

Waterloo station during the Games

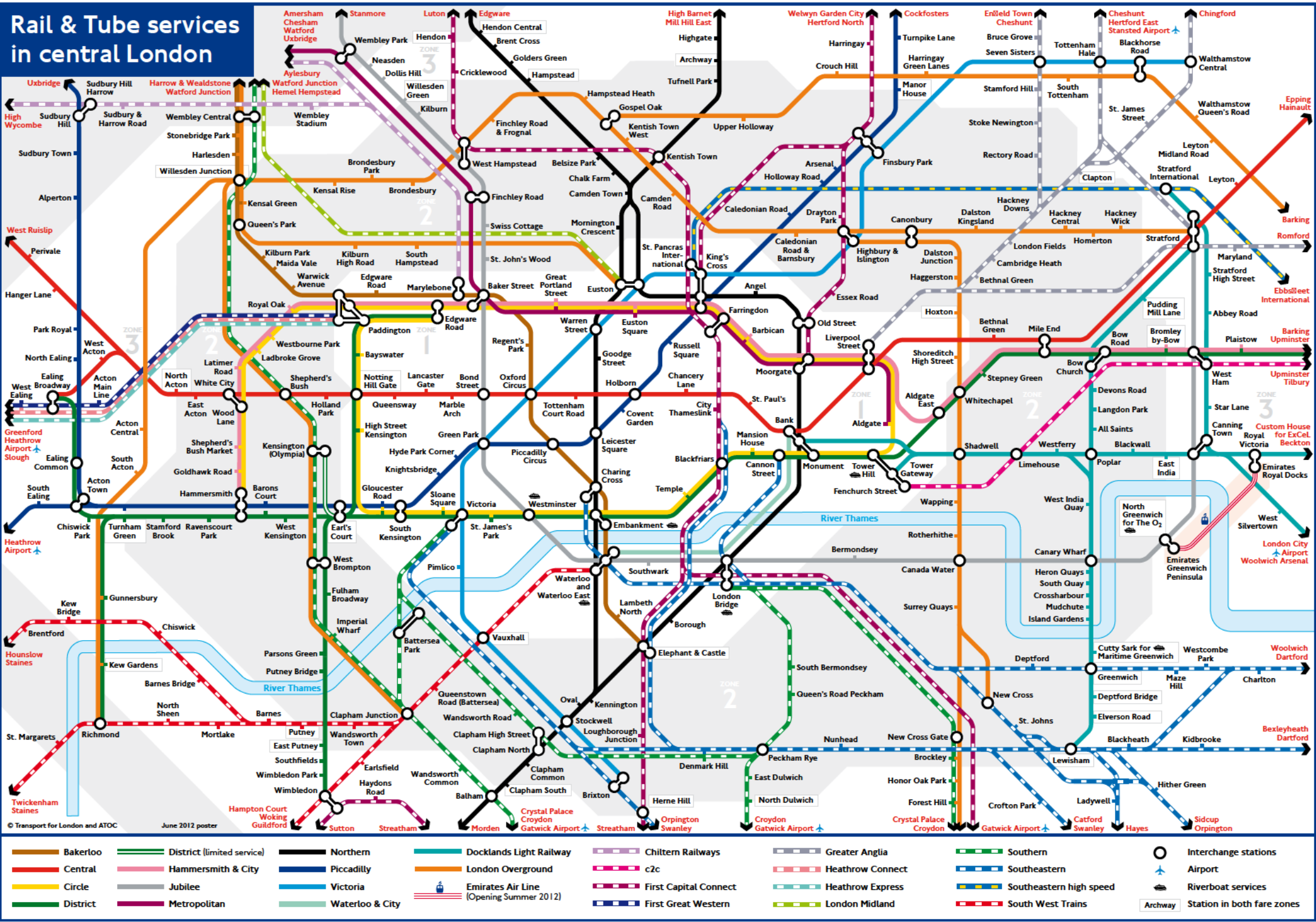
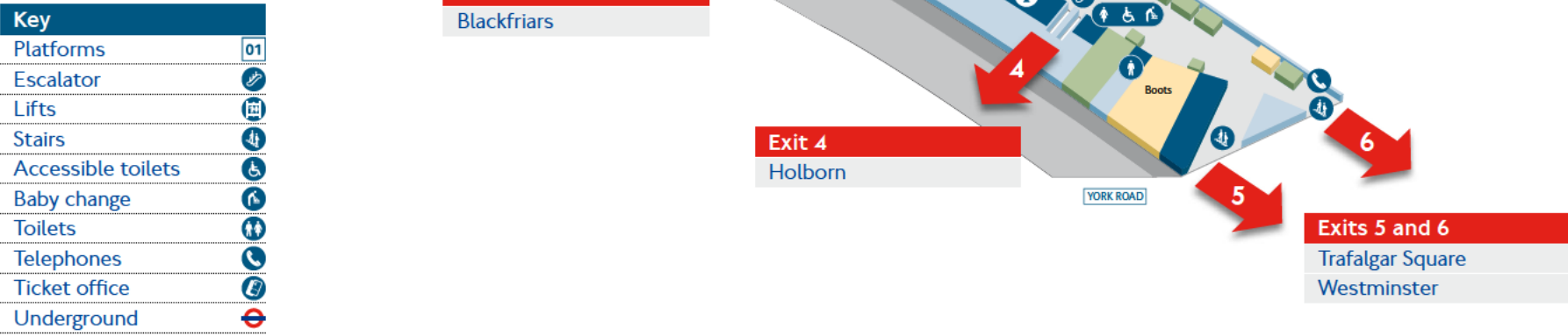
Waterloo station will be exceptionally busy throughout the Olympic (27 July – 12 August) and Paralympic Games (29 August – 9 September).

