



# Sustainable Travel

[www.pindarcreative.co.uk](http://www.pindarcreative.co.uk)

# Leicester County Council: Modeshift Walking Routes



## things to look out for in the city centre...

This year's venue, the beautiful art-deco Athena, sits in Leicester's Cultural Quarter. Once the centre of the city's textile and shoe industry, the area is now a thriving hub for creative industries and has plenty of independent bars, restaurants and cafes. The award-winning, biennial **Bring the Paint Street Art Festival** is centred on this area — look out for some of the murals created during the inaugural 2017, and 2019 festivals.

The discovery of the grave of Richard III in 2012 followed by Leicester City Football Club's remarkable Premier League success has firmly put Leicester on the map as a great place to visit.

The last English king to die on the battlefield, archaeologists discovered a skeleton that, through DNA matching, was confirmed to be that of Richard III. The car park under which he lay undiscovered, for over 500 years, has now been transformed into the King Richard III Visitor Centre. The monarch was reburied in nearby Leicester Cathedral where his tomb takes pride of place, together with two new stained-glass windows commemorating his life.



A stone's throw from the Cathedral, the Guildhall is one of the best-preserved timber-framed halls in the country, dating back over 600 years. It started life in 1390 as a meeting place for the Guild of Corpus Christi but has since been used as a town hall, a theatre, a police station and a school. It's now a museum and event space — and a perfect oasis of medieval England right in the middle of the city.

New Walk is a unique green walkway that stretches south from the city centre. It was laid out in 1785 along the course of the Via Devana, the Roman Road from Leicester to Colchester. It is lined with elegant Georgian townhouses and leads to the New Walk Museum and Art Gallery and on to Victoria Park.

Further afield, but not to be missed, Leicester's famous Golden Mile lies about a mile north-east. This stretch of Belgrave Road is lined with a glittering array of shops, authentic restaurants, chaat houses and lassi bars. The brisk 20-minute walk from the venue will help you work up an appetite. Look out for the imposing bronze statue of Mahatma Gandhi at the junction of Belgrave Road and Donaldson Road.

Images © Shutterstock.com

## getting around...

### By bike and on foot

The Athena Conference Centre is a pleasant ten-minute walk from the railway station (see orange route on the map overleaf). There is plenty of cycle parking close to the venue.

### Guided walk and ride

**Ride Leicester** and **Choose How You Move** will be leading a guided walk and ride allowing delegates to visit some of the exciting new infrastructure developments in Leicester. Electric bikes will be available on request or you can use your own bike.



**Do you know who serves Leicester's best coffee, bakes the best pie, or blends the best lassi? Why not share your local knowledge with us on Twitter?**

Follow us on:

@PindarCreative @Modeshift1  
@RideLeicester @CHYMLEics





# University of Dundee: Travel Plan

### Welcome



#### University of Dundee

Dundee is a small city and is fairly hilly when travelling north/south but is flat when travelling east/west. Traffic is generally well-behaved and there are many quieter routes and dedicated cycle paths that are pleasant to use.

Being a city centre campus, walking and cycling are the most convenient and accessible ways for students to travel within Dundee; most parts are easily reached in 20-30 minutes by bicycle from the city centre.

All of our city campus residences have secure bike parking and bike racks are provided across all campuses. 'Recycled' bike sales and free bike maintenance are organised throughout the year on our city campus, visit [www.dundee.ac.uk/events](http://www.dundee.ac.uk/events). Also you'll find cycle maps of Dundee are widely available on campus or online at [www.dundee.ac.uk/travelinfo](http://www.dundee.ac.uk/travelinfo).



### Facilities for Cyclists

- cyclists can use the showers at the University swimming pool (DUSA), in the Matthew Building, and at the sports centre (ISE) for free.
- bike repair stand with strap pump and inner tube vending machine available on campus at East side of DUSA.
- bicycle racks, shelters and lockers are available on the main campus email [travel@dundee.ac.uk](mailto:travel@dundee.ac.uk)
- bike shelters and racks at Ninewells (contact NHS Tayside), and a bike stand and lockers at Kirkalady campus.
- staff can borrow bikes to use around city and campus from the University's bike pool.
- on campus bike shop for repairs and bike hire including electric bicycles, tandem and folding bikes. EBS Cycle Centre offers students and staff discounted rates, visit [www.ebscyclecentre.co.uk](http://www.ebscyclecentre.co.uk)

### Cycle Scheme and Community

#### Staff Cycle Scheme

The University is working in partnership with Cyclescheme as a benefit to employees. Under the Cycle to Work scheme you can hire a bicycle (and associated safety equipment) for 12 months. The scheme is completely free of income tax and National Insurance contributions.

