

# GETTING TO SCHOOL GUIDE

Quiet Routes Around Hampstead For Traveling To And From School

Green School Runs

## 1 PUBLIC TRANSPORT

Although Covid-19 has made everything a little more complicated, public transport, especially in London, remains the cheapest and safest way to travel long distances. In the capital, around 70 per cent of longer journeys are made by public transport.

## 2 CYCLING

Cycling to school can be a lot of fun and, provided it's done in safety, it really is the best way to cover substantial distances in a short space of time.

It's also a great way of keeping fit, but without the need to get changed such as - for example - after running the same route.

## 3 WALKING

Active travel to school wakes up the body and the mind and helps increase general health when kids get older.

It also helps to reduce congestion and pollution and improve safety around the school gates!

## 4 PARK AND STRIDE

Park and Stride is a great way to reduce stress, congestion and pollution in one fell swoop.

Whether you know a free parking lot, a quiet road or some other convenient location out of the worst traffic spots, it is a great idea to just leave your car and walk the "last mile" to your school (or other destination).

Just make sure you are allowed to park where you intend to leave your car!



# PUBLIC TRANSPORT TO SCHOOL GUIDE

Quiet Routes Around Hampstead

Green School Runs

CLICK HERE TO CHECK QUIET TIMES AT YOUR LOCAL TUBE STOP!

## GETTING PUBLIC TRANSPORT TO SCHOOL IN NW3

Covid19 is making the idea of travelling on public transport a challenge for most people. However, there are ways to minimise the risks (wear a mask and carry anti-bacterial wipes along to use to hold on to surfaces on public transport; if possible, choose to shorten your trip by a walking/cycling part of the way).

And whilst those concerns remain valid, the number of trains and buses has been back to pre-pandemic levels for some time, meaning that most have plenty of space to social distance.

Lastly, TfL say that there are over 800 free Dettol hand sanitiser points at 270 stations, while an enhanced cleaning regime is also in operation, which uses hospital-grade cleaning substances that kill viruses and bacteria on contact and provides disinfection lasting several hours.

Did you know that most tube stations aren't actually that busy after 8.15am?

Or that TfL states that in the smaller ones (such as Belsize Park and Hampstead) "You are likely to be able to social distance throughout the day?"

Or that buses will not stop once the maximum number of passengers to ensure social distancing have boarded?



# PUBLIC TRANSPORT ROUTES IN NW3

(All journeys end at Hampstead Underground Station)

