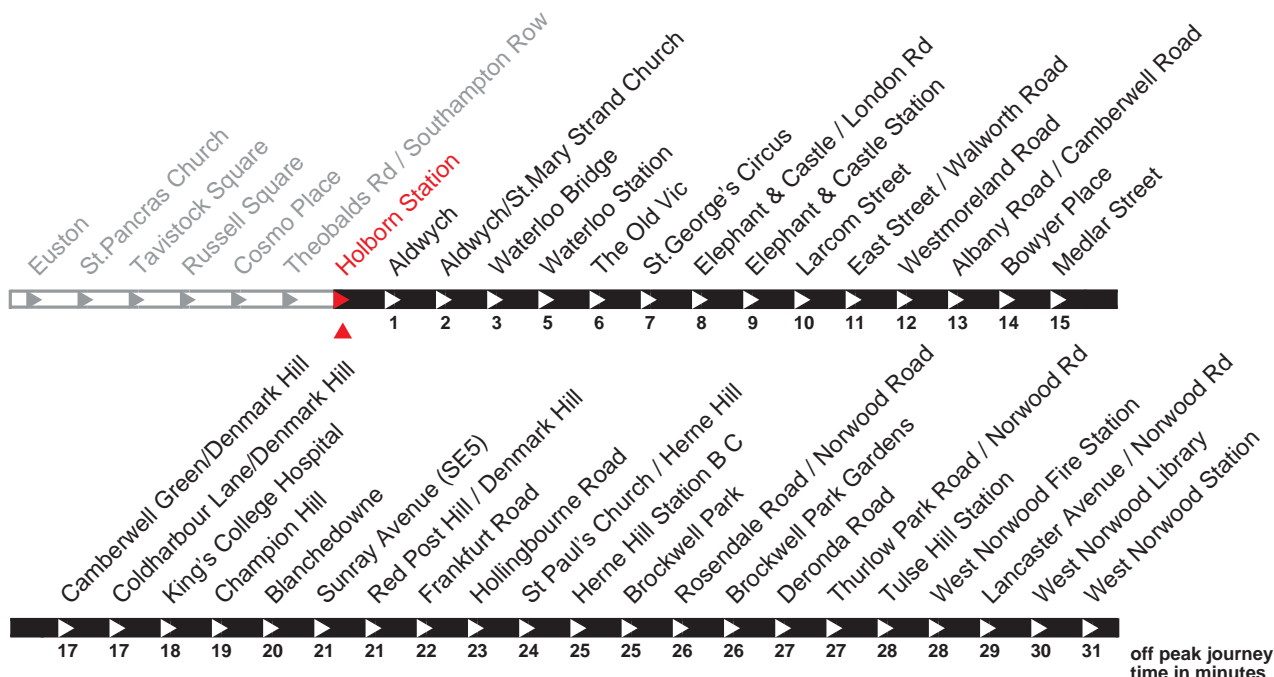
# London Buses

# 68

Daily



## Buses towards West Norwood Station



### Monday - Friday

First buses	6 to 7am	7am to 8pm	8pm to midnight	Last buses
0542	<i>about every</i>	<i>about every</i>	<i>about every</i>	0000
0554	<b>8-10</b> <i>minutes</i>	<b>4-8</b> <i>minutes</i>	<b>8-12</b> <i>minutes</i>	0012

### Saturday (also Good Friday)

First buses	6 to 9am	9 to 10am	10am to 8pm	8pm to midnight	Last buses
0542	<i>about every</i>	<i>about every</i>	<i>about every</i>	<i>about every</i>	0000
0557	<b>12-15</b> <i>minutes</i>	<b>5-8</b> <i>minutes</i>	<b>7-10</b> <i>minutes</i>	<b>11-12</b> <i>minutes</i>	0012

### Sunday and other Public Holidays

First buses	6 to 9am	9am to midnight	Last buses
0542	<i>about every</i>	<i>about every</i>	0000
0557	<b>12-15</b> <i>minutes</i>	<b>10-13</b> <i>minutes</i>	0012

Operated by London Central for London Buses

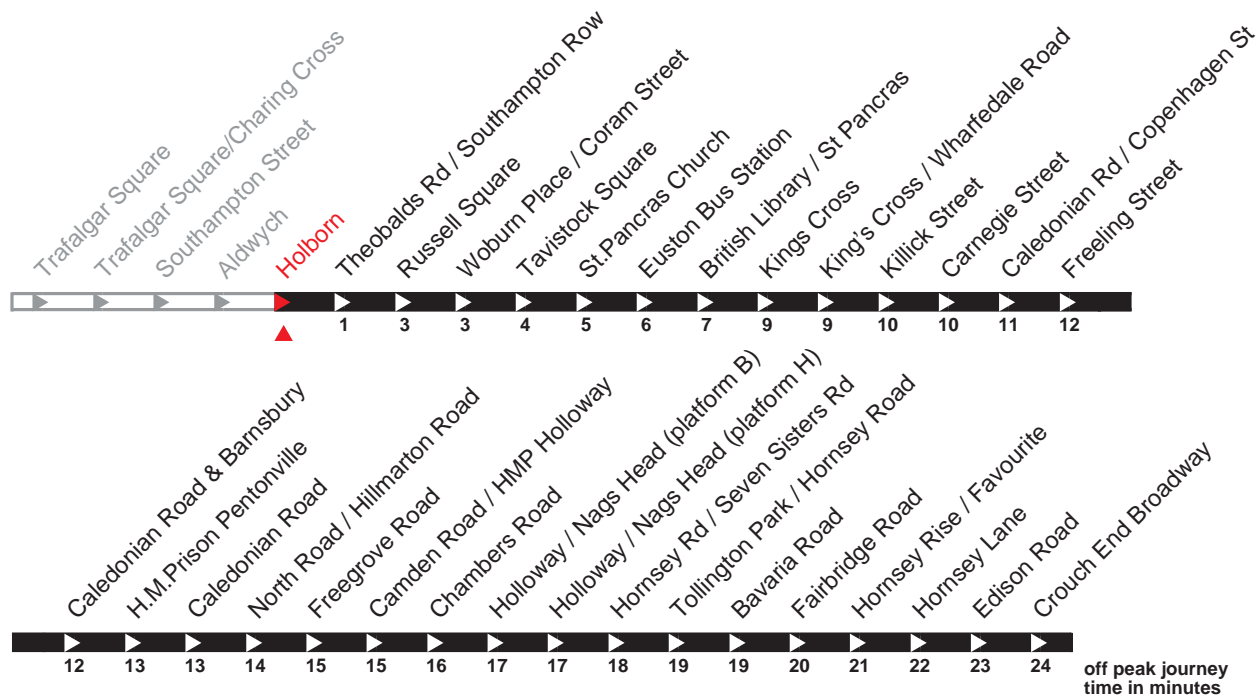
# London Buses

# 91

Daily



## Buses towards Crouch End Broadway



### Monday - Friday

First buses	6 to 7am	7am to 10pm	10pm to midnight	Last buses
0546	<i>about every</i>	<i>about every</i>	<i>about every</i>	0008
0556	<b>10-11</b>	<b>6-10</b>	<b>9-11</b>	0018
	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	0030

### Saturday (also Good Friday)

First buses	6 to 9am	9am to midnight	Last buses
0546	<i>about every</i>	<i>about every</i>	0001
0558	<b>10-13</b>	<b>7-11</b>	0011
	<i>minutes</i>	<i>minutes</i>	0021
			0032

### Sunday and other Public Holidays

First bus	7am to midnight	Last buses
0656	<i>about every</i>	0008
	<b>9-12</b>	0018
	<i>minutes</i>	0030

Operated by First for London Buses

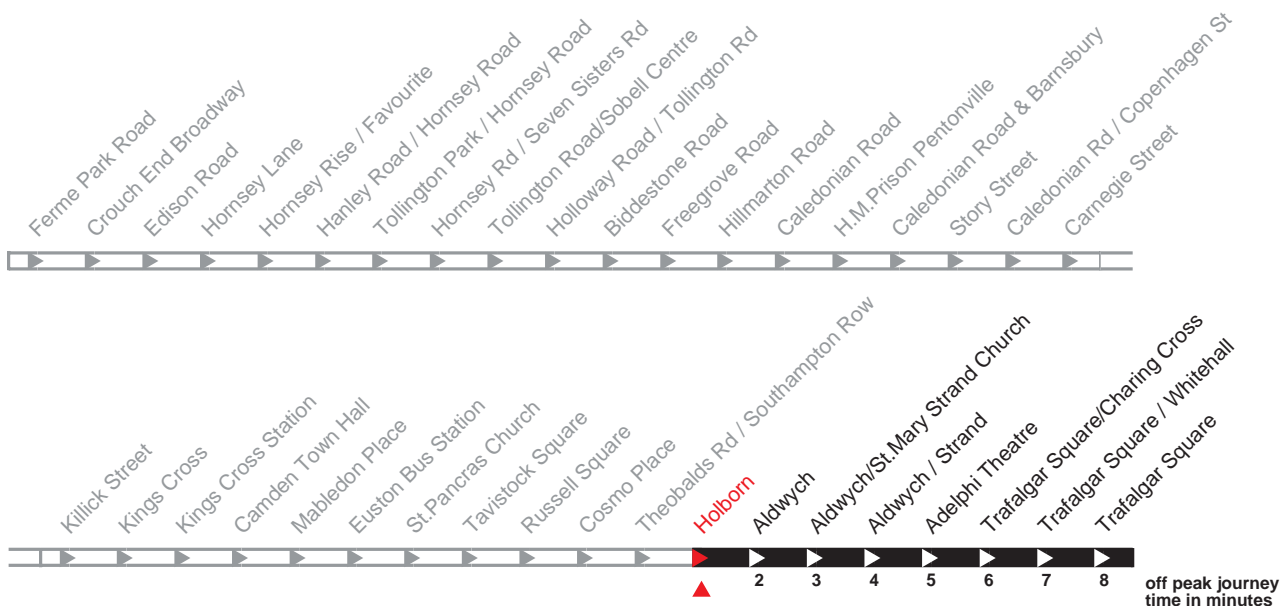
# London Buses

# 91

Daily



## Buses towards Trafalgar Square



### Monday - Friday

First buses	6 to 7am	7 to 8am	8am to 9pm	9pm to midnight	Last buses
0540 0551	0603 0614 0626 0639 0649 0657	<i>about every</i> <b>7-10</b> <i>minutes</i>	<i>about every</i> <b>5-9</b> <i>minutes</i>	<i>about every</i> <b>9-11</b> <i>minutes</i>	0005 0014 0024 0034 0044

### Saturday (also Good Friday)

First buses	6 to 9am	9am to midnight	Last buses
0540 0553	<i>about every</i> <b>10-13</b> <i>minutes</i>	<i>about every</i> <b>7-11</b> <i>minutes</i>	0005 0014 0024 0034 0044

### Sunday and other Public Holidays

First buses	7 to 10am	10am to midnight	Last buses
0641 0653	<i>about every</i> <b>12-14</b> <i>minutes</i>	<i>about every</i> <b>9-11</b> <i>minutes</i>	0004 0014 0025 0035 0045