Find out more about the Cycle Scheme at [www.dundee.ac.uk/estates/energy-environment/cyclescheme/](http://www.dundee.ac.uk/estates/energy-environment/cyclescheme/)

#### Dundee's cycling community

- Dundee Cycling Forum for more details of Dundee Cycle clubs, events, road disruptions etc. visit [www.dundeecycling.co.uk](http://www.dundeecycling.co.uk) Also on facebook, and twitter.
- The University also has a cycling society with regular rides see their facebook page 'Dundee University Cycling Society'.

### Buses

All Dundee city centre bus stops have live information boards. The closest bus stops to the University are on Perth Road and Hawhill. Information about bus tickets and discounts can be found at [www.dundee.ac.uk/travel/localtransport/](http://www.dundee.ac.uk/travel/localtransport/)

For tickets and more information on Xplore Dundee visit their shop at 94 Commercial Street or for Dundee Strathgry, Megabus and Citylink tickets visit their shop at Dundee Bus Station at Seagate DD1 2HR.

#### Night Bus Service

DUSA runs a free nightly bus service which will take you anywhere you ask for within the city boundary. The nightbus stop is outside the Balfour Street entrance of DUSA and the bus runs from 10 pm until 02:45 am on Tuesday, Thursday, Friday and Saturday or until 11:45 pm on Monday, Wednesday and Sunday.



### Campus



### Taxis and Car Club

#### Taxis

There are several taxi ranks in city centre as well as at key locations e.g. Ninewells Hospital, Railway Station, Bus Station, Westport. DUSA have also teamed up with local firm Tele-taxis to run a scheme called SAFE TAXI. If you don't have any cash or a debit card you can call a taxi from Tele-taxis, give them your student matric number and they will take you home. You then reimburse the cost to DUSA the next day, saving you walking home late at night.

#### Car Club

If you only need a car for an hour or two then join the Dundee car club at [www.co-wheels.org.uk](http://www.co-wheels.org.uk). As long as you have held a full driving licence for 12 months and 0 points on licence if under 21 then you can join.

(P/N: To hire a car you need to be over 21, so this is a useful option if under 21).

### Liftsharing and Car Parking

#### Liftsharing

Liftsharing can be used for regular journeys and one-off journeys heading home for holidays at end of semesters. It is not just for car sharing, you can use it to find someone to walk or cycle with you or even share a taxi with you.

The University has its own liftshare scheme so that you can opt to be only matched with University staff and students or with various other groups e.g. Dundee city.

#### Car Parking

There are a limited number of city campus parking permits issued to students on a needs basis.

Application forms and further details at [www.dundee.ac.uk/travel/parking/](http://www.dundee.ac.uk/travel/parking/)





#### University of Dundee

Northgate, Dundee, Scotland, UK, DD1 4HN  
t: 01382 383 000  
@dundeeuni  
/UniversityofDundee

Smarter Choices, Smarter Places  
w: [scpp.org.uk](http://scpp.org.uk)



### Cycle Shops in Dundee

Shop Name	Address	Contact
EBS Cycle Centre	10-12 Dundee, DD1 5BN	01382 383 000 <a href="http://www.ebscyclecentre.co.uk">www.ebscyclecentre.co.uk</a>
Radicals	14 Kingsway West, DD3 8GB	01382 383 000 <a href="http://www.radicals.co.uk">www.radicals.co.uk</a>
Electric Bike Scotland	10-12 Dundee, DD1 5BN	01382 383 000 <a href="http://www.ebscyclecentre.co.uk">www.ebscyclecentre.co.uk</a>
Bicycle Cycle	10-12 Dundee, DD1 5BN	01382 383 000 <a href="http://www.bicyclecycle.co.uk">www.bicyclecycle.co.uk</a>
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Sustainable Travel Leaflet



# University of Dundee: Wallchart

## Travel to University of Dundee



Welcome

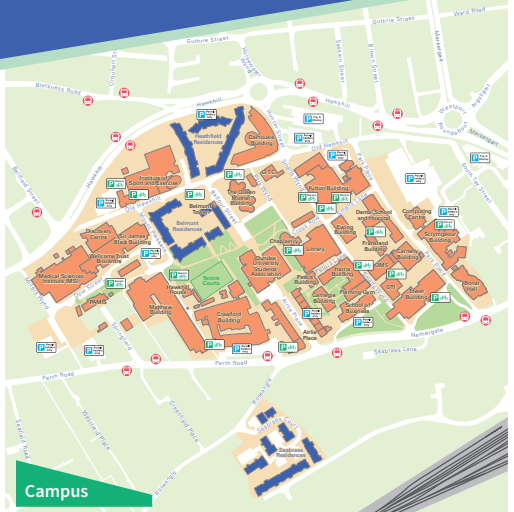
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University of Dundee