Busiest periods:

- Weekdays: 08:00 – 09:30
- Friday 3 August and Monday 6 to Sunday 12 August: late evening services
- Wednesday 1 August: 17:00 – 19:00
- Thursday 9 August: 22:30 – 24:00
- Sunday 29 July to Saturday 11 August: services to Weymouth.

Last trains are likely to be busy, please plan ahead and check before you travel.

It may be necessary for some entrances/exits to be temporarily closed or become one-way.



Walking is healthy

London 2012 is committed to delivering a truly sustainable Games and walking will help achieve this. Walking is environmentally friendly and does not cause harmful emissions

Did you know:

- Walking leads to increased levels of fitness
- A short walk can help you to unwind and de-stress
- A single step uses 200 muscles, so walking helps you to tone up
- Walking can help reduce the risk of conditions such as heart disease, diabetes and some cancers.

For an air quality forecast, and to sign up for text alerts, visit [airtext.info](#)



It's quicker than you think

Check out this table to find out the distance, how long it takes, and the calories you'll burn, when you walk to the following destinations from Waterloo:

DESTINATION	DISTANCE	TIME	CALORIES	SPEED
Aldwych Theatre	0.8 miles 1.2 km	12 mins 16 mins 24 mins	85 cal 77 cal 74 cal	Fast Medium Slow
Bank	1.5 miles 2.4 km	22 mins 30 mins 45 mins	159 cal 141 cal 136 cal	Fast Medium Slow
Chancery Lane	1.4 miles 2.3 km	22 mins 29 mins 44 mins	154 cal 138 cal 133 cal	Fast Medium Slow
Covent Garden	1.0 miles 1.7 km	16 mins 22 mins 33 mins	117 cal 105 cal 102 cal	Fast Medium Slow
Holborn	1.2 miles 1.9 km	18 mins 24 mins 37 mins	129 cal 116 cal 112 cal	Fast Medium Slow
Horse Guards Parade	0.8 miles 1.3 km	12 mins 16 mins 25 mins	87 cal 77 cal 74 cal	Fast Medium Slow
Leicester Square	1.0 miles 1.6 km	16 mins 21 mins 32 mins	112 cal 101 cal 98 cal	Fast Medium Slow
London Bridge	1.1 miles 1.8 km	16 mins 21 mins 32 mins	113 cal 100 cal 97 cal	Fast Medium Slow
St Paul's	1.4 miles 2.2 km	21 mins 29 mins 43 mins	149 cal 134 cal 129 cal	Fast Medium Slow
Trafalgar Square	0.9 miles 1.4 km	14 mins 19 mins 28 mins	96 cal 86 cal 84 cal	Fast Medium Slow
Westminster Abbey	0.9 miles 1.5 km	13 mins 18 mins 27 mins	94 cal 84 cal 81 cal	Fast Medium Slow