Operated by First for London Buses

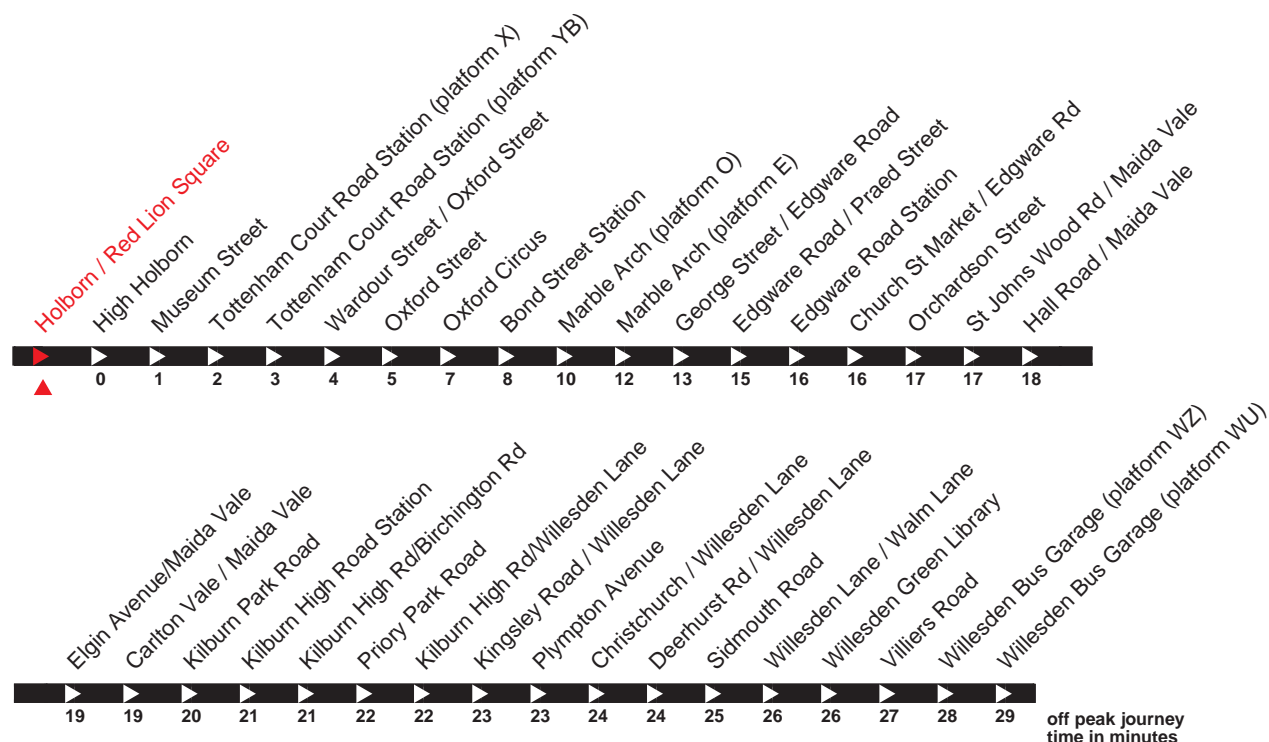
# London Buses

# 98

Daily



## Buses towards Willesden Bus Garage



### Monday - Friday

First buses	7am to 8pm	8pm to midnight	Last bus
0610	<i>about every</i>	<i>about every</i>	0000
0625	<b>4-8</b>	<b>7-10</b>	
0638	<i>minutes</i>	<i>minutes</i>	
0648			
0655			

### Saturday (also Good Friday)

First buses	7 to 9am	9am to 8pm	8pm to midnight	Last bus
0610	<i>about every</i>	<i>about every</i>	<i>about every</i>	0000
0625	<b>10</b>	<b>5-9</b>	<b>7-10</b>	
0640	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	
0655				

### Sunday and other Public Holidays

First buses	8 to 10am	10am to midnight	Last bus
0740	<i>about every</i>	<i>about every</i>	0000
0755	<b>8-12</b>	<b>7-10</b>	
	<i>minutes</i>	<i>minutes</i>	

Operated by Metroline for London Buses

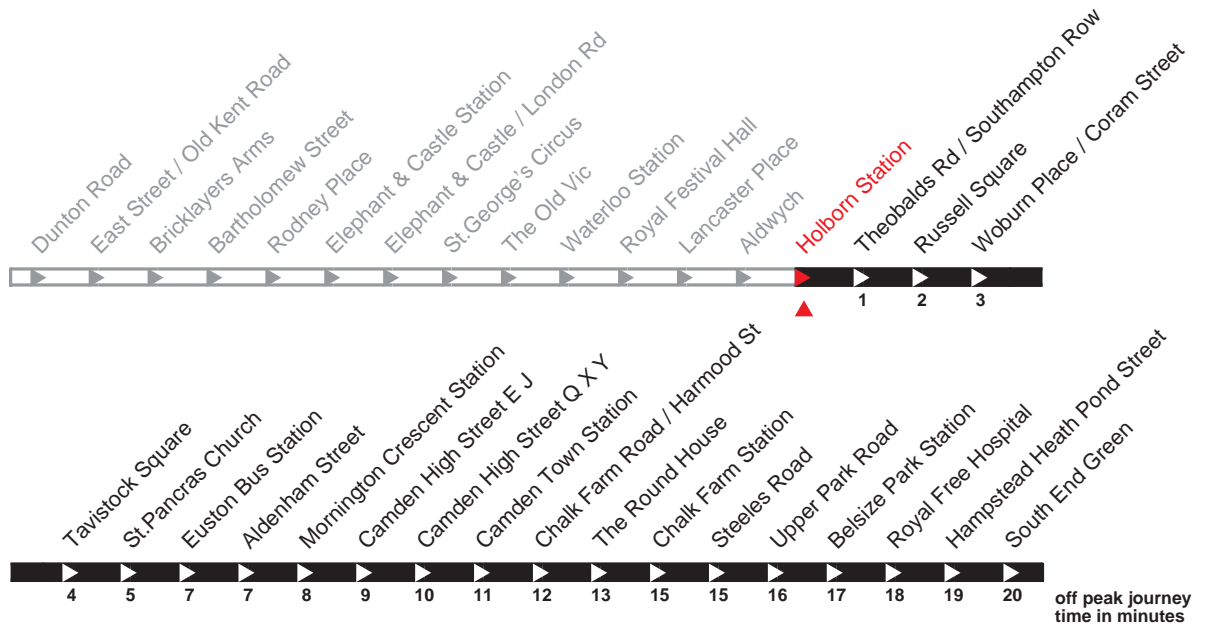
# London Buses

# 168

Daily



Buses towards South End Green



## Monday - Friday

First buses	7am to 8pm	8pm to midnight	Last buses
0601	<i>about every</i>	<i>about every</i>	0010
0613	<b>7-9</b>	<b>10-12</b>	0022
0625	<i>minutes</i>	<i>minutes</i>	0034
0637			
0649			
0659			

## Saturday (also Good Friday)

First buses	7 to 10am	10am to 7pm	7pm to midnight	Last buses
0600	<i>about every</i>	<i>about every</i>	<i>about every</i>	0010
0612	<b>9-12</b>	<b>7-9</b>	<b>8-12</b>	0022
0625	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	0034
0637				
0649				

## Sunday and other Public Holidays

First buses	7 to 9am	9am to midnight	Last buses
0600	<i>about every</i>	<i>about every</i>	0010
0615	<b>12-15</b>	<b>10-14</b>	0022
0631	<i>minutes</i>	<i>minutes</i>	0034
0646			

Operated by Arriva London for London Buses

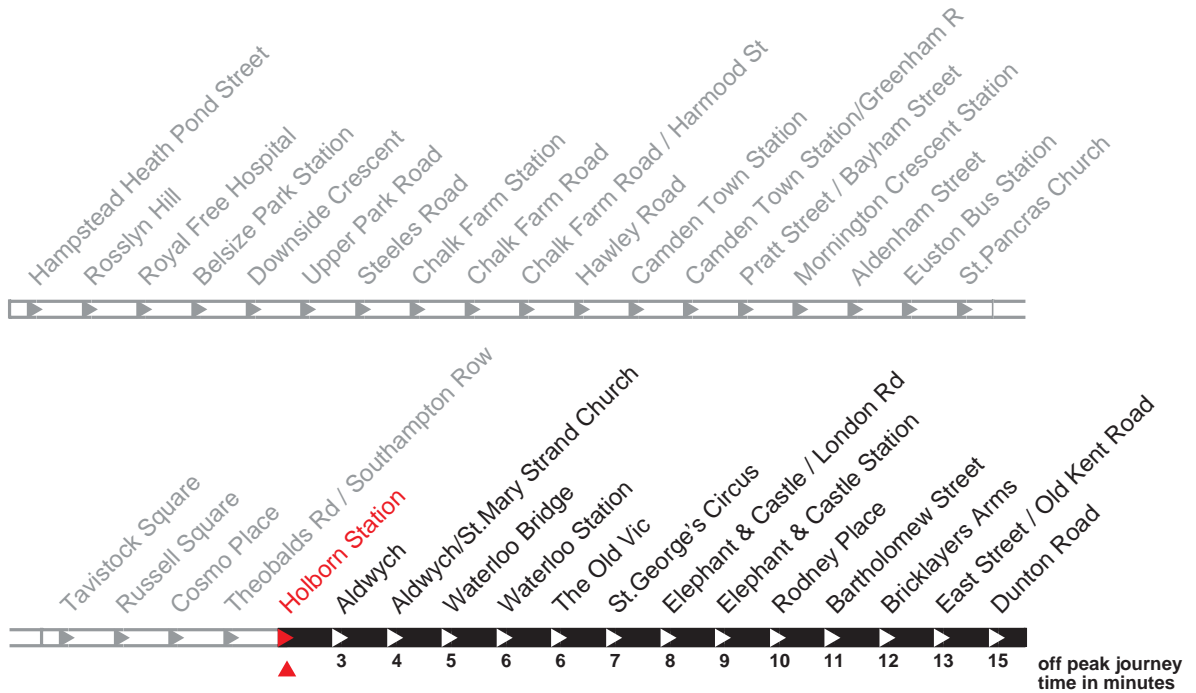
# London Buses

# 168

Daily



## Buses towards Dunton Road



### Monday - Friday

First bus	6 to 7am	7am to 8pm	8pm to midnight	Last buses
0548	about every <b>8-12</b> minutes	about every <b>6-10</b> minutes	about every <b>11-12</b> minutes	0000 0012 0024

### Saturday (also Good Friday)

First bus	6 to 9am	9am to 7pm	7pm to midnight	Last buses
0548	about every <b>10-12</b> minutes	about every <b>7-11</b> minutes	about every <b>10-12</b> minutes	0000 0012 0024

### Sunday and other Public Holidays

First bus	6 to 10am	10 to 11am	11am to midnight	Last buses
0548	about every <b>12-15</b> minutes	1010 1024 1030 1037 1049	about every <b>11-13</b> minutes	0000 0012 0024

