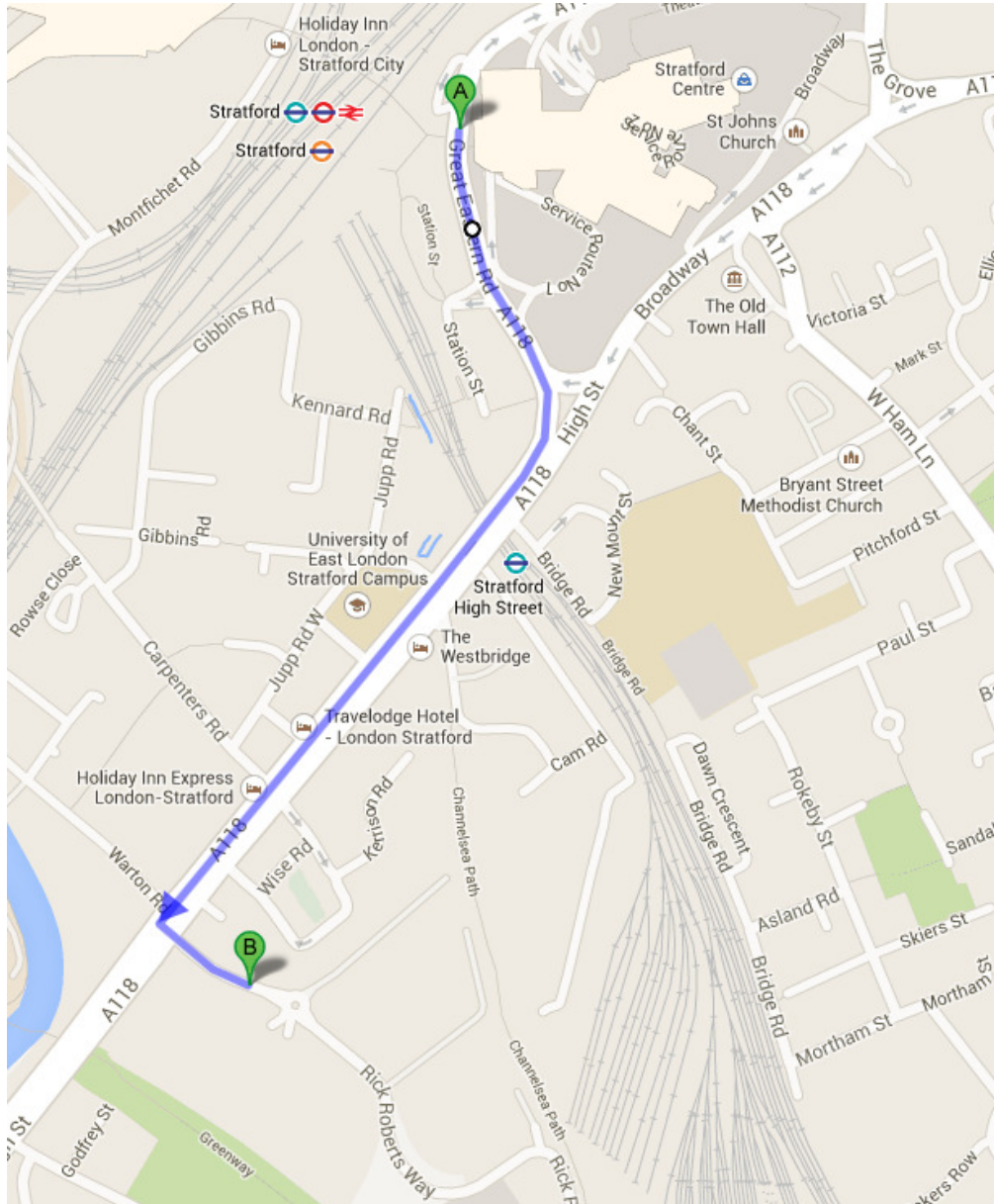


Getting to the SRCM Ashram, Stratford, London:

Address:

UNIT 5, 7, 9, RICK ROBERTS WAY, STRATFORD, LONDON, E15 2FR



There is a small Tesco on the corner of High Street and Warton Way, just near the turning onto Rick Roberts Way

By Train

The Ashram is a 10-15 minute walk from Stratford International Railway station (Point A in the map above), which serves mainline trains to Stratford as well as the London Underground. Other nearby stations, a little further away, are Bow Road and West Ham. There is an additional station (Stratford High Street, visible on the map above), that serves the Docklands Light Railway (DLR) covering some parts of East London.

If you would like to avoid walking altogether, you could take the underground to Mile End, and from there take the 25 or the 425 bus from Bus Stop D, and ask for the stop by Tesco on the corner of Warton Road

There is a convenient journey planner that will tell you the best route to travel to Stratford from your departure point in London at – <http://journeyplanner.tfl.gov.uk/>

There are also maps of the London Underground at - <http://www.tfl.gov.uk/assets/downloads/standard-tube-map.gif> , click to zoom in on a particular area. Stratford is on the Central Line (red) to the right of the map, just before this line goes straight upwards. This map does not include National Rail lines.

If you are coming from outside London, National Rail runs trains across the UK. You can plan your journey to Stratford at - <http://www.nationalrail.co.uk/>

By Bus:

London has an extensive bus network. Though Stratford Bus station is located outside the railway station, the buses to the Ashram run along the High Street on the opposite side of the main road. It is often quicker to walk than to travel by bus, given that this also involves a walk to the bus-stop and a wait there. The closest bus stop to the Ashram is **Warton Rd / Stratford High St Bus Stop: K**, which is at Point B on the map. Buses running along this route are numbers: **25, 108, 276, 425, N8**

The Journey Planner link given above (<http://journeyplanner.tfl.gov.uk/>) also suggests the best bus routes.

By Coach:

The following services run coaches from other parts of the UK and Europe to Stratford:

<http://www.nationalexpress.com/home.aspx>

<http://www.eurolines.co.uk/coach/index.aspx>

<http://uk.megabus.com/default.aspx>

By Eurostar

Eurostar trains run from northern France and Belgium and do not call directly at Stratford International station – you will need to connect via St. Pancras International or Ebbsfleet International, and buy local tickets from there. Further information is available from:

[http://www.eurostar.com/UK/uk/leisure/travel information/at the station/stations/stratford international.jsp](http://www.eurostar.com/UK/uk/leisure/travel%20information/at%20the%20station/stations/stratford%20international.jsp)

By car:

Google Maps or your Satellite Navigation system will usually give the best directions. Please note that there is no onsite parking. Off-street parking is available with meter charges, which will be noted on a display at the meter.

There is also a multi-story car-park at the Westfield Shopping Centre at the other side of the railway station, about 20 minutes' walk from the Ashram. Details are here -

[http://www.londontown.com/LondonInformation/Travel/Stratford Multi-Storey Car Park/2951/](http://www.londontown.com/LondonInformation/Travel/Stratford%20Multi-Storey%20Car%20Park/2951/)

This website offers the opportunity to purchase a parking space in advance near the ashram -

https://www.parkatmyhouse.com/search/?filter=1&order=&q=E15+2LS&ac_country=&reference=&location_name=&source=&coords=&start_date=&start_time=&end_date=&end_time=&listing_categories%5B%5D=is_driveway&listing_categories%5B%5D=is_carpark&listing_categories%5B%5D=is_garage&vehicles%5B%5D=accepts_cars&no_of_spaces=1

This website identifies all nearby car parks -

<http://www.parkatmyhouse.com/uk/parking/london/stratford-london-2/>

By Air:

Stratford is easily accessible from all London airports by road and rail.

