VABEL LAWRENCE

Travel Pack

VABEL LAWRENCE

65 & 67 Lawrence Road
London, N15 4GL

Enquiries
If you have any queries about any of the information contained within this document then please don't hesitate to contact us.

Get in touch
18 Haverstock Hill,
London NW3 2BL

+44 (0)20 3475 8832
aftercare@vabel.co.uk
www.vabel.co.uk

1.0 Public Transport 6

1.1 Local Travel Amenities 7
1.2 London Underground 8
1.3 London Overground 9
1.4 London Bus 10
1.5 Cycling in London 11
1.6 Walking in London 11

2.0 Travel Plan 12

2.1 Travel Plan 13
2.2 Car Sharing 13
2.3 Local Amenities 14

SEVEN SISTERS BAKERY
VABEL LAWRENCE

Travel at your new home.

This guide will provide an introduction to the travel network around your new home, helping you to discover the lay of the land and getting from A to B.

1.0 | Public Transport

1.1 Local Travel Amenities

Closest London Underground Stations

Closest London Overground Stations

Closest London Bus Stops

London Underground Victoria Line

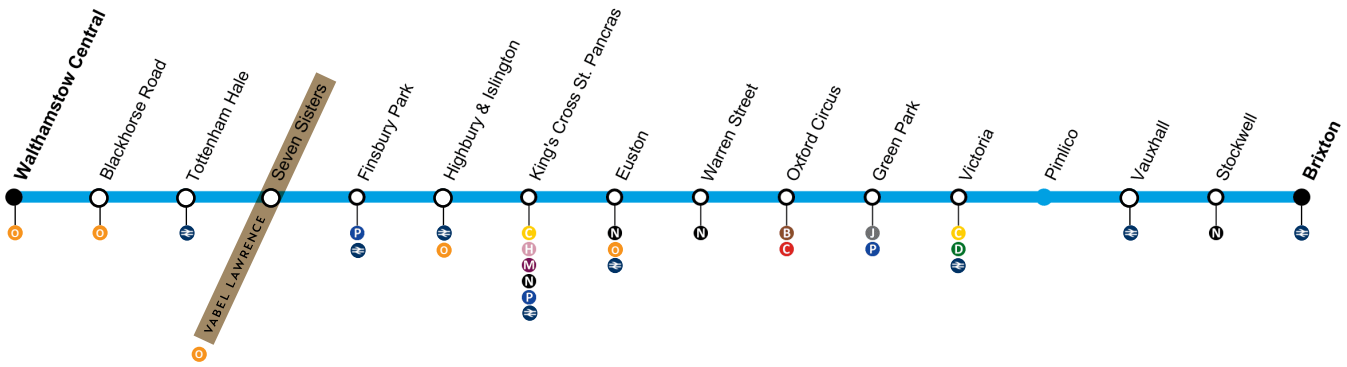
London Overground Lines

Bus Routes

Cycle Routes

1.2 London Underground - Seven Sisters, Victoria Line

Vabel Lawrence is located a 10 minute walk from Seven Sisters Underground station which is accessed via two station entrances, one on the junction of West Green Road and High Road and the other on Seven Sisters Road. The Victoria line offers quick and easy travel into neighbouring North London areas such as Tottenham Hale and Walthamstow, Central London and the West End and onwards to London Victoria, Vauxhall and Brixton.



TRAVEL TIMES

Kings Cross	08 mins
Euston	10 mins
The West End	13 mins
Victoria	17 mins
Brixton	25 mins

