



## By Bus

Teddington is served by several bus routes including the 33 towards Hammersmith and Fulwell, 281 towards Hounslow and Tolworth, 285 towards Heathrow and Kingston, 481 towards West Middlesex Hospital and Kingston, R68 towards Kew Retail Park and Hampton Court and X26 towards Heathrow and West Croydon.

Several of the major roads within Teddington contain bus stops including Hampton Road adjacent Coleshill Road, Blandford Road, Oxford Road and Hampton Hill, Broad Street adjacent Ellery Road, Park Road adjacent Adelaide Road and High Street adjacent Station Road and Cambridge Road.

Please see the map overleaf to find your nearest bus routes and associated frequencies.

## By Foot

The walking environment in Teddington is generally very pleasant. Generally roads are paved to a good standard with good quality footpaths. There is good accessibility between Teddington rail station and the town centre with an approximate walking time of five minutes. The walking distance between Strawberry Hill station and the town centre is approximately twenty minutes.

Remember to stay safe while walking and travel in a group when appropriate.

The journey planner [www.walkit.com](http://www.walkit.com) can help identify walking routes between locations. It also includes an option to use routes away from busy roads.

## By Bike

There are various cycle routes running through Teddington. The route from Twickenham to Kingston via Strawberry Vale and Broom Road is signed for cyclists. Other roads such as the High Street are recommended for cyclists. There are also attractive routes for cyclists running through Bushy Park and along the towpath. It is also proposed to expand the network of routes on quieter side roads.

There is significant public cycle parking provided at Teddington and Strawberry Hill stations, with 38 spaces at Teddington and Strawberry Hill providing 24 cycle parks. There are also some public cycle parking stands on Broad Street both near Boots and outside Tesco, and on High Street near the Elmfield Avenue junction. There is also some cycle parking outside the library and in the M&S car park. In addition, most major organisations in Teddington provide cycle parking for staff.

Information about cycling in London and a cycle journey planner can be found at [www.tfl.gov.uk/cycles](http://www.tfl.gov.uk/cycles).

Please use the map overleaf to identify the best cycle route for you in Teddington.

## By Train

Teddington rail station provides excellent connections via the loop line from London Waterloo (40 minutes) to a number of stations in south west London, including Kingston (5 minutes), Wimbledon (20 minutes), Twickenham (7 minutes), Richmond (12 minutes) and Clapham Junction (30 minutes). The station is also served by regular trains to Shepperton (20 minutes), via Fulwell, Hampton and Sunbury.

During peak periods train services operate as follows:

- London Waterloo via Kingston every 15 minutes
- London Waterloo via Richmond every 30 minutes
- Shepperton every 30 minutes

Teddington station is also serviced by a taxi rank and provides two disabled parking spaces. Additional ticket machines have also been installed and a waiting room reopened on the Station Road side of the station.

Strawberry Hill rail station can also be used to access the loop line and restricted peak hour Shepperton services via Richmond. This station is convenient for staff and students at St Mary's University College.

For further information on train services and live timetable information please visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk).

## By Car

There are a number of car club cars located in Teddington. The majority of these are operated by Streetcar, although City Car Club also has a vehicle in the area. Car club bays are located on Victoria Road, Albert Road, Station Road, Kingston Lane, Claremont Road, Oxford Road and at St. Mary's University College. More information can be found at [www.carclubs.org.uk](http://www.carclubs.org.uk). The council can assist member businesses with installing car club bays on site.

There are four public car parks in Teddington. None are suitable for commuter parking due to time limits on parking of between two and four hours.

A Controlled Parking Zone (CPZ), the Teddington CPZ (Zone T) has been in place in a number of roads surrounding Teddington station since June 2008. Controlled parking for those with permits operates Monday to Friday 8:30am to 10:30am to prevent commuter parking.

Three other CPZ areas already exist in Teddington; on Vicarage Road (Zone M1) around the swimming pool where permit only parking operates Monday to Sunday, 8:30am to 6:30pm; High Street (Zone M4) which is a pay and display area operating Monday to Saturday 9:00am to 5:00pm; and Broad Street and The Causeway (Zone M5) which is also a pay and display area and operates Monday to Saturday 8:30am to 6:30pm.