Stansted Airport

Stansted Airport is well connected to major airports in Europe. It takes approximately 45 minutes by car. You can get from Stansted Airport to Stratford by:

Coach: Departing frequently (about every half an hour), coaches are direct and take 45-60 minutes depending on the route. This is also the cheapest way to travel. Tickets can be £5 each way if bought in advance from <http://www.nationalexpress.com/home.aspx>, from where you can also plan your route. Tickets can also be purchased in the coach station itself (always open), or at the ticket desk in Arrivals (06:00 – 01:00).

Train: Departing frequently (about every 15 minutes) from Stansted Airport rail station, situated directly below the terminal. Trains are not direct and will involve one change to get to Stratford. The cost is approximately £25 for a same-day return or £35 to return on a different day. (It is much cheaper to buy a return than 2 singles). The fastest trains take 55 minutes to reach Stratford. You can plan your route at - <http://www.nationalrail.co.uk/> and there are some more details at the Stansted Airport site at - <http://www.stanstedairport.com/transport-and-directions/trains> .

Heathrow Airport:

It takes approximately one hour by car. You can get from Heathrow Airport to Stratford by:

Heathrow Express: The fastest, but most expensive, link between Heathrow and London. Non-stop trains run to Paddington Station in Central London every 15 minutes, and the journey time is 15 minutes from Terminals 1 and 3 (a few minutes more from Terminals 4 or 5). <https://www.heathrowexpress.com/>. You can buy tickets in advance from the site (£34 return) or on board the train (£39 return). From Paddington, you will need to buy an additional ticket for an underground tube service to Stratford (30 minutes, approx. £4.50 each way including a change).

A cheaper and slightly slower alternative train to Paddington is **Heathrow Connect** (<https://www.heathrowconnect.com>) - £19 return purchased in advance from their site. Runs every half hour and takes 25 minutes.

London Underground: This is the most cost-effective rail route to Stratford (£5.50 each way). Piccadilly Line trains run from all terminals and the journey time is 75-80 minutes, including a change to the Central Line. You can plan the journey at - <http://journeyplanner.tfl.gov.uk/>

Coach: National Express Coaches run frequently throughout the day at regular intervals from Heathrow Airport, with journey times of 40-60 minutes to Victoria Coach Station (around £7 each way when purchased from their website), from where underground tickets would need to be purchased to Stratford (30 mins approx., £4.50 each way including a change).
<http://www.nationalexpress.com/home.aspx>

Gatwick Airport:

It takes approximately one hour by car. You can get from Gatwick Airport to Stratford by:

Gatwick Express: non-stop train service to Victoria runs every 15 minutes with a journey time of 30 minutes (£20 single, £35 return). From Victoria, underground tickets would need to be purchased to Stratford (30 mins approx., £4.50 each way including a change).
<http://www.gatwickexpress.com/en/>

Southern Trains: Trains run frequently from Gatwick Airport to Victoria Station (30-40 mins, £15-20) or to London Bridge Station (30-50 mins, £9-10). From these stations underground tickets would need to be purchased:

From Victoria – 30 mins approx., £4.50 each way including a change

From London Bridge - 17 mins, £4.50 each way, direct

You can plan your journey at - <http://www.nationalrail.co.uk/>

Easy Bus: A low-cost, frequent airport transfer service non-stop from London and Gatwick with prices from £2, but more commonly around £10 each way. Buses depart every 15-30 minutes at peak times and run throughout the day and night from both North and South terminals to Earls Court/West Brompton in Central London, from where underground tickets

would need to be purchased to Stratford (40 mins approx., £4.50 each way, including a change). Easy Bus runs seven days a week except Christmas Day and can be used by any airline passenger.

<http://www.easybus.co.uk/london-gatwick>

Coach: National Express Coaches run frequently throughout the day at regular intervals from Gatwick Airport, with journey times of 40-60 minutes to Victoria Coach Station (around £7 each way when purchased from their website), from where underground tickets would need to be purchased to Stratford (30 mins approx., £4.50 each way including a change).

<http://www.nationalexpress.com/home.aspx>