

Lumo East Coast Main Line Route Autism Guide



This guide has been created by Rosalind Osborne from Ocean3D as their specialist accessibility, education advisor and Non-Executive Director. [Ocean3D](#) was the first business in the world without a physical premises to be awarded the National Autistic Society 'Autism Friendly' award.

Routes

Below you will find information for the following journeys:

1. London King's Cross Station to Edinburgh Waverley
2. Edinburgh Waverley to London King's Cross Station

Our trains are powered by electricity so you may find them much quieter than a diesel train.

Time

Each train journey will take a different time, depending on which station you are using.

Tunnels



On certain routes, the train will go through tunnels. Tunnels can seem very dark when you go through them but the lights inside your carriage will always be on.

Some tunnels take hardly any time to go through, whilst others take a little longer. To help you plan your journey and recognise where a train may go through a tunnel, the following information is provided to help you.



King's Cross Station to Edinburgh Waverley Route

The following information tells you how long it should take on the train, between each station:

London King's Cross		Stevenage = 23 minutes
Stevenage		Newcastle = Two hours 35 minutes
Newcastle		Morpeth = 12 minutes
Morpeth		Edinburgh = One hour 16 minutes



Tunnels between King's Cross Station and Edinburgh Waverley

Tunnel	Where on the route you will find the tunnel	Approximate length of tunnel in yards	Approximate length of tunnel in metres	Approximate time it takes to go through the tunnel.
Gasworks Tunnel	Before Copenhagen tunnel	528 yards	483 metres	90 seconds
Copenhagen Tunnel	Before Finsbury Park station	594 yards	543 metres	90 seconds
Wood Green Tunnel	Just before New Southgate Station	705 yards	645 metres	90 seconds
Barnet Tunnel	Just before Oakleigh Station	605 yards	553 metres	90 seconds
Hadley Wood South Tunnel	Just after you leave Hadley Wood station	384 yards	351 metres	90 seconds
Hadley Wood North Tunnel	Before Potters Bar tunnel	232 yards	212 metres	90 seconds
Potters Bar Tunnel	Just before you get to Potters Bar station	1,214 yards	1,110 metres	90 seconds

Tunnels between King's Cross Station and Edinburgh Waverley continued...

Tunnel	Where on the route you will find the tunnel	Approximate length of tunnel in yards	Approximate length of tunnel in metres	Approximate time it takes to go through the tunnel.
Welwyn South Tunnel	Directly before Welwyn North Tunnel	446 yards	408 metres	60 seconds
Welwyn North Tunnel	Before Knebworth Station	1,046 yards	956 metres	90 seconds
Stoke Tunnel	Before Grantham Station	880 yards	805 metres	60 seconds
Peascliffe Tunnel	Before Newark Northgate	969 yards	886 metres	90 seconds
Askham Tunnel	Before Retford Station	57 yards	52 metres	Less than 20 seconds
Balby Bridge Tunnel	Just before Doncaster Station	100 yards	91 metres	Less than 60 seconds
Askew Road Tunnel	Just before you get to Newcastle Station	40 yards	37 metres	Less than 20 seconds
Red Barnes	Just North of Newcastle	96 yards	88 metres	Less than 60 seconds
Carlton North Carlton South	Entrance to Edinburgh Station Depending on Platform you are going into	N 490 yards S 400 yards	448 metres 366 metres	70 seconds 60 seconds

Edinburgh to London King's Cross Station Route

The following information tells you how long it should take on the train, between each station:

Edinburgh		Morpeth = One hour 16 minutes
Morpeth		Newcastle = 12 minutes
Newcastle		Stevenage = Two hours 35 minutes
Stevenage		London King's Cross = 23 minutes



Tunnels between Edinburgh – London King's Cross

Tunnel	Where on the route you will find the tunnel	Approximate length of Tunnel in yards	Approximate length of tunnel in metres	Approximate time it takes to go through the tunnel.
Carlton North	Just leaving Edinburgh Station	N 490 yards	448 metres	70 seconds
Carlton South	Depending on Platform you are going out of	S 400 yards	366 metres	60 seconds
Red Barnes	Just North of Newcastle	96 yards	88 metres	Less than 60 seconds
Askew Road	Just after you leave Newcastle Station	40 yards	37 metres	Less than 20 seconds
Balby Bridge Tunnel	Just before Doncaster Station	100 yards	91 metres	Less than 60 seconds
Askham Tunnel	After Retford Station	57 yards	52 metres	Less than 20 seconds

Tunnel	Where on the route you will find the tunnel	Approximate length of Tunnel in yards	Approximate length of tunnel in metres	Approximate time it takes to go through the tunnel.
Peascliffe Tunnel	After Newark Northgate	969 yards	886 metres	90 seconds
Stoke Tunnel	After Grantham Station	880 yards	805 metres	60 seconds
Welwyn North Tunnel	After Knebworth Station	1,046 yards	956 metres	90 seconds
Welwyn South Tunnel	Straight after Welwyn North Tunnel	446 yards	408 metres	60 seconds
Potters Bar Tunnel	Just after you leave Potters Bar station	1,214 yards	1,110 metres	90 seconds
Hadley Wood North Tunnel	After Potters Bar tunnel	232 yards	212 metres	90 seconds
Hadley Wood South Tunnel	Just after you leave Hadley Wood station	384 yards	351 metres	90 seconds
Barnet Tunnel	After Oakleigh Station	605 yards	553 metres	90 seconds
Wood Green Tunnel	Just after you leave New Southgate Station	705 yards	645 metres	90 seconds
Copenhagen Tunnel	After Finsbury Park station	594 yards	543 metres	90 seconds
Gasworks Tunnel	After Copenhagen tunnel	528 yards	483 metres	90 seconds

Other useful information

There are times when we may need to take you via a different route. These diversions are not very often, but they mean you will go through different tunnels on your journey.

The two different tunnels are on the Hertford loop. This is a branch of the East Coast Main Line, part of the Northern City Line commuter route to London:

Tunnel	Where on the route you will find the tunnel	Approximate length of Tunnel in yards	Approximate length of tunnel in metres	Approximate time it takes to go through the tunnel.
Molewood Tunnel	½ mile from Hertford station	364 yards	333 metres	60 seconds
Pondsbourne Tunnel	Between Cuffley and Brayford	924 yards	845 metres	180 seconds

We hope that this guide is helpful to you. If you wish to provide us with feedback on how else we could help you, please contact us via any of the following:

Webform: www.railhelp.co.uk/lumo

Twitter: @lumotravel

Email: Customerexperience@lumo.co.uk

Customer Relations: 0345 528 0409 (09:00 to 17:00 daily except Christmas and Boxing Day)

Retail Support: 0345 528 0409 (08:00 to 20:00 daily except Christmas and Boxing Day)

Passenger Assist: Please view Lumos [Accessible Travel Policy](#)

Please also feel free to raise any feedback on your day of travel with our Customer Experience Ambassadors onboard. They are there to help and support you with any concerns or queries.
