

# Travelling in London during Coronavirus

## Avoid Peak Travel Times

**Morning** 05:45 - 08:15

**Evening** 16:00 - 17:30

## Top 10 Tips

- 1** **Walk or cycle** wherever possible and use apps such as [TfL Journey Planner](#), [Safe Cycle Routes](#), [City Mapper App](#) and the [Santander Cycles scheme](#) to find suitable options.
- 2** Ask your employer or site about **bike parking, showers and lockers** on site.
- 3** Consider **driving** – ask your employer or site about local parking spaces or use [Just Park](#), [NCP](#) or [Your Parking Space](#).
- 4** If you have no option other than to **car share**, wear a face covering, keep to the minimum number of people, and sanitise your hands and touchpoints between journeys.
- 5** Check the [Congestion Charge](#) and [Ultra Low Emission Zone \(ULEZ\)](#) areas and charges and make sure you pay on time.
- 6** If travelling by **train** or **London bus**, check live times before travelling as delayed trains or those following a cancellation will be busier – don't forget you must wear a **face covering** on public transport.
- 7** Only travel on the **tube** if absolutely necessary. If you have no other option, avoid travelling at peak times.
- 8** Avoid **'hotspot' stations** by getting off a stop before or after and walking or cycling the rest of your journey.
- 9** Leave **crowded stations or services** if you cannot maintain social distancing – use the [TfL Go App](#) for real-time information on how busy the network is.
- 10** If you change at Stratford, West Ham or Canning Town usually, you should **travel further into central London** and change at Mile End (for Bond Street), Bank (for London Bridge), Embankment (for Waterloo) and Whitechapel (for Canada Water) instead.

## Tube Station Hotspots

Barking	North Greenwich
Canada Water	Seven Sisters
Canning Town	Stratford
Finsbury Park	Tottenham Hale
Highbury & Islington	Vauxhall
Leyton	West Ham
Leytonstone	Willesden Junction
Mile End	

## Social Distancing

- ✓ Stay 2 metres apart from people wherever possible or 1 metre with extra precautions in place, such as wearing a face covering
- ✓ Wash or sanitise your hands regularly and avoid touching your face
- ✓ Sanitise the handles and seats of bikes with antibacterial wipes before and after use
- ✓ Travel side by side or behind other people, rather than facing them, where seating arrangements allow
- ✓ Only touch surfaces where required for safe travel
- ✓ Cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing
- ✓ Avoid loud talking, shouting or singing

