

How to get to the Institute of Child Health (ICH).

At the airport look out for the London Planner, the Official Monthly guide to London from VisitLondon. That will have useful travel information.

The Institute is situated in Bloomsbury, 5 mins walk from Russell Square and Russell Square underground station. Holborn, Euston and King's Cross/St Pancras underground stations are also 10-15 mins walk or a short taxi ride.

The following buses pass through Russell Square: 59,68,91,168 and the 188 starts there. The following buses pass along Theobald's Road, to the south of the Institute: 19,38,55,243.

Travel from the Eurostar Terminal at St Pancras International Station.

Walking: cross over Euston Road or use the subway, turn right down Euston Rd and then left down Judd Street. Continue down there past Brunswick Square until you get to Guilford Street, where you turn left and the Institute is a few yards down on the right.

Taxi: a short ride.

Bus: cross over the Euston Rd and take the 59 bus to Russell Square. Guilford St is on the left of the Square. ICH is about 300 metres down on the right.

Travel from Heathrow Airport

1. The easiest route is to take the Underground, Piccadilly Line, direct to Russell Square (trains every 4-5 mins, journey time about 1 hr). Turn right out of the station, then first right and then left into Guilford St. ICH is on the right.
2. It is quicker but more expensive to get into central London by the Heathrow Express (trains every 15 mins, journey time 15-20 mins). This will take you to Paddington Station. From there you could take a taxi or take the Circle Line to King's Cross and then walk to the Institute (see above) or take the Bakerloo Line going south to Piccadilly Circus, change onto the Piccadilly Line going north to Russell Square.

Travel from Gatwick Airport.

The station is in the South Terminal. If you want to travel to ICH or a hotel nearby do not take the Gatwick Express, which goes to Victoria Station. It is better to take the First Capital Connect service to St Pancras station. There are up to four trains per hour and journey time is about 50 mins. See above for directions from St Pancras.

Travel from Stanstead Airport

Take the Stanstead Express train to Liverpool Street station (≤ 4 trains per hour, journey time from 45 mins). Then take the Central Line to Holborn. From there you can take the Piccadilly Line to Russell Square or you can walk to ICH or to your hotel.

To walk from Holborn to ICH: Turn right out of the station and immediately cross High Holborn and continue down Southampton Row. Cross the next main road, Theobald's Road and turn right down that road. Turn left down Lamb's Conduit St, which is the fifth street on the left – it is an interesting old street. ICH is situated at the end of this street around the corner on the left.

Travel from Luton Airport

Take the shuttle bus to Luton Parkway station. From there take a train to St Pancras International Station (≤ 8 trains per hour, journey time about 35 mins). From the train follow

the signs to the Underground and look for the subway to the other side of Euston Road (it is quite a long walk). See above for directions from there to ICH.