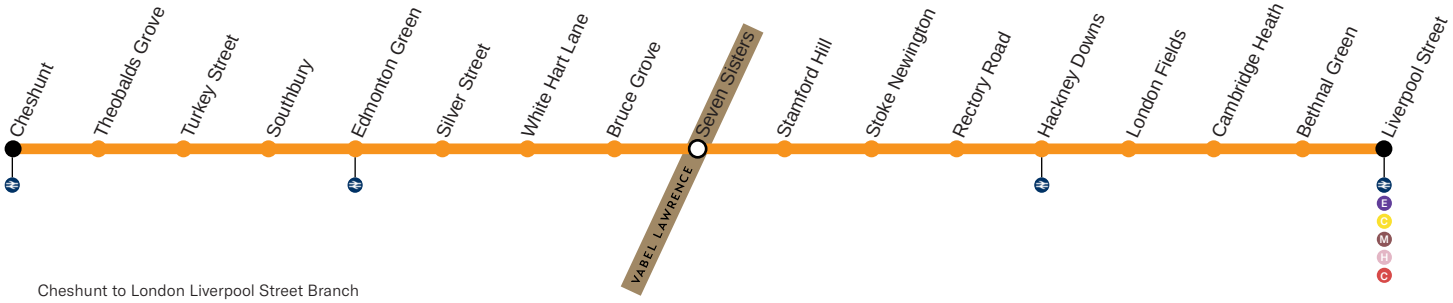
STATION INFORMATION

Ticket Office	Yes
Mon-Sat Train Times	05:20 - 00:30
Sunday Train Times	07:00 - 00:30
Lifts	No
Toilets	Yes
Cycle Spaces	Yes

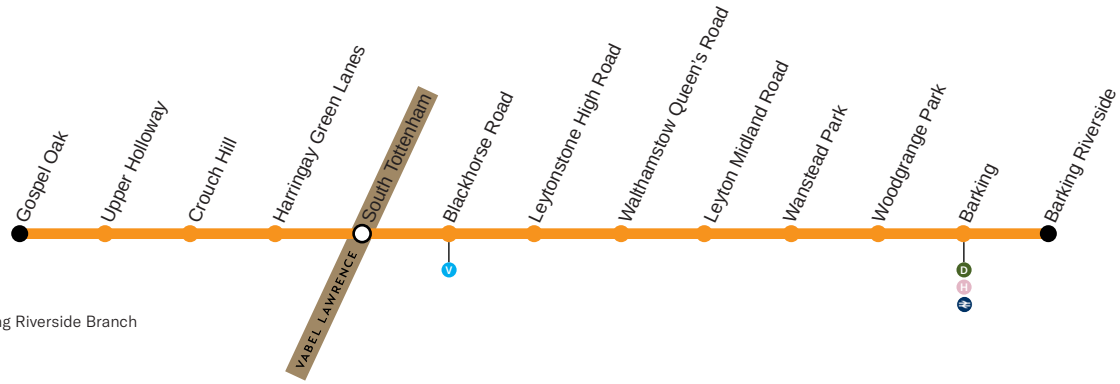
Information based on data provided by TFL. More information and journey planner can be found on www.tfl.gov.uk

1.3 **London Overground -** Seven Sisters & South Tottenham

Seven Sisters station also offers interchange of the Cheshunt to London Liverpool Street London Overground branch, which offers routes directly into the City as well as towards Hertfordshire and connections beyond.



Cheshunt to London Liverpool Street Branch



Gospel Oak to Barking Riverside Branch

TRAVEL TIMES

Stoke Newington	04 mins
Crouch Hill	07 mins
Liverpool Street	19 mins
Cheshunt	25 mins
Barking Riverside	27 mins

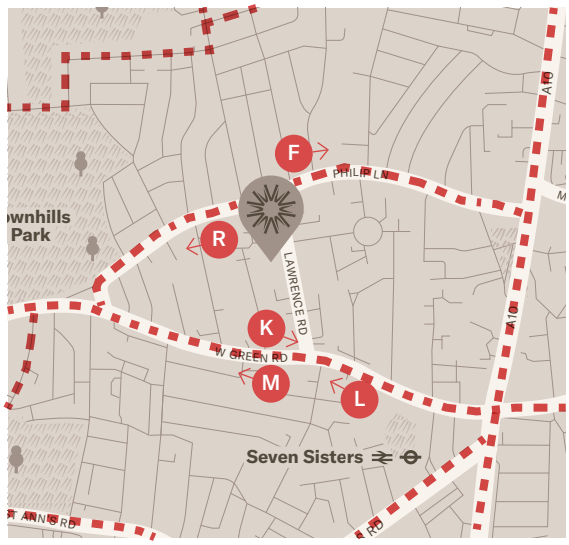
STATION INFORMATION

Ticket Office	No
Mon-Sat Train Times	05:58 - 00:08
Sunday Train Times	09:07 - 23:49
Lifts	Yes
Toilets	No
Cycle Spaces	Yes

Information based on data provided by TFL. More information and journey planner can be found on www.tfl.gov.uk

1.4 London Bus

There are a large number of bus options in the local vicinity of Vabel Lawrence. The closest bus stops are located at either end of Lawrence Road, on Philip Lane and West Green Road, offering local routes as well as services into Central London. Information on those stops and their services are listed below.



