

lionuo measiwaj

Lewisham Council

1 Catford Road, London SE6 4RU

t: 020 8314 6000

Wearside Service Centre

Wearside Road, London SE13 7EZ

The Parking Shop

2 Rennell Street, London SE13 7HD

t: 08452 185 248

Kaleidoscope

32 Rushey Green, London SE6 4JF

www.lewisham.gov.uk

Lewisham

ligital cartography and print by Pindar

Sites

Iravel to

Catford Complex

By Bike රූ

Lewisham Council sites in the Catford Complex are well served by cycle routes, located near National Cycle Network route 21 and London Cycle Network route 22.

By Foot 次

There are lots of green spaces including Mountsfield Park and Ladywell Fields to explore within 10 minutes walk of the Catford Complex. Why not have a 'walking' lunchtime meeting? Visit www.walkit.com to plan a route.

By Bus 🚍

14 buses serve Catford daily, shown on the map overleaf. For up-to-date bus information visit www.tfl.gov.uk

By Train **₹**

Catford and Catford Bridge stations are located within 5 minutes walk of the Catford Complex. Bikes are allowed on most trains outside of peak times (check with individual train operators) and fold up bikes are allowed on trains at all times. For train times visit www.nationalrail.co.uk

Wearside Service Centre

By Bike රූ

Wearside is located just off National Cycle Network route 21.

By Foot 💫

There are lots of green spaces to explore nearby. Why not plan a 'walking' meeting in Ladywell Fields or Hilly Fields? Visit www.walkit.com to plan a route.

By Bus 🚍

17 buses serve routes along Lewisham High Street and Ladywell Road, shown on the map overleaf. For up-to-date bus information visit www.tfl.gov.uk

By Train **≥**

Ladywell station is the closest to Wearside and is within 5 minutes walking distance. Lewisham station is 10 minutes away. Bikes are allowed on most trains outside of peak times (check with individual train operators) and fold up bikes are allowed on trains at all times. For train times visit www.nationalrail.co.uk.

The East London Railway (formerly the East London Line) provides direct links with North London and runs on the line through Brockley, see map overleaf. Brockley station is 30 minutes walk from Wearside. For live travel news visit www.tfl.gov.uk

Travel between Catford and Wearside

By Bike 65

The journey between Catford and Wearside can be made within 10 minutes travelling either along the main roads or through the more scenic Ladywell Fields.

By Foot 沦

Similarly the journey can be made using either the main roads or Ladywell Fields within 25 minutes.

By Bus 🚍

7 routes run along the main road between Catford and Wearside meaning staff should not have to wait more than a few minutes for a bus. The journey takes roughly 5 minutes. See the map overleaf.

By Train **≥**

04.10

Catford Bridge to Ladywell takes 2 minutes on the train. For train times visit www.nationalrail.co.uk

Cycle Information

Cyclists' Handbook

Do you know where the showers are for staff in Catford?

Want to know more about cycling in Lewisham?

You can find the answers to these questions and lots of other handy tips and information in the new Cyclists' Handbook. It's packed full of information, links to websites and details of cycling in Lewisham. Copies are available from the Sustainable Transport team by emailing sustainable.transport@lewisham.gov.uk or on the Intranet.

Cycle parking

Cycle parking is available at main council buildings. Further information is available in the Cyclists' Handbook or from the Sustainable Transport Team on

sustainable.transport@lewisham.gov.uk

Cycle training

Have you thought about cycling to work? Maybe you want to get fit, save money or just fancy a change but don't have the confidence to cycle on the roads.

The Road Safety Team has several qualified cycle instructors who are offering a free two hour cycle lesson to staff. The lessons will be tailored to meet your needs, whether you've just learnt to ride, haven't ridden in a while or are a regular cyclist who just wants a few tips and techniques. The instructors will even cycle with you to work or another route that you will use often.

Lessons are available Monday to Friday, and limited availability on Saturday mornings. You must bring vour own bike and it must be in roadworthy condition.

For more information or to book a lesson email roadsafetyeducation@lewisham.gov.uk or call 020 8314 2216.

Cycle maps

If you would like a Lewisham cycle map email the Sustainable Transport team on

sustainable.transport@lewisham.gov.uk or visit www.tfl.gov.uk/cycling to order maps for the local area.

Lewisham Council has pool bikes at Catford and Wearside available to staff who have registered with the scheme. Why not hop on one if you need to travel to a local meeting? For more information email the

Pool bikes

Walking Benefits

Half of London car journeys are under 2 kilometres - that's just 25 minutes walk and for most people easily within walking distance!

Walking regularly improves your wellbeing and helps reduce stress. Walking can halve your risk of coronary heart disease and help prevent some cancers.

Walking is free! At most you'll need a comfy pair of shoes or trainers!

Walking leads to a greener planet. Visit www.walkit.com to plan a walking route and see how much CO2 you would save compared to using your car.