Operated by Arriva London for London Buses

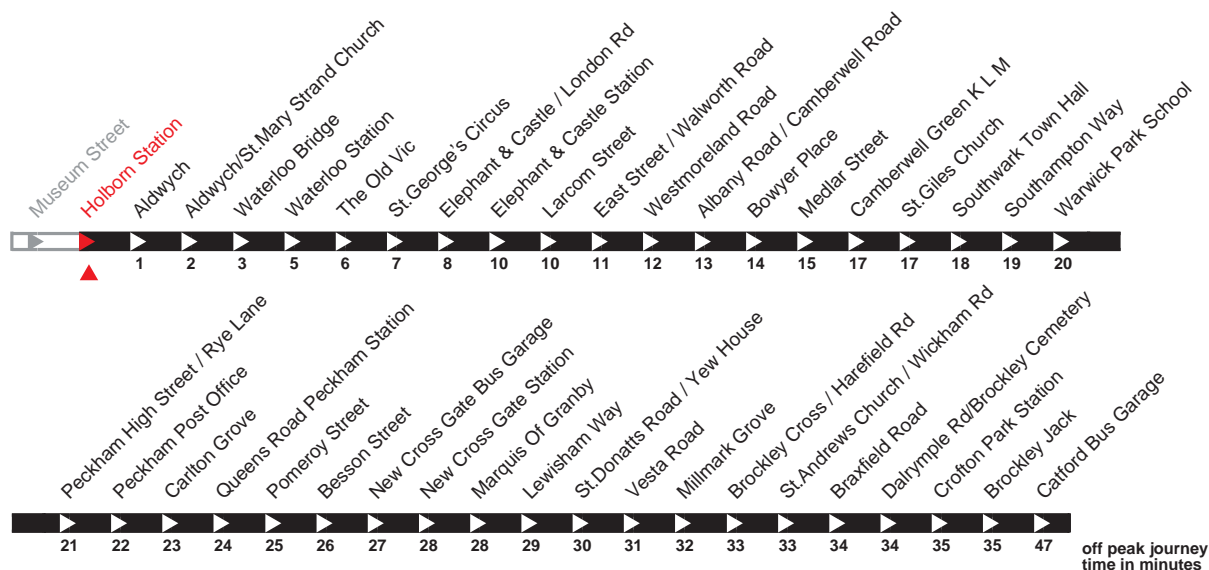
# London Buses

# 171

Daily



## Buses towards Catford Bus Garage



## Monday - Friday

First buses	6 to 7am	7am to 8pm	8 to 11pm	Last buses
0502	<i>about every</i>	<i>about every</i>	<i>about every</i>	2309
0522	<b>12</b>	<b>6-10</b>	<b>11-12</b>	2321
0542	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	2333
0554				2345
				2357

## Saturday (also Good Friday)

First buses	6 to 7am	7 to 8am	8 to 9am	9am to 7pm	7 to 11pm	Last buses
0502	0602	<i>about every</i>	<i>about every</i>	<i>about every</i>	<i>about every</i>	2309
0532	0632	<b>15</b>	<b>9-12</b>	<b>7-10</b>	<b>10-12</b>	2321
	0647	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	2333
						2345
						2357

## Sunday and other Public Holidays

First buses	6 to 7am	7 to 8am	8 to 10am	10am to 11pm	Last buses
0502	0602	0702	<i>about every</i>	<i>about every</i>	2309
0532	0632	0732	<b>12-15</b>	<b>9-12</b>	2321
		0747	<i>minutes</i>	<i>minutes</i>	2333
					2345
					2357

Operated by London Central for London Buses

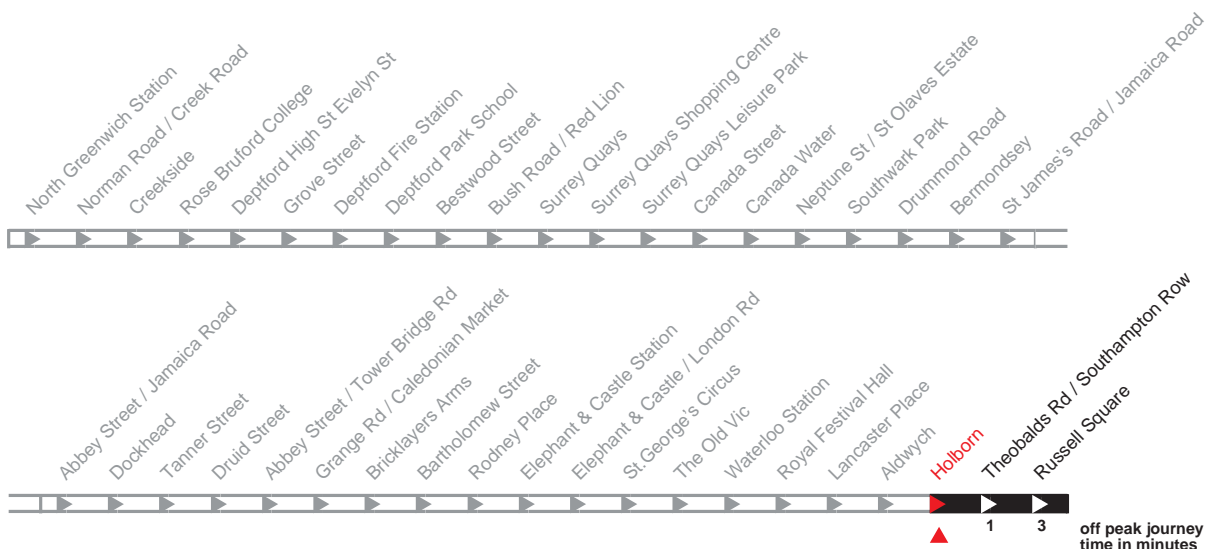
# London Buses

# 188

Daily



Buses towards Russell Square



## Monday - Friday

First buses	6 to 7am	7 to 8am	8am to 8pm	8 to 11pm	11pm to midnight	midnight to 1am	Last buses
05 19	<i>about every</i>	07 01	<i>about every</i>	<i>about every</i>	23 06	<i>about every</i>	01 07
05 34	<b>14-15</b>	07 14	<b>5-9</b>	<b>9-12</b>	23 09	<b>12</b>	01 19
05 49	<i>minutes</i>	07 29	<i>minutes</i>	<i>minutes</i>	23 21	<i>minutes</i>	01 31
		07 39			23 31		01 43
		07 48			23 43		01 55
		07 56			23 55		

## Saturday (also Good Friday)

First buses	6 to 9am	9 to 10am	10am to 8pm	8 to 11pm	11pm to midnight	midnight to 1am	Last buses
05 20	<i>about every</i>	<i>about every</i>	<i>about every</i>	<i>about every</i>	23 06	<i>about every</i>	01 07
05 35	<b>14-15</b>	<b>10-13</b>	<b>6-8</b>	<b>12</b>	23 09	<b>12</b>	01 19
05 50	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	<i>minutes</i>	23 21	<i>minutes</i>	01 31
					23 31		01 43
					23 43		01 55
					23 55		

## Sunday and other Public Holidays

First buses	6 to 7am	7 to 8am	8 to 9am	9am to 11pm	11pm to midnight	midnight to 1am	Last buses
05 20	06 00	07 00	<i>about every</i>	<i>about every</i>	23 06	<i>about every</i>	01 07
05 40	06 20	07 20	<b>12-15</b>	<b>9-12</b>	23 09	<b>12</b>	01 19
	06 40	07 38	<i>minutes</i>	<i>minutes</i>	23 21	<i>minutes</i>	01 31
		07 55			23 31		01 43
					23 43		01 55
					23 55		

Operated by Travel London for London Buses

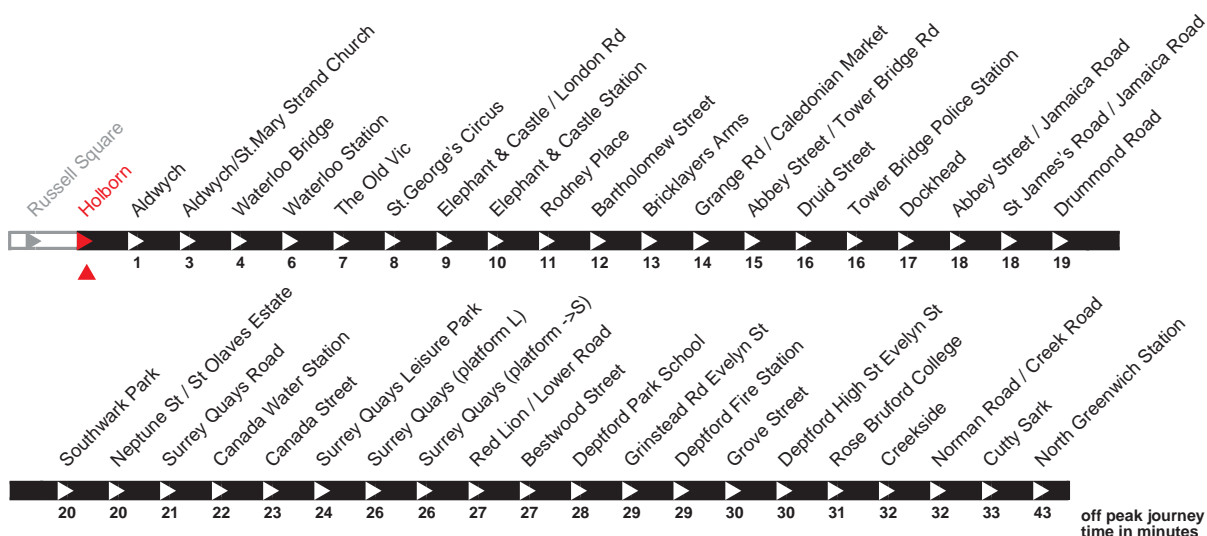
# London Buses

# 188

Daily



Buses towards North Greenwich Station



## Monday - Friday

First bus	5 to 6am	6 to 7am	7am to 8pm	8pm to midnight	Last buses
0449	<i>about every</i> <b>15</b> <i>minutes</i>	0604 0619 0629 0639 0649 0659	<i>about every</i> <b>6-10</b> <i>minutes</i>	<i>about every</i> <b>12</b> <i>minutes</i>	0005 0017 0029

## Saturday (also Good Friday)

First bus	5 to 7am	7 to 9am	9 to 10am	10am to midnight	Last buses
0449	<i>about every</i> <b>12-15</b> <i>minutes</i>	<i>about every</i> <b>9-12</b> <i>minutes</i>	<i>about every</i> <b>6-10</b> <i>minutes</i>	<i>about every</i> <b>8-12</b> <i>minutes</i>	0005 0017 0029

## Sunday and other Public Holidays

First bus	5 to 6am	6 to 8am	8am to midnight	Last buses
0449	0509 0529 0549	<i>about every</i> <b>15</b> <i>minutes</i>	<i>about every</i> <b>10-14</b> <i>minutes</i>	0005 0017 0029