Green School Runs

Archway Underground Station - Walk 52 minutes	30 minutes - bus C11, to Royal Free Hospital, then bus 46 Or 30 minutes - bus C11 to Rosslyn Hill, then Northern line Or 35 minutes - bus C11 to Royal Free Hospital, then walk (12 mins.) 36 minutes - Northern Line to Hampstead (4 stops)
Belsize Park Underground Station - Walk 15 minutes	8 minutes - Northern line 10 minutes - Walk to Rosslyn Hill, then bus 268 Or Walk to Rosslyn Hill, bus 46
Brent Cross Shopping Centre - Walk 57 minutes	25 minutes - Walk to Brent Cross Underground Station, Northern line 35 minutes - bus 210 to Jack Straws Castle/Whitestone Pond, then walk (10 mins)
Camden Town (Camden Gardens/Pratt Street) - Walk 47 minutes	22 minutes - Walk to Camden Town Underground Station, Northern line 30 minutes - Walk to Camden Road London Overground station, then train to Hampstead Heath, then walk (17 mins.) 37 minutes - Walk to Prince of Wales Rd, then bus 46
Camden Town Underground Station - Walk 46 minutes	12 minutes - Northern line 33 minutes - bus 168 to Rosslyn Hill, then walk (10 minutes) 50 minutes - Walk to Farringdon Overground Station, Thameslink, to West Hampstead, then walk (26 mins.)
Chancery Lane Underground Station - Walk 97 minutes	34 minutes - Central line to Tottenham Court Road, Northern line. 53 minutes - bus 46
Cricklewood Rail Station - Walk 44 minutes	25 minutes - buses 226/245/260/460 to Golder's Green Underground Station then Northern Line (1 stop) 31 minutes - buses 226/245/260/460 to Golder's Green Underground Station, then buses 268/210 then walk 10 mins.)
Crouch End - Walk 77 minutes	51 minutes - Walk to Crouch Hill London Overground to Gospel Oak, then Overground to Hampstead Heath, then walk (17 mins.) 57 minutes - bus 41 to Archway, then bus 210 to Jack Straws Castle/ Whitestone Pond, then walk (10 mins.)
East Finchley Underground Station - Walk 55 minutes	25 minutes - bus 102 to Golders Green Underground Station, then Northern line Or 28 minutes - Northern line 38 minutes - bus 102 to Golders Green Underground Station, then bus 268/210 (10 mins.)
Edgware Underground Station - Walk 60 minutes plus	25 minutes - Northern line 59 minutes - bus 240 to Golders Green Underground Station, then bus 268 68 minutes - Walk to Mill Hill Broadway, Thameslink to West Hampstead then walk 26 mins Or bus 210 to Jack Straws Castle/Whitestone Pond, then walk (10 mins.) Or bus 113 to London Overground Finchley Road & Frognal then walk (18 mins.)
Finchley, North, Bus Station - Walk 105 minutes	39 minutes - buses 460/13 to Golders Green Underground Station, then bus 268 Or buses 460/13 to Golders Green Underground Station, then bus 210 to Whitestone Pond and then walk (7 mins.) 62 minutes - Walk to Woodside Park, then Northern line
Finsbury Park Underground Station - Walk 84 minutes	43 minutes - London Overground to Hampstead Heath, walk (17 mins.) 44 minutes - Victoria line to Euston, then Northern line 53 minutes - Walk to Finsbury Park Bus Station (2 mins.) then bus 210 to Jack Straws Castle/Whitestone Pond then walk (10 mins.)
Fortune Green - Walk 25 minutes	Bus 13 to Golders Green Station, then Northern line
Golders Green Underground Station - Walk 32 minutes	6 minutes - Northern line 10 minutes - bus 268 Or 15 minutes - bus 210 to Whitestone Pond, then walk 7 minutes