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Smarter Choices, Smarter Places  
Supporting Sustainable Travel

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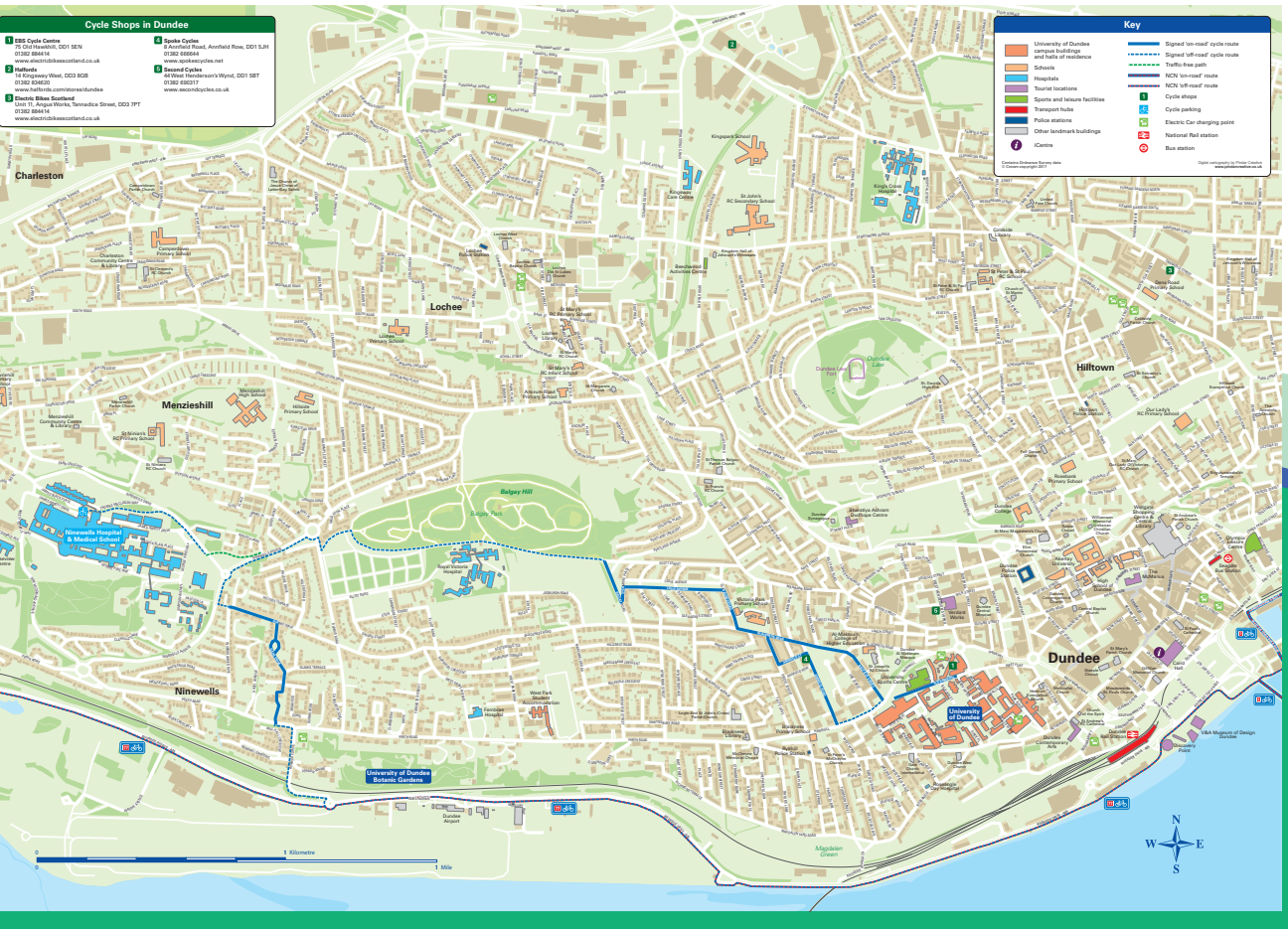
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- #### Cycle Shops in Dundee
- EBS Cycle Centre**  
75 Collieston Rd, DD1 1EN  
01392 555555  
[www.ebscyclecentre.co.uk](http://www.ebscyclecentre.co.uk)
  - Radicals**  
14 Kirkcaldy Way, DD3 8GB  
01392 555555  
[www.radicals.co.uk](http://www.radicals.co.uk)
  - Electric Bike Scotland**  
Unit 11, Auld Wyke, Tormadun Street, DD2 3PT  
01392 555555  
[www.electricbikescotland.co.uk](http://www.electricbikescotland.co.uk)
  - Radicals**  
45 West Dundee Road, DD1 1BT  
01392 555555  
[www.radicals.co.uk](http://www.radicals.co.uk)





