



UNIVERSITY
OF LONDON



Your Travel Choices

Eleanor Rosa House, Stratford

KEY



Website address to use



Key search word(s) to enter to find the relevant information

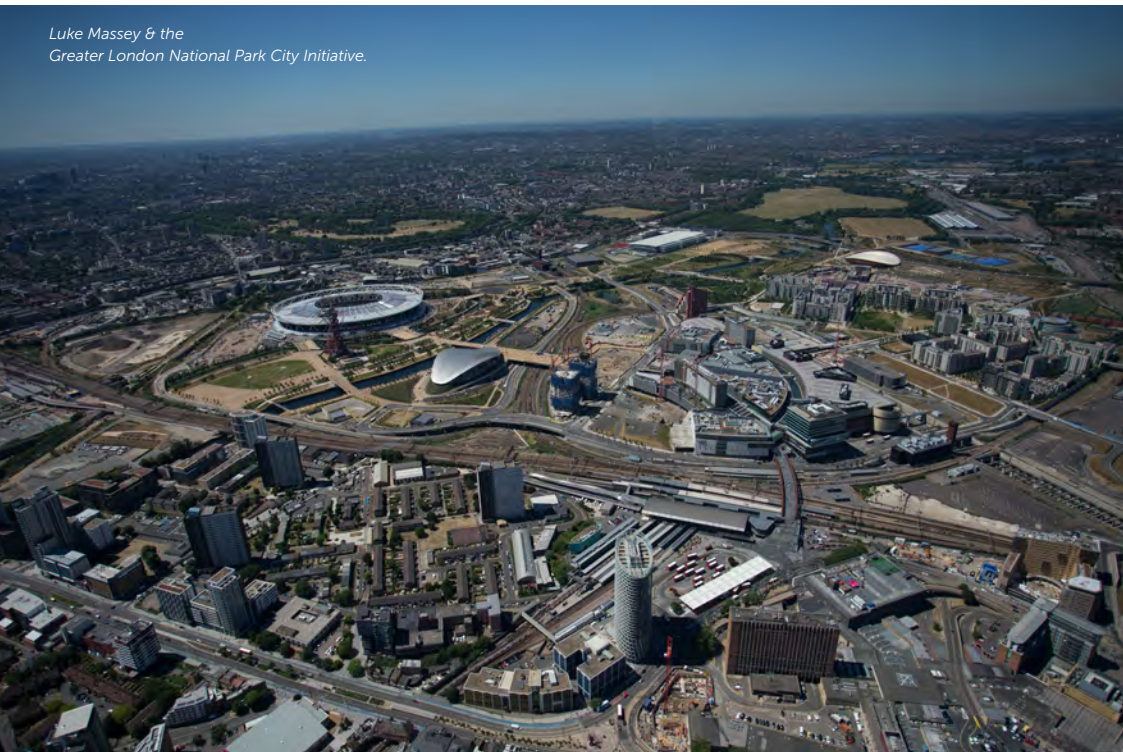
WELCOME

The development at Eleanor Rosa House benefits from a range of travel choices. There are good quality and direct pedestrian routes located across the development and towards excellent local transport connections, from which several different travel modes can be used to access destinations both locally and further afield.

The location of the development allows for easy access to the centre of London through the City's many transport links. There are also a number of amenities within walking distance of the development.

There are endless activities and events in London which take place through the day and night. London Underground services tend to run from 5am until midnight with a night tube available on Friday and Saturday nights. With other sustainable travel alternatives available, London is fully accessible from Eleanor Rosa House.

*Luke Massey & the
Greater London National Park City Initiative.*



TRAVEL INFORMATION

Travel information from Eleanor Rosa House to other University of London sites.