Harlesden Underground Station - Walk 103 minutes	40 minutes - Thameslink, alight at Willesden Junction, then London overground to Finchley Rd & Frognal, then walk (18 mins.) 59 minutes - Bakerloo line to Baker St, then Jubilee line to Finchley Rd, then walk (23 mins.) 59 minutes - bus 260 to Golders Green Underground Station, then bus 268
Hendon Central Underground Station - Walk 73 minutes	15 minutes - Northern Line (3 stops) 29 minutes - bus 83 to Golders Green Underground Station, then bus 268/210 then walk (7 mins.) Or bus 113 to Finchley Rd & Frognal Railway station then walk (14 mins.) 52 minutes - Walk to Hendon Central Underground Station, then Thameslink to West Hampstead, then walk (26 mins.)
Highbury and Islington Underground Station - Walk 90 minutes	40 minutes - Victoria line to King's Cross St. Pancras, then Northern line 47 minutes - Overground to Kentish Town, then 46 to Hampstead Underground Station. 48 minutes - Victoria line to King's Cross St. Pancras, then Metropolitan line to Finchley Rd, then walk (23 mins.) 64 minutes - buses 271/263 to Archway Underground Station, then bus 210 to Jack Straws Castle/Whitestone Pond, walk then 10'
Highgate (The Gate House Public House) - Walk 39 minutes	30 minutes - bus 210 to Jack Straws Castle/Whitestone Pond then walk (7 mins.)
Highgate Underground Station - Walk 56 minutes	42 minutes - Northern Line Station (7 stops)
Holborn Underground Station - Walk 99 minutes	45 minutes - Central line to Bond St, then Jubilee line to Finchley Rd, then walk (23 mins.) 50 minutes - bus 168 to The Royal Free Hospital, then bus 46/268 58 minutes - Walk to Farringdon Station, then Thameslink to West Hampstead, then walk (26 minutes)
Holloway Rd Underground Station - Walk 78 minutes	49 minutes - Piccadilly line to King's Cross St. Pancras, then Metropolitan line to Finchley Road, then walk (23 mins.) 60 Minutes - bus 271/263 to Archway Station, then bus 210 to Jack Straws Castle/Whitestone Pond, then walk (10 mins.)
Holloway, Upper Rail Station - Walk 58 minutes	29 minutes - Walk to Archway Underground Station, Northern line 39 minutes - London Overground to Gospel Oak, then bus C11 to Rosslyn Hill, then walk (11 mins.) 43 minutes - Walk to Archway Underground Station, then bus 210 to Jack Straws Castle/Whitestone Pond, then walk (10 mins.)
Islington, Angel - Walk 92 minutes	22 minutes - Northern line 54 minutes - Walk to Caledonian and Barnsbury London Overground Station, alight Hampstead Heath, then walk (17 mins.) 60 minutes - Walk to Pentonville Rd, then bus 73/205 to King's Cross St. Pancras, then bus 46
Kensal Rise Rail Station - Walk 63 minutes	49 minutes - Bakerloo line to Baker Street, then Jubilee line to Finchley Road, then walk (23 mins.) 38 minutes - London Overground to Finchley Road & Frognal, then walk (18 mins.)
Kentish Town (Junction of Prince of Wales Road with Kentish Town Road) - Walk 44 minutes	28 minutes - Walk to Camden Town Underground Station, then Northern line. 29 minutes - bus 46 32 minutes - Walk to Kentish Town West London Overground alight Hampstead Heath then walk (17 mins)
Kentish Town Underground Station - Walk 46 minutes	22 minutes - Northern line 34 minutes - Walk to Prince of Wales Rd, then bus 46 36 minutes - Walk to Kentish Town West London Overground, alight Hampstead Heath then walk (17 mins.)
Kilburn Underground Station - Walk 38 minutes	27 minutes - London overground to Finchley Rd & Frognal, then walk (18 mins.) 29 minutes - Jubilee line to Finchley Road, then walk (23 mins.)