## About the network

The Teddington Travel to Work Network began in November 2007 and is made up of a number of organisation representatives who meet regularly to discuss travel to work issues affecting their workplaces.

It aims to improve workplace travel options for staff and reduce the number of single occupancy car trips to and from work in the Teddington area through promoting and facilitating alternative modes of travel such as cycling, walking and public transport use. The network is a joint initiative developed by SWELTRAC and the London Borough of Richmond upon Thames.

Members of the network can receive benefits including free copies of this leaflet for staff, bike events, cycle training, assistance with setting up a car sharing scheme, bike maintenance courses and expert advice from the travel plan team.

We meet quarterly at different venues. If you are a Teddington business and would like to attend one of the meetings or learn more about the network please contact the SWELTRAC Travel Plan team on **020 8891 7665** or [travelplans@sweltrac.org.uk](mailto:travelplans@sweltrac.org.uk)

## Smarter Travel Richmond upon Thames

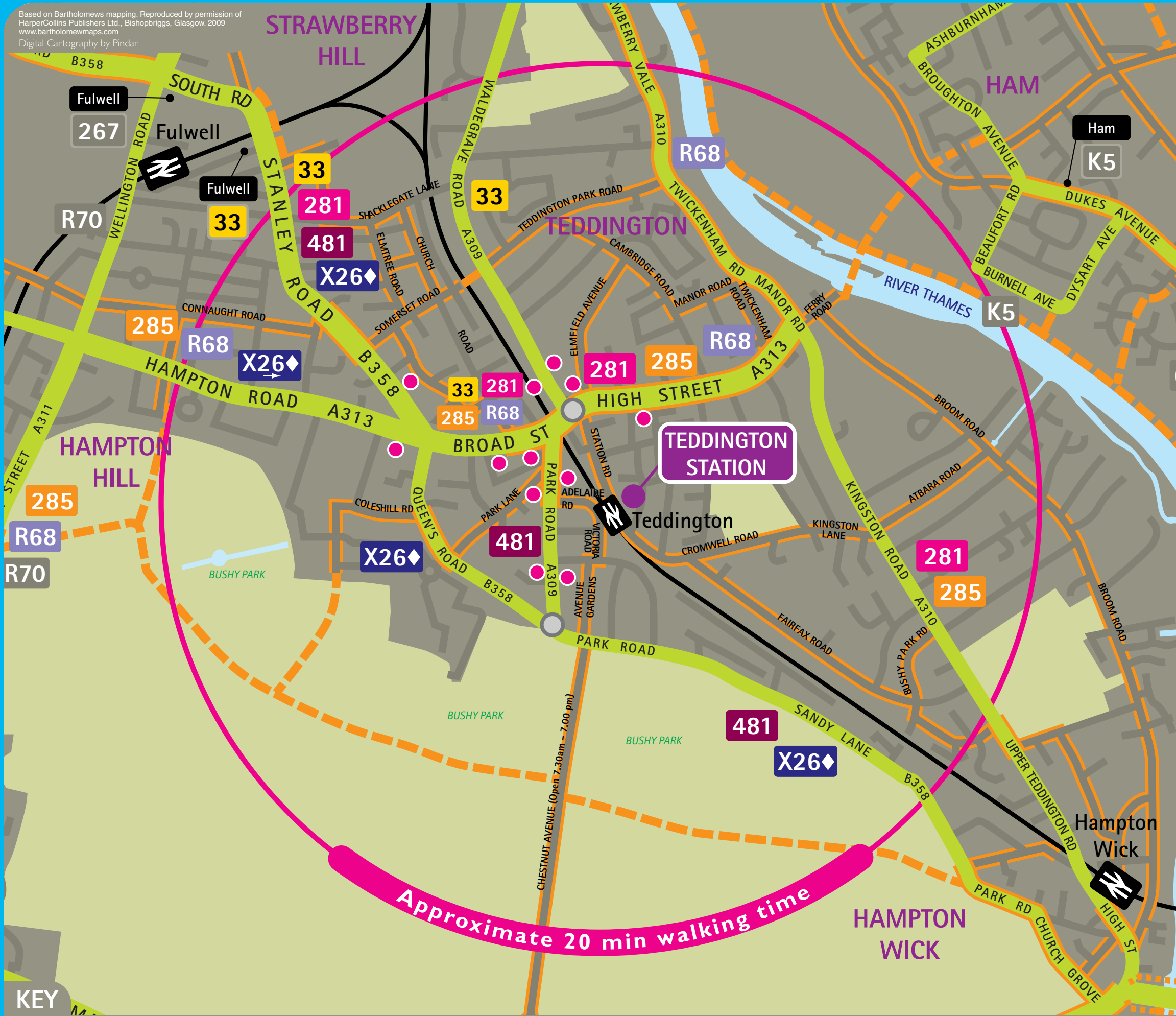
We are working closely with Smarter Travel Richmond upon Thames, which is a three year programme delivered in partnership by Richmond Council and Transport for London. The programme seeks to increase transport choices, improve health, reduce carbon emissions and cut traffic congestion across the borough. By working alongside workplaces, schools, destinations and community groups, the aim is to help people that live, work or visit the borough to discover travel options that are quicker, more convenient and cheaper.

