

# Transport for London travel advice for employees of West End retail, leisure and hospitality businesses

03 July 2020



Heart of  
**LONDON**  
Business Alliance



# Your journey to work

Choose active travel options: walk, run or cycle where possible. This will help us keep public transport available for those who have no other option, and there are recognised health benefits of active travel as part of your journey to work.

The residential areas below are within a 30-minute cycle from the West End and are covered by the Santander Cycles hire scheme to help you get around on two wheels if you do not have a bike.

## Cycling options from zone 2 (using Santander Cycles)

- Chalk Farm to Bond Street – a 20-minute cycle through Regents Park
- Angel Islington to Leicester Square – a 17-minute cycle (Q11)
- Mile End to Oxford Circus – a 30-minute cycle (CS2)
- Whitechapel to Regent Street – a 24-minute cycle (CS3)
- Brixton to Covent Garden – a 25-minute cycle (CS7)
- Shepherd's Bush to Piccadilly Circus – a 27-minute cycle through Hyde Park

Take a look at this cycle route map to help you [plan your journey](#)



Many employers are increasing the number of cycle parking spaces available and improving facilities for when you arrive at work to help you choose active travel options. Speak to your employer to find out what's available. Alternatively, you can find many places to park your bike using [this handy guide](#). When you are not riding your bike, you should always keep it securely locked.

If you're travelling into central London by train, then you can make your onward journeys by walking or cycling from major stations instead of interchanging to other public transport modes or lines.

Walking can be a quick and easy way to get around at the busiest times. These maps show how much time or how many steps it takes to walk between stations:

- [Walking tube map](#) (times)
- [Walking tube map](#) (steps)
- [West End walking map](#)

To help you walk and cycle to work, we're transforming some of London's streets, widening footways and creating cycle lanes. More details can be found on our [Streetspace for London](#) webpage.

## Walking and cycling to Oxford Circus times and steps

Station	Walking		Cycling
	Time (minutes)	Steps	Time (minutes)
Euston	24	2,400	10
Paddington	33	3,300	14
Kings Cross	35	3,500	14
Liverpool Street	-	-	21
Waterloo	33	3,300	15
London Bridge	-	-	21
Marylebone	27	2,700	11
Victoria	33	3,300	15
Green Park	16	1,600	6
Warren Street	18	1,800	7
Holborn	19	1,900	8



# Public transport

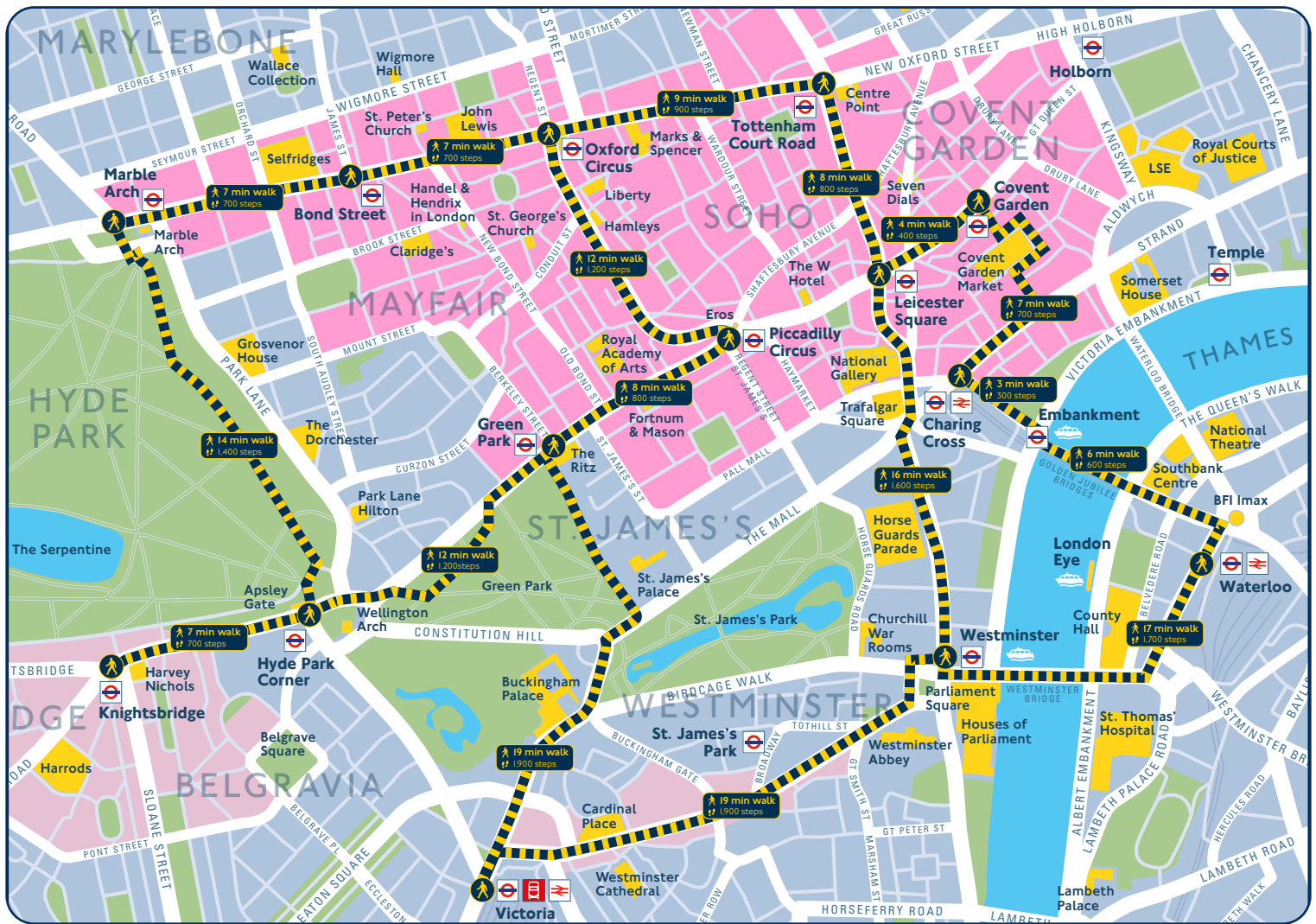
We are limiting the numbers of people using our buses so that they remain safe for you and our staff. At the busiest times you may be asked to wait for the next bus to board.

Stations within zone 1, and especially the West End, are likely to become busier, may be closed or have access restricted at short notice to help maintain social distancing rules. You can find out which are the busiest stations and sections of our network [here](#).

You can plan your journey and check the busiest times and routes on our website using our [Journey Planner](#).

Follow [Government advice](#) for safer travel and check the [safer travel information sheet](#).


**If you must use public transport, then plan ahead. Our network wide busiest times are 05:45-08:15 and 16:00-17:30, please avoid these where possible, leave more time for your journey and use the most direct route.**



# West End walking map

Central London has a wide range of shops and attractions that are within close walking distance of each other.

 Shops and attractions

 Walking routes

At the busiest times on public transport consider walking instead. Visit [tfl.gov.uk/busy-times](https://tfl.gov.uk/busy-times) to find out more.

Look out for on street signage to help you get around.