

This guide was published by the European Rail Campaign (UK)



eurorailcampaignuk.org

Join the campaign...

You can join the campaign and become a member for £10 a year at our website at eurorailcampaignuk.org

You will receive regular updates by e-mail including a quarterly Bulletin of European Rail Travel (BERT). Our website also includes accounts of members' travel experiences and recommendations.

All information is correct to the best of our knowledge at the time of printing (April 2026) but may be subject to change during the life of this guide.

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Map Compilation: Simon Hope

To Paris or Brussels by Eurostar

Anyone considering a journey to mainland Europe by rail, rather than by air, should not be put off by media reports of overwhelming numbers having to wait in crowded conditions to gain access to the Eurostar platforms at London St Pancras, even if they have all the tickets, passports and other documents ready for their chosen train. This will apply particularly to those of reduced mobility, in or out of a wheelchair, who simply cannot stand in a queue for extended periods.

Eurostar has set up, under the title EUROSTAR ASSIST, special contact centres at each station – London St Pancras, Paris Gare du Nord and Brussels Midi – served by its trains. Each of these, given at least 48 hours advance warning, will provide a special waiting area for those of reduced mobility, with or without a wheelchair, and will then guide them, plus one accompanying person, through the various barriers, passport checks and security examinations before providing a trouble-free route, for passengers and luggage, to the platform for their train, and to their reserved seat in the correct carriage for their journey.

For more details, call the Eurostar Contact Centre at your starting station +44 (0) 3432 186 186 and choosing option 4 or by using the online contact form – eurostar.com – then click on Travel Info and selecting Special Assistance.



How to find out and book

The map in this leaflet informs you where you can go with just one change of train from London. The European Rail Timetable is packed with information about these and other services, including night trains. You can also find out online at europeanrailtimetable.eu

Some operators only take on line bookings. The European Rail Timetable includes websites. Other useful websites for night trains include nightjet.com/en

europeansleeper.eu/en This operator is expanding its network of night trains with new routes. Keep an eye on its website.

snCF.com/en (also for day trains).

A further website for day and night trains is: int.bahn.de/en

For personal service contact one of the travel agents who are members of the Association of European Rail Agents (AERA). They are experts with many years of experience. Find them via the website aera.co.uk

The European Rail Campaign (UK)

Our organisation was formed in 2019 to further the interests of passengers travelling between the UK and the rest of Europe, and within other European countries, using rail for all or part of their journey. We consider that rail should have a bigger share of the market for travel between the UK and mainland Europe.

We advocate the expansion of international day and night services, as part of a seamless public transport network with clear information and easy booking.

The European Rail Campaign (UK) is fully independent voluntary body but willing to work with other bodies where there is common ground between us. We are members of the European Passengers' Federation and the Back-on-Track network, sharing expertise and experiences with like-minded bodies in other countries.

Destination Europe

With only one change needed

your handy map & guide

from April 2026



brought to you by the **European Rail Campaign (UK)**

Destination Europe...

Did you know that London enjoys direct high-speed Eurostar trains to Paris, Brussels, Rotterdam and Amsterdam?

Did you know that London is only one change of train away from important cities on mainland Europe such as Nice, Lausanne, Berlin and Barcelona?

Did you know that if you use a night train from Paris, Brussels or Amsterdam, London is only one change of train away from Vienna, Prague or Zurich?

Simple changes of train...

In Paris you just need a short metro journey between termini; or you have a short walk between the Gare du Nord and the Gare de l'Est. In Brussels and Amsterdam you change at the same station. In Rotterdam you also change in the same station for important Dutch cities such as The Hague, Utrecht and Groningen.

A second change of train can bring you to other important cities. For example, in Berlin change for Warsaw; in Lausanne change for Milan via the Italian Lakes or in Barcelona change for Madrid.

More information on these and the many other connections possible can be found in the European Rail Timetable.

Train or plane?

Train journeys like the ones highlighted on the map in this leaflet can be an ideal alternative to short-haul flights – and are better for the environment too, especially as nearly all of the routes are electrified.

Trains take you closer to city centres in most cases and those city centre stations can usually be hubs where you can easily change to a local or regional trains if you need to.

Thus your fast TGV (Train à Grande Vitesse) from Paris to Lausanne can be followed by a handy local train to the many attractive resorts along the shore of Lake Geneva.