King's Cross/St Pancras International Station - Walk 71 minutes	22 minutes - Northern line 40 minutes - bus 46 43 minutes - St Pancras International Thameslink to West Hampstead, then walk (26 mins.)
Lancaster Gate Underground Station - Walk 89 minutes	32 minutes - Central line to Oxford Circus, then Victoria line to Euston, then Northern line 43 Minutes - bus 46
Maida Vale Underground Station - Walk 51 minutes	43 minutes - Bakerloo line to Baker Street, then Jubilee line to Finchley Rd, then walk (18 mins.) Or Bakerloo Line to Paddington, then Hammersmith and City Line to King's Cross, then Northern line 42 Minutes - bus 46
Muswell Hill Broadway - Walk 81 minutes	45 minutes - buses 43/134 to Highgate Underground Station, then Northern line Or 50 minutes - buses 102/234 to East Finchley Underground Station, then Northern line Or 50 minutes - bus 102 to Golders Green Underground Station, then Northern line.
	Approximately 35 - 40 minutes - bus 603 (school hours only so please check the TfL website for operating hours) Or 50 minutes - bus 102 to Golders Green Underground Station, then bus 268. Or 60 minutes - bus 210 to Jack Straws Castle/Whitestone Pond, then walk (10 mins.)
Paddington Underground Station - Walk 52 minutes	38 minutes - Bakerloo line to Baker Street, then Jubilee line to Finchley Rd, then walk (23 mins.) Or Hammersmith and City Line to King's Cross, then Northern line. 48 Minutes - bus 46
Queen's Park Underground Station - Walk 55 minutes	38 minutes - Walk (15 mins.) to Brondesbury Park then London Overground, alight at Finchley Road & Frognal then walk (18 mins.) 44 minutes - Bakerloo line to Warwick Avenue, then bus 46 46 minutes - Bakerloo to Baker Street, then Jubilee line to Finchley Rd, then walk (23 mins.) 50 minutes - bus 6 to Warwick Avenue, then bus 46
Regent's Park (Chester Gate) - Walk 72 minutes	45 minutes - Walk to Camden Town Underground Station, Northern line. 49 minutes - Walk to Camden Road London Overground, alight Hampstead Heath Station, then walk (17 mins.) 50 minutes - Walk to Camden Underground Station, then bus 168 to Rosslyn Hill, then walk (11 mins.)
St John's wood Underground Station - Walking 38 minutes	27 minutes - bus 46 29 minutes - Jubilee Line to Finchley Rd, then walk (23 mins.).
Swiss Cottage, Underground Station - Walk 22 minutes	16 minutes - Walk to College Crescent, then bus 268 Or bus 46
Tufnell Park Underground Station - Walk 47 minutes	40 minutes - Walk to London Overground Gospel Oak Station (21 mins.), alight at Hampstead Heath, then walk (17 mins.) 41 minutes - Walk to Gordon House Road (23 mins.), then bus C11 to Rosslyn Hill, then walk (11 mins.) 46 minutes - Northern Line to Hampstead Underground Station (5 stops)
West Hampstead Underground Station - Walk 26 minutes	23 minutes - London Overground to Finchley Rd & Frognal then walk (18 mins.)
Willesden Green Underground Station - Walk 51 minutes	31 minutes - Jubilee Line to Finchley Rd, then walk (23 mins.) 47 minutes - Walk to Brondesbury (26 mins.), then London Overground to Finchley Rd & Frognal, then walk (18 mins.)
Willesden Junction Rail Station - Walk 86 minutes	32 minutes - London Overground to Finchley Rd & Frognal, then walk (18 mins.) 52 minutes - Bakerloo line to Baker Street, then Jubilee line to Finchley Road, then walk (23 mins.)

