



onwardJourney



Further Information

BAA www.baa.com	
National Rail Enquiries www.nationalrail.co.uk	0845 748 4950
Stansted Express www.stanstedexpress.com	0845 850 0150
CrossCountry www.crosscountrytrains.co.uk	0844 811 0124
ONE www.onerailway.com Rail Tickets for UK travel	0845 600 7245

Rail is the smarter way to travel to your place of work.

Connecting to central and north London, the Stansted Express provides a very frequent and reliable link direct to the Airport. New early morning and late night journeys have been introduced to make rail even more attractive.

Air passengers travelling from stations along the Lea Valley are served by the Stratford service operated by ONE Railway.

Access to the North is provided through an hourly CrossCountry service linking to Leicester, Birmingham, Audley End, Cambridge and Peterborough.

Rail options

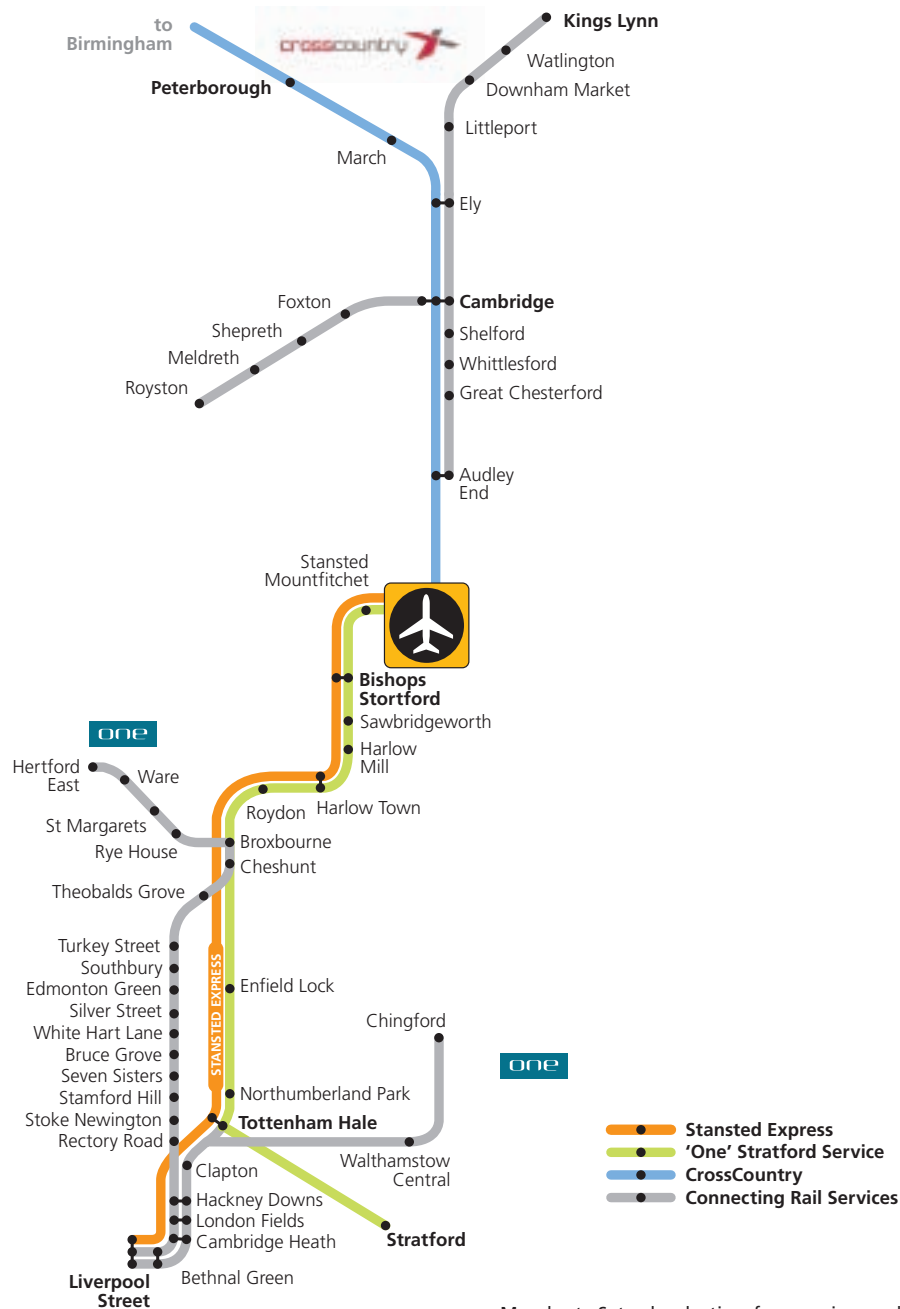
Quick, convenient and direct



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Rail options



Monday to Saturday daytime frequencies are shown. Trains may be less frequent early mornings, evenings and Sundays. Please contact your operator for full details.

Stansted Express

London Liverpool Street – Stansted Airport

First Monday 03:40*	Last 23:25 (daily)
First Tues – Thurs 04:40	
First Fri – Sun 04:10*	

Stansted Airport – London Liverpool Street

First Sat – Mon 05:30	Last Mon – Weds 00:30
First Tue – Fri 06:00	Last Thur – Fri 01:30
	Last Sat 00:30
	Last Sun 01:30

Calling at London Liverpool Street – Tottenham Hale – Harlow Town – Bishops Stortford – Stansted Airport (Harlow Town and Bishops Stortford are called at alternatively)

*Does not call at Tottenham Hale.

Also, the following trains DO NOT call at Tottenham Hale:
 - trains Sunday to Friday from 23:30
 - trains on Saturday from 23:59

Journey time: 45 mins. (30 minutes from Tottenham Hale)
 Frequency: every 15 mins.

ONE Stratford Service (Mon – Fri only)

London Stratford – Stansted Airport

First 09:30	Last 22:33
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Stansted Airport – London Stratford

First 11:03	Last 23:03
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Calling at London Stratford – Tottenham Hale – Northumberland Park – Enfield Lock – Cheshunt – Broxbourne – Roydon – Harlow Town – Harlow Mill – Sawbridgeworth – Bishops Stortford – Stansted Mountfitchet – Stansted Airport
 Journey time: 62 mins. Frequency: Hourly.

CrossCountry

Connecting to Cambridge, Peterborough, Leicester and Birmingham

From Birmingham to Stansted

First 05:20	Last 18:36
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From Cambridge to Stansted

First 04:39	Last 19:30
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From Stansted Airport

First 05:27	Last 20:20
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Journey time: Stansted to Cambridge – 30 mins. Stansted to Birmingham – 3hrs 20 mins. Frequency: up to every hour (Mon to Fri times shown)