

Walking



There are many walking routes into the city centre and walking is a healthy form of exercise as well as generating no pollution.

All offices are a short walk from the local bus stops, Metro stations and rail station.

Cycling



Cycling is a great way to keep fit and there is an ever expanding network of on-road bike lanes and off-road cycle paths.

The Civic Centre: Secure staff and visitor cycle storage facilities are available at the civic centre, accessible from the security gate on Burdon Road.

The City Library and Arts Centre: On-street cycle parking facilities are located on Fawcett Street outside the Library and Art Centre main entrance.

John Street: On street cycle parking facilities are located at the junction with St Thomas Street and outside the Job Centre.

Cassaton House/Shared Services: On street cycle parking facilities are located on Fawcett Street.

Some of the car parks in the city have secure cycle parking facilities, which are highlighted on the map.

Recommended cycle routes in the city centre and public cycle parking facilities are located on the map.

Visit www.sunderland.gov.uk/cycling for online cycle map and further cycling information.

Cyclists may travel on any services operated by Northern Rail where space permits for no extra charge.

Folding cycles are permitted on Metro and for those with conventional bikes, a number of Metro stations have secure cycle parking. For details of availability contact the Network Development Department at Nexus on 0191 203 3333 or visit www.nexus.org.uk.

Bus



The Civic Centre is located close to Park Lane Interchange which is served by numerous bus services from across the district. Other nearby bus stops are located in Burdon Road and Vine Place.

The other city centre offices are within walking distance of Park Lane Interchange and there are also bus stops located on Fawcett Street, John Street, Holmeside, St Mary's Place and High Street West.

For more information on Sunderland city bus routes and services in Sunderland refer to the Sunderland area map available from Nexus TravelShops, contact Traveline on 0871 200 22 33, or visit www.nexus.org.uk

Your nearest Nexus TravelShop is located in Park Lane Interchange.

Parking



There are 13 city centre car parks, all with disabled parking. Some car parks have bicycle and motorcycle facilities which are highlighted on the map.

Metro



Metro provides a fast and frequent service in and around Tyne and Wear.

All offices are located just a short 5 minutes walk away from the city's Metro stations.

The closest Metro station to the Civic Centre is Park Lane. The closest Metro station to all offices on Fawcett Street and John Street is Sunderland.

Visit www.nexus.org.uk for online Metro timetables, maps and information.

Metro Park & Ride



You can Park & Ride at the following Metro stations: Heworth, Fellgate, East Boldon, Stadium of Light, Four Lane Ends, Northumberland Park, Callerton Parkway, Bank Foot, Kingston Park and Regent Centre. For further details of Metro Park and Ride sites visit www.nexus.org.uk.

Rail



The closest railway station to all office sites is Sunderland Central providing the following regional and national services:

Middlesbrough – Newcastle – MetroCentre.

Sunderland – Newcastle – Carlisle.

Sunderland – York – London.

For more information on the timetables and stations on these routes visit www.northernrail.co.uk or call 0845 700 0125

LinkUp



LinkUp is a bus service that you can book on the phone and is available to everyone in Tyne and Wear. It provides journeys at times when regular services are not operating or where direct services are not available.

For more information on the service please call 0191 20 20 632 or email linkup@nexus.org.uk; to book call 0191 20 20 666.



For more detailed information contact:

Nexus: 0191 203 3333
www.nexus.org.uk

Journey Planner:
www.transportdirect.info

National Rail: 08457 484950
www.nationalrail.co.uk

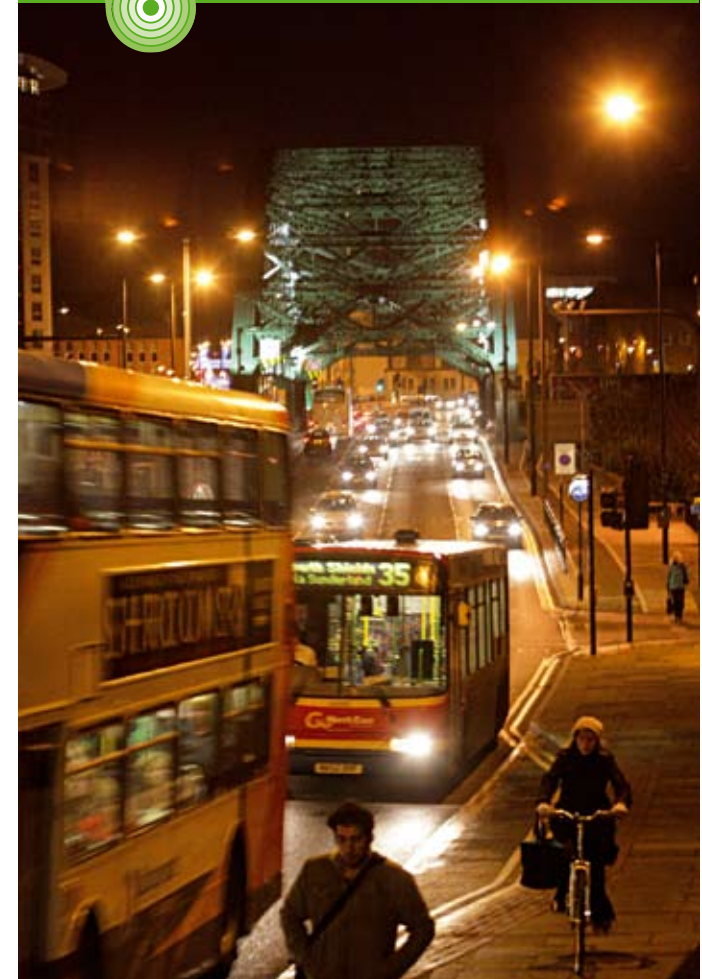
Stagecoach: 0191 276 1411
www.stagecoach.com/sunderland

