

# Tunnel Sensory Guide



Colleagues from our 'Disability Employment Network' have put together this 'Tunnel Sensory Guide' for customers who find tunnel environments uncomfortable.

The guide covers key rail tunnels on our key routes that are over 10 seconds long. Timings should be treated as guidance only.

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## Thameslink tunnels

Tunnel	Approx. time	Where
Patcham Tunnel	56 seconds	Between Preston Park and Hassocks station
Clayton Tunnel	14 seconds	Between Preston Park and Hassocks station
Haywards Heath Tunnel	11 seconds	¼ mile south of Haywards Heath station
Balcombe Tunnel	31 seconds	Immediately south of Balcombe station
Redhill Sand Tunnel	17 seconds	½ - 1 mile north of Earlswood station
Merstham Quarry Tunnel	53 seconds	Between Redhill Sand Tunnel and Purley station
Clerkenwell Tunnel – BF<>CT	14 seconds	Just north of Blackfriars station
Clerkenwell Tunnel – CT <> FA	26 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – BF<>FA	61 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – FA <> SPI	130 seconds	Entire journey – Thameslink Core Section
Regents Canal Tunnel	87 seconds	From St Pancras to the North London Line
Camden Road Tunnel - Slow	27 seconds	Between Clerkenwell Tunnel and Kentish Town station
Belsize Fast Tunnel	54 seconds	Between Kentish Town and West Hampstead TL stations
Elstree Fast Tunnel	22 seconds	Between Mill Hill Broadway and Elstree stations
Amphill Tunnel - Slow	20 seconds	Between Flitwick and Bedford stations

### **Gatwick Airport <> London <> Bedford** (*Stopping services*)

Tunnel	Approx. time	Where
Merstham Tunnel	57 seconds	½ mile – 2.1/4 miles north of Merstham station
Clerkenwell Tunnel – BFR<>CTK	14 seconds	Just north of Blackfriars station
Clerkenwell Tunnel – CTL <> ZFD	26 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – BFR<>ZFD	61 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – ZFD <> STP	130 seconds	Entire journey – Thameslink Core Section
Regents Canal Tunnel	87 seconds	From St Pancras to the North London Line
Camden Road Tunnel - Slow	27 seconds	Between Clerkenwell Tunnel and Kentish Town station

Belsize Slow Tunnel	76 seconds	Between Kentish Town and West Hampstead TL stations
Elstree Slow Tunnel	33 seconds	Between Mill Hill Broadway and Elstree stations
Amphill Tunnel - Slow	20 seconds	Between Flitwick and Bedford stations

#### **Brighton / Horsham <> London <> Peterborough / Cambridge**

<b>Tunnel</b>	<b>Approx time</b>	<b>Where</b>
Patcham Tunnel	56 seconds	Between Preston Park and Hassocks station
Clayton Tunnel	14 seconds	Between Preston Park and Hassocks station
Haywards Heath Tunnel	11 seconds	¼ mile south of Haywards Heath station
Balcombe Tunnel	31 seconds	Immediately south of Balcombe station
Redhill Sand Tunnel	17 seconds	½ - 1 mile north of Earlswood station
Merstham Quarry Tunnel	53 seconds	Between Redhill Sand Tunnel and Purley station
Merstham Tunnel	57 seconds	½ mile – 2.1/4 miles north of Merstham station
Clerkenwell Tunnel – BF<>CT	14 seconds	Just north of Blackfriars station
Clerkenwell Tunnel – CT <> FA	26 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – BF<>FA	61 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – FA <> SPI	130 seconds	Entire journey – Thameslink Core Section
Canal Tunnel – St Pancras > Finsbury Park	73 seconds	Between St Pancras station and Copenhagen Tunnel
Canal Tunnel - Finsbury Park > St Pancras	111 seconds	Between Copenhagen Tunnel and St Pancras station
Copenhagen Slow Tunnel	34 seconds	Between Gasworks Tunnel and Finsbury Park station
Wood Green Fast Tunnel	17 seconds	Between Alexandra Palace and New Southgate stations
Barnet Fast Tunnel	13 seconds	Between New Southgate and Oakleigh Park stations
Potters Bar - West Tunnel (Fast Line)	26 seconds	Between Hadley Wood and Potters Bar stations
Potters Bar - East Tunnel (Fast Line)	26 seconds	Between Hadley Wood and Potters Bar stations
Welwyn North Tunnel	22 seconds	Between Welwyn North and Knebworth stations

