



TRAVELLING INSTRUCTIONS TO ST CHRISTOPHER'S HOSPICE

51- 59 Lawrie Park Road, Sydenham London SE26 6DZ

Hospice: Tel 00 44 (0)20 8768 4500
Education Centre: Tel 00 44 (0)20 8768 4656 Fax 00 44 (0)20 8776 5838
Hospice Information : Tel 00 44 (0)20 8768 4662 Fax 00 44 (0)20 8776 9345

TRAIN TRAVEL

Check times on www.nationalrail.co.uk or call: 08457 484 950

Note: The hospice is served by two local railway stations but **not** the London Underground system.
Sydenham Station is in Zone 3, Penge East is in Zone 4

London Bridge – Sydenham

Journey time approx 20 minutes
Trains leave London Bridge at regular intervals
On Sundays trains continue through to Charing Cross
(journey time approx. 25 minutes)

Victoria – Penge East

Journey time approx 18 minutes
At Penge East Station **cross over footbridge** and
follow map overleaf, via Station Road and Crampton
Road to Penge High Street.

**Note: Do not get off the train at Sydenham Hill
station but continue to Penge East.**

Over Ground Train

Over ground train every 15 minutes starting from Dalston
Junction which stop at Penge West and Sydenham train stations

Junction which stop at Penge West and Sydenham train
stations

East or West Croydon – Sydenham

Journey time approx 10 minutes
Sundays (from East Croydon only):

EUROSTAR TRAIN

Brussels - Lille – Paris - London

Good daily service to St. Pancras International
Station. Transfer to Northern Line (underground), and
travel to Sydenham via London Bridge following
instructions above or order Minicab (Clockhouse Cars
tel 020 8658 0066 – cost £34 approx. per car –
maximum 4 passengers).

Check all London Travel on <http://journeyplanner.tfl.gov.uk> for up to the minute travel instructions, times and news

BUSES

Routes **176 & 197** stop outside the hospice.
Routes **122, 202** and **227** pass the ends of Lawrie Park Road.
Routes **N3, 75, 194** and **306** stop within 10-15 minutes' walk of the Hospice.

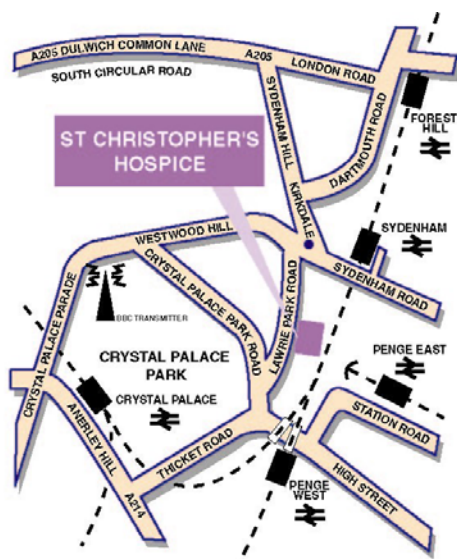
TAXI/MINICAB HIRE

Black Taxi Cabs are sometimes reluctant to travel to St Christopher's from Central London and are usually more
expensive than mini cabs. A local mini cab company is:
Clockhouse Cars Tel: 020 8658 0066.

USEFUL TELEPHONE NUMBERS

Mini Cabs: Clockhouse Cars: 020 8658 0066
National Train Enquiries: 0845 7484950
London Transport: 020 7222 1234

CAR DRIVERS



There is no parking on the hospice grounds, however there is readily available parking on adjoining residential roads.

DIRECTIONS FROM M25 JUNCTION 4 TO ST CHRISTOPHER'S HOSPICE

Exit the M25 at Junction 4 (signposted **Bromley/ Orpington A21**). Keep to the A21 (Bromley) for approx. 9 miles through mainly "green belt" area. After approx 5 miles you enter a 40 mph zone, passing Farnborough Hospital on the right. Go straight across traffic lights into the outskirts of **Bromley** (30 mph zone with bus garage on right) Speed restrictions change to 40 mph, then 30 mph just before roundabout. Continue straight on. At the second set of traffic lights bear right into **KENTISH WAY (Bromley)** - signposted **A21 (Lewisham)**. After several sets of traffic lights you reach a T junction with traffic lights.

Turn left into London Road then first right into **A222 (BECKENHAM LANE - Shortlands)**. Follow the A222 into **BECKENHAM** (about 1-3/4 miles) along the High Street.

At the roundabout at the far end of the High Street take the 2nd exit into the **A234**. Continue on this road passing Clock House Station on the left. On entering **PENGE**, continue straight on at the traffic lights. After passing under the second railway bridge take the first right into **Lawrie Park Road**. The hospice is approximately 200 yards on the right hand side.

On arrival at St Christopher's please report to Reception in the main hospice building unless visiting the Education Centre. Inside, on the left, there is a wall panel on which are buttons for the different floors; press the required button to be let in.

It is also useful to refer to the AA website, www.theaa.com, using the 'route planner' for specific directions to the hospice.

AIR TRAVEL

HEATHROW AIRPORT

(travel information line 0990 747777)

National Express Coach travels from Heathrow Airport to Victoria train station.

726 leaves Heathrow Airport on the hour to Bromley, Croydon or Beckenham (journey time to Beckenham approx 1-1 ½ hours)

Underground to Victoria Station, take the Piccadilly line to Hammersmith, then change to the District line to Victoria.

Heathrow Express – to Paddington (journey time approx 15 mins) then on the Circle Line (Underground) to Victoria, then by British Rail to Penge East station as detailed above.

Mini Cab – Heathrow to St Christopher's approximately £52.

GATWICK AIRPORT

Rail - The Gatwick Express has a regular service direct to Victoria Station; from there travel to Penge East station (see above).

Alternatively there are frequent trains to East Croydon; from there travel to Sydenham Station.

Rail/Bus – Train to East Croydon then 197 bus direct to St Christopher's. Allow 30 minutes for the bus journey.

Mini Cab – Gatwick to St Christopher's approximately £40.

STANSTED AIRPORT

Take the the **A6 Airbus** to Victoria Railway station –or take the '**Skytrain**' from the airport to Liverpool Street from Liverpool Street Station take the **Underground** to London Bridge, changing to the Circle line at Monument. Travel by train to Sydenham (see above).

Mini Cab – Stansted to St Christopher's approximately £75.

LONDON CITY AIRPORT (tel: 020 7646 0000)

Flights from Belfast, Brussels Dublin, Edinburgh, Exeter, Glasgow, Isle of Man, Jersey, Leeds, Bradford, Liverpool, Paris and Rotterdam.

Airport Red Shuttle Bus every 10 minutes for Canning Town, then on the Jubilee Line (Underground) to London Bridge then travel by train to Sydenham (see above).

Mini Cab or taxi – London City to St Christopher's approximately £34.