University College London

35 mins approx

 Walk to Stratford Underground Station

 Central Line to Liverpool Street then Circle Line to Euston Square Station

 1 min walk to University

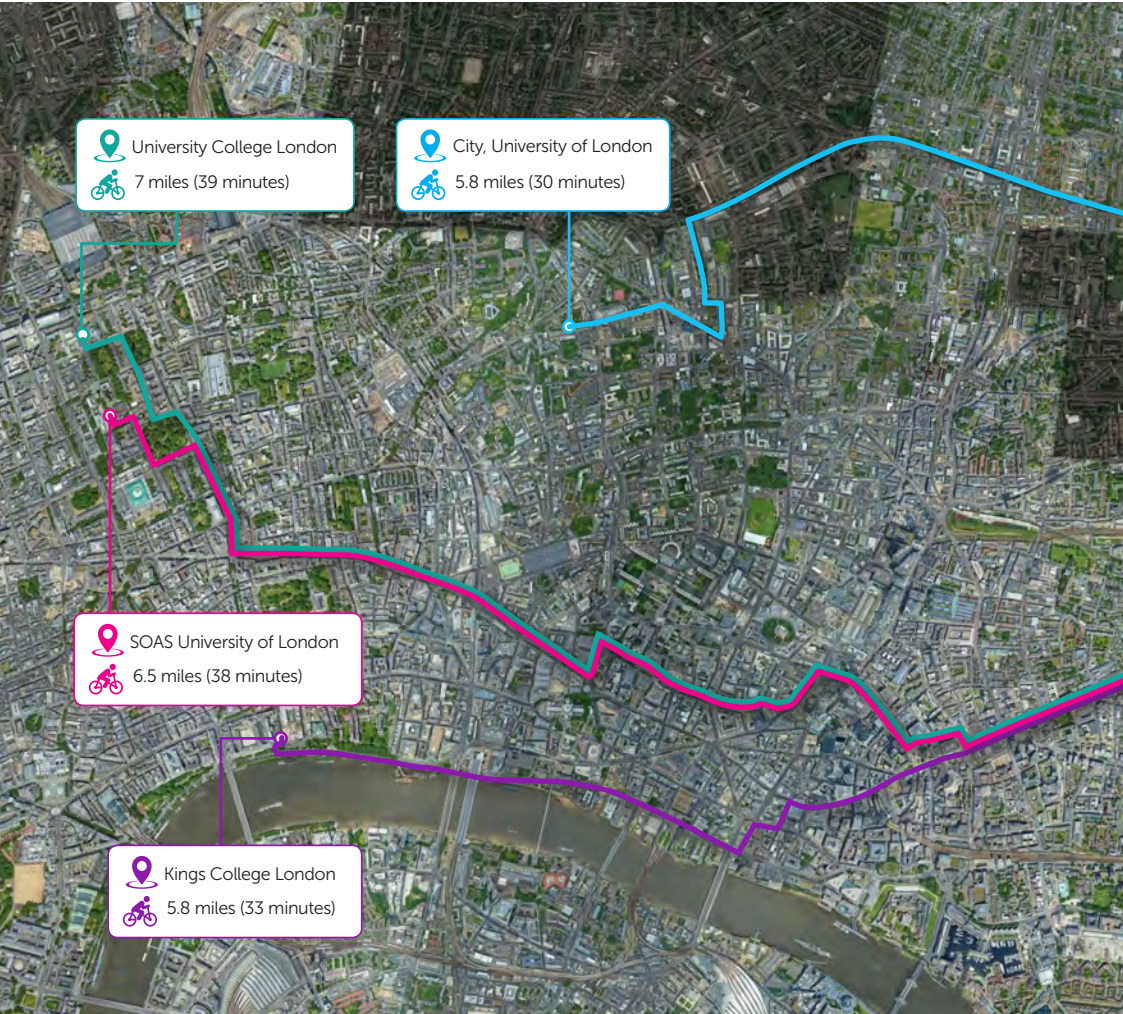
City, University of London

40 mins approx

 Walk to Stratford Underground Station

 Circle Line to Barbican Station

 Walk or Bus No.4 to University



**SOAS
University of London**

40-45 mins approx



Walk to Stratford Underground Station



Central Line to Tottenham Court



15 mins walk via A400 to University

**Kings College
London**

45 mins approx



Walk to Warton Road: 24/425 bus to Mile End Station



District Line to Temple



3 mins walk to University