**Gravesend <> Rainham <> London <> Luton**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Gillingham (VIR) Tunnel	35 seconds	¼ - ½ mile west of Gillingham station
Chatham Tunnel	20 seconds	Just east of Chatham station
Fort Pitt Tunnel	30 seconds	Immediately west of Chatham station
Strood Tunnel / Higham Tunnel	141 seconds	Between Strood and Higham stations
Greenthite Tunnel	15 seconds	¼ east of Greenthithe for Bluewater station
Gordon Place	11 seconds	Immediately west of Woolwich Arsenal station
George IV Tunnel	16 seconds	Between Woolwich Arsenal and Woolwich Dockyard station
Woolwich Dockyard Tunnel	10 seconds	Between Woolwich Dockyard and Charlton stations
College Tunnel	38 seconds	Between Maze Hill and Greenwich stations
Clerkenwell Tunnel – BFR<>CTK	14 seconds	Just north of Blackfriars station
Clerkenwell Tunnel – CTK <> ZFD	26 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – BFR<>ZFD	61 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – ZFD <> STP	130 seconds	Entire journey – Thameslink Core Section
Regents Canal Tunnel	87 seconds	From St Pancras to the North London Line
Camden Road Tunnel - Slow	27 seconds	Between Clerkenwell Tunnel and Kentish Town station
Belsize Slow Tunnel	76 seconds	Between Kentish Town and West Hampstead TL stations
Elstree Slow Tunnel	33 seconds	Between Mill Hill Broadway and Elstree stations

**East Grinstead <> London <> Bedford**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Limpsfield Tunnel	24 seconds	Between Hurst Green and Oxtend stations
Oxted Tunnel	80 seconds	Between Oxtend and Woldingham stations
Riddlesdown Tunnel	52 seconds	Between Upper Warlingham and Riddlesdown stations
Clerkenwell Tunnel – BFR<>CTK	14 seconds	Just north of Blackfriars station
Clerkenwell Tunnel – CTK <> ZFD	26 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – BFR<>ZFD	61 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – ZFD <> STP	130 seconds	Entire journey – Thameslink Core Section

Regents Canal Tunnel	87 seconds	From St Pancras to the North London Line
Camden Road Tunnel - Slow	27 seconds	Between Clerkenwell Tunnel and Kentish Town station
Belsize Fast Tunnel	54 seconds	Between Kentish Town and West Hampstead TL stations
Elstree Fast Tunnel	22 seconds	Between Mill Hill Broadway and Elstree stations
Amphill Tunnel - Slow	20 seconds	Between Flitwick and Bedford stations

#### **Sutton <> Central London <> St Albans**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Wimbledon Station	16 seconds	Immediately west of Wimbledon station
Streatham Tunnel	13 seconds	Between Streatham and Tulse Hill stations
Leigham Tunnel	10 seconds	Between Streatham and Tulse Hill stations
Clerkenwell Tunnel – BFR<>CTK	14 seconds	Just north of Blackfriars station
Clerkenwell Tunnel – CTK <> ZFD	26 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – BFR<>ZFD	61 seconds	Entire journey – Thameslink Core Section
Clerkenwell Tunnel – ZFD <> STP	130 seconds	Entire journey – Thameslink Core Section
Regents Canal Tunnel	87 seconds	From St Pancras to the North London Line
Camden Road Tunnel - Slow	27 seconds	Between Clerkenwell Tunnel and Kentish Town station
Belsize Slow Tunnel	76 seconds	Between Kentish Town and West Hampstead TL stations
Elstree Slow Tunnel	33 seconds	Between Mill Hill Broadway and Elstree stations

#### **London Blackfriars <> Catford > Sevenoaks / Orpington**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Denmark Hill Tunnel	15 seconds	Just east of Denmark Hill station
Eynsford Tunnel	42 seconds	Between Swanley and Eynsford stations

## Southern tunnels

### London Victoria <> Gatwick Airport <> Brighton / Littlehampton

Tunnel	Approx. time	Where
Merstham Quarry Tunnel	53 seconds	Between Redhill Sand Tunnel and Purley station
Redhill Sand Tunnel	17 seconds	½ - 1 mile north of Earlswood station
Balcombe Tunnel	31 seconds	Immediately south of Balcombe station
Haywards Heath Tunnel	11 seconds	¼ mile south of Haywards Heath station
Clayton Tunnel	14 seconds	Between Preston Park and Hassocks station
Patcham Tunnel	56 seconds	Between Preston Park and Hassocks station
Cliftonville Tunnel	34 seconds	Between Preston Park and Hove stations
Hove Tunnel	14 seconds	Between Brighton and Hove stations