Operated by Travel London for London Buses

# London Buses

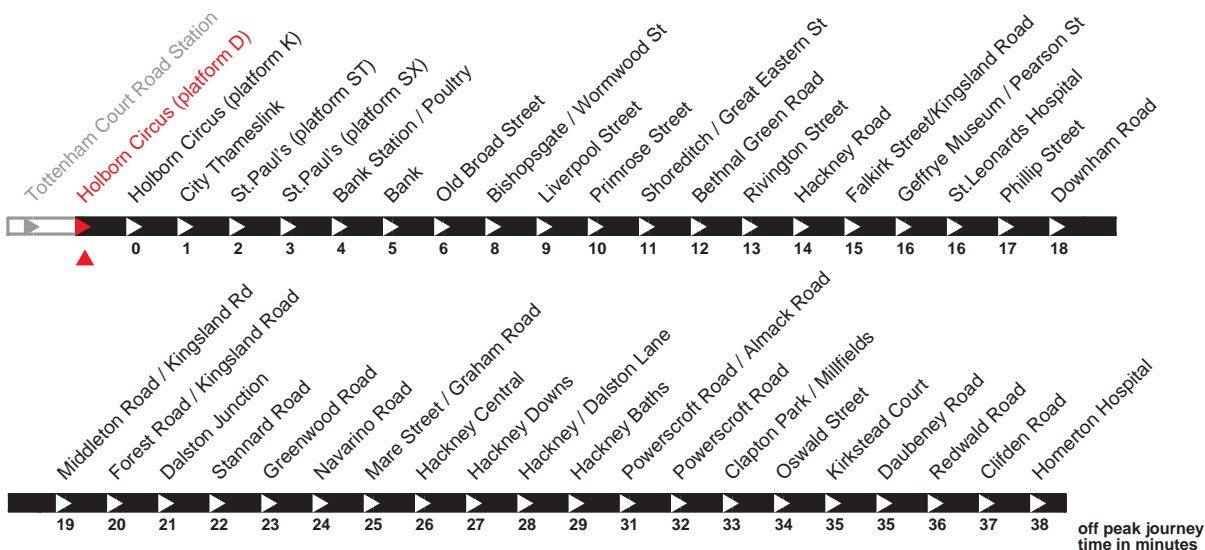
# 242

Daily

**24 hour service**



## Buses towards Homerton Hospital



### Monday - Friday

First buses	1 to 5am	5 to 6am	6 to 7am	7am to 8pm	8 to 11pm	Last buses
0006	At these 00	0500	about every	about every	about every	2306
0016	minutes 30	0521	<b>8-12</b>	<b>5-9</b>	<b>6-10</b>	2316
0026	past the	0536	minutes	minutes	minutes	2326
0036	hour	0551				2336
						2346
						2356

### Saturday (also Good Friday)

First buses	1 to 5am	5 to 6am	6 to 8am	8 to 9am	9am to 7pm	7 to 11pm	Last buses
0006	At these 00	0500	about every	0806	about every	about every	2306
0016	minutes 30	0521	<b>12</b>	0818	<b>5-8</b>	<b>7-10</b>	2316
0026	past the	0536	minutes	0826	minutes	minutes	2326
0036	hour	0551		0834			2336
				0842			2346
				0849			2356
				0856			

### Sunday and other Public Holidays

First buses	1 to 5am	5 to 6am	6 to 8am	8am to 11pm	Last buses
0006	At these 00	0500	about every	about every	2306
0016	minutes 30	0521	<b>12-15</b>	<b>8-12</b>	2316
0026	past the	0536	minutes	minutes	2326
0036	hour	0551			2336
					2346
					2356

Operated by Arriva London for London Buses

# London Buses

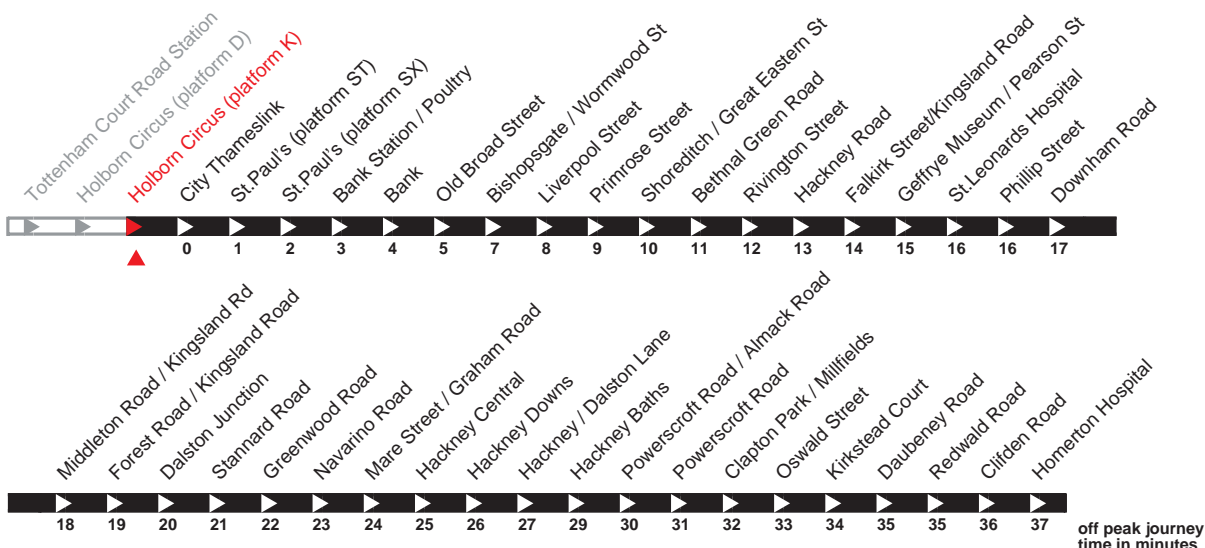
# 242

Daily

**24 hour service**



## Buses towards Homerton Hospital



### Monday - Friday

First buses	1 to 5am	5 to 6am	6 to 7am	7am to 8pm	8 to 11pm	Last buses
0007	At these 01	0501	about every	about every	about every	2307
0017	minutes 31	0522	<b>8-12</b>	<b>5-9</b>	<b>6-10</b>	2317
0027	past the	0537	minutes	minutes	minutes	2327
0037	hour	0552				2337
						2347
						2357

### Saturday (also Good Friday)

First buses	1 to 5am	5 to 6am	6 to 8am	8 to 9am	9am to 7pm	7 to 11pm	Last buses
0007	At these 01	0501	about every	0807	about every	about every	2307
0017	minutes 31	0522	<b>12</b>	0819	<b>5-7</b>	<b>7-10</b>	2317
0027	past the	0537	minutes	0827	minutes	minutes	2327
0037	hour	0552		0835			2337
				0843			2347
				0850			2357
				0857			

### Sunday and other Public Holidays

First buses	1 to 5am	5 to 6am	6 to 8am	8am to 11pm	Last buses
0007	At these 01	0501	about every	about every	2307
0017	minutes 31	0522	<b>12-15</b>	<b>8-12</b>	2317
0027	past the	0537	minutes	minutes	2327
0037	hour	0552			2337
					2347
					2357

Operated by Arriva London for London Buses

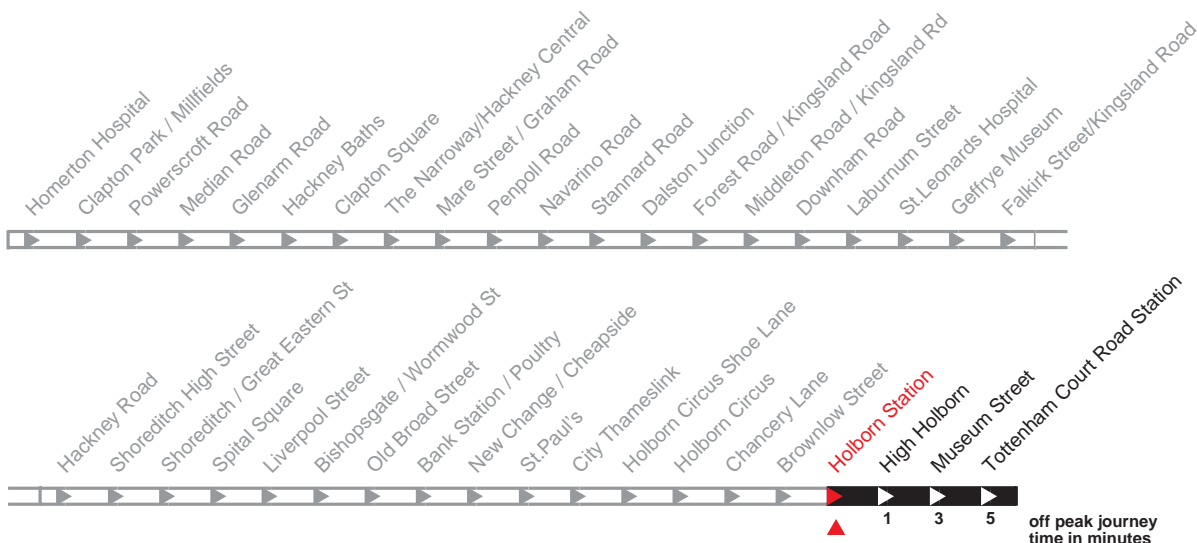
# London Buses

# 242

Daily



Buses towards Tottenham Court Road Station



## Monday - Friday

First bus	1 to 5am	5 to 6am	6 to 7am	7am to 8pm	8pm to midnight	Last buses
0039	At these 09 minutes 39 past the hour	0501 0516 0531 0546 0556	<i>about every</i>  <b>8-10</b> <i>minutes</i>	<i>about every</i>  <b>5-8</b> <i>minutes</i>	<i>about every</i>  <b>8-10</b> <i>minutes</i>	0008 0018

## Saturday (also Good Friday)

First bus	1 to 5am	5 to 8am	8am to 7pm	7pm to midnight	Last buses
0039	At these 09 minutes 39 past the hour	<i>about every</i>  <b>12-15</b> <i>minutes</i>	<i>about every</i>  <b>5-8</b> <i>minutes</i>	<i>about every</i>  <b>8-10</b> <i>minutes</i>	0008 0018

## Sunday and other Public Holidays

First bus	1 to 5am	5 to 7am	7am to midnight	Last buses
0039	At these 09 minutes 39 past the hour	<i>about every</i>  <b>15</b> <i>minutes</i>	<i>about every</i>  <b>10-12</b> <i>minutes</i>	0008 0018

Operated by Arriva London for London Buses

# London Buses

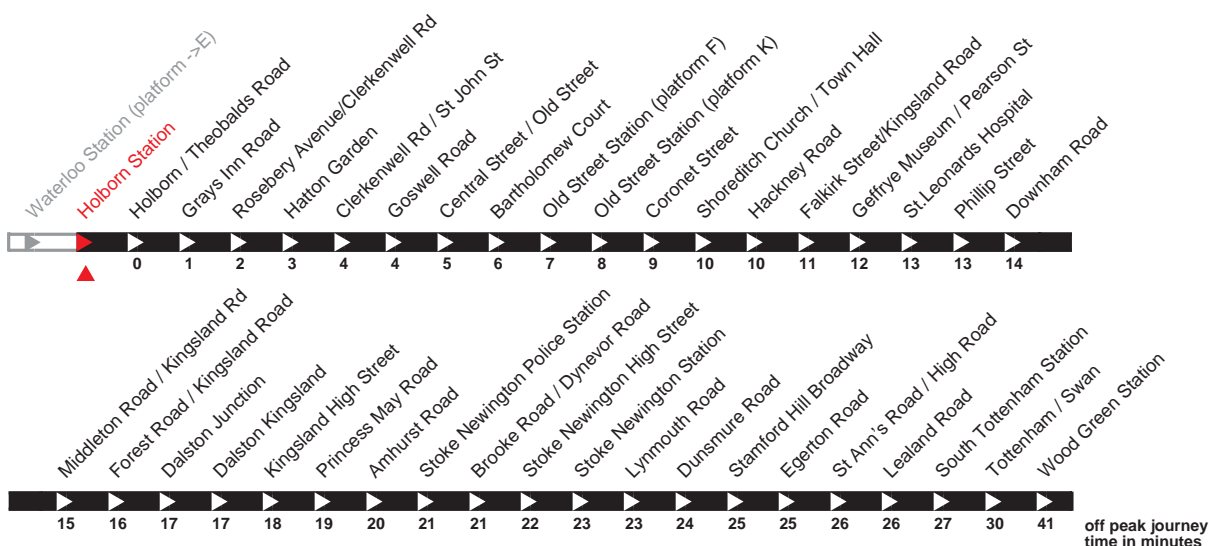
# 243

Daily

**24 hour service**



## Buses towards Wood Green Station



### Monday - Thursday

First buses	1 to 5am	5 to 6am	6 to 7am	7am to 8pm	8 to 11pm	Last buses
00 07	At these 20	05 10	06 05	about every	about every	23 07
00 20	minutes 50	05 30	06 20	<b>5-7</b>	<b>8-12</b>	23 19
00 30	past the	05 50	06 34	minutes	minutes	23 31
00 40	hour		06 44			23 43
00 50			06 52			23 55

Journeys at 00:30 and 00:40 only run as far as Tottenham / Swan.

