If you arrive by train:

**King’s Cross Station or St Pancras Station**
When leaving the station, cross Euston Road and turn left. Continue walking for a few minutes, and, turning slightly to your right, enter Gray’s Inn Road. After approximately 5-10 minutes, turn right into Guilford Street. Continue walking until you see the Institute on your left hand side.

**Euston Station**
Take the Eversholt Street exit. Turn right along Eversholt Street, and cross over the Euston Road. Cross straight over into Woburn Place, and after approximately 5-10 minutes, turn left into Guilford Street. Continue walking until you see the Institute on your right hand side.

**If you arrive by underground:**

**For King’s Cross**
(Victoria, Piccadilly, Circle, Northern, Metropolitan, and Hammersmith and City lines), please follow the instructions above.

**Russell Square Station**
(Piccadilly line, the nearest tube)
When leaving the station, turn right into Bernard Street. Continue straight ahead, and cross over Hunter Street/Grenville Street. This will lead you into Lansdowne Terrace, which bears to the right and leads directly into Guilford Street. Turn left and continue walking until you see the Institute on your right hand side.

**If you arrive by bus:**

The number 188, 168, 68, 59 and 91 bus services all stop at bus stop B on Southampton Row (www.tfl.gov.uk/tfl/gettingaround/maps/buses). Cross over the street, and a little to the right you will see Guilford Street. Walk along Guilford Street until you see the Institute on your right hand side.

**International arrivals:**

From London Heathrow, the quickest route in to London is the Heathrow Express to Paddington (15-25 minutes depending on terminal). From there, a cab would take approx 20 minutes depending on time of day and traffic, or you could use the underground network to Russell Square tube station (Circle line to Kings Cross and walk 15 mins to ICH, or change to Piccadilly line to Russell Square, within 5 minutes walk of ICH). Alternatively, the Piccadilly line tube runs directly from Heathrow to Russell Square station and takes approx an hour on the train. There are also National Express coach services to central London which are cheaper still.

From London City Airport, a cab would take approx 45 minutes depending on traffic.

By public transport, from London City Airport DLR to Russell Square by tube would take approx 55 minutes and involve changing at Bank for Northern line to Kings Cross (walk 15 minutes from there or change to Russell Square).

From London Gatwick Airport, in 30 minutes the Gatwick Express will get you to Victoria, where you can get the tube (Victoria line) to either Green Park and change to Russell Square, or to Kings Cross and walk/bus from there.

From London Stanstead Airport, the Stansted Express arrives in Liverpool Street Station and takes approximately 45 minutes. Liverpool Street tube to Holborn, 10 minute walk from ICH, or change to Russell Square.

From London Luton Airport, there is a train link to Kings Cross Thameslink which takes approximately 30 minutes, or one to St. Pancras (45 minutes) both 15-20 minutes walk from ICH.

From Kings Cross St Pancras Eurostar Terminus: Cab journey takes approx 5 minutes, or it is a 10-15 minute walk to ICH.

**Helpful travel links:**
Transport for London: www.tfl.gov.uk
Tube map: www.tfl.gov.uk/gettingaround/1106.aspx
UK public transport: www.traveline.org.uk