### London Victoria <> Gatwick Airport <> Eastbourne

Tunnel	Approx. time	Where
Merstham Quarry Tunnel	53 seconds	Between Redhill Sand Tunnel and Purley station
Redhill Sand Tunnel	17 seconds	½ - 1 mile north of Earlswood station
Balcombe Tunnel	31 seconds	Immediately south of Balcombe station
Haywards Heath Tunnel	11 seconds	¼ mile south of Haywards Heath station
Lewes Tunnel	41 seconds	Between Cooksbridge and Lewes stations

### London Victoria <> Gatwick Airport <> Ore

Tunnel	Approx. time	Where
Merstham Quarry Tunnel	53 seconds	Between Redhill Sand Tunnel and Purley station
Redhill Sand Tunnel	17 seconds	½ - 1 mile north of Earlswood station
Balcombe Tunnel	31 seconds	Immediately south of Balcombe station
Haywards Heath Tunnel	11 seconds	¼ mile south of Haywards Heath station
Lewes Tunnel	41 seconds	Between Cooksbridge and Lewes stations

Bo Peep Tunnel	98 seconds	Just west of St Leonards station
Hastings Tunnel	79 seconds	Just east of St Leonards station
Mount Pleasant Tunnel	17 seconds	Between Hastings and Ore stations

### **Arun Valley**

**London Victoria <> Crawley <> Bognor  
Regis/Portsmouth Harbour**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Merstham Quarry Tunnel	53 seconds	Between Redhill Sand Tunnel and Purley station
Redhill Sand Tunnel	17 seconds	½ - 1 mile north of Earlswood station

### **Seaford branch**

**Brighton <> Seaford**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Falmer Tunnel	19 seconds	Just east of Falmer station

### **East & West Coast routes**

**Brighton <> Eastbourne <> Ore**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Falmer Tunnel	19 seconds	Just east of Falmer station
Bo Peep Tunnel	98 seconds	Just west of St Leonards station
Hastings Tunnel	79 seconds	Just east of St Leonards station
Mount Pleasant Tunnel	17 seconds	Between Hastings and Ore stations

### **Eastbourne <> Ashford International**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Bo Peep Tunnel	98 seconds	Just west of St Leonards station
Hastings Tunnel	79 seconds	Just east of St Leonards station
Mount Pleasant Tunnel	17 seconds	Between Hastings and Ore stations
Ore Tunnel	78 seconds	1/3 mile east of Ore station

**Brighton <> Chichester <> Portsmouth / Southampton Central**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Hove Tunnel	14 seconds	Between Brighton and Hove stations
Southampton Tunnel	29 seconds	Between St Denys and Southampton station

**Oxted Lines****London Victoria <> East Grinstead /  
Uckfield**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Riddlesdown Tunnel	52 seconds	Between Riddlesdown and Upper Warlingham stations
Oxted Tunnel	80 seconds	Between Woldingham and Oxtend stations
Limpsfield Tunnel	24 seconds	Between Oxtend and Hurst Green stations
Little Browns Tunnel	10 seconds	Between Hurst Green and Edenbridge Town stations
Mark Beech Tunnel	60 seconds	Between Hever and Ashurst stations
Crowborough Tunnel	41 seconds	Between Crowborough and Buxted stations

**Reigate/Redhill routes****London Victoria <> Reigate**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Merstham Tunnel	57 seconds	½ mile – 2.1/4 miles north of Merstham station

**Redhill <> Tonbridge**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Bletchingley Tunnel	39 seconds	Between Redhill and Godstone stations



**Mole Valley route****London Victoria <> Carshalton <> Dorking <> Horsham**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Mickleham Tunnel	16 seconds	Between Leatherhead and Box Hill & Westhumble stations
Bletchworth Tunnel	20 seconds	Between Dorking and Horsham stations

**South London Metro routes****London Victoria <> Crystal Palace <> West Croydon / London Bridge**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Leigham Court Tunnel	25 seconds	Between Streatham Hill and West Norwood stations
Crystal Palace Tunnel	56 seconds	Between Gipsy Hill and Crystal Palace stations

**London Bridge <> Tulse Hill <> Crystal Palace <> Beckenham Junction**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Leigham Court Tunnel	25 seconds	Between Streatham Hill and West Norwood stations
Crystal Palace Tunnel	56 seconds	Between Gipsy Hill and Crystal Palace stations