### Friday

First buses	1 to 3am	3 to 5am	5 to 6am	6 to 7am	7am to 8pm	8 to 11pm	Last buses
00 07	At these 21	At these 20	05 10	06 05	about every	about every	23 07
00 20	minutes 51	minutes 50	05 30	06 20	<b>5-7</b>	<b>8-12</b>	23 19
00 30	past the	past the	05 50	06 34	minutes	minutes	23 31
00 40	hour	hour		06 44			23 43
00 50				06 52			23 55

Journeys at 00:30 and 00:40 only run as far as Tottenham / Swan.

### Saturday (also Good Friday)

First buses	1 to 3am	3 to 5am	5 to 7am	7 to 9am	9am to 8pm	8 to 11pm	Last buses
00 07	At these 21	At these 20	At these 10	about every	about every	about every	23 07
00 20	minutes 51	minutes 50	minutes 30	<b>10-12</b>	<b>7-10</b>	<b>12</b>	23 19
00 30	past the	past the	past the	minutes	minutes	minutes	23 31
00 40	hour	hour	hour				23 43
00 50							23 55

Journeys at 00:30 and 00:40 only run as far as Tottenham / Swan.

### Sunday and other Public Holidays

First buses	1 to 6am	6 to 7am	7 to 8am	8 to 9am	9am to 11pm	Last buses
00 07	At these 20	06 20	07 06	about every	about every	23 07
00 20	minutes 50	06 46	07 26	<b>12-15</b>	<b>8-12</b>	23 19
00 30	past the		07 46	minutes	minutes	23 31
00 40	hour					23 43
00 50						23 55

Journeys at 00:30 and 00:40 only run as far as Tottenham / Swan.

Operated by Arriva London for London Buses

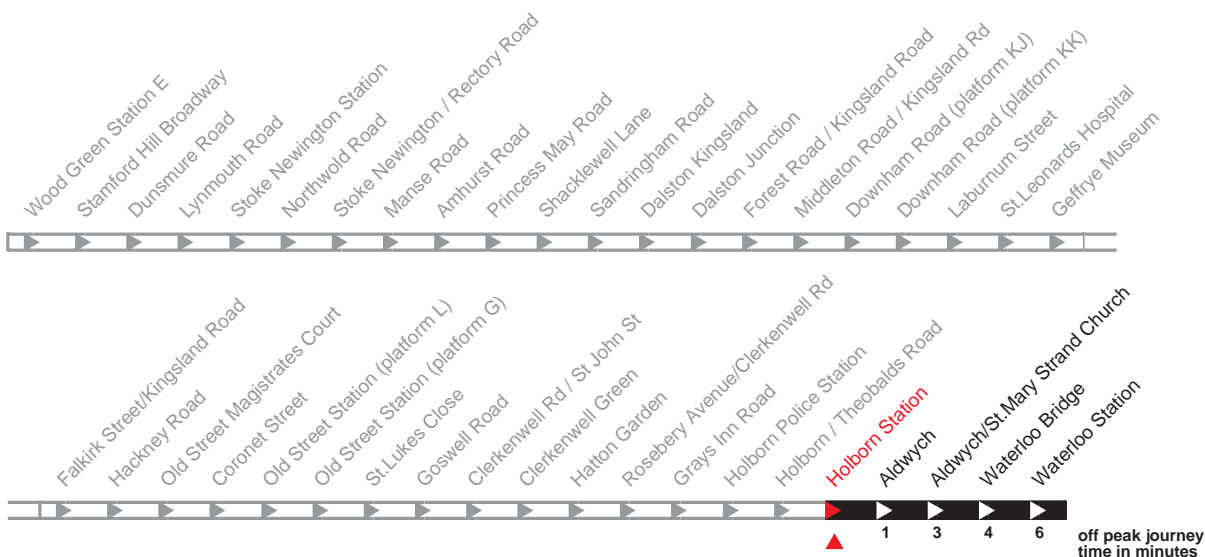
# London Buses

# 243

Daily



## Buses towards Waterloo Station



### Monday - Thursday

First bus	1 to 4am	4 to 5am	5 to 6am	6 to 7am	7am to 8pm	8 to 9pm	9pm to midnight	Last buses
00 59	At these minutes past the hour	04 29 04 49	05 09 05 29 05 44 05 59	06 14 06 27 06 37 06 47 06 55	about every <b>5-8</b> minutes	20 01 20 08 20 15 20 23 20 33 20 43 20 55	about every <b>11-12</b> minutes	00 06 00 18 00 31

### Friday

First buses	2 to 3am	3 to 4am	4 to 5am	5 to 6am	6 to 7am	7am to 8pm	8 to 9pm	9pm to midnight	Last buses
01 03 01 33	02 03 02 33	03 03 03 31 03 59	04 29 04 49	05 09 05 29 05 44 05 59	06 14 06 27 06 37 06 47 06 55	about every <b>5-8</b> minutes	20 01 20 08 20 15 20 23 20 33 20 43 20 55	about every <b>11-12</b> minutes	00 06 00 18 00 31

### Saturday (also Good Friday)

First buses	2 to 3am	3 to 4am	4 to 5am	5 to 6am	6 to 8am	8 to 9am	9am to 8pm	8pm to midnight	Last buses
01 03 01 33	02 03 02 33	03 03 03 31 03 59	04 29 04 49	05 09 05 29 05 49	about every <b>12-15</b> minutes	about every <b>8-12</b> minutes	about every <b>7-10</b> minutes	about every <b>11-12</b> minutes	00 06 00 18 00 31

### Sunday and other Public Holidays

First bus	1 to 6am	6 to 7am	7 to 8am	8am to midnight	Last buses
00 59	At these minutes past the hour	06 19 06 39 06 59	07 19 07 37 07 52	about every <b>10-12</b> minutes	00 06 00 18 00 31

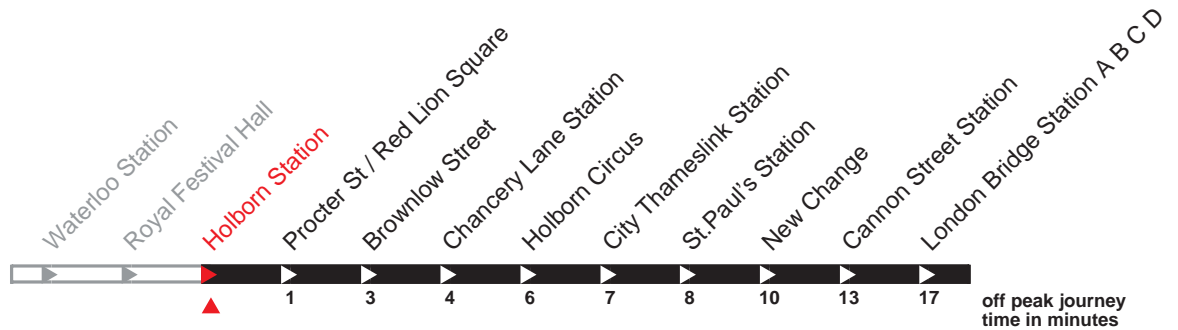
Operated by Arriva London for London Buses

# London Buses

# 521

Monday - Friday

Buses towards London Bridge Station A B C D



## Monday - Friday

First buses	7 to 10am	10 to 11am	11am to 4pm	4 to 5pm	5 to 7pm	Last buses
0648	<i>about every</i>	1001	<i>about every</i>	1600	<i>about every</i>	1902
0652	<b>2-5</b>	1006	<b>7-10</b>	1606	<b>4-5</b>	1907
0655	<i>minutes</i>	1016	<i>minutes</i>	1613	<i>minutes</i>	1912
0659		1026		1615		
		1036		1618		
		1046		1623		
		1056		1628		
				1633		
				1637		
				1641		
				1645		
				1649		
				1654		
				1657		

Journeys at 06:48, 06:55, 07:01, 07:08, 07:14, 07:21, 07:40, 08:04, 08:49, 09:16, 09:32, 09:39, 09:50, 09:58, 16:15, 18:47, 18:57, and 19:07 only run as far as St. Paul's Station.

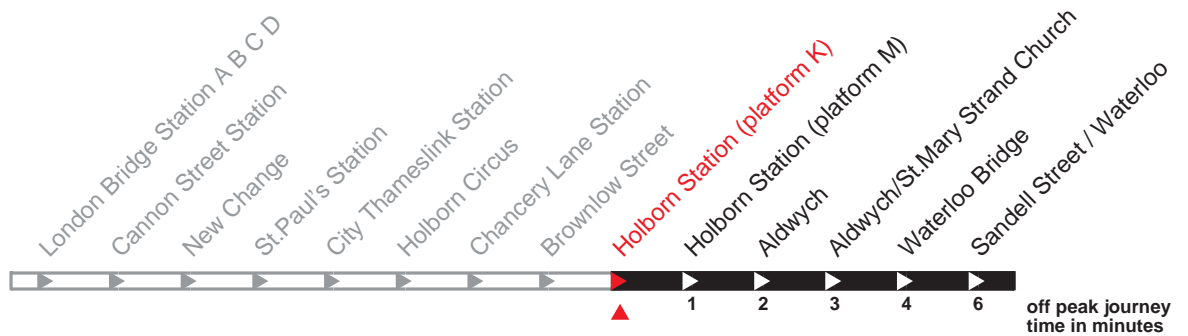
Operated by London General for London Buses

# London Buses

# 521

Monday - Friday

Buses towards Sandell Street / Waterloo



## Monday - Friday

First buses	7 to 10am	10 to 11am	11am to 3pm	3 to 4pm	4 to 7pm	Last buses
0653	<i>about every</i>	1000	<i>about every</i>	1501	<i>about every</i>	1901
0656	<b>2-5</b>	1005	<b>10</b>	1511	<b>3-5</b>	1906
0659	<i>minutes</i>	1010	<i>minutes</i>	1521	<i>minutes</i>	1911
		1015		1531		1916
		1021		1541		1921
		1031		1551		
		1041		1555		
		1051		1559		

