

Travelling between Royal North Shore Hospital and regional NSW

NSW TrainLink will take you there



NSW TrainLink connects you to over 365 destinations, offering a comfortable and convenient way to travel between Royal North Shore Hospital and your home.





NSW TrainLink could be right for you

NSW TrainLink offers train and coach services, arriving at and departing from Central Station in Sydney.

Sometimes coaches replace trains and coach travel will require using stairs. If you have accessibility needs, please let us know when you book.

You'll also need a plan to get home from your destination. This could mean having someone meet you at the station or using a taxi or rideshare service to complete your journey.

Talk to your healthcare team before you book

Once you know your likely discharge time and date, talk to your care team to check if public transport is a suitable way to get home.

Remember to allow enough time to reach Central Station and find your platform.

Regional trains and coaches

NSW TrainLink operates long-distance trains and coaches to regional and interstate destinations.

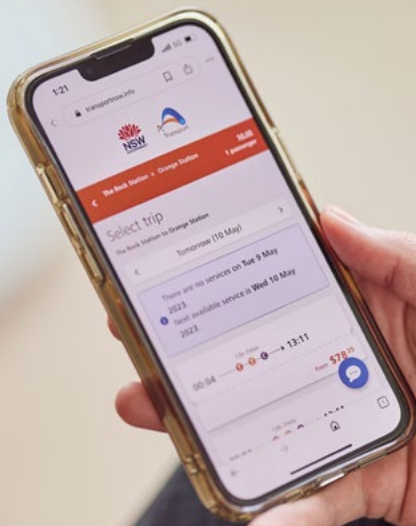
Book online

Book online anytime and save 5%.

Visit transportnsw.info/regional-travel

Book by phone

Call the NSW TrainLink Contact Centre on **13 22 32** (7am–10pm daily).



Payment options

You can book your ticket using a range of payment options including Visa, Mastercard or American Express.



Please note: ticketing terms and conditions apply, including cancellation and rebooking fees. To find out more, visit the '[Change or cancel a booking](#)' webpage. While NSW Trainlink will take all reasonable measures to ensure passenger safety, passengers travel at their own risk.

Opal network

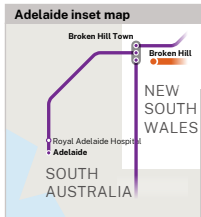
Trains between Sydney, the Blue Mountains, Central Coast, Hunter and Illawarra are on the Opal network.

To pay for your trip, tap on and tap off with an Opal card, credit/debit card or linked device.

You can pick up an Opal card from an Opal retailer. To find a retailer in your area visit transportnsw.info/opal-retailers

Visit transportnsw.info/trip to calculate your fare.

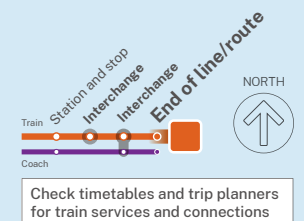
Regional trains and coaches



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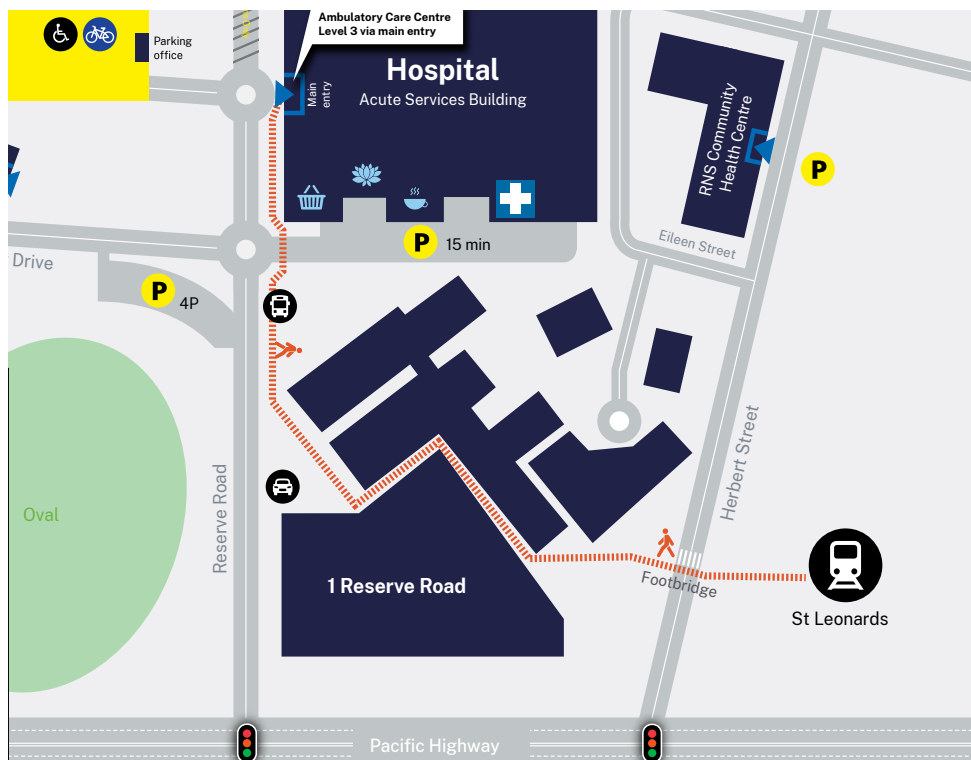
To pay for your trip, tap on and tap off with an Opal card, credit/debit card or linked device.

For more information and map, visit transportnsw.info/opal



Check timetables and trip planners for train services and connections

Visit transportnsw.info



Getting to Central Station by train

Royal North Shore Hospital is around 5–10 minutes' walk to St Leonards Station. Walk down Reserve Road and turn left at the large office building at 1 Reserve Road. Follow the path past the front of the building all the way along until you reach the footbridge over Herbert Street, leading to the station.

Trains to Central Station leave St Leonards Station from Platform 2 (check platform indicator screens). The trip takes about 17 minutes and usually arrives at Central Station on Platform 18.

Taxi or rideshare

The reception desk inside the main entry of the hospital can call you a taxi. Please wait outside the main entry for pick up. You can also meet rideshare vehicles at this location.

Travel time from Royal North Shore Hospital to Central Station is usually around 15–25 minutes, depending on traffic.



On arrival at Central Station

If you're travelling with luggage, check in at least 30 minutes before your train leaves Central Station. Without luggage, check in at least 15 minutes before departure. Find out more about luggage rules and allowances.

Check your ticket for your platform number. Regional and Intercity trains depart from Platforms 1–14 on the Grand Concourse.

If you need help, visit the Transport Information desk on the concourse.

For more information visit transportnsw.info/regional-travel

Help with travel costs

You may be eligible for support through the Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS) if you:

- live in New South Wales (including Lord Howe Island)
- are enrolled in Medicare
- must travel at least 100km for medical treatment
- are not receiving travel assistance from another service or insurer

For more, call **1800 478 227** or visit iptaas.health.nsw.gov.au/for-patients



Accessibility support

Need a translator? Call the Translating and Interpreting Service on **131 450**.

Hearing or speech impaired? Use the National Relay Service on **133 677**.

Please check your ticket prior to leaving the train for carriage exit information, and if you require further assistance, please speak to station staff.



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