**Queen Mary,
University of London**

16-25 mins approx



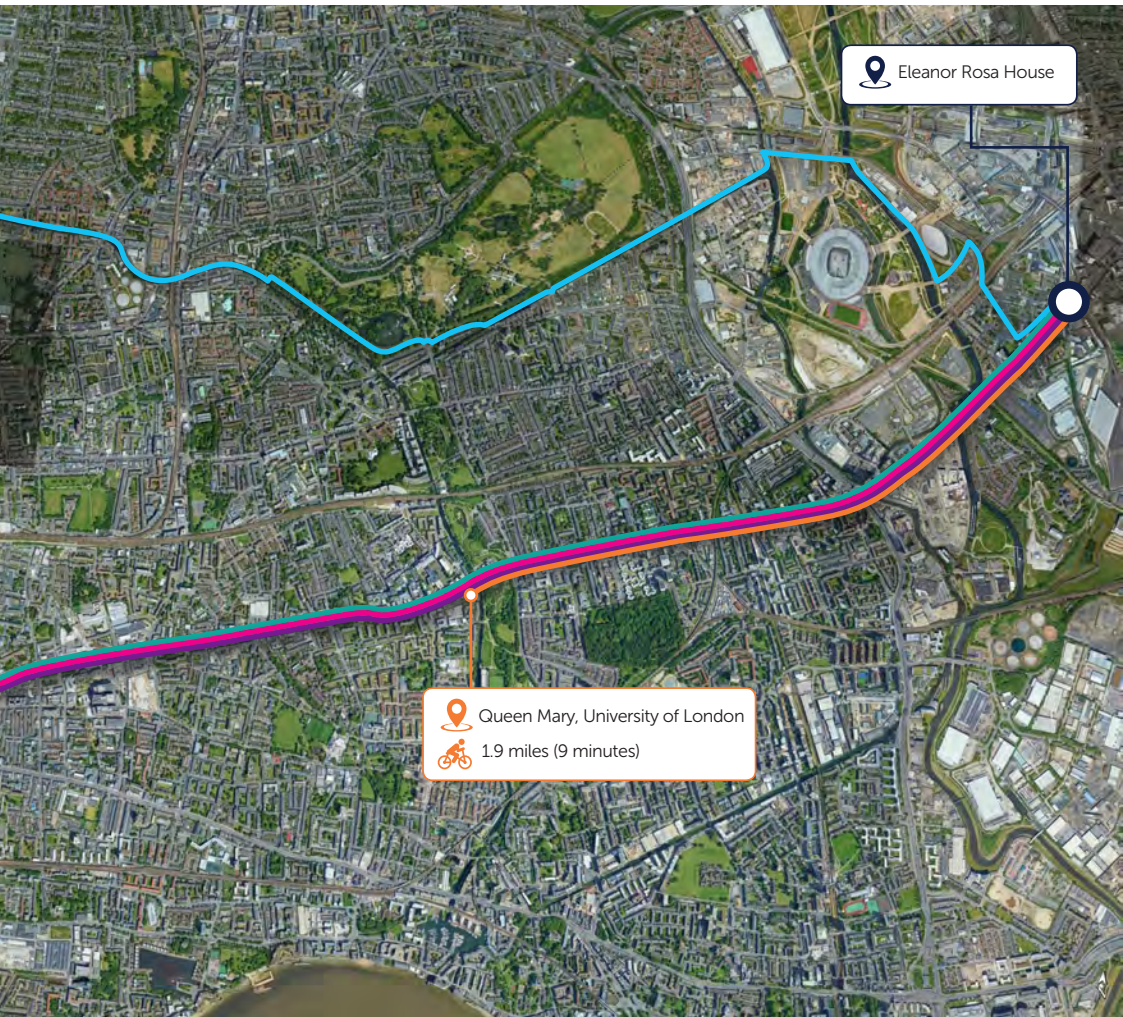
Stratford Underground Station - Central Line to Mile End Station or



Walk to Stratford High Street: 425 bus to Mile End Station



4 mins walk to University



Eleanor Rosa House



Queen Mary, University of London



1.9 miles (9 minutes)

TRAVEL ON FOOT

Walking is a quick, healthy and sustainable way of getting around. Due to the close proximity between Eleanor Rosa House and many local facilities, they can be reached within a short walk.

Due to London’s interconnectivity, a short walk to Stratford Station provides you with transport into the centre of London within 30 minutes.