Operated by London General for London Buses

# London Buses

# 521

Monday - Friday

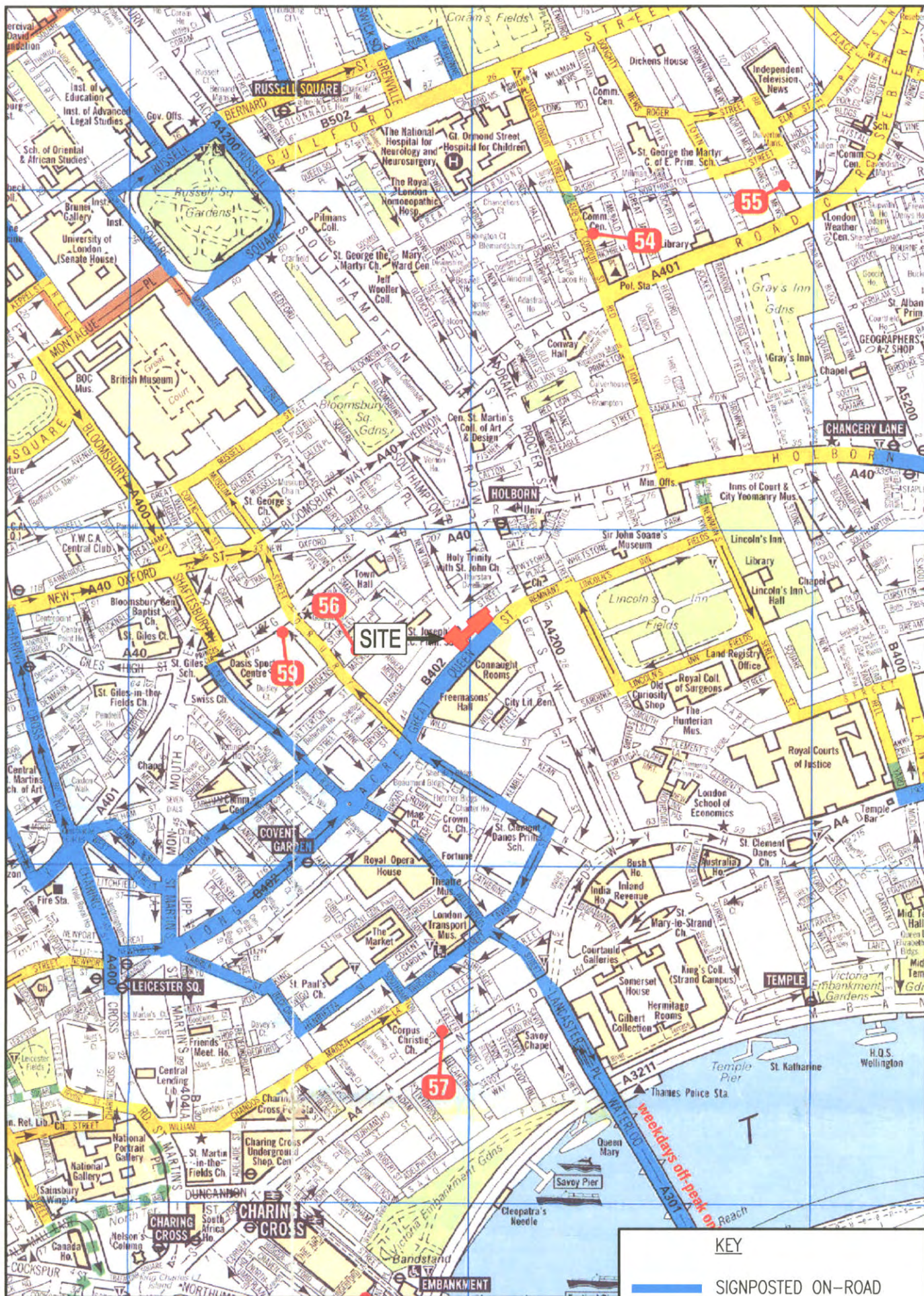
Buses towards Sandell Street / Waterloo



## Monday - Friday

First buses	7 to 10am	10 to 11am	11am to 3pm	3 to 4pm	4 to 7pm	Last buses
0654	<i>about every</i>	1001	<i>about every</i>	1502	<i>about every</i>	1902
0657	<b>2-5</b> <i>minutes</i>	1006 1011 1016 1022 1032 1042 1052	<b>10</b> <i>minutes</i>	1512 1522 1532 1542 1552 1556	<b>3-5</b> <i>minutes</i>	1907 1912 1917 1922

Operated by London General for London Buses



TITLE:

# HOLBROOK HOUSE CYCLE ROUTES

## KEY

- SIGNPOSTED ON-ROAD ROUTES.
- LCC ADVISORY ROUTES.
- SIGNPOSTED CYCLE ROUTES.
- DISMOUNT.
- ONE WAY STREET.

# Cycling to Work




## London Cyclists' Trust



**London  
Cycling  
Campaign**

**CYCLING - GOOD FOR LONDON ... GOOD FOR YOU!**



You can do it. Cycling to work is healthy, fun, and saves you money. You'll soon get hooked and find it's the best way to get around London. So why not give it a try?

Commuting by bike is great for your health, giving you a low-impact workout twice a day. You'll get to work awake and ready to start the day, and you'll look forward to the journey home instead of dreading the cattle-wagon squash on the Underground or train, the cold wait at the bus stop or being stuck in traffic for hours.

With the right clothes on you'll be warmer cycling than anyone going for public transport. And no, honestly, you won't get soaking wet in the rain. Not often anyway! Get a rain jacket and get out there - you'll love it.

Don't be put off by the people who tell you it's dangerous, either. The congestion charge means the centre of town has far fewer cars than before. And of course, the more cyclists there are on the roads, the more car drivers will look out for them. If you stay aware, and are visible with lights and bright clothes after dark, cycling is a safe mode of transport.

## Contents

It's good for you!	3
It's fast!	4
Lose pounds, gain pounds	4
Save the world	5
London and rain	6
Being safe	7
Cyclewear	8
But how do I get there?	9
Arriving at work	9
Work, and how to make it better for cyclists	10
Tax breaks	10
Bicycle User Groups	11
LCC Corporate Affiliation	13
Give it a try	14

### **It's good for you!**

Cycling is great exercise and it just takes a few weeks of regular cycling to start to feel the benefits.

Regular exercise like this halves your chances of suffering from heart disease, and helps to prevent strokes, diabetes and some kinds of cancer. Your blood pressure and resting heart rate will be lower, and you're likely to lose any extra weight you've been carrying as you burn calories and raise your metabolic rate.

And you'll feel all the better for it. Exercise reduces stress and just makes you feel great. You'll get to work feeling bright and awake, compared to the sluggish souls trudging in from the Tube station.



Photo: Jason Patient

Photo: Jason Patient



### **It's fast!**

Bicycles are the fastest mode of transport, door to door, in central London. Transport for London figures show that a bike takes just 22 minutes to travel 4 miles, compared to 40 minutes by car and 30 minutes by public transport.

### **Lose pounds, gain pounds**

Public transport in London is far from cheap, and the cost of running a car can be frightening. Bikes, on the other hand, are very cheap to run. Cycling isn't entirely free, of course, and you have to take into account the cost of the bike itself, plus any bike shop services to your bike (or you could learn to do it yourself - many local LCC groups run bike maintenance sessions, where experienced people show you what to do). You might decide to buy some new clothes to cycle in, and you'll need lights for your bike. Unfortunately you'll also need a decent lock, and ideally insurance, as bike thieves are everywhere in London. Access to special theft insurance policy is offered to LCC members. But with a little care (see the advice in LCC's 'Bicycle Security - lock it or lose it!' booklet) you can make sure your bike is still there when you set off home each night.

Having said that, it won't take long before the savings on public transport mean you've recouped the cost of the bike and anything else you buy. Plus, if you use your bike for work you could get mileage costs from your employer - see page 10 for details.

Photo: Lionel Shapiro



### **Save the world**

Yes, while you're getting fitter, moving faster and saving money, you're also doing your bit for the environment.

Road traffic is the main source of air and noise pollution in London, and every person who swaps road transport for a bike will reduce that. Although you may be concerned about breathing in exhaust fumes, studies have shown that a cyclist is affected less by the fumes than people sitting in their cars - on a bike you sit higher, while the motorist sits still in a fug of traffic fumes. If you are very worried, you could always buy a mask from a bike shop and reduce the pollution you breathe in on your commute. You can also use the London Cycle Guides to help you find a route on quieter roads with less traffic and less pollution.

### **London and rain**

Despite its reputation, it really doesn't rain that much in London. If you ride to work at the same time every day, the chances are that you'll get wet maybe 12 times a year. On those days when it really is raining heavily, you can always get the bus, tube, train, or take the car - or just put your rain jacket on get out there, and find out what fun it can be to ride and not care about getting wet.

### **Keeping your bike safe**

It's an unfortunate fact that there are a lot of bike thieves in London. If it's not locked down tight, it's likely to get taken. So make sure you have a decent lock, learn how to use it in the best possible way, including locking it to a secure, immovable object (see London Cycle Campaign booklet 'Bicycle Security: lock it or lose it') and choose somewhere visible to make life harder for the thieves. If you're lucky your employer might provide secure parking, but otherwise look round for street bike racks, railings (without a 'no bicycles' sign!) or other safe spot. The LCC has produced a Cycle Parking Installation Guide to advise employers who wish to put in secure parking.

## **Being safe**

Cycling is safe. Out of all 44,494 road casualties in London in 2001, only 3,322 were cyclists. The British Medical Association has said that the benefits of cycling, to your health and fitness, far outweigh the risks.

This is not to dismiss the dangers, only to point out that cycling is not as dangerous as it is sometimes perceived to be. However, there are ways to make sure you are safer.

First, know the road rules. Read the Highway Code, and stick to it. One excellent way to improve your skills and confidence is to get some cycle training. There are a number of excellent cycle training providers in London, and some local authorities offer free cycle training. The LCC has a list of cycle training providers and local authorities which provide this free.

Cycle training is useful not only if you have never ridden a bike before, but also if you haven't ridden one for a while or if there are specific issues you would like to tackle. For example, a cycle training session might start by looking at road positioning and how you approach junctions and then go on to help you establish a route to work, including cycling this route with you so you can deal with any concerns you have.

Some local LCC groups will set you up with a bike buddy. This can help you to get the hang of riding in traffic or find a quieter route to work and back. There are also organised rides from various locations into and around town. Contact the LCC for details of the LCC local groups.



You should ride assertively, placing yourself on the road so that other road users can see you, and signalling your intentions to other road users. This will enable others to predict your movements and take these into account.

It is important to feel confident when cycling. Cycling with confidence and with awareness of other road users can make a huge difference to how safe you will be on the road. If you are new to cycling it is a good idea to start on quieter roads and to take your time.

### **Cyclewear**

Fluorescent jackets, bibs and belts all help to make you more visible both during the day and at night. Many cycle-specific jackets have reflective piping that gleams in car headlights, helping drivers to see that you are there.

Helmets are a contentious issue, with many people arguing for and against their effectiveness. The LCC's view is that it should be up to the individual to choose, and that it's more important to get people cycling than to force them to wear helmets. Don't be put off cycling just because you don't want to wear a helmet.

If you do choose to wear a helmet, talk to your local bike shop and get one that fits properly. Remember that apart from protecting your head, a bright helmet will also make you more visible. Modern helmets have wide air vents and don't make your head overly hot, though no solution has yet been found to the 'helmet hair' you find when you take one off!



Photo: Lionel Shapiro

### **But how do I get there?**

The LCC, along with Transport for London and Mayor Ken Livingstone, has developed a series of cycle route maps that cover the whole of Greater London. These are free and are available from [www.lcc.org.uk](http://www.lcc.org.uk) or through the 24-hour Travel Information Line on 020 7222 1234.

### **Arriving at work**

"There's nowhere to shower" is a common reason given for not cycling to work. But while it's nice to be able to shower, it's not really essential unless you're cycling a long way or very fast. Most people can make do with a quick wash, maybe using wet tissues, and perhaps a change of clothes. Modern 'wicking' fabrics are also a help, as they carry the sweat away from your skin, leaving you cleaner when you change into your work clothes.

