

London Institute for Healthcare  
Engineering Building

**KING'S**  
*College*  
**LONDON**

# Sustainable Travel Guide



Your guide to traveling to and from the  
LIHE building, King's College London

# Sustainable Travel

Your guide to walking, cycling and public transport to and from the LIHE building and in the surrounding area.

A building wide Travel Plan (which includes a travel survey and this guide) has been prepared to promote sustainable modes of transport, which includes targets to increase walking and cycling by 4% within a 5-year period. This guide is part of that Plan - to promote sustainable travel.

Fewer car journeys and more trips made via active and sustainable modes will reduce costs, lower local emissions creating a cleaner environment.

This Travel Guide has been provided to help highlight a range of benefits of using sustainable and active travel. These benefits include safer, cleaner environment, reduced congestion, improved physical and mental health and personal financial savings.

Moving to a new workplace or university is an ideal opportunity to re-think travel choices and consider using new, healthier and more environmentally friendly modes of travel.

This Travel Guide provides you with all the information regarding options for traveling to and from the LIHE building. We hope this guide will be useful to you as you explore the surroundings for your new university building or place of work.

Please contact your Travel Plan Co-Ordinator, Irina Badita at [irina.badita@kcl.ac.uk](mailto:irina.badita@kcl.ac.uk) or [info.lihe@kcl.ac.uk](mailto:info.lihe@kcl.ac.uk) for more information.

# Contents



Walking and Cycling



Cycling Provision at LIHE  
Cycle Hire



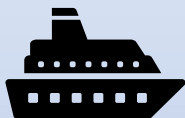
Underground Services



Train Travel



Guide to Bus Services  
Bus Timetable



River Boat Services

# Walking

Walking and cycling have great health and fitness benefits. Sustrans (a leading active travel charity) report that walking or cycling can burn calories, increase heart rate and exercise core muscles. Walking and cycling can also improve mood and wellbeing. In addition to this, it reduces congestion and pollution on London roads.

## Accessing the LIHE Building on foot:



- The Thames River Path, next to the building offers a traffic-free and street-lit route to the LIHE. This path can be accessed from Lambeth Palace road.
- There are multiple opportunities for crossing Lambeth Palace road to reach the main entrance to the LIHE Building.

It is recommended that adults get 150 minutes of exercise per week (around 30 minutes per day over five days of the week).

One of the easiest ways to accomplish this is to walk to amenities!

The range of amenities within walking distance of the LIHE Building:

M&S Food To Go	5 mins
Tesco Express (Albert Embankment)	9 mins
Illy Café	7 mins
Restaurants (Westminster Kitchen / OKAN South Bank / Gillray's)	10 mins
Pub (St Stephen's Tavern)	13 mins
St Thomas' Hospital	14 mins
Archbishop's Park	5 mins

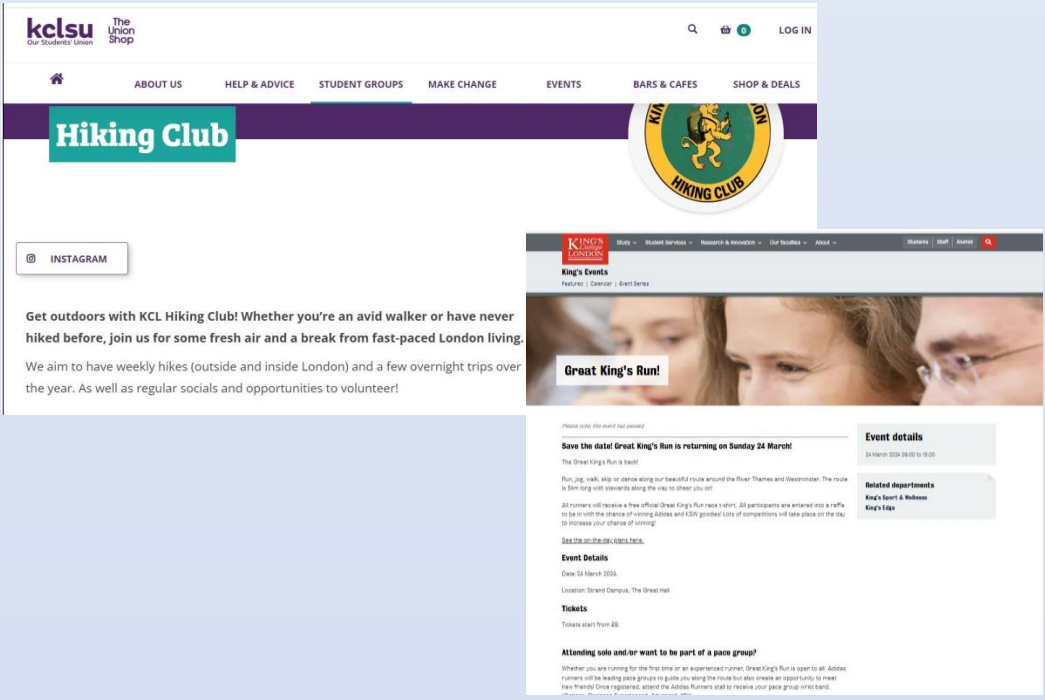
For further travel information on cycling and walking in Lambeth please go to:

