

Cycling to NHS Nightingale

Sustrans want to help our frontline heroes cycle to and from work safely during the Covid-19 pandemic. This information is part of a pilot offer we are launching to staff at NHS Nightingale.



Photo: Jon Bewley/Sustrans



Cycle offers and discounts

Our interactive map shows cycle offers and discounts available to all key workers (including NHS staff) across the UK.

Browse the map, or use the search box to look up your postcode or area.

www.sustrans.org.uk/keyworkers



Secure locking

- Use a D lock to lock both the frame and back wheel to the rack
- Use a second lock or cable to secure the front wheel
- Make sure you select a sturdy rack, or pole, as some fences can be cut



Bike parking

There are bike racks at both the East and West entrances of NHS Nightingale as well as overspill provision for cycles along the railings.

We suggest getting in touch with your line manager to let them know you require cycle storage.



Free hire bikes

The following companies are offering free bike hire for NHS staff.

- Santander
- Beryl
- Brompton

[#Cycles4KeyWorkers](https://www.sustrans.org.uk/keyworkers)

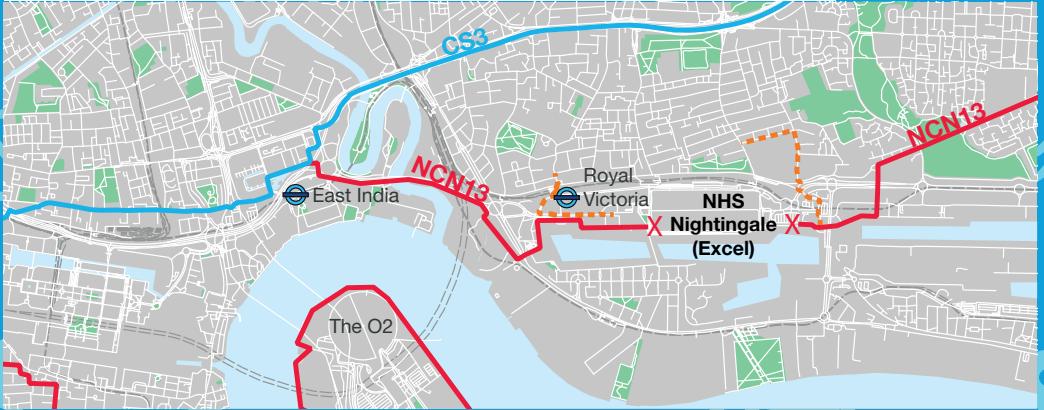
www.sustrans.org.uk/keyworkers



Find offers on bikes,
repairs and equipment near you



Choosing your route to the hospital



Coming from Central London and Tower Hamlets

Cycleway CS3 is easy to follow and separated from other traffic for most of the way from Central London along the Embankment, past the Tower out to East London. Follow this through Poplar to East India Dock and from here National Cycle Route 13 will take you safely on a protected cycle track over the Lower Lea Crossing right to Western Gateway which leads to The Nightingale Hospital entrance.

Coming from the east

Cycleway CS3 runs on a separate track alongside the A13 to the Beckton Roundabout from where National Cycle Network (NCN) route 13 turns south on a quiet green path next to Royal Docks Road and then on to Becton Station. From here NCN13 continues along the green Beckton Corridor to the dockside and to The Nightingale Hospital eastern entrance (Gate C).

Coming from south of the river

The Woolwich Foot tunnel or ferry is the closest place to cross the river and brings you to North Woolwich Pier Road, just short a ride on quieter roads to a cycle and foot bridge into The Nightingale eastern entrance. You can check for any temporary closures at:

www.royalgreenwich.gov.uk/info/200259/transport_and_travel/693/foot_tunnels

Coming from the north

The Newham Greenway (Q22) is a quiet path from Stratford High Street (and Cycleway CS2) to Prince Albert Road, which more confident cyclists can take south to Victoria Dock Road. 250m east of this junction a crossing leads to a path to the eastern entrance (Gate C). For a longer, but traffic-free route, continue on the Greenway to the A13 and pick up NCN13 to Beckton. A direct route to the western entrance is via the footbridge over the railway at Freemasons Road near Custom House DLR Station. The lift is temporarily closed so step-free access is via Royal Victoria DLR Station 500m further west.

Need more help or advice planning your route?

Email us: LondonKeyWorkers@Sustrans.org.uk
and we can speak to you directly

#Cycles4KeyWorkers

 **Cycles for
key workers**

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