Key Locations

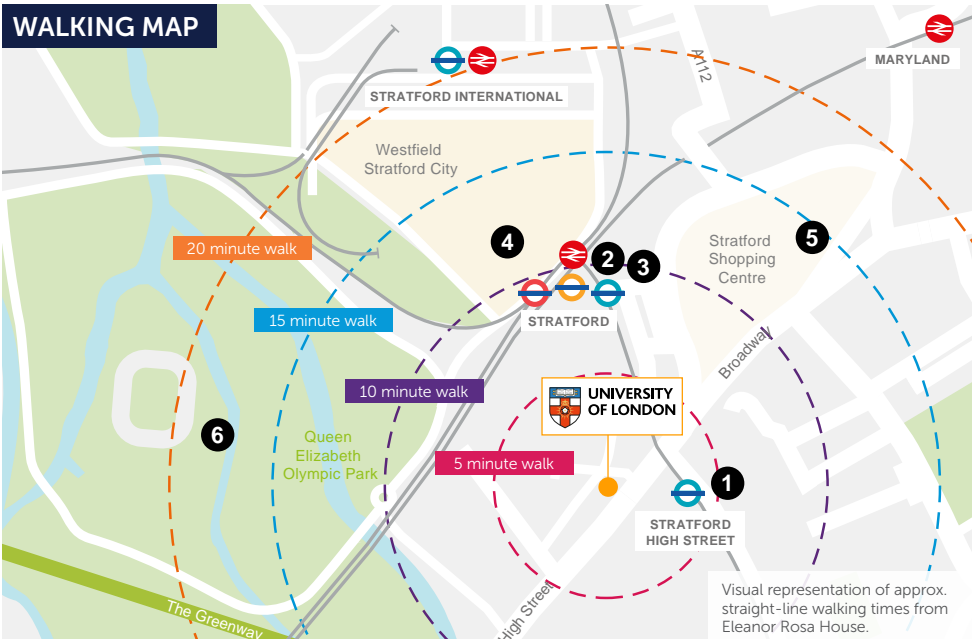
A network of public footpaths and bridleways give access to leisure activities and areas of tranquillity away from the bustle of the city.

ACTIVE NEWHAM

Working with Newham Council to deliver leisure, sports and volunteering opportunities. Find out more:

 www.activenewham.org.uk

Location (Walking times taken from Google Maps)	Time taken to walk
1. Stratford High Street DLR Station	3 minutes
2. Stratford Railway Station	6 minutes
3. Stratford Bus Station	6 minutes
4. Westfield Stratford City	10 minutes
5. Stratford Town Centre	15 minutes
6. Olympic Park	20 minutes



DID YOU KNOW?

Regular brisk walking improves the performance of your heart, lungs and circulation. It can also lower your blood pressure. And it can reduce your risk of strokes, as well as the UK's biggest killer - heart disease.

Walking at any pace will help you to manage your weight, reduce the risk of developing type 2 diabetes and reduce the risk of some cancers (inactive people are more likely to develop colon, breast and lung cancer). Walking will improve the flexibility and strength of your joints, muscles and bones too - and it'll reduce the risk of osteoporosis.

source: www.walkingforhealth.org.uk



Lee Valley

The Lee Valley walk provides a scenic footpath through the Olympic Park to the Thames. Recently, The Leaway has been completed, providing London with a continuous 26 mile route for walkers, runners and cyclists. you can expect to pass historic sites like The House Mill.

 www.visitleevalley.org.uk

Walk for London

There are seven routes forming the Walk London Network. These routes are specifically designed to be easily accessible by public transport and you can walk as little or as far as you want by walking them in sections.

 tfl.gov.uk

 More > Walking > Walk for London

Newham Social Walks


Walking for Health are England's largest network of health walk schemes, helping thousands of people across the country lead a more active lifestyle. Group walks are led by friendly, specially trained volunteers. To find out more about local walks visit:

 www.walkingforhealth.org.uk

 Newham Social Walks

The Ramblers

The Ramblers is Britain's biggest charity working to promote walking. It exists to facilitate for the benefit of everyone, the enjoyment and discovery that walking outdoors can bring, and to promote respect for the life of the countryside.

 www.ramblers.org.uk

 Inner London

TRAVEL BY BIKE

Cycling is an opportunity to incorporate exercise into your daily routine and acts as an efficient way of travelling in terms of saving both time and money. There are many local facilities which can be reached by bike and numerous green spaces to explore.


Whilst cycling can help to incorporate exercise into your daily routine it also acts as an efficient way of travelling in terms of both time and money.

Santander Cycles

Santander Cycles, commonly known as Boris Bikes, is London's self-service, bike-sharing scheme for short journeys. One can hire a bike from as little as £2 by simply going to the docking station


with a bank card and touch the screen to get started. There is no need to book - hire a bike, and the users are allowed to take the bike wherever they need to and can return the bikes to any docking station. This is a cheap, easy and fun way to get explore the city or to get from A to B.

 tfl.gov.uk

 Santander Cycles

Bike Register

Add your bike details to the National Police-approved database for free. They also provide valuable advice on a range of subjects such as cycle insurance and protecting your bike.

 www.bikeregister.com

 Advice



LONDON CYCLING CAMPAIGN

London Cycling Campaign is a charity of 12,000 members that promote cycling in the Greater London area and campaigns to make cycling safer and more inviting.