## **Work, and how to make it better for cyclists**

### **So how can employers help, and why should they?**

Any employer wants a healthy, enthusiastic workforce, so that's the angle to take when talking to management about what they can do. Cyclists are healthy through regular exercise, and turn up bright, on time, and awake. They will also tend to be loyal to a company that looks after their needs and provides some facilities to make their lives easier. That can range from providing some secure bike parking to having showers with fluffy white towels waiting for cyclists and a collection of pool bikes for employees to use on work business.

The LCC offers a range of services to help employers become more cycle friendly, such as auditing facilities, advice on setting up Bicycle User Groups, help in getting tax breaks for encouraging cycling and help to write a green transport plan. Contact the LCC for more details.

### **Tax breaks**

Every employer is keen to take advantage of any tax breaks available, so point out that cycling has its own tax rules. Not only can your employer offer free breakfasts to encourage cyclists every day of the year, tax free, but mileage allowances have been increased in recent years to 20 pence per mile for work-related travel.

If an employer sets up a Travel Plan, or Green Transport plan, to reduce car use, it can then offer parking facilities, pool bikes, cycle mileage allowances and loans for employees to buy bicycles, all without the usual tax implications. So long as the bikes, whether personal or pool bikes, are used mainly for getting to and from work, employees are allowed to use them for leisure as well.

More information is available from the Inland Revenue at <http://www.inlandrevenue.gov.uk/pdfs/emp2001/ir176.pdf>

## **Bicycle User Groups**

If you want to improve the lot of the cycle commuter at your work, the best way to start is to set up a Bicycle User Group, or BUG. A BUG aims to make sure that cyclists' views are heard and will talk to management about what can be done to help.

The aim is to show your employer the benefits of cycling employees. Cyclists are healthy, getting good exercise twice a day, and are less prone to being off sick. They also tend to suffer less from stress. Twelve cycles can be parked in the same space as one car, for instance, and most companies and employers generally are keen to portray themselves as being environmentally friendly.

Before setting up a BUG, talk to management and then contact everyone who already cycles, to see if they will be interested. What do they most want? These are often simple things, like secure stands to lock bikes or somewhere to dry wet clothes. Shower facilities are nice, but might be out of the question because of cost. Whatever your cyclists decide on, the BUG can then put together a proposal for management, with some idea of costs and the benefits that the improvements will bring. It is also worthwhile contacting the local council to see if they provide any grants. The more thorough your proposal, the more seriously it is likely to be taken by your employer.

Ideas for your BUG: perhaps people would like secure, covered parking, or an allowance of 10 minutes or so for cyclists to freshen up when they arrive, and maybe a more relaxed dress policy. A pool of company bikes could be made available for employees to use during the working day, and a mileage allowance could be negotiated for people using their own bikes on work related business. Up to 20 pence a mile is allowed tax free. Perhaps the company could offer interest-free loans for staff to buy bikes, and strike a deal with a local bike shop for cheap repairs? Washing facilities and lockers, or membership of a local gym with showers, can encourage people to ride, as can maps showing quiet routes to the office. There are lots of possibilities, and each workplace will differ in what people want, and what the company can afford.



Photo: Alix Streadwick WDS

Once the BUG is up and running, it is worth trying to encourage others to cycle, thereby boosting your influence on management! Bicycle buses, where an experienced cyclist leads a group of less confident riders, could be set up to show people the best way to get to work. Adult cycle classes are fun and you might get some brand new riders interested.

## **LCC Corporate Affiliation**

Once you have your BUG set up and your employer is listening, why not talk to them about becoming an LCC Corporate Affiliate? An affiliate member can offer its employees reduced cost membership with the associated benefits of: free third party insurance, access to cycle-friendly legal advice, discounts in bike shops and quality theft insurance. Copies of the London Cyclist magazine will be sent six times a year, for staff to read and share.

One of the original companies to set up a Corporate Affiliate scheme was pharmaceutical company GlaxoSmithKline (GSK). Scheme coordinator Samira Khan says that the affiliation has been useful in two main ways. It acts as an endorsement, showing that the company is serious about cycling and helping employees to ride to work, and LCC has also been very helpful in providing support for any pro-cycling initiative the company has run. The LCC affiliate logo on GlaxoSmithKline's website is a badge of approval, and one the company is proud of.

GSK has Bicycle User Groups who regularly meet with management to talk about what can be done. The company offers 200 cycle parking spaces, showers with towels, hairdryers, an iron for any clothes that have been crumpled in panniers, and drying facilities for damp cycling gear. Over 150 employees now cycle regularly, out of about 2400 staff.



GSK



GSK

Obviously, not everyone works for a large company like GlaxoSmithKline, but it does give an idea of what can be done. The smallest company can become an affiliate and demonstrate to its employees that their needs are being taken into account. The cost ranges from £150 to £1,000 a year, depending on the size of the company. For more details, contact the LCC on 020 7928 6112.

### **Give it a try**

Cycling to work is great fun, and very addictive. So go on - work out a route, pump up those tyres, and give it a try.



GSK



Jupiter has over 17 years experience of ethical investing and has developed a leading knowledge of corporate environmental and social performance issues. As such we are proud to be sponsoring the cycling to work booklet.

There are 12 information booklets in this series. The other topics are:

Bicycle Security - lock it or lose it!

Transporting Your Bicycle

Cycling with Children

Cycling - what to do if you are in a collision

Getting started on a Bicycle

Buying a Bike

Cycle Sense

Cycle Parking - home, workplace and city

Cycle Maintenance

Leisure Cycling

Cycling and the Workplace

These can be ordered by calling the LCC or downloaded from

[www.lcc.org.uk](http://www.lcc.org.uk). Published March 2004. Reprinted April 2005.

Written by Gillian Law

Selected images: Jason Patient [www.cycling-images.co.uk](http://www.cycling-images.co.uk)

Many thanks also to the London Cycling Campaign staff and volunteers for sharing their expertise for these information sheets.

The LCC offers a range of services to help employers become more cycle friendly, contact the LCC office for more details.

London Cyclists' Trust in partnership with London Cycling Campaign (LCC) works to improve conditions for cycling in London. For further information on the LCC and membership benefits such as insurance, bike shop discounts, legal advice and social rides call 020 7928 7220, email [office@lcc.org.uk](mailto:office@lcc.org.uk), or go to the website: [www.lcc.org.uk](http://www.lcc.org.uk).

London Cyclists' Trust reserves the right not to be responsible for the topicality, correctness, completeness or quality of the information provided. Liability claims regarding damage caused by the use of any information provided, including any kind of information which is incomplete or incorrect, will therefore be rejected.

London Cyclists' Trust Registered charity No 1054952

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Email: [office@lcc.org.uk](mailto:office@lcc.org.uk)

# Cycling and the workplace


## A guide for employers



## London Cyclists' Trust



**CYCLING - GOOD FOR LONDON ... GOOD FOR YOU!**



Imagine if all your employees turned up to work on a Monday morning looking bright and alert, ready to start the week. Imagine if they took fewer sick days and passed fewer bugs around the office. Imagine if staff stayed with you, because your policies make it a great place to work.

Sounds like an impossible dream? It needn't be, if you can encourage people to get on their bikes. Becoming a cycle-friendly workplace will mean healthier, happier staff who arrive ready to work, instead of shuffling in looking for the coffee machine.

Encouraging staff to cycle to work doesn't mean a radical overhaul to your offices. You don't need to install state of the art shower facilities, lockers and cycle parking, although, as we will show, many companies and organisations have done so and seen great benefits from it.

Being cycle friendly can start with some free cycle maps, and perhaps some room to dry wet clothes. What about an interest free loan - these are regularly given in London to help staff buy annual travel cards, so why not offer the same thing for those who want to buy commuter bikes?

Read on to find ways of getting your staff on the move

## Contents

Why it's worthwhile	3
Where to start	4
Isn't it dangerous?	5
Who's likely to ride	5
Tax breaks and travel plans	6
Facilities	7
Bike parking and other locked facilities	7
Showers	8
Loans	8
Pay them!	8
Pool bikes	9
Pool tools	9
Cycle Training	10
Show them the way	10
BUGS - Bicycle User Groups	11
Taking it further	11
Promote your cycle facilities...	12
LCC Cycle Awards	12
Cycle Audit	13
LCC Corporate affiliation	13

## **Why it's worthwhile**

Cycling is great exercise, and healthy staff are good for any company. Regular exercise halves a person's chances of suffering from heart disease, and helps to prevent strokes, diabetes and some kinds of cancer. On a day to day basis, better fitness means fewer sick days and better all-round health. A CBI /AXA study has shown that last year employees took an average of 7.2 sick days each.

And you'll not only have healthier employees, but happier ones too. Exercise like cycling reduces stress and staff will turn up at work feeling bright and alive.

Once they get hooked on that daily ride to work, employees will be loath to leave and work somewhere less friendly to their biking needs, so you will reduce staff turnover as well.

On the financial side, if cycling's made easy you could cut down on the parking space you need, both for staff and visitors. Ten bikes can be securely locked in the space you need for one car. If you go a step further and set up a bike pool, you might even be able to cut the company car bill.



## **Where to start**

Just saying 'we want to be cycle-friendly - how can we help you to ride to work?' is the best place to start. Talk to your employees, to the ones who already cycle and to everyone else as well; you'll be surprised how many people will get their bikes out of the garden shed with a bit of encouragement. You could start by asking your employees to complete a travel survey; contact the LCC for further information on writing a travel survey.

If you ask employees what they need, you're more likely to get it right. You'll also have a lot less work on your hands if you can find a cycle-champion in the staff, or have people set up a BUG or bicycle user group - more on BUGs later.

If people travel long distances, they'll want to change and maybe shower. If most live close by, you might just want to look at parking facilities and some maps showing the best routes to work.

'We're a small company - we can't afford to install lots of stuff just for bikes!' That's okay and perfectly understandable. But just a little bit of an effort can make a huge difference, and it's worth spending a bit of time and even money for those happy, healthy employees.

If you can show those in senior management that there are benefits to promoting cycling, you may make the task easier.



### **Isn't it dangerous?**

No, it's not. Many people who'd like to cycle are put off by fear of the traffic. However the British Medical Association has stated that the benefits from cycling far outweigh the risks and much is being done to encourage cycling in London by improving cycling conditions. The Congestion Charge means the centre of London has far fewer cars than before. And of course, the more cyclists there are on the roads, the more car drivers will look out for them.

If the cyclist stays aware of who and what is around him or her, and makes the bike visible with lights and bright clothes after dark, cycling is a safe mode of transport.

In most cases you will find that the same public liability insurance policy that covers employees for walking, catching public transport or driving will cover them when cycling. If in doubt, check with the insurance broker.

As an employer, you can help by publishing directions showing quieter routes to work - for visitors as well as for staff. Maps are also available free via LCC's website.

### **Who's likely to ride**

While there will be a hardcore of people who will always ride to work, there is also a huge group of people who would like to, if only they had a decent bike, knew a safe route, were able to get washed and changed... and were confident the bike would still be there when they come out, tired, at the end of the day. You can help them overcome these problems; the solutions are often very easy to achieve.

If you do a survey of staff you're likely to find a surprising number of people are keen, and even more will take it up once they see other people riding as well as the folks in lycra!

### **Tax breaks and travel plans**

Cycling has its own tax rules. Not only can employers offer free breakfasts to encourage cyclists every day of the year, tax free, but mileage allowances have been increased in recent years to 20 pence per mile. If the employer doesn't offer this the cyclist can claim it themselves. Download "Take advantage of your tax" from the LCC website, or see the Inland Revenue website for advice on how to do this.