- [www.lambeth.gov.uk/streets-roads-transport/cycling-walking](http://www.lambeth.gov.uk/streets-roads-transport/cycling-walking)

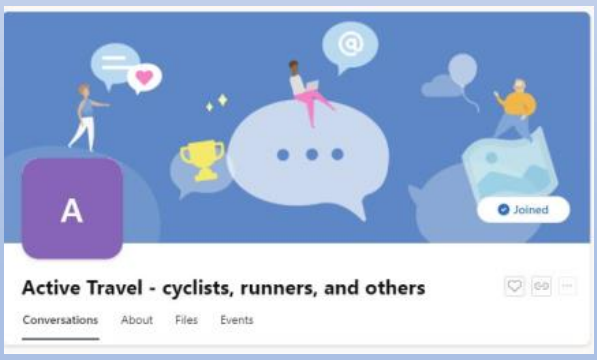
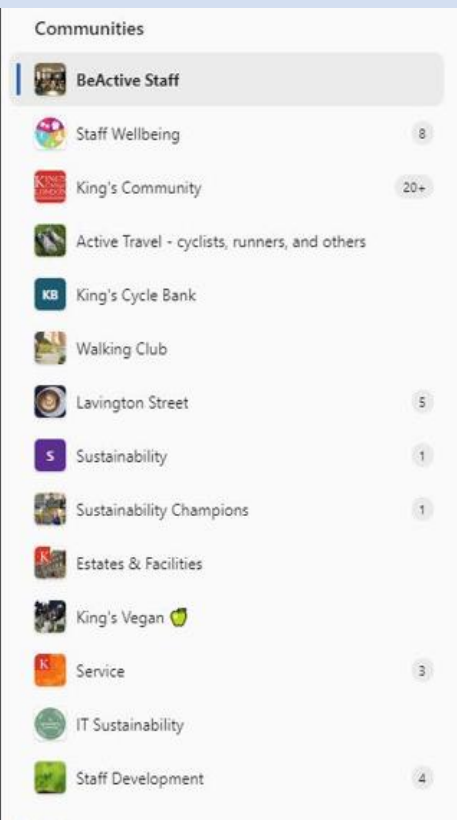
# Walking

There are various active travel groups (walking, cycling, hiking, running, etc) available to King's staff and students, throughout the year. The college also promotes sustainable travel events happening locally, as well as supporting travel schemes run by local authorities. Examples of such events and where to find more information is shown below.

Information regarding clubs and upcoming events can be found on the Student Union website and the KCL website.



The Active Travel, Staff Wellbeing, Walking Club and other networks can be accessed via Viva engage. Regular updates and meetings about upcoming events are posted on this platform. There is also space for staff to propose new ideas for events and activities, some examples of the networks are events are listed below:



# Cycling

Cycling is a great way to get about and a great alternative to walking. as it makes places more accessible. Cycling is around three times faster than walking and in some cases it is quicker than driving too!