Walk to work

Why not fit some walking into your working day? Whether it's walking to or from work or walking to a meeting instead of taking the bus, you can find out more from Walking Works by visiting www.walkingworks.org.uk. If you live too far from work to walk all the way, why not jump off the bus or train one stop early and walk the final part of your journey?

Oyster card

By getting an Oyster card and keeping some money on it you pay reduced fares on public transport compared to using cash. You can pay using Oyster on buses, Underground, Docklands Light Railway, National Rail and Thames Clipper services. See www.tfl.gov.uk/oyster or call the Oyster helpline on 0845 330 9876 (call charges apply).

Sustainable Transport team on sustainable.transport@lewisham.gov.uk or call 020 8314 2187.

This map has been developed as part of Lewisham Council's Staff Travel Strategy to make staff aware of their travel choices, both for travelling to work at the main sites at Catford and Wearside and travelling between these for work.

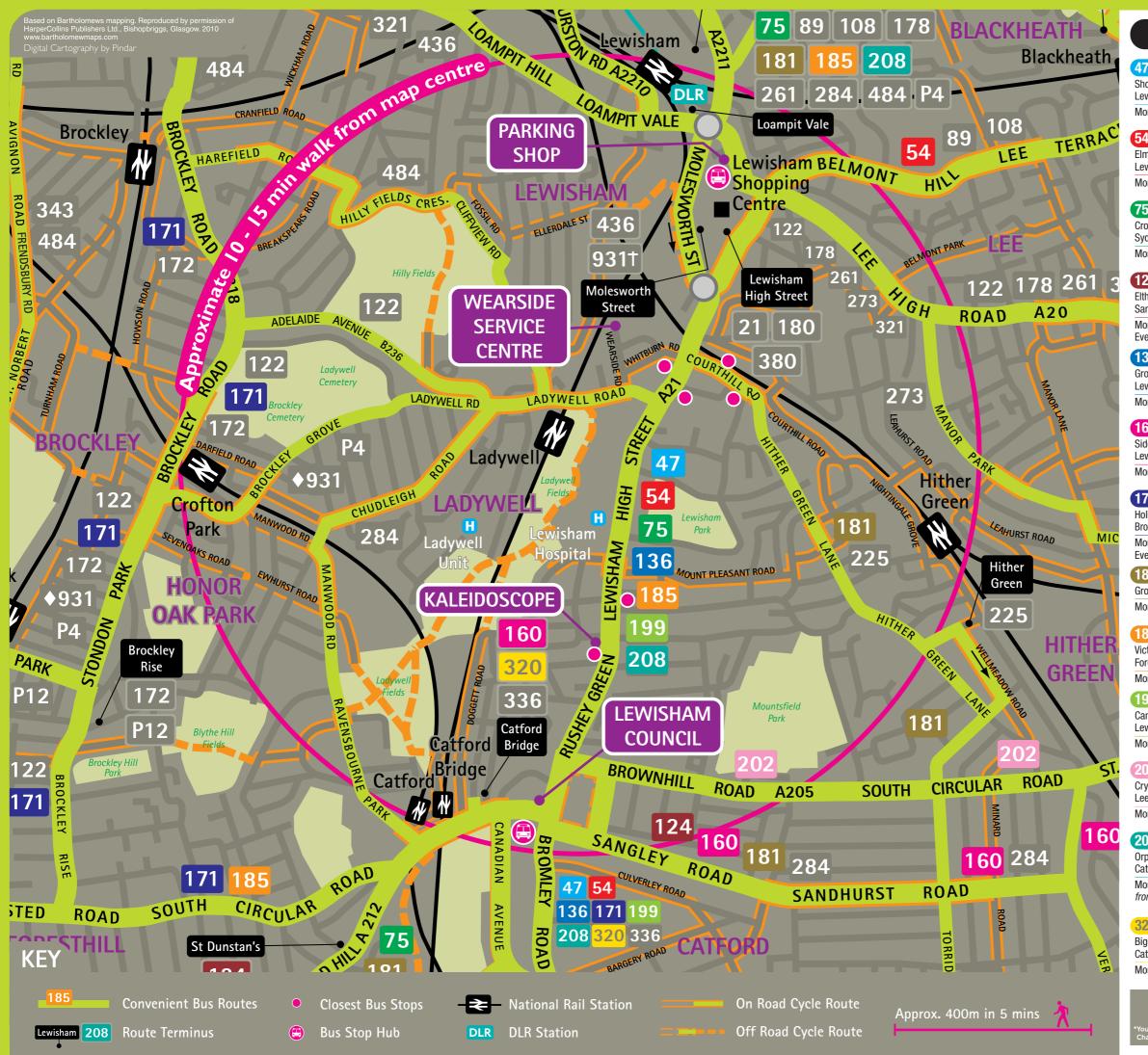
Lewisham is well served by public transport and onequarter of the borough is parkland or open space, making the options for using sustainable transport modes realistic and plentiful.





