



By Bike

Plan your journey – Transport for London's (TfL) journey planner can help you to work out your journey to work by bike. Cycle maps across London can also be ordered from the website. Go to www.tfl.gov.uk/cycling to find out more.

Free cycle training – Sutton staff are eligible for free cycle training. Call Smarter Travel Sutton on 020 8770 4567 to find out more.

Cycle stands – there are 54 cycle parking spaces on site which are distributed throughout the site. If you experience difficulty parking your bike on site please contact the Travel Plan Coordinator via X4148 or travelplansutton@icr.ac.uk

Lockers – there are lockers in three of the main buildings. There are about 40 additional lockers in our changing rooms which require a deposit of £1.00. These should only really be used on a temporary basis for staff using the gym. If you would like to be included on the waiting list then please contact the Travel Plan Coordinator on X4148 and a locker will be allocated to you as soon as possible as we are looking to increase the number on site – space permitting.

Changing facilities – the main building has excellent changing rooms and showers for both men and women. There is a drying rack provided for cyclists to dry their towels.

Salary sacrifice scheme – staff are eligible for the government Cycle to Work salary sacrifice scheme, which enables a member of staff to purchase a bicycle and accessories at up to 45% off the original price. Staff can also take advantage of an interest free loan for the purchase of a bicycle. Contact ICR Payroll or go to <http://ispace.icr.ac.uk/corporate/departments/finance/FAS/Pages/Bike.aspx>

Discounts – Action Bikes, Wallington and Pearson Cycles, Sutton offer a 10% discount. Visit the store and quote 'Smarter Travel Sutton' to take advantage of the offer.

By Foot

Plan your walking route – staff can work out their route by using www.walkit.com. The website is a useful tool that will inform you of your route to work, alternative less polluted routes, the journey distance, time taken to walk the route and the calories burnt on route.

By Car

Car Clubs

Free trial – Sutton residents can take advantage of a 3 month free trial with Streetcar which provides them with membership and £10 worth of driving credit. Call Streetcar on 0845 644 8475 and quote 'Sutton Resident' to take advantage of the offer. Visit www.streetcar.co.uk to find out where your nearest car club is and for terms and conditions. All new members are eligible for £10 worth of driving credit (this includes non-Sutton residents too).

Car Sharing

Find a car share partner – by registering with www.ICRcarshare.co.uk, the ICR's private car share group, staff can find others that they could car share with on their journey to work. Drivers and non-drivers can register for free and can search within the ICR or within the wider Liftshare network.

Car Parking

Parking spaces are available for staff and visitors free of charge, provided a valid permit is on display. For further information and to request a parking permit, please contact the Travel Plan Coordinator.

By Public Transport

Plan your journey – TfL's journey planner provides information on public transport in Sutton. Go to www.tfl.gov.uk to find out more.

Interest free loan – ICR staff are eligible for an interest free loan to help with the purchase of their ticket. Contact ICR Payroll or go to <http://ispace.icr.ac.uk/Administration/AOPs/Policies>

Please see the map overleaf for local bus routes, stops and frequencies.

The nearest rail station to the ICR is Belmont, located approximately 10 minutes walk away (please see map overleaf for directions). Belmont Station is served by hourly direct services to London Victoria (46 minutes) and Epsom Downs (7 minutes).

Sutton Station is located roughly 20 minutes walk from the ICR, along Cotswold Road and Brighton Road. The station can also be reached by catching the 80, 280, 420 or S1 bus from Gatton Close towards Sutton (5-10 minutes journey time). From Sutton Station trains leave for London Victoria every 10 minutes (journey time of 25-30 minutes) and London Bridge every 30 minutes (41 minutes journey time). There are also regular services to other stations in the local area, including Carshalton (3 minutes journey time), Hackbridge (5 minutes), Wallington (6 minutes), Epsom (8 minutes) and Cheam (2 minutes).

For further information on train services and live timetable information please visit www.nationalrail.co.uk.

By Shuttle Bus

Shuttle buses to Sutton Station – in conjunction with the Royal Marsden Hospital the ICR operates a staff shuttle bus that goes to and from Sutton station in the mornings and evenings. A timetabled mid-day service to Sutton station is also available.

Inter-site bus to Chelsea – The Royal Marsden also operate its own inter-site bus which goes between Sutton and Chelsea at various times throughout the day. Institute staff are allowed to use this service if there are seats available.

Departure times and further information on both services can be found here: <http://ispace.icr.ac.uk/corporate/departments/facilities/SiteManagement/Pages/Transport>

About us



The Institute of Cancer Research (ICR) is one of the world's leading cancer research organisations and is internationally renowned for the quality of its science. Together with The Royal Marsden NHS Foundation Trust, The Institute forms the largest comprehensive cancer centre in Europe.



To find out more or to let us know your views on travel and transport in the borough visit www.smartertravelsutton.co.uk or call 020 8770 4567.

To contact the ICR Travel Plan Coordinator call X4148 or email travelplansutton@icr.ac.uk

The Institute of Cancer Research

Brookes Lawley Building, 15 Cotswold Road, Belmont, Surrey SM2 5NG

t: +44 (020) 8722 4148 f: +44 (020) 8722 4425 e: travelplansutton@icr.ac.uk



KEY

- 80 Bus Routes
- Off Road Cycle Route
- Railway Station
- Belmont 280 Route Terminus
- On Road Cycle Route
- Closest Bus Stops
- Approx. 400m in 5 mins

Bus Frequencies

80 Belmont - Hackbridge Daily 🚶

Belmont Prisons - Sutton Hospital - Sutton 🚶 - Morden South 🚶 - Morden 🚶 - St Helier - Hackbridge

Monday to Friday daytime 11-13 minutes.
Saturday daytime 10-12 minutes. Evenings and Sunday 20 minutes.

Operated by London General

280 Belmont - Tooting Daily 🚶

Belmont 🚶 - Sutton 🚶 - St Helier - Mitcham 🚶 - Tooting 🚶 - Tooting Broadway 🚶 - Tooting St George's Hospital

Monday to Friday daytime 7-10 minutes. Saturday daytime 9-13 minutes. Evenings and Sunday 12-20 minutes.

Operated by London General

420 Sutton - Redhill Mon-Sat

Sutton 🚶 - Sutton Hospital - Banstead - Tattenham Corner - Tadworth 🚶 - Lower Kingswood - Reigate 🚶 - Redhill 🚶

Monday to Saturday daytime 60 minutes.
No evening or Sunday service.

Operated by Metrobus

S1 Banstead - Mitcham Daily 🚶

Banstead - Sutton Hospital - Sutton 🚶 - St Helier - Mitcham Junction 🚶 - Mitcham

Monday to Saturday daytime 20 minutes.
Evenings and Sunday 30 minutes.

Operated by Quality Line

S3 Sutton Hospital - Worcester Park Mon-Sat 🚶

Sutton Hospital - Charshalton - Sutton 🚶 - Sutton Common - North Cheam - Worcester Park 🚶

Monday to Saturday daytime 20 minutes. Evenings 30 minutes.
No late evening or Sunday service.

Operated by Quality Line

S4 Roundshaw - St Helier Mon-Sat 🚶

Roundshaw - Wallington 🚶 - Sutton Hospital - Belmont 🚶 - Sutton 🚶 - St Helier - St Helier 🚶

Monday to Saturday daytime 30 minutes. Evenings 30 minutes.
No Sunday service.

Operated by Quality Line

For further information call 0843 222 1234*
or visit www.tfl.gov.uk

*You pay no more than 5p per minute if calling from a BT landline. There may be a connection charge. Charges from mobiles or other landline providers may vary.