If you set up a Travel Plan, or Green Transport plan, to reduce car use you can then offer parking facilities, pool bikes, cycle mileage allowances and loans for employees to buy bicycles, all without the usual tax implications. Provided the bikes, whether personal or pool bikes, are used mainly for getting to and from work, employees are allowed to use them for leisure as well.

Travel Plans need not only cover cycling. They can help you devise a strategy to encourage walking and public transport also. Transport for London provides advice on setting up a Travel Plan, contact Patrick Allcorn on 020 7941 4747 or email [patrickallcorn@tfl.gov.uk](mailto:patrickallcorn@tfl.gov.uk), [www.transportenergy.org.uk](http://www.transportenergy.org.uk) offers advice on setting up a Travel Plan, or you can contact the LCC.

Employers are allowed to claim relief for capital expenditure on any bikes bought as part of a Travel Plan, and also for any computers and software used to set up and monitor the plan. More information is available from the Inland Revenue (IR) at <http://www.inlandrevenue.gov.uk/pdfs/emp2001/ir176.pdf>

A new initiative announced by the government will allow employees to buy bikes through their company and save up to 50%. For further information visit the IR website, see [www.boost.uk.com](http://www.boost.uk.com) or download the London Cyclist article "Take advantage of your tax" from the LCC website.

## **Facilities**

These will vary enormously from one company to the next. Start small, if you're not sure they'll get used; install some decent parking and give people a bit of extra time to get changed if they arrive on a bike. If you find the demand increases you can always install more at a later date.

### **Bike parking and other locked facilities**

Take some time to research bike stands before buying them, and talk to cyclists about what works and what doesn't. For example, the common 'butterfly' stands, which hold bikes by one wheel, may not take up much space but they're not much use security-wise. Undo the front wheel and you can steal the rest of the bike.

Simple Sheffield stands, like the ones on every high street, can take two bikes each if they are spaced correctly. They also have the advantage of being inexpensive to buy and install. The cyclist simply locks their bike and wheel to the stand using a D-lock or cable lock.

Don't put the bike stands round the back of the building, out of sight. Bike thieves love to work where they can't be seen. Instead, put the bikes in full view somewhere, ideally with security or CCTV watching over them to deter would-be criminals.

Covered stands, or indoor stands, are obviously preferable because no one enjoys getting onto a wet saddle at night. A locked facility with secure, PIN-based access would make your employees feel much more confident about bike security.

The LCC provides guidelines on installing cycle parking, and a list of cycle parking suppliers, you can download this from the website.

If people start to use the stands, talk to them and find out if they need more. And would they like somewhere to dry clothes? A changing room? Lockers can come in handy, too, allowing people to store panniers, jackets and helmets away from your main working areas.



Photo courtesy of British Land. Cycle parking at Abbey National Headquarters, Triton Square, Regents Place

### **Showers**

If you can afford it, a shower room will be a great help to any cyclists coming a distance, especially if you can provide towels and hairdryers. If that's a bit too expensive, or if you don't have much space, perhaps you could arrange a deal with a local gym to let staff use their facilities.

### **Loans**

In the same way that companies frequently offer interest-free travel card loans, you can offer a similar deal for staff to buy commuter bikes, and perhaps you could talk to a local bike shop about special prices for both bikes and service.

### **Pay them!**

Many companies offer employees a cycling mileage allowance, just as you would to employees using their own cars for work purposes. Up to 20p per mile is allowed tax free by the Inland Revenue, and there's nothing to stop you offering even more if you're prepared to pay the tax on it in the interests of encouraging cycling.

## **Pool bikes**

One way to get people cycling is to provide a pool of bikes for them to use for business travel. Even people who might not want to ride to work every day will often jump at the chance for a quick 'play' on a bike as they travel for work: it's more fun than taking the car! They will also appreciate the fact that someone else is looking after the bikes and keeping them in good shape. Again, your local bike shop would no doubt be keen to get the business, arranging to check the bikes every now and then and make sure they're in working order. The LCC can help you to sort out your pool bike insurance; contact the office for further details.

## **Pool tools**

A communal tool kit can be a blessing when you find you've forgotten a pump, a spanner, or just a patch for a puncture. A decent toolkit can be put together for under £50, or by asking cyclists to donate any spare tools they have lying about.

Handy things to have in the toolkit: a puncture repair outfit and pump with both Schraeder and Presta valve fittings, spare inner tubes in a variety of sizes, tube patches screwdrivers, spanners and Allen keys, a chain tool and spare chain links, spoke keys and spare spokes, oil, greaser and WD40, spare brake and gear cables, batteries and bulbs for lights, and any other nuts, bolts and bearings that people can provide. It's also handy if you have someone who knows what to do with all of these - a book on simple repairs might be a good addition too. The LCC booklet "Cycle maintenance" will help you through the basics. You can download this from the LCC website.



Cycle training in progress. Photo courtesy of Alix Stredwick WDS

### **Cycle Training**

One way to encourage those who are a little unsure is to offer free cycle training, this will demonstrate the safest way to cycle and increase on road confidence. You can also offer to pay for maintenance courses so people know how to maintain their bikes. There are a number of excellent organisations that offer cycle training and cycle maintenance, contact the LCC for further information. For cycle training providers nation wide contact the Cycle Touring Club (CTC): [www.ctc.org.uk](http://www.ctc.org.uk) who are overseeing the national standards for cycle training.

### **Show them the way**

The LCC, together with Transport for London, has developed a series of cycle route maps that cover the whole of Greater London. These are free and are available from [www.lcc.org.uk](http://www.lcc.org.uk) or through the 24 hour Travel Information Line on 020 7222 1234. You can also download other information booklets on cycling topics from the LCC website.

## **BUGS - Bicycle User Groups**

Once people start cycling they tend to get very enthused about it, and you will probably find the cyclists in your company are keen to get involved and encourage other people on to two wheels.

If you encourage them to establish a BUG, they can take over much of the organising and day to day running of bicycle-friendly facilities. So long as someone on the management team is available to talk to the BUG and listen to its concerns, a lot of progress can be made towards making you a Cycle-Friendly Employer.

BUGs can spread the word about facilities, come to you with any concerns and some proposals for better facilities, and may even run classes on safe cycling and bike maintenance. 'Bike buddy' and 'bike bus' schemes are great ways to show nervous newcomers the best routes to work. The buddy scheme is one-on-one, while a bike bus has one or two experienced riders showing less-practised colleagues the way to work.

### **Taking it further**

Once you have a good proportion of your staff cycling to work, maybe you could take the cycle-friendly workplace a step further? Why not make it company policy to use cycle couriers wherever you can? Many food delivery companies use bicycles - and if they don't, ask why not.

Encourage visitors to ride, and promote cycle-friendly initiatives in your local community. Provide cycle parking out the front of your building for visitors to use.

And, of course, the more senior managers who set a cycling example, the better.

### **Promote your cycle facilities...**

Once you have installed facilities for cyclists, make sure everyone knows about it. You can include information on cycling to the office in your directions on how to get to the site: for instance by car, train, bus or bicycle. You can tell people which London Cycle Guide your office is located in and how to find your cycle parking. You might need to signpost your cycle parking so that employees and visitors can find it. Include your cycle friendly policies in your induction information.

Once a year national Bike Week promotes cycling all over the UK. Bike2work runs all through bike week and could be an excellent time to launch your new facilities and encourage more people to cycle to work. You could set up an office cycle ride or fundraise for the office charity by offering to match funds raised by employees who cycle to work. You can find out more about bike week by visiting [www.bikeweek.org.uk](http://www.bikeweek.org.uk)

### **LCC Cycle Awards**

The London Cycling Campaign holds annual London Cycling Awards, you can enter your cycling initiative in one of the categories including Best Cycle Facility, Best Workplace Cycle Facility and Best Community Cycling Initiative.

Last year's Workplace Cycle Facility of the year (2003) was presented to British Land for their cycle facilities at Regent's Place.

Regent's Place has seen a 50% increase in cycling in 3 years, and now has a waiting list to join the Estate Bicycle User Group. British Land encourages cycling by installing cycle parking (over 130 visitor and employee spaces), showers and lockers, and providing information on cycling to their employees. British Land has also provided the local Police with equipped bicycles to help Officers patrol West Euston near Regent's Place.



Photo courtesy of  
British Land.  
Staff parking  
Regent's Place.

## **Cycle Audit**

If you are unsure how best to get more staff cycling, perhaps you don't know where cycle parking should go, or why people don't use the parking you have already installed, then you could set up a site audit. Contact the LCC to arrange a site audit.

## **LCC Corporate affiliation**

So, you want to take this cycle-friendly workplace thing seriously. One way to show you're doing so is to become a London Cycling Campaign Corporate Affiliate.

London Cycling Campaign has been running for 25 years and has over 9000 members. We have worked with many employers across the city to help them to help their cycling (and would-be cycling) employees.

By becoming an affiliate member you will help to support the LCC, and also make a clear statement to employees, visitors and any other stakeholders in your company or organisation that you are committed to a healthy, environmental travel policy.

As an affiliate member your employees get 10% off LCC membership which gives them free third party insurance, access to cycle-friendly legal advice, discounts in bike shops and access to quality theft insurance. Copies of the London Cyclist magazine will be sent six times a year, for staff to read and share.



Photo courtesy of British Land.  
Cycle parking opposite Sainsburys, Regent's Place.

The fees for joining vary according to how many employees you have:

<b>Commercial organisations</b>		
No. of staff	£	Free Magazines
1-100	£200 +VAT	Up to 10
101-250	£500 + VAT	15
251-2000	£1,000 + VAT	Up to 20
2001-5000	£1,500 + VAT	Up to 25
<b>Government and statutory, plus non-profit organisations</b>		
No. of staff	£	Free Magazines
1-100	£100 +VAT	4
101-250	£200 + VAT	15
251-2000	£400 + VAT	Up to 20
2001-5000	£750 + VAT	Up to 25

If you have more than 5000 members of staff, please contact us and we will happily prepare a quote.

One company that set up a Corporate Affiliate scheme is property developer Argent Group Plc.

The company has installed secure cycle parking, showers with towels, drying facilities for damp cycling gear and even provides free toiletries. 40% of employees now cycle regularly. They have said that they want their employees to feel good about coming to work with the company and this helps retain staff.

Any company or organisation can become an affiliate and demonstrate to its employees that their needs are being heard. If you are interested in more details, contact the LCC on 020 7928 7220.

There are 12 information booklets in this series. The other topics are:

Bicycle Security - lock it or lose it!

Transporting Your Bicycle

Cycling with Children

Cycling - what to do if you are in a collision

Buying a Bike

Cycling to Work

Cycle Sense

Getting started on a bike

Cycle Maintenance

Getting started on a Bicycle

Leisure Cycling

These can be ordered by calling the LCC or downloaded from

[www.lcc.org.uk](http://www.lcc.org.uk). Published June 2004.

Many thanks also to the London Cycling Campaign staff and volunteers for sharing their expertise for these information sheets.

Special thanks to Gillian Law for help writing "Cycling and the workplace".

London Cyclists' Trust in partnership with London Cycling Campaign (LCC) works to improve conditions for cycling in London. For further information on the LCC and membership benefits such as insurance, bike shop discounts, legal advice and social rides call 020 7928 7220, email [office@lcc.org.uk](mailto:office@lcc.org.uk), or go to the website: [www.lcc.org.uk](http://www.lcc.org.uk).

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