Text CAB to 60835 to get the numbers of one taxi and two licensed minicab firms, in the area you are texting from.

Texts are charged at 35p per enquiry plus standard text message rate.



Bus Frequencies 47 Shoreditch - Catford Shoreditch - Liverpool Street ⊖ 老 - London Bridge ⊖ 老 - Canada Water ⊖ Lewisham 2 DLR - Lewisham High Street/Town Hall - Catford Bus Garage Monday - Saturday daytime 8-12 minutes. Evenings and Sunday 20 minutes. Operated by Selkent 54 Elmers End - Woolwich Daily a Elmers End 嵀 📫 - Beckenham Junction 嵀 📫 - Lewisham Town Hall -Lewisham High Street - Belmont Hill - Blackheath ≠ - Woolwich ≠ DLR Monday - Saturday daytime 10-14 minutes. Evenings and Sunday 15-20 minutes. Operated by Metrobu **75** Croydon - Lewisham Daily ඵ Croydon - West Croydon ≥ 🚎 - Selhurst ≥ - Norwood Junction ≥ - Penge Sydenham - Lewisham Town Hall - Lewisham High Street - Lewisham 嵀 DLR Monday - Saturday daytime 9-13 minutes. Evenings and Sunday 15-20 minutes. Operated by Metrobus **124** Eltham - Catford Daily ඵ Eltham - Mottingham 嵀 - Marvels Lane - Grove Park 嵀 - Torridon Road -Sandhurst Road - Lewisham Town Hall - Catford (St Dunstan's College) Monday - Friday daytime 9-11 minutes. Saturday daytime 10-13 minutes. Evenings and Sunday 20 minutes. Operated by Selken **136** Grove Park - Peckham Daily ඵ Grove Park ≠ - Catford Bus Garage - Lewisham Town Hall - Lewisham High Street -Lewisham ≥ DLR - Lewisham College - New Cross Gate ⊖ ≥ - Peckham Monday - Saturday daytime 8-13 minutes. Evenings and Sunday 15-20 minutes. Operated by Selkent 160 Sidcup - Catford Daily ඵ Sidcup ≥ - New Eltham ≥ - Eltham - St Mildred's Road - Sandhurst Road -Lewisham Town Hall - Catford 嵀 Monday - Saturday daytime 15 minutes. Evenings and Sunday 20-30 minutes. Operated by Arriva **171** Holborn - Catford Daily ඵ Holborn ↔ - Waterloo ↔ ★ - Elephant & Castle ↔ ★ - Queens Road Peckham ★ -Brockley ≥ - Crofton Park ≥ - Brockley Rise - Lewisham Town Hall - Catford Bus Garage Monday - Friday daytime 5-9 minutes. Saturday daytime 7-10 minutes. Evenings and Sunday 10-14 minutes. Operated by London Central **181** Grove Park - Lewisham Daily a Grove Park ≥ - Downham - Lewisham Town Hall - Hither Green - Lewisham ≥ DLR Monday - Saturday daytime 10-14 minutes. Evenings and Sunday 15-20 minutes. Operated by Metrobus **185** Victoria - Lewisham Daily a Victoria ⊖ 老 - Vauxhall ⊖ 老 - Oval ⊖ - Denmark Hill 老 - East Dulwich 老 -Forest Hill 嵀 - Lewisham Town Hall - Lewisham High Street - Lewisham 嵀 DLR Monday - Sunday 7-13 minutes Operated by London General **199** Canada Water - Catford Daily ඵ Canada Water \ominus - Deptford - Greenwich \ge DLR - Lewisham \ge DLR -Lewisham High Street - Lewisham Town Hall - Catford Bus Garage Monday - Saturday daytime 9-13 minutes. Evenings and Sunday 15-20 minutes. Operated by Selkent Crystal Palace - Sydenham ≠ - Perry Hill - Lewisham Town Hall - St. Mildred's Road -I ee **孝** - Blackheath **孝** - Blackheath Monday - Saturday daytime 9-13 minutes. Evenings and Sunday 15 minutes. Operated by Metrobus **208** Orpington - Lewisham Daily ඵ Orpington **老** - Petts Wood **老** - Bromley South **老** - Bromley - Downham Catford Bus Garage - Lewisham Town Hall/High Street - Lewisham 嵀 DLR Monday - Saturday daytime 4-7 minutes. Evenings and Sunday 11-13 minutes. from 18 August 2010 - Monday - Saturday 12 minutes. Evenings and Sunday 15 minutes. Operated by Selkent **320** Biggin Hill - Lewisham (commencing 18 August 2010) Daily a Biggin Hill Valley - Biggin Hill - Bromley South ₹ - Bromley - Downham -Catford Bus Garage - Lewisham Town Hall - Catford ₹

Monday - Saturday daytime 12 minutes. Evenings and Sunday 20 minutes. Operated by Metrobus

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

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