# Buckinghamshire County Council: Aylesbury Area



## Travel to Aylesbury

February 2019

Transport for Buckinghamshire

<b>Berryfields - Bicester Road - Bus Station</b> Monday to Saturday up to every 20 minutes. Sunday up to every 30 minutes. <small>Operated by Star Travel</small>	<b>Aylesbury - Haddenham - Cuddington - Chearsley - Long Crendon - Thame - Brill/Casley/Upper Winchendon</b> Monday to Saturday up to every hour. Sunday up to every 2 hours. 1-3 journeys per day. No service on Saturday or Sunday. <small>Operated by ZBS Transport</small>
<b>water rider 6 7 Buckingham Park - Watermead - Aylesbury</b> Buckingham Park - Watermead - Cleveland Park - Dunham Lane - Station Boulevard - Bus Station Evening route 7 journeys serve Watermead first and then run straight along the Buckingham Road to town after serving Buckingham Park. Morning route 7 journeys travel from town straight along the Buckingham Road to Buckingham Park, and then as normal route. Monday to Saturday up to every 20 minutes. No service on Sunday. <small>Operated by Halden</small>	<b>124 Aylesbury - Milton Keynes</b> Aylesbury - Berton - Wing - Leighton Buzzard - Milton Keynes Monday to Saturday up to every hour. Sunday up to every 2 hours. 1 return journey, Friday only. <small>Operated by Arriva</small>
<b>8 9 50 RAF Halton - Aylesbury</b> RAF Halton - Wendover - Weston Turville - Stoke Mandeville - Bedgrove - Broughton - Tring Road - Aylesbury (bus routes 8A and 50 run straight along the Wendover Road and do not serve Bedgrove, Broughton or the Tring Road. Sunday route 50 journeys additionally serve Marlow, Longwick and Tring before RAF Halton). Monday to Saturday up to every 30 minutes (route 50 runs two return journeys at school times only route 8A early morning and evening peak times only). Sunday route 50 only, 3 return journeys. <small>8A operated by Arriva, 50 operated by Redline</small>	<b>125 Aylesbury - Newton Longville</b> Aylesbury - Wendon - Stewley - Soulbury - Stoke Hammond - Newton Longville 1 return journey, Friday only. <small>Operated by Star Travel</small>
<b>9 Aylesbury - Walton Court - Stoke Mandeville Hospital</b> Bus Station - Aylesbury College - Southcourt - Walton Court - Mandeville School - Stoke Mandeville Hospital Monday to Friday up to every 15 minutes. Saturday up to every 20 minutes. Sunday up to every 30 minutes (Bus Station to Walton Court only). <small>Operated by Arriva</small>	<b>126 Aylesbury - Cheddington</b> Aylesbury - Aston Clinton - Tring - Cheddington 2 return journeys additionally serve Elm Farm Estate. Monday to Saturday 5-6 return journeys. No service on Sunday. <small>Operated by Redline</small>
<b>11 12 Aylesbury - The Willows/Southcourt</b>	<b>127 Stoke Mandeville Hospital - Aylesbury - Leighton Buzzard</b> Stoke Mandeville Hospital - Aylesbury - Berton - Wingrave - Caddington - Wing - Leighton Buzzard Monday to Saturday up to every 2 hours. No service on Sunday. <small>Operated by ZBS Transport</small>



# NHS Foundation Trust: The Christie Travel Plan



**Travel to The Christie**

For further information please contact **0161 918 7450** or email **CarParking&Travel@christie.nhs.uk**

Transport for Greater Manchester

**Travel information**

For journey planning on bus, train and tram, news on delays and disruptions, and information about tickets and passes: Phone: **0161 244 1000**  
Monday to Friday: 7am to 8pm  
Weekends and bank holidays: 8am to 8pm  
<https://my.tfgm.com/#/>

**Public Transport Interest-Free Loan**

An interest-free loan is available to you if you wish to purchase an annual season ticket for bus, rail, Metrolink (or combinations). The Trust will pay the bill for you and deduct the money over 10 equal instalments.

