



# The Northumbria cycling facilities

## Where to park your bike?

There is a bike shed available for staff and visitors, located in front of the building. Codes are required to access the cycle shelters - to obtain a code please contact:

Estates Department , North Tyneside General Hospital, Extension 34353,  
carparking@nhct.nhs.uk

## Showering and changing facilities

Male and female showers and changing facilities are available in the staff changing room at the rear entrance of the hospital. A code is required to access the facilities - to obtain a code please contact:

Kerry Lansbury - kerry.lansbury@nhct.nhs.uk, 01916072911

Bike sheds	Spaces
In front of building	49 (plus 5 visitor spaces)

Motorcycle parking	Spaces
	9





# Cycling to Northumbria Hospital

Cycling to Northumbria Hospital	Approx. miles
From Ashington	9
From Blyth	6
From Cramlington Station	2
From North Tyneside Hospital	6.5
From Tynemouth via St Marys	10
From Wallsend and Longbenton	9
From Gosforth	7
From Wansbeck	10.5