Walk speeds: Fast (4.5 mph), Medium (3.5 mph) and Slow (2.5 mph).
Roads, paths and parks will be very busy during summer 2012 and walking journeys may take longer.

Travel in central London during summer 2012

Central London will be particularly busy during summer 2012 as some of its most iconic locations and streets transform into Olympic and Paralympic sporting and cultural venues. Thousands of additional people will travel through these areas on the dates shown below and access to some walking routes will be limited. Use the map overleaf to plan an alternative route.

London 2012 venues

Lord's Cricket Ground
27 July – 3 August
Olympic Archery

Earls Court
28 July – 12 August
Olympic Volleyball

Horse Guards Parade
28 July – 9 August
Beach Volleyball

Hyde Park
4 and 7 August
Triathlon start and finish
9 – 10 August
Marathon Swimming

The Mall
Start and finish of road events
(excluding triathlon)

Road events

28 July
Olympic Cycling Road Race – Men's

29 July
Olympic Cycling Road Race – Women's

4 August
Women's Triathlon
Men's 20km Race Walk

5 August
Women's Marathon

7 August
Men's Triathlon

11 August
Men's 50km Race Walk
Women's 20km Race Walk

12 August
Men's Marathon

9 September
Men's and Women's Paralympic Marathons

Live Sites

Tens of thousands of people are expected to view events on big screens at the Live Sites in Hyde Park (Olympic Games) and Trafalgar Square (Paralympic Games).

Walking and cycling routes, roads and public transport will be disrupted in these areas.

For further information and advice visit [GetAheadoftheGames.com](#) and follow us on Twitter [@GAOTG](#)

For venue maps and sports schedules visit [london2012.com](#)

Use the map overleaf to help you plan an alternative route.

Walking from Waterloo

During the Games it might be quicker to walk

Westminster Abbey
18 minutes

Trafalgar Square
19 minutes

London Bridge
21 minutes

April 2012
All information correct at time of going to press.



Website
[tfl.gov.uk](#)

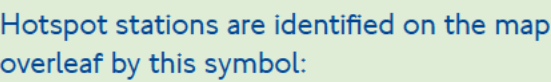
24 hour travel information
0843 222 1234*

*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.

Hotspot stations

You are advised to avoid the following hotspot stations, shown on the map overleaf, at the busiest times.

Bank	Leicester Square	Tottenham Court Road
Cannon Street	Liverpool Street	Waterloo
Chancery Lane	London Bridge	Waterloo East
Charing Cross	Monument	Westminster
Covent Garden	Moorgate	
Embankment	Piccadilly Circus	
Farringdon	Southwark	
Holborn	St. Paul's	



Why not walk to or from meetings or to meet friends after work? Walking will be a great way to soak up the Games atmosphere and experience what is happening in and around the city.

Try to walk your entire journey, rather than walking to an alternative station. It's also not advisable to change from National Rail to London Underground services at London's largest stations.

For further information visit [GetAheadoftheGames.com](#) and follow us on Twitter [@GAOTG](#)

Cycle Hire

Take a cycle, ride it where you like, then return it, ready for the next person. Cycles are available 24 hours a day, all year round. It's self-service and there's no booking. Just turn up and go.

To hire a cycle, become a member online or buy access at any docking station with a credit or debit card. You'll pay an access fee to hire the cycle, plus a usage charge for the amount of time you've got it.

During the Games, demand for Cycle Hire is expected to be high. As central London will be particularly busy during summer 2012, some docking stations may need to be closed at short notice.

For more information visit [tfl.gov.uk/cyclehire](#)