[Click here for more local routes](#)

[Click Here for the TfL journey planner](#)



# CYCLING TO SCHOOL GUIDE

Quiet Routes Around Hampstead

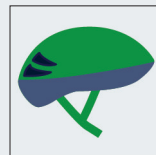
Green School Runs

## CYCLING TO SCHOOL IN NW3

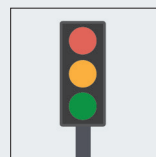
Cycling is a great option for a healthy and fun school run! In this leaflet you can find tips for staying safe while cycling to school, as well as a number of routes designed to reach Hampstead by bike using quiet roads.



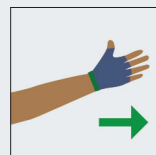
## CYCLE SAFETY



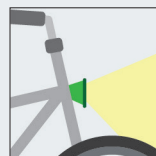
Wear a correctly fitting helmet and visible clothing



Plan your route beforehand so you are aware of any hazards  
[www.google.co.uk/maps](http://www.google.co.uk/maps)



Learn proper turn signals to let drivers know your intent



Use bike lights to improve your visibility at night



Follow the rules of the road and use cycle paths where possible

Are you sure about your cycling ability?

<https://www.camden.gov.uk/cycle-skills-and-bike-maintenance-courses>

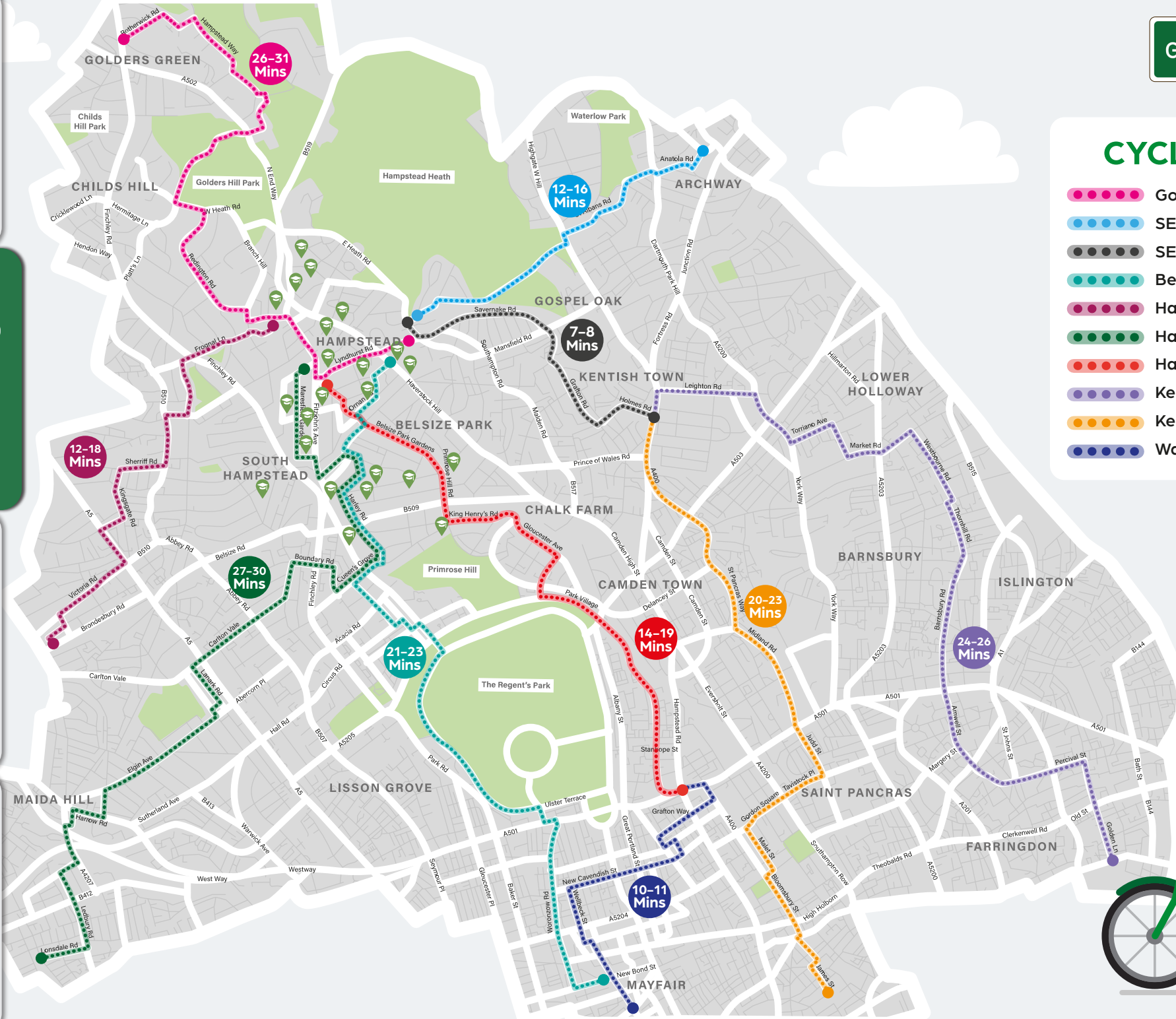
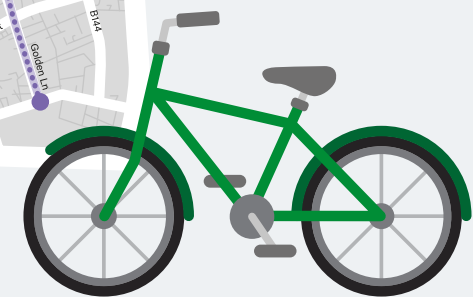


## CYCLE ROUTES

- Golders Green to Hampstead
- SE Green to Archway
- SE Green to Kentish Town
- Belsize Pk to Mayfair
- Hampstead to Queens Park
- Hampstead to Notting Hill
- Hampstead to Warren St
- Kentish Town to Barbican
- Kentish Town to Covent Garden
- Warren St to Mayfair

## KEY

- 📍 School
- Route Start/End
- 21-23 Mins Cycle Time



# WALKING TO SCHOOL GUIDE

Quiet Routes Around Hampstead

## CROSSING THE ROAD SAFELY

- Stop at the kerb or edge of the street.
- Look left, right, left and behind you and in front of you for traffic.
- Wait until the green light or, if there's no traffic lights, until no traffic is coming and begin crossing.
- Keep looking for traffic until you have finished crossing.
- Walk, don't run across the street.

## WALKING TO SCHOOL IN NW3

Plenty of regular walking is good for our heart, lungs, weight management and general physical and mental well-being (Yes! Even when carried out in less than pleasant conditions, such as next to cars stuck in traffic, the benefits of walking outweigh the negatives of breathing in pollution!) – We all know that! But did you know that it also unlocks the cognitive powers of the brain? It is by now scientifically proven\* that those kids who regularly walk to school not only arrive at their desks happier, oxygenated and having let off steam.... they are also more alert and readier to learn, as their brains get stimulated during the journey.