## There are various cycle routes in proximity to LIHE:

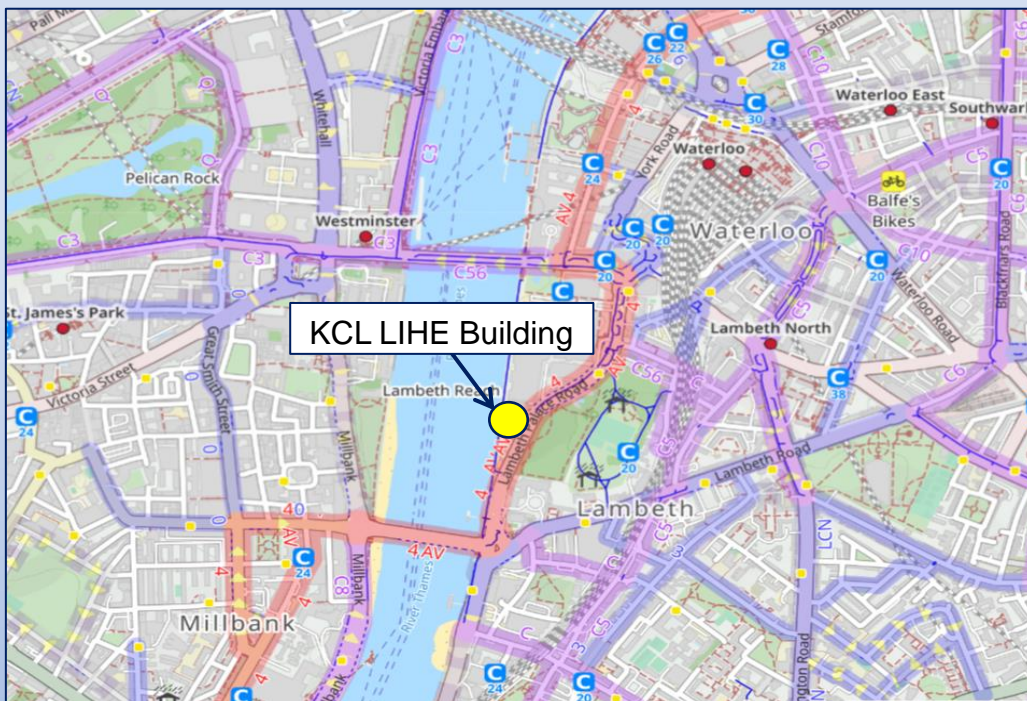
- National Cycle Network Route 4 (runs directly past the building providing advisory cycle lanes).
- London Cycle Network Routes CS8, Q5, LCN6a and CS3.

## KCL Campuses by Bike from LIHE:

Guy's Campus	13 mins
Denmark Hill Campus	18 mins
Strand Campus	9 mins
Waterloo Campus	4 mins

There are continuous cycle paths from LIHE to all KCL London Campus'!

See the map below for the cycle routes around the Site and click to see more detail.



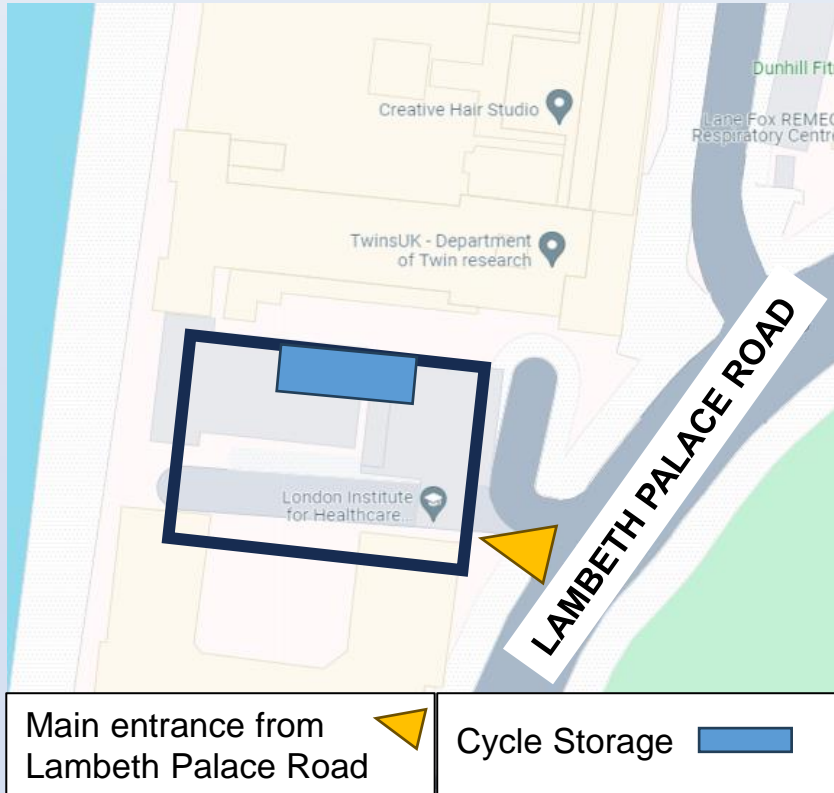
## Cycling Events Near You:

- Free bike checks from Dr Bike [Click here](#)
- Lambeth Cyclists For people cycling in Lambeth [Click Here](#)

# Cycling Provision

## Cycle Storage at LIHE

Map below shows the location for the cycle store in the LIHE Building.



- The cycle store is accessible via the main entrance of the LIHE Building, on Lambeth Palace Road.
- Additional facilities include:
  - Showers (to be installed imminently)
  - Changing facilities
  - Lockers
  - Bike maintenance equipment – pumps, tools (located within the cycle store)
- Three of the bays are larger to accommodate any larger bikes, such as cargo bikes and trikes.

The university offers an in-house Cycle to Work scheme, available to all staff. To sign up and get further information, please use this [link](#).

## USEFUL APPS AND WEBSITES

**CycleStreets:** This website allows you to easily plan cycle journeys with variable route options available to all levels of cyclist.

[www.cyclestreets.org/](http://www.cyclestreets.org/)



**Strava:** This app records your cycle ride and you can compare your performance overtime, as well as sharing with the local community. Strava can also be used for running, walking and other workouts.

[www.strava.com/](http://www.strava.com/)



# Cycle Hire

Santander Cycles is a public bicycle hire scheme across London. There is no need to book, just find your nearest docking station, hire a bike and return it to a docking station when finished!



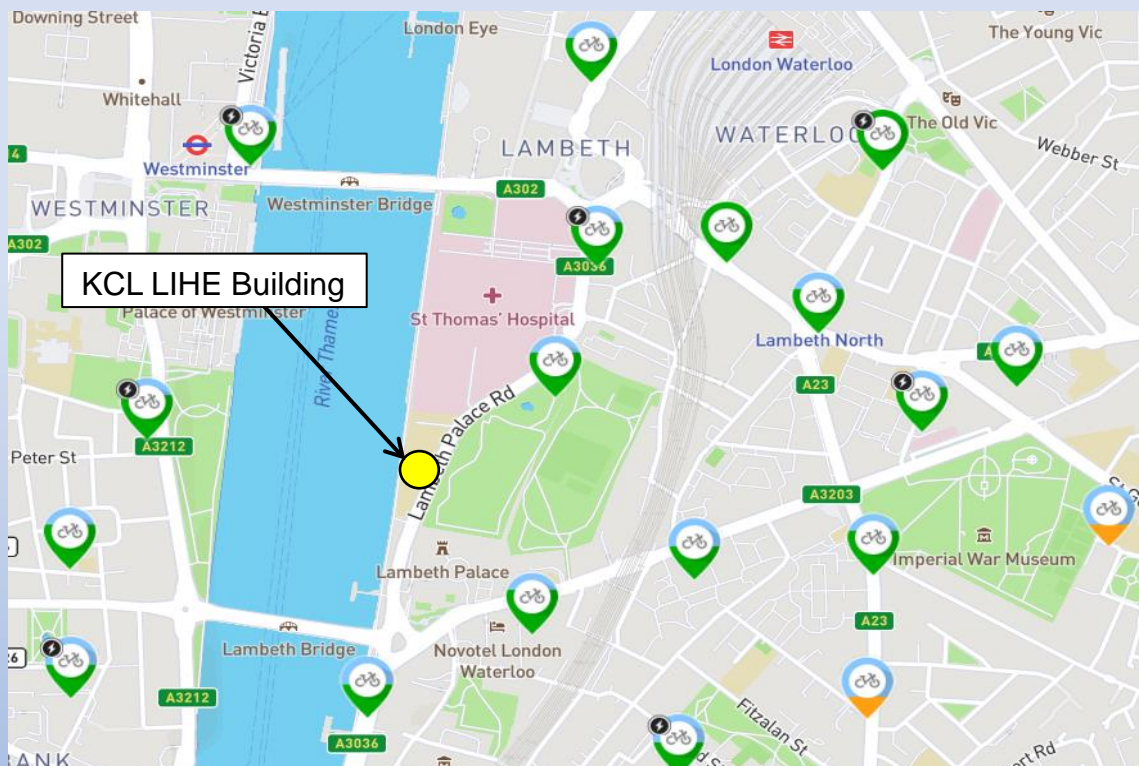
Santander Cycle Hire costs vary depending on the length of a journey and type of membership. Options and costs for using the service are as follows:

- **Pay as you ride**
  - £1.65 for up to 30 minutes
  - £1.65 for each additional 30 minutes
- **Monthly membership**
  - £20 a month
- **Annual Membership**
  - £120 a year.

There are multiple Santander Cycle Hire Stations within walking distance of the site. Archbishop's Park, Waterloo is the nearest docking station situated on Lambeth Palace Road, approximately a 2-minute walk from the LIHE Building. The docking station provides access to up to 21 docking points.

Alternatively, Lambeth Palace Road, Waterloo is located to the north of Lambeth Palace Road, approximately 400m north of the site, opposite St Thomas' A&E entrances. The docking station provides access to up to 40 docking points.

See the map below for the nearest Santander Cycle Hire docking stations.



For further travel information on routes and timetables please go to:

- Transport for London: [www.tfl.gov.uk/modes/cycling/santander-cycles](http://www.tfl.gov.uk/modes/cycling/santander-cycles)



# Cycle Hire

## Lambeth Council's Rent a Bike scheme "Peddle My Wheels"

**Try Before  
You Bike!**

Lambeth Council's rent a bike scheme allows you to try out cycling as a mode of travel before investing in equipment!

### Some features of the service include:

- **Pay monthly** for a bike (including hybrid, folding bikes, e-bikes, e-cargo bikes and adaptive bikes) with an easy to order process.
- Free friendly **delivery to your door** with accessories (helmet, lights and lock), guidance and a **bespoke training** session of up to 2 hours.
- **No deposit** or hidden fees.
- **Affordable** purchase options and Cycle To Work available.
- Free collection if you decide the bike is not for you.
- **Support** and encouragement given to help you get confident on the roads.

Sign up with Peddle My Wheels  
Here:

[www.peddlemywheels.com/try-before-you-bike](http://www.peddlemywheels.com/try-before-you-bike)



Find out more at: [www.lambeth.gov.uk/streets-roads-transport/cycling-walking/rent-bike-scheme/](http://www.lambeth.gov.uk/streets-roads-transport/cycling-walking/rent-bike-scheme/)

# Underground Services

The nearest station to the site is **Lambeth North Underground Station**, the access to which is located an 8 minute walk from the LIHE building. Lambeth North is served by the Bakerloo line providing high frequency services between Harrow, Wembley, Paddington Station, and Elephant and Castle.



**Westminster Underground Station** is a 10 minute walk northwest of LIHE and is served by the Jubilee, Circle and District Line, providing access to Central London, Richmond, Upminster, Wimbledon and Ealing.

## Access other Campuses via the Underground:

- Strand Campus – District / Circle Line from Westminster to Temple.
- Guy's Campus – Jubilee Line from Westminster to London Bridge

## TfL's Plan A Journey

The '[Plan a Journey](#)' feature on the TfL website allows you to enter your current location, destination, and preferred leaving or arrival time. It then provides multiple route options, utilizing the optimal combination of walking, cycling, bus, and Underground services.

The Journey Planner also provides options depending on travel preference or needs.