The charity organises free leisure group rides, cycle maintenance and security clinics, as well as monthly meetings, free third-party insurance and free cycle related advice.

 www.lcc.org.uk

 Local Groups > Newham



Sustrans Local Network

A leading UK charity, the Sustrans website provides detailed information on many aspects of cycling.

Route 1 runs through Stratford Marsh and takes users south towards Greenwich Peninsula where the route follows the River Thames east.

 www.sustrans.org.uk

 Route 1 > view on map

TfL Cycleways

Cycleways are routes that link destinations across London in one cycle network. They used to be called Cycle Superhighways (CS) and Quietways (Q).

 tfl.gov.uk

 More > Cycling > Cycleways

Cycle Training

Newham offer free cycle sessions for everyone - whether you want to learn to ride a bike or just improve your skills on the road. Cycle skills sessions are free of charge and follows the three levels of the national standard, known as Bikeability.

 www.cycleconfident.com

 Your Borough > Newham

The Greenway

The Greenway offers an excellent off-road cycling route from the Royal Docks Road in Beckton through Plaistow, West Ham, and Stratford to Wick Lane in Bow where you can get to more routes through Tower Hamlets and Hackney.

 www.newham.gov.uk

 Cycling > Cycling information

TRAVEL BY BUS

Stratford is within the London bus operating area, with several bus routes connecting the University to other parts of London. The bus routes are owned by Transport for London, meaning that contactless payment such as Oyster is available to users.


As well as regular bus services throughout the day, your local bus stop also benefits from night bus services which operate overnight.

There are around 40 buses per hour per direction from Monday to Friday, 26 on Saturday and 22 on Sunday.

The map below indicates the routes and where each bus heads towards.

For a more detailed map please visit:


 tfl.gov.uk

 Maps > Bus Maps >
Spider Maps > Newham
(then select your location)

Transport for London (TfL)

Plan your journeys, find out when the next bus is coming using the live feed and buy your tickets in advance.

 tfl.gov.uk

 More > Stations >
Stations, stops & piers

18+ Student Oyster photocard

If you're a student and living in a London borough during term time, you can get discounted travel with an Oyster photocard. This save 30% on adult-rate Travelcards and Bus & Tram Pass season tickets.

 tfl.gov.uk

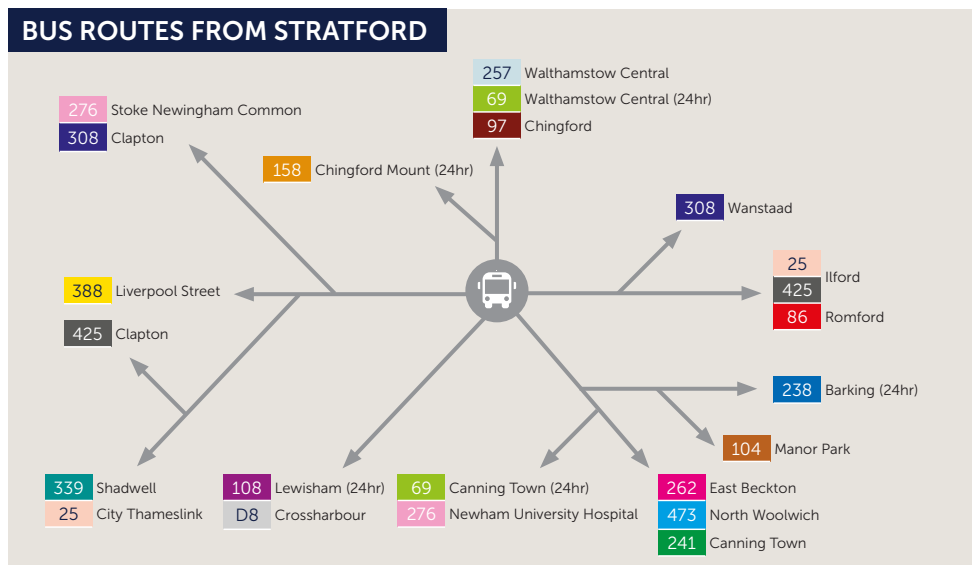
 Student photocard

National Express

National Express services also run from Stratford City Bus Station which provides links across the country.

