

Support your team by encouraging them to travel at quieter times



Quieter times are 08:15 to 16:00 and after 17:30 on weekdays, and before noon and after 18:00 on weekends

We are asking employers to help encourage travel at quieter times and the use of new walking and cycling routes. Doing so makes social distancing easier for everyone.

Now is the time to:

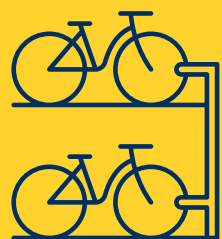


Ask

your team to travel at quieter times to spread demand across the day and to use less busy stations

Encourage

walking part of the journey by getting off a few stops early at less busy stations



Consider

how you can provide storage and changing facilities to encourage employees to walk or cycle all or part of their journey

Share

the [TfL Go app](#) with your employees, it provides the status of services, and information on quieter times to travel



For more information, visit our [travel guidance for businesses page](#)