These include:

- Bus only
- Least walking
- Fewest changes
- Full step free access
- Nearby taxi ranks

For further travel information on routes and timetables please go to:

- Transport for London [www.tfl.gov.uk/modes/tube/](http://www.tfl.gov.uk/modes/tube/)

# Train Travel

The train is an ideal mode of travel for both short and long distance.

**Waterloo Station** is the closest station to LIHE, a 12-minute walk. Served by Southwestern Railway, regular services are provided throughout the day to the south-west including Teddington, Guildford, and Portsmouth Harbour.

**Waterloo East** is connected by a walkway from Waterloo Station. Regular services are provided throughout the day to the south-east suburbs of London and Kent with trains to Gillingham, Dover and Hastings

Railcards are a great way to easily save money on the cost of train travel (up to 1/3 off).

There are a variety of cards available, most relevant ones are:

- 16-25 Railcard (incl. mature students)
- 26-30 Railcard

Visit [www.railcard.co.uk/](http://www.railcard.co.uk/) to find out more and how to apply

## Facilities available at London Waterloo

- Toilets
- Refreshment facilities
- 573 bicycle spaces (stands and racks)

For more information click [here](#) :

## **Did you know you can take your bike on the train?**

You can take your full-sized bike on trains around London, as long as you avoid travelling at peak times.

Fully folding bicycles are allowed on all trains without restrictions or reservations

Find out details of this [here](#)

## USEFUL APPS AND WEBSITES

**National Rail:** The National Rail app allows you to plan journeys via train travel as well as receiving alerts and notifications in the event of disruption or delays.

[www.nationalrail.co.uk/](http://www.nationalrail.co.uk/)

**Train Line:** Trainline sells tickets and provides live information on train times free access to live train times, updates and railway station information.

[www.thetrainline.com/](http://www.thetrainline.com/)





# Bus Timetable

See the table below for the nearest daytime services, routes and frequencies accessible to the LIHE building.

Service	Route	Frequency (minutes)			
		Daytime Frequency	Evening Frequency	Saturday	Sunday
<b>C10</b>	Canada Water - Victoria	6-8	7-12	7-11	10-13
<b>77</b>	Tooting - Waterloo	8-12	8-12	8-12	11-13
<b>3</b>	Crystal Palace – Victoria	8-12	8-10	9-13	10-12
<b>344</b>	Clapham Junction – Liverpool Street Station	6-10	6-10	7-10	7-10
<b>12</b>	Dulwich –Oxford Circus	10-13	10-13	11-13	11-14
<b>159</b>	Streatham – Oxford Circus	6-10	11-12	7-11	11-14
<b>453</b>	Deptford - Marylebone	4-8	7-10	6-10	8-12

## Bus Stop Route Key:

Lambeth Palace Road Stops (>3-minute walk)

Lambeth Road Stops (4-minute walk right turn (south) out of the LIHE Building)

Westminster Bridge Road / St Thomas' Hospital Stops (>8-minute walk left turn (north) out of the LIHE Building)

For further travel information on routes and timetables please click on the following link : Transport for London [www.tfl.gov.uk/travel-information/timetables/](http://www.tfl.gov.uk/travel-information/timetables/)

# River Boat Services

River boat services are available from Westminster Pier and the London Eye Pier, both a 10 minute walk, providing services to Canary Wharf, Woolwich, and Putney.

Services in each direction are approximately every 15 minutes and operates between the hours of 0600 and midnight.

Like the tube, the river is divided into zones: West, Central and East. Your ticket must be valid for all the zones you travel through.

You can bring your bike on board at no extra cost!