CLOSEST STOPS

West Green Road (Stop K)	41 / N41 Towards Tottenham Hale
West Green Road (Stops L & M)	41 / N41 Towards Turnpike Lane
Philip Lane (Stop F)	230 / 341 Towards Meridian Water & Upper Walthamstow
Philip Lane (Stop R)	230 / 341 Towards Manor House & Wood Green

Other services accessible within a 10-15 minute walk of Vabel Lawrence are listed below. A large proportion of these services run on the A10 between Philip Lane and West Green Road.

BUS SERVICES

Route Number	Destinations	Frequency (Peak)
41	Archway Station - Tottenham Hale Bus Station	Every 5 - 7 mins
76	Tottenham Hale Bus Station - Lower Marsh	Every 9 - 13 mins
149	Edmonton Green Bus Station - London Bridge Bus Station	Every 6 - 10 mins
230	Fyfield Road - Wood Green Station	Every 9 - 13 mins
243	Redvers Road - Waterloo Station / Mepham Street	Every 7 - 10 mins
259	Edmonton Green Bus Station - King Cross Road / Pentonville Road	Every 9 - 13 mins
279	Waltham Cross Bus Station - Manor House Station	Every 4 - 8 mins
318	North Middlesex Hospital - Rookwood Road	Every 10 - 13 mins
341	Meridian Water Station - Waterloo Station / Waterloo Road	Every 9 - 13 mins
349	Glyn Road - Rookwood Road	Every 8 - 12 mins
476	Northumberland Park - Kings Cross Station / York Way	Every 7 - 11 mins
N41	Trafalgar Sq / Charing Cross Station - Tottenham Hale Bus Station	Every 30 mins (01:15-05:10)
N73	Holles Street - Walthamstow Bus Station	Every 30 mins (00:07-05:40)
N279	Waltham Cross Bus Station - Trafalgar Square / Charing Cross Station	Every 20 mins (00:05-04:45)
W4	Ulster Gardens - Ferry Lane Primary School	Every 9 - 13 mins

1.5 Walking in London

Vabel Lawrence is well located to public transport facilities that are all accessible by foot. Below is a summary of access routes, distance and estimated walk times to those key transport destinations.

TRAVEL TIMES

West Green Road Bus Stops K, L & M	4 mins	0.2 miles
Philip Lane Bus Stops F & R	4 mins	0.2 miles
Downhills Park	10 mins	0.4 miles
Seven Sisters Underground Station	11 mins	0.5 miles
Tottenham Town Hall	11 mins	0.5 miles
Tesco Superstore (South Tottenham)	12 mins	0.5 miles
Seven Sisters Overground Station	12 mins	0.6 miles
South Tottenham Overground Station	18 mins	0.8 miles
Tottenham Hale Station	25 mins	1.1 miles
Tottenham Hotspur Football Club	34 mins	1.5 miles

Information based on data provided by google maps.

Health Benefits of Walking

- Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.
- You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.
- The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine. Examples include; walking part of your journey to work, walking to the shops, using the stairs instead of the lift, leaving the car behind for short journeys, walking the kids to school, doing a regular walk with a friend, going for a stroll with family or friends after dinner.

Information provided by https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/walking-for-health/

1.6 Cycling in London

Transport for London publish mapping, which details recommended cycle routes through London. Maps are also available at several TFL service locations in London or via third parties such as Cyclestreets.net which provides an app with cycle route information for Android, iOS, Windows Phone and Blackberry. More information about this app and other apps: **www.cyclestreets.net/mobile**

BICYCLES ON PUBLIC TRANSPORT

London Underground Victoria Line	No	All Times
London Overground Lines	Yes	Weekends All Day, Bank Hols All Day, Mon-Fri before 0730, 0930-1600, after 1900
Buses	No	All times

