

Walking and Cycling - St Thomas' to Guy's



3,000 steps



Counting towards the NHS recommendation of 10,000 steps per day.

25 minutes



It's often quicker than the staff shuttle bus - especially at peak times.

100 calories



That's one glass of red or white wine - or a chocolate digestive.

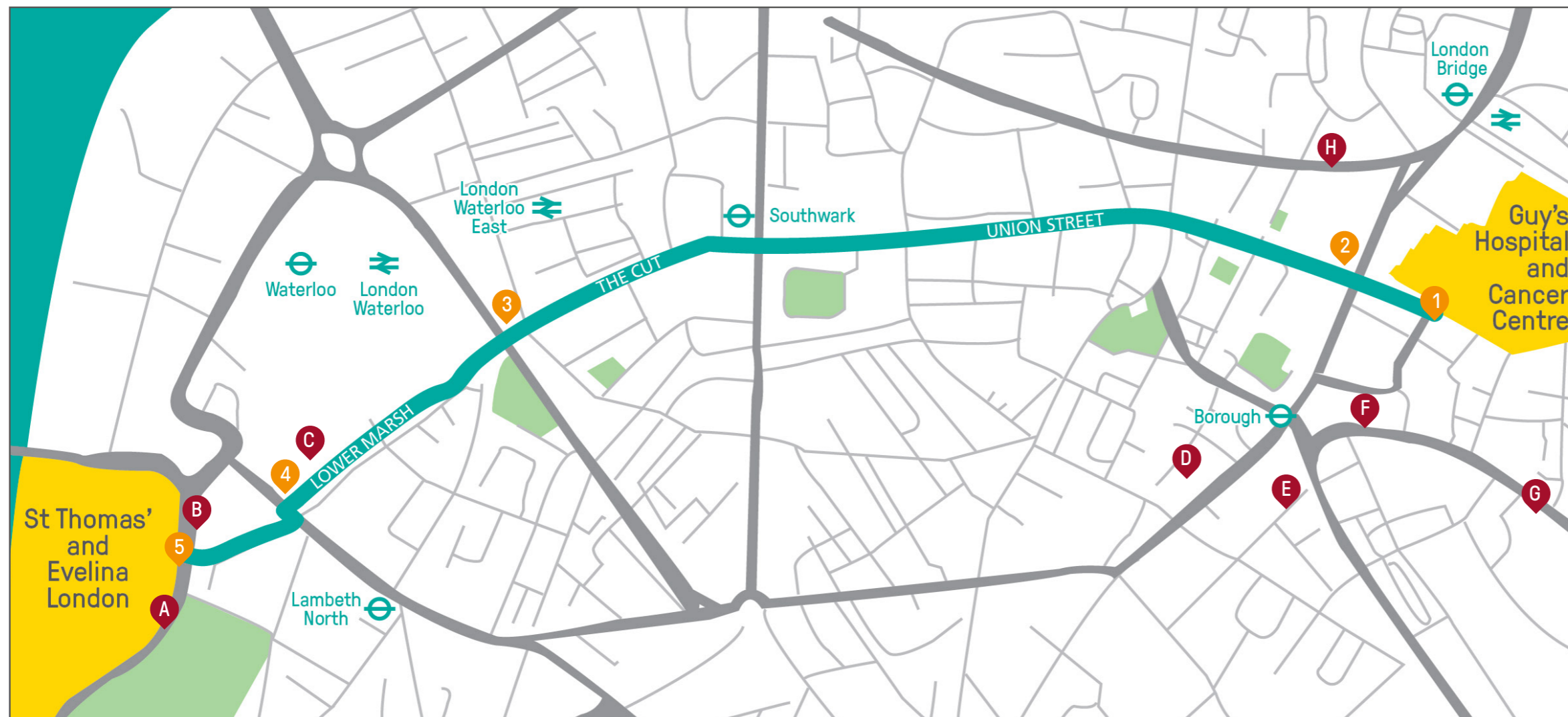
Walking directions

- | | | | | |
|--|--|--|--|---|
| <p>1 2 mins</p> <p>Cross Lambeth Palace Road opposite A&E and head straight between Becket House and Stangate House</p> | <p>2 7 mins</p> <p>Walk under the railway bridge and straight along Lower Marsh</p> | <p>3 12 mins</p> <p>Continue straight down The Cut (past the Old Vic) and down Union Street</p> | <p>4 4 mins</p> <p>Cross Borough High Street and continue straight along Newcomen Street, past Nuffield House</p> | <p>5</p> <p>Guy's is on your left!</p> |
|--|--|--|--|---|

Santander bike locations

- | | | | |
|------------------------------|------------------------------|------------------------|---------------------------|
| A Archbishop's Park | C Lower Marsh | E Swan Street | G Long lane |
| B Lambeth Palace Road | D Borough High Street | F Empire Square | H Southwark Street |

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| <p>1 4 mins</p> <p>Walk straight along Newcomen Street, past Nuffield House and across Borough High Street</p> | <p>2 12 mins</p> <p>Continue straight down Union Street and down The Cut (past the Old Vic)</p> | <p>3 7 mins</p> <p>Walk straight along Lower Marsh and under the railway bridge</p> | <p>4 2 mins</p> <p>Head straight between Becket House and Stangate House and cross Lambeth Palace Road opposite A&E</p> | <p>5</p> <p>St Thomas' is straight ahead!</p> |
|---|--|--|--|--|

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