

Ryde Hospital Transport Access Guide

Your guide to accessing Ryde Hospital by active and public transport



Welcome

We encourage Ryde Hospital staff and visitors to use active and public transport options to visit our hospital. Many options are convenient, safe and stress-free – it also helps you get your daily physical activity!

Use this guide to plan your next visit to Ryde Hospital.

Trip Planning

Visit transportnsw.info, or call **131500** to plan your trip and access up-to-date timetables and maps.

Tickets and Passes

Opal cards make travelling on multiple types of public transport easy! Keep it loaded and just tap on and tap off as you travel. Single trip Opal cards can also be purchased from train station ticket machines and bus drivers (except for PrePay buses).

Visit opal.com.au for more information.

RYDE HOSPITAL

Denistone Road, Eastwood NSW

SITE MAP

KEY	
Disabled Parking	Shop Ryder Stop
Bike racks	Bus stop
Staff facilities	



No Smoking

All NSLHD hospitals and facilities are smoke free (Penalties may apply).

Ryde Hospital

Ryde Hospital Denistone Road, Eastwood NSW 2122

Ph: 9858 7888

nslhd.health.nsw.gov.au/hospitals/ryde



Health

Northern Sydney
Local Health District

T Trains

Ryde Hospital can be accessed from Eastwood or Denistone train stations (T1 North Shore, Northern & Western Line). Denistone is a shorter walk but Eastwood has a gentler gradient.

Community Transport

The Shop Ryder is a free local bus service with routes including Ryde Hospital and Eastwood Station. The service operates Wednesdays to Saturdays from 8.30am - 2.00pm. For service information search 'Shop Ryder' on-line.

B Buses

Bus Route 515 runs from Eastwood Station to Circular Quay and services Ryde Hospital. Bus stops are located outside the Hospital's main entrance on Denistone Rd and on Fourth Ave.

Walking

Include walking in your trip to Ryde Hospital and contribute to your daily physical activity. Walk from home, the office, bus stop or train station: The pleasant 600m walk from Denistone train station includes some steep hills, while the walk from Eastwood station is twice the distance over a gentler gradient.

Cycling

Cycling is an inexpensive, quick and healthy way to travel. If you live within 5 -10 kilometres of the hospital this can save time and the stress of trying to find parking. Bike racks are located in the car park under theatres (building 2) and at the front entrance of the Graythwaite Rehabilitation Centre (Fourth Ave). Shower and change facilities are available to staff only.

MAKE HEALTHY NORMAL

Visit makehealthynormal.nsw.gov.au and discover small lifestyle changes that can help you to make healthy normal.



Ryde Hospital TRANSPORT ACCESS GUIDE

- T** Train line/station
- B** Bus access to Ryde Hospital:
Eastwood Station to City Circular Quay
- 515** Bus route 515
- Walking to Ryde Hospital from local train stations:**
 - Eastwood Station (1.2km) 15-20 minutes (one way)
 - Denistone Station (600m) 10 minutes (one way) uphill
- Community Transport (Shop Ryder)**

Note: Walking times are approximate based on average walking speed.