Please visit the website for more information [www.smartertravelrichmond.org](http://www.smartertravelrichmond.org)

This map has been put together by SWELTRAC. If you would like to find out more about the work of the Teddington Travel to Work Network or join us for our next meeting, please visit [teddington.sweltrac.org.uk](http://teddington.sweltrac.org.uk) or contact the SWELTRAC Travel Plan team on **020 8891 7665** or [travelplans@sweltrac.org.uk](mailto:travelplans@sweltrac.org.uk)

### SWELTRAC

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e: [travelplans@sweltrac.org.uk](mailto:travelplans@sweltrac.org.uk)  
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**KEY**

- 285 Convenient Bus Routes
- R70 Other Bus Services
- X26 Bus with limited stops
- Closest bus stops
- On Roads Cycle Route
- Off Roads Cycle Route
- Railway
- Fulwell  
33 Route Terminus

# Bus Frequencies

## 33 Hammersmith - Fulwell Daily

Hammersmith - Barnes - Barnes Common - East Sheen - Richmond - Twickenham - Teddington - Fulwell

Monday - Friday daytime 5-10 minutes. Saturday daytime 6-10 minutes. Sunday daytime 15 minutes. Evenings 15-20 minutes.

Operated by NSL

## 281 Hounslow - Tolworth 24 hour

Hounslow - Whitton - Twickenham - Fulwell - Teddington - Hampton Wick - Kingston - Surbiton - Tolworth

Monday - Friday daytime 6-10 minutes. Saturday daytime 7-10 minutes. Evenings and Sunday 11-13 minutes.

Operated by London United

## 285 Heathrow Airport - Kingston 24 hour

Heathrow Airport Central - Harlington Corner - Hatton Cross - Feltham - Hanworth - Hampton Hill - Teddington - Hampton Wick - Kingston

Monday - Friday daytime 8-12 minutes. Saturday daytime 9-12 minutes. Sunday daytime 11-13 minutes. Evenings 15 minutes.

Operated by London United

## 481 West Middlesex Hospital - Kingston Mon-Sat

West Middlesex Hospital - Ivybridge - Whitton - Fulwell - Teddington - Sandy Lane - Kingston

Monday - Saturday daytime 60 minutes. No evening or Sunday service.

Operated by Travel London

## R68 Kew Retail Park - Hampton Court Daily

Kew - Richmond - Twickenham - Strawberry Vale - Teddington - Hampton Hill - Hampton - Hampton Court

Monday - Sunday daytime 15 minutes. Early Saturday and Sunday morning and evenings 20 minutes.

Operated by Travel London

## X26 Heathrow Airport Central - West Croydon Daily

Heathrow Airport Central - Hatton Cross - Teddington - Kingston - New Malden - Worcester Park - North Cheam - Cheam - Sutton - Carshalton - Wallington Green - East Croydon - West Croydon

Monday - Sunday daytime 30 minutes. Evenings 60 minutes.

Operated by Metrobus

For further information call 020 7222 1234 or visit [www.tfl.gov.uk](http://www.tfl.gov.uk)