

ABSTRACT

This application provides a communication method and a communication apparatus, which are applied to the field of L1/L2 triggered mobility. The method includes: A first network device receives information about a timing advance (timing advance, TA) of a first candidate cell, where
5 the first candidate cell does not belong to the first network device; and the first network device sends an identifier of a target cell of a switch and first indication information to a terminal device, where the first indication information indicates to access the target cell in a random access channel–skip manner, and the target cell is the first candidate cell. Specifically, on the premise that the first network device has obtained the information about the TA of the first candidate cell, the
10 first network device sends the first indication information and the identifier of the target cell (which is the first candidate cell) of the switch to the terminal device, so that the terminal device can directly access the target cell without initiating a random access procedure for the first candidate cell. In this way, a quantity of random access procedures initiated by the terminal device can be reduced.