In addition, when they walk to school kids learn to have healthier social interactions along the way, to navigate the roads safely and are generally much more willing to talk (if that's a good thing!)



## WALKING ROUTES

- Belsize Park Underground Station
- Child's Hill
- Cricklewood Railway Station
- East Finchley Underground Station, via Winnington Rd
- England's Lane
- Finchley Road and Frognal Underground Station
- Finchley Road Underground Station
- Fortune Green Road
- Golders Green Underground Station
- Gospel Oak Railway Station, direct route
- Gospel Oak Railway Station, via the Heath
- Hampstead Garden Suburb (Central Square)
- Hampstead Heath Railway Station, back streets
- Hampstead Heath Railway Station, direct route
- Highgate (The Gatehouse Public House)
- Highgate Road via Hampstead Heath
- Holly Lodge Estate to Hampstead
- Kentish Town West Railway Station
- Kenwood Car Park Entrance
- Swiss Cottage Underground Station
- West Hampstead Railway and Underground Stations

## KEY

- School
- Route Start
- 1.9 Miles Walk Distance
- Underground Station

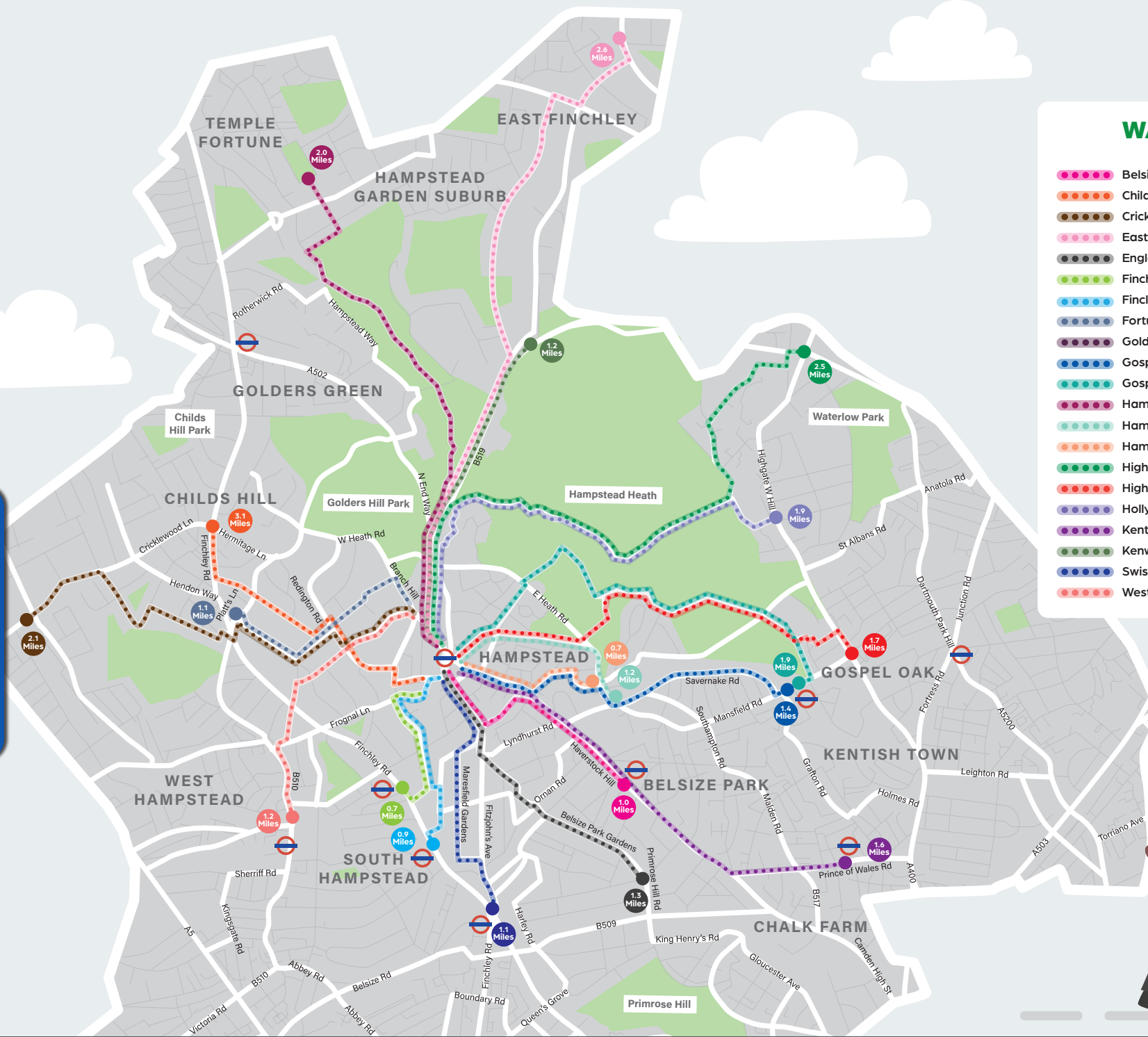


1 PUBLIC TRANSPORT

2 CYCLING

3 WALKING

4 PARK AND STRIDE



# GET ON BOARD A WALKING BUS

Quiet Routes Around Hampstead

## WHAT IS A WALKING BUS?

It's simply a **group of children walking to school** with one or more adults.

## WHICH ROUTES ARE COVERED?

**In NW3, there are already several walking buses connecting:**

Belsize Village to Hampstead Village  
West Hampstead to Hampstead Village  
South End Green to Hampstead Village  
South End Green to Highgate School  
South End Green to S. Hampstead School  
Redington Road to Fitzjohn's Avenue

## SCHOOLS CURRENTLY COVERED

Devonshire House, St. Anthony's, Fitzjohn's, Hampstead Parochial, St. Mary's, Hampstead Hill, South Hampstead High, UCS Junior, St. Michael's Primary and Channing

## WHY ARE WALKING BUSES GREAT?

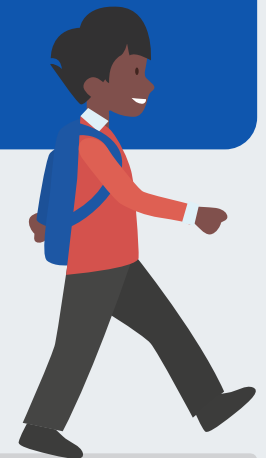
- Time! Sharing the school run between families frees up a lot of time, so you can work, rest, play...