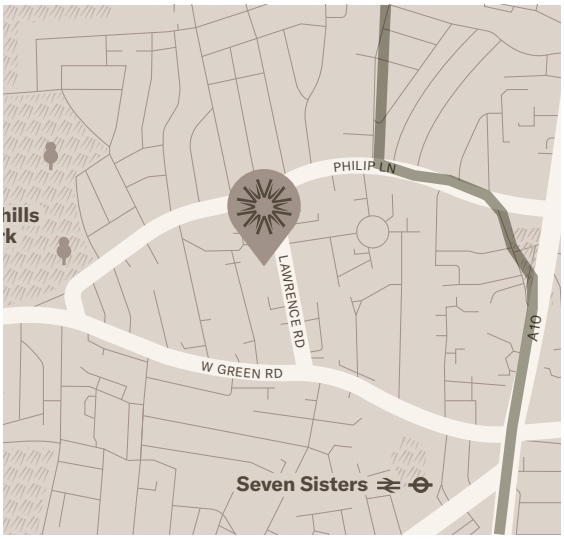
LOCAL CYCLE STOCKISTS & REPAIRS

Bicyclebox, 187 Philip Lane, N15 4HQ	6 mins	0.3 miles
Galli Bikes, 732 Seven Sisters Rd, N15 5NH	13 mins	0.6 miles
SUNCYCLES, 79 Broad Lane, N15 4DW	15 mins	0.7 miles
CYCLE STOP, 430 West Green Road, N15 3PU	20 mins	0.9 miles
Halfords, Unit 6 Tottenham Retail Park, N15 4QD	22 mins	1.0 miles

Information based on data provided by google maps.

LOCAL CYCLEWAYS

Cycleway 1 (C1)	Waltham Cross - Southwark Bridge



Information based on data provided by TFL. More information and journey planner can be found on www.tfl.gov.uk

2.0 | Travel Plan

2.1 Travel Plan

The Travel Plan has been developed in association with the operator(s) of Development. A Travel Plan is a long-term strategy for reducing dependence on travel by private car in favour of more sustainable modes of travel, which reflects current Government policy objectives in respect of transport and land use planning. Travel Plans are generally a requirement of planning for development schemes that are likely to result in a significant traffic impact.

The objective of the Travel Plan is to reduce private car mileage in favour of more sustainable modes of travel, which reflects current Government policy objectives in respect of transport. Travel Plans are supported by infrastructure provided as part of the built development and through the introduction of travel initiatives designed to provide residents with an alternative to the private car.

The preparation of this Travel Information Pack forms part of the Development's commitments. Additional features of the Travel Plan are:

• The provision of dedicated on-site cycle parking for use by residents and visitors; and

• The provision of a Car Club vehicle space within the development, for use on a short term hire basis. ZipCar have provided their own information recently concerning this service and plans are in place to allow residents access to registration.

2.2 Car Sharing

What is Car Sharing?
Car sharing (also called liftsharing, ridesharing and carpooling) is when two or more people share a car and travel together. It allows individuals to benefit from the convenience of the car, whilst reducing the costs and alleviating the associated problems of congestion and pollution.

Why should I car share?
• Travelling in a pair or a group can often be more fun and better for individuals, the community and the environment. There are several reasons for this:
• It can save you money.
• It can reduce pollution from car emissions.
• It gives you company.
• It can reduce local congestion.
• It can save you time.
• Sharing a walking or cycling journey can motivate you to do some exercise.
• It can be safer (e.g. having company if you breakdown).
• You can make new friends and meet your neighbours.
• It can reduce the use of limited fossil fuels.

If you share your journey with others regularly, and share the cost of travel, then a saving in excess of £1,000 per year can be achieved. You can estimate your potential cost savings via the on-line cost calculator, provided by Liftshare **https://www.liftshare.com/calculator.asp?skin=10**
If you are interested in finding a car share partner, consider joining an existing car Share scheme such as London Liftshare **https://london.liftshare.com/**

2.3 Local Amenities

Below we provide an overview of some of the facilities that are accessible from Vabel Lawrence – the list is not exhaustive and there may be alternative destinations that are accessible from the Development that are not referred to below.

RETAIL, LEISURE & HOSPITALITY

1. **PASERO** | Neighbourhood restaurant
2. **BERNIE GRANT ARTS CENTRE**
3. **TRUE CRAFT** | Craft Beer Pub
4. **PERKYN'S** | Coffee and bottle shop,
5. **TOTTENHAM GREEN POOLS AND FITNESS** | Leisure Centre

EDUCATION

6. **HARRIS PRIMARY ACADEMY**
7. **SEVEN SISTERS PRIMARY**
8. **PARK VIEW SECONDARY**
9. **DORSET HALL NURSERY**
10. **TOTTENHAM GREEN NURSERY**

EVERY DAY AMENITIES

11. **GOOD HEALTH PHARMACY**
12. **JS MEDICAL PRACTICE** | GP Surgery
13. **WEST GREEN ROAD POST OFFICE**
14. **SAINSBURY'S LOCAL**
15. **MARCUS GARVEY LIBRARY**

65

Vabel, 18 Haverstock Hill, London NW3 2BL
Tel +44 (0)20 7183 6405 **Email** aftercare@vabel.co.uk **Online** www.vabel.co.uk