Go North East: 0845 60 60 260
www.simplygo.com

Arriva: 0844 800 44 11
www.arrivabus.co.uk



Your travel guide and map to: Sunderland City Council - city centre offices

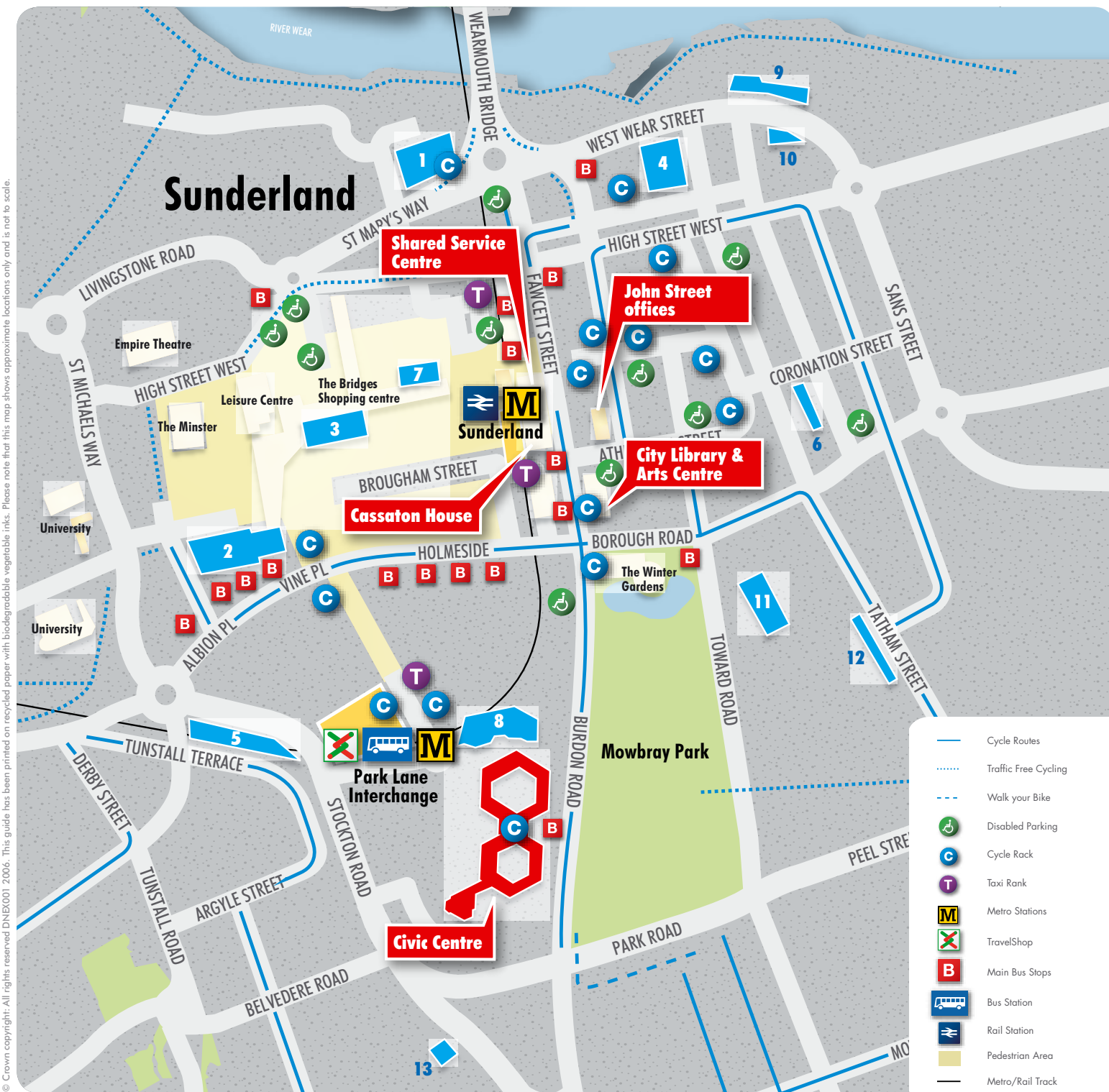


Welcome to your 'Sunderland City Council – city centre offices' Clearways Travel Guide

This guide outlines your options for travelling to Sunderland City Council - city centre offices. It contains information on alternatives to car travel which can help keep you and your environment healthy.

Where are the Sunderland City Council offices located?

1. **The Civic Centre**
Burdon Road
Sunderland
SR2 7DN
2. **The City Library and Arts Centre**
Fawcett Street
Sunderland
SR1 1RE
3. **John Street Offices**
15/17 John Street
Sunderland
SR2 1ED
4. **Cassaton House**
43-49 Fawcett Street
Sunderland
SR1 1RR
5. **Shared Service Centre**
50 Fawcett Street
Sunderland
SR1 1RF



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Clearways to... Sunderland City Council - city centre offices

Car Park (all have Disabled Parking)	Spaces
1. St. Marys Multi-storey	480
2. Bridges Multi-storey	760
3. Bridges Roof Top	221
4. Sunnside Multi-storey	653
5. Boughton Street	56
6. Nile Street	49
7. Central Multi-storey	391
8. Civic Centre	630
9. West Wear Street	40
10. Charles Street	28
11. Tavistock Place	150
12. Tatham Street	94
13. Gorse Road	54