- Increases exercise and promotes healthy travel habits
- Boosts calmness, happiness and concentration...it's proven children who walk are more alert at school
- Meet new friends and improve social skills
- Cut harmful pollution levels near your child's school
- Avoid breathing harmful pollutants which are known to concentrate inside vehicles (more than outdoors)
- Reduce your carbon footprint

**If you would like to start a new walking bus, here are a few tips:**

- Start by inviting families living nearby to join you. We can help you do this!
- Pick a route away from major roads to reduce exposure to air pollution.
- Make a rota and decide who will lead the group at which time and on which days.
- Don't overthink it! Once you start, you'll see walking buses are easy and fun.

If you need help or advice regarding walking buses or if you would like to join one of these or start your own, please email:

[walkingbus@greenschoolruns.org](mailto:walkingbus@greenschoolruns.org)





# PARK & STRIDE GUIDE

Quiet Routes Around Hampstead

## WHAT IS THE NW3 PARK & STRIDE SCHEME?

Designed for families that live far from school and from convenient public transport links, Park & Stride simply involves driving part of the way to school, parking, **then walking the rest of the way**.

Among its many benefits, the fact of knowing where you will park makes the whole trip much less stressful.

## HOW WILL THE GSR SCHEME WORK?

Parents/Guardians can apply for a parking pass via the GSR website. The pass will allow the named bearer to **park for free** Monday - Friday at designated times at **selected car parks in the area**.

The scheme is open to all families with **children that attend schools in the NW3 area**. The spaces will be allocated in the fairest possible way based on a transparent merit system which is published on our website.

## PARK AND STRIDE SAFETY

Always walk on the pavement and **find a safe place to cross** the road before crossing. Avoid using mobile phones and/or listening to music when walking to school to ensure you are **aware of your surroundings**.