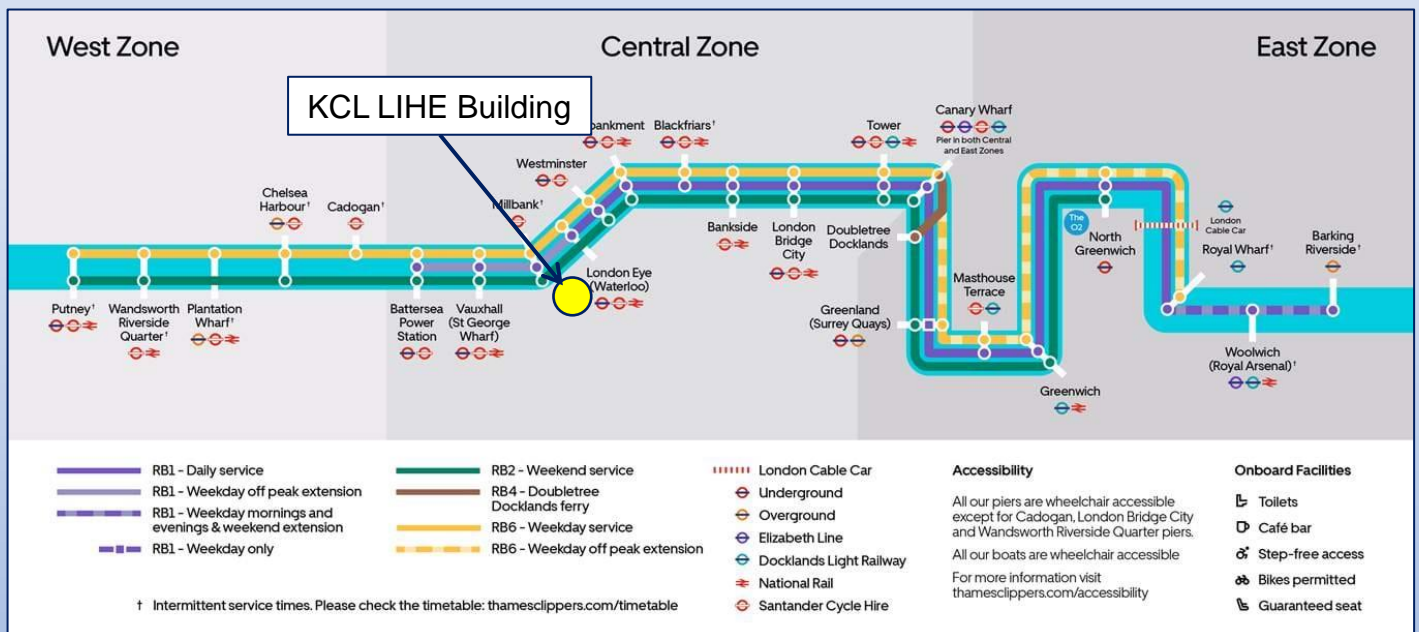
## Ways to pay

- Contactless or Oyster
- Thames Clippers Tickets App
- Uber App
- Ticket office or ticket machine
- Online at: [www.thamesclippers.com/booking](http://www.thamesclippers.com/booking)



Save up to 24% off the standard fare (purchased at the pier) by buying your tickets online, via the apps or travel using a Contactless or Oyster card!

See the TfL map below for the River Boat Service stops and zones.



For further travel information on routes and timetables please go to:

- Transport for London: [www.tfl.gov.uk/modes/river/](http://www.tfl.gov.uk/modes/river/)

# Car Clubs and Car Sharing

**Car Clubs** are short term car rental services that allow members access to locally parked cars. Members are charged by the minute, hour or day.

## **Closest Car Club Bays:**

- **ZipCar:**  
Centaur Street, 5-minute walk  
[Click Here](#)
- **Enterprise:**  
Upper Marsh, 4-minute walk  
[Click here](#)



## **London Resident Enterprise Car Club Discount Code!**

- £10 first year's membership (usually £60/yr)
- £10 free driving credit
- Up to 10% off Enterprise Rent-A-Car bookings.
- Find out more click [here](#)

Unlock cars & vans  
to rent with your  
phone!

Lifthsare.com is a car sharing website, connecting you to people with similar destinations!

**Car sharing** helps you connect with people travelling to similar destinations so you can share rides, thereby saving money, fuel and reducing CO2 emissions.

Or, use Liftshare's new Mobilityways App to enable in-app messaging and make finding a liftshare easier.

## **Liftshare.com**

- Register for free
- Find someone to car share with via the matching database
- Arrange your Liftshare, [here](#)

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travel happy

  
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