## Great Northern tunnels

### London Kings Cross <> Peterborough / Cambridge <> Kings Lynn *(Express services)*

Tunnel	Approx. time	Where
Gasworks Tunnels	40 - 60 seconds	Just North of Kings Cross station
Copenhagen Tunnels	34 seconds	Between Gasworks Tunnel and Finsbury Park station
Wood Green Fast Tunnel	17 seconds	Between Alexandra Palace and New Southgate stations
Barnet Fast Tunnel	13 seconds	Between New Southgate and Oakleigh Park stations
Potters Bar West - Tunnel (Fast Line)	26 seconds	Between Hadley Wood and Potters Bar stations
Potters Bar East - Tunnel (Fast Line)	26 seconds	Between Hadley Wood and Potters Bar stations
Welwyn North Tunnel	22 seconds	Between Welwyn North and Knebworth stations

### London Kings Cross <> Peterborough / Cambridge *(Stopping services)*

Tunnel	Approx. time	Where
Gasworks Tunnels	40 - 60 seconds*	Just North of Kings Cross station
Copenhagen Tunnels	34 seconds	Between Gasworks Tunnel and Finsbury Park station
Wood Green Slow Tunnel	28 seconds	Between Alexandra Palace and New Southgate stations
Barnet Slow Tunnel	18 seconds	Between New Southgate and Oakleigh Park stations
Hadley Wood South - West Tunnel (Slow Line)	10 seconds	Between New Barnet and Hadley Wood stations
Hadley Wood South - East Tunnel (Slow Line)	10 seconds	Between New Barnet and Hadley Wood stations
Hadley Wood North - West Tunnel (Slow Line)	10 seconds	Between Hadley Wood and Potters Bar stations
Hadley Wood North - East Tunnel (Slow Line)	10 seconds	Between Hadley Wood and Potters Bar stations
Potters Bar - West Tunnel (Slow Line)	38 seconds	Between Hadley Wood and Potters Bar stations
Potters Bar - East Tunnel (Slow Line)	38 seconds	Between Hadley Wood and Potters Bar stations
Welwyn South Tunnel	32 seconds	Between Welwyn North and Knebworth stations
Welwyn North Tunnel	29 seconds	Between Welwyn North and Knebworth stations

**Moorgate routes****Moorgate <> Potters Bar <> Welwyn Garden City**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Moorgate <> Old Street	114 seconds	Entire journey
Old Street <> Essex Road	163 seconds	Entire journey
Essex Road <> Highbury and Islington	92 seconds	Entire journey
Highbury and Islington <> Drayton Park	57 seconds	Entire journey
Wood Green Slow Tunnel	28 seconds	Between Alexandra Palace and New Southgate stations
Barnet Slow Tunnel	19 seconds	Between New Southgate and Oakleigh Park stations
Hadley Wood South - West Tunnel (Slow Line)	20 seconds	Between New Barnet and Hadley Wood stations
Hadley Wood South - East Tunnel (Slow Line)	20 seconds	Between New Barnet and Hadley Wood stations
Hadley Wood North - West Tunnel (Slow Line)	10 seconds	Between Hadley Wood and Potters Bar stations
Hadley Wood North - East Tunnel (Slow Line)	13 seconds	Between Hadley Wood and Potters Bar stations
Potters Bar - West Tunnel (Slow Line)	38 seconds	Between Hadley Wood and Potters Bar stations
Potters Bar - East Tunnel (Slow Line)	39 seconds	Between Hadley Wood and Potters Bar stations

**Moorgate <> Hertford <> Stevenage**

<b>Tunnel</b>	<b>Approx. time</b>	<b>Where</b>
Moorgate <> Old Street	114 seconds	Entire journey
Old Street <> Essex Road	163 seconds	Entire journey
Essex Road <> Highbury and Islington	92 seconds	Entire journey
Highbury and Islington <> Drayton Park	57 seconds	Entire journey
Ponsbourne Tunnel	77 seconds	Between Cuffley and Bayford stations
Molewood Tunnel	10 seconds	Between Hertford North and Watton-at-Stone stations

## Gatwick Express tunnels

London Victoria <> Gatwick Airport <> Brighton

Tunnel	Approx. time	Where
Merstham Quarry Tunnel	53 seconds	Between Redhill Sand Tunnel and Purley station
Redhill Sand Tunnel	17 seconds	½ - 1 mile north of Earlswood station
Balcombe Tunnel	31 seconds	Immediately south of Balcombe station
Haywards Heath Tunnel	11 seconds	¼ mile south of Haywards Heath station
Clayton Tunnel	14 seconds	Between Preston Park and Hassocks station
Patcham Tunnel	56 seconds	Between Preston Park and Hassocks station