 www.nationalexpress.com

BUS ROUTES FROM STRATFORD



Local bus route information

No.	Route	Frequency		
		Monday - Friday	Saturday	Sunday
25	Holles Street – Oxford Circus to Hainault Street Ilford	2-6 mins	4-8 mins	4-8 mins
276	Gateway Surgical Centre, Plaistow to Stoke Newington	8-12 mins	10-13 mins	15 mins
108	Lewisham – North Greenwich – Stratford	10 mins	10 mins	15 mins
425	Stratford Bus Station – Kenninghall Road	11-14 mins	11-12 mins	15 mins
D8	Stratford International Station – Crossharbour Asda	10 mins	12 mins	20 mins
N8	Holles Street – Oxford Circus to The Lowe - Hainault	20 mins (Sun night - Thurs)	7-8 mins (Fri night – Sat morning)	7-8 mins (Sat night - Sun morning)


Subject to change due to timetable alterations, please see TfL's website for detailed information.

BUS CHECKER™ MOBILE APP

See an instant departures board for any of London's 20,000 bus stops - in the app, or on your home screen. See exactly where each bus goes with live, street-level route maps.

This app provides real-time arrival information as well as full route maps, live Santander™ Cycle Hire dock info, disruptions and travel tips all for free.

 www.buschecker.com

 London Bus Checker




TRAVEL BY LONDON UNDERGROUND/TRAIN

By London Underground

Stratford High Street DLR Station (Travelcard Zone 2) is located at a walking distance of 200m from Eleanor Rosa House (just six minutes' walk) to the south of High Street. During peak hours, the trains run every eight minutes between Stratford International and Woolwich Arsenal.

This station is on the Central Line, and offers a direct link to stations in central London. The southbound line takes you directly through the City of London, from Liverpool Street through to Shepherd's Bush via Bank, Tottenham Court Road and Oxford Circus.

Transport for London (TfL)

Information on all forms of transport in London including cycle hire. Routes, maps, plan a journey, tickets sales, realtime traffic and travel updates.  tfl.gov.uk

Night Tube

On Fridays and Saturdays the Central and Jubilee Lines operate a 24-hour service, connecting to central London.

 tfl.gov.uk

 Night Tube

TfL Travel Alerts

Travel advice and planned works information for Tube, DLR, London Overground, TfL Rail and Trams.

 @TfLTravelAlerts

By Train

Stratford International Station is an approximate six minute walk from Eleanor Rosa House. There are 200 cycle parking bays allowing you to consider combining cycling with travelling by train.

Destination	Duration	Trains/hr (max)	
		AM	PM
London St Pancras	7 mins	5	5
Margate	1hr 15 mins	1	1
Ramsgate	1hr 38 mins	1	1
Dover	2hr 15 mins	1	1



Oyster Cards

An Oyster card is a smart card that you add money to, so you can pay as you go. You can use Oyster to travel on bus, Tube, tram, DLR, London Overground, TfL Rail, Emirates Air Line and River Bus - even on most National Rail services in London and some outside London.

Student Oyster cards are available which provide a discount on travel passes.

 oyster.tfl.gov.uk

Travelcards (Day/Group)

A Travelcard gives you unlimited travel at any time on bus, Tube, Tram, DLR, London Overground, TfL Rail and National Rail services in London.

You can use a Travelcard in the zones it's valid for. Make sure it covers all the zones you travel through. If not, you need to add pay as you go credit to your Oyster card or buy an extension ticket.

You can get unlimited travel in one day with a Day Travelcard or Group Day

Travelcard (paper tickets) if you're a group of ten or more travelling together.

 tfl.gov.uk

 Travelcards

DID YOU KNOW?

TfL charge higher fares at the busiest times of day, so if you use contactless or Oyster to pay as you go, it's cheaper to travel outside of these times.

Trainline

Use the Trainline journey planner tool to plan and book your next trip or check our train timetables to ensure you catch your chosen train on the day of travel.

 www.thetrainline.com

Trainline App

Get the most up-to-date national railway information including train times, booking prices and the best travel route and ticket price for your next trip in the palm of your hand. *Available from Google Play or the Apple App Store.*

UNDERGROUND/TRAIN ROUTES AND APPROX TIMES

STRATFORD HIGH STREET DLR STATION

STRATFORD INTERNATIONAL STATION





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Eleanor Rosa House, Stratford

Designed and delivered on behalf of University of London:



Disclaimer:

To the best of our knowledge, the information contained herein is accurate and reliable as of the date of publication; however, we do not assume any liability whatsoever for the accuracy and completeness of the information.