For further information contact The Christie on the details above.

Design: digital.creativecity and partners by Pindar Creative

**Travel Planning**

Help with planning your journey in the North West is available online through Transport for Greater Manchester. <https://my.tfgm.com/#/>

**Walking**

For information on walking or to plan a walking route, see: [www.walkit.com](http://www.walkit.com)

**Walking Wednesday**

The Christie benefits from a Ramblers Accredited walking group that all staff members are free to join. There are a range of walks from gentle strolls through to really brisk walks. The walks are 30 minutes long and the meeting point is Palatine Road entrance at 12:00 every Wednesday.

For further information on route planning or walking please contact **0161 918 7450** or email **CarParking&Travel@christie.nhs.uk**

**Cycling**

If you do not have a bike and would like to buy one, then Cyclescheme provides a perfect option for a single purchase. For further details please use the link: [www.cyclescheme.co.uk/1f26e1](http://www.cyclescheme.co.uk/1f26e1)

- Walk around of the facilities every Wednesday at 10:00. Meeting point Palatine Road entrance.
- Pool bikes - 10 pools bike are available to hire free of charge for business travel or to try out cycling.
- Bicycle parking - Nearly 200 secure cycle spaces and circa 120 Sheffield Cycle Stands.
- Free maintenance servicing - the second Wednesday of each month with the only cost for staff being any parts if they need replacing.
- Showers and lockers are available at: Cycle hub 1 (Wilmslow Road): Room 26-0-32 / Room 26-1-12

Please contact **CarParking&Travel@christie.nhs.uk** or **0161 918 7450** for information on cycling or access to lockers and changing rooms.



**Transport for Greater Manchester – Online cycle centre**

Find everything you need to know about cycling in your area of Greater Manchester, from free training, maps and route planning to local events and news: [www.tfgm.com/cycling](http://www.tfgm.com/cycling)



**Catch the Bus**

The Trust provides financial concessions for weekly and monthly bus passes. Ticket prices are subject to change by the service providers. The concessions are available for Stagecoach Manchester and First Manchester.

- Discounted weekly and monthly bus tickets can be purchased from the cashier's office in the main hospital. Opening times for staff are Monday to Friday 2pm until 4pm.
- Annual tickets are available for purchase by contacting **0161 918 7450** or emailing **CarParking&Travel@christie.nhs.uk**

**Metrolink**

Metrolink is a light rail network operating throughout Greater Manchester. The fastest frequent service is fully accessible to all, running seven days a week, 364 days of the year.

The nearest stations to the Trust are **Burton Road** and **West Didsbury** which are both about 10 minutes walk away.

If you are a permanent employee or have a 12 month contract with The Christie, you are eligible to apply for a 10% discount off the price of an annual season ticket.

To apply for a discounted annual Metrolink ticket please contact **0161 918 7450** or email **CarParking&Travel@christie.nhs.uk**

**Catch the Train**

- Mainline trains arrive at Manchester Piccadilly or Oxford Road Station. You can then take a bus or cycle to The Christie.
- If you arrive at Manchester Victoria you can also take a bus or cycle.

**Local stations**

- Maudeth Road connects indirectly via bus 278 hourly or directly by bicycle.
- Burnage connects indirectly via bus 179 to Withington Village hourly or directly by bicycle.
- East Didsbury connects directly via buses 42, 42A, 42B and 142 or directly by bicycle.

**Ticket Information**

Annual season tickets will allow significant savings over the course of a year, as well as the added convenience of not having to purchase a ticket each day at the station. For rail season ticket prices see National Rail season ticket calculator at [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or telephone National Rail enquiries on **08457 484 950**

System One County Card allows unlimited travel on any bus and train across Greater Manchester and also on city zone trams. Follow link for details on the passes available: [www.systemonetravelcards.co.uk](http://www.systemonetravelcards.co.uk)

**Cycling by train**

National Rail encourages the integrated use of cycles and trains - two convenient and environmentally friendly forms of transport. Some train companies have restrictions on when accompanied cycles may be carried, especially at busy times. Select the train company you are travelling with and look at the 'Onboard facilities' section. Where accompanied cycles are carried there is no charge.

**PlusBike**

PlusBike provides free and easy-to-access information to help you plan your journey and make it easier, visit: [www.plusbike.nationalrail.co.uk](http://www.plusbike.nationalrail.co.uk)

**Buses/Metrolink Frequencies**

**Metrolink 1 Rochdale – City Centre – East Didsbury**

Rochdale – Oldham – Westwood – Newton Heath – Victoria – St Peter's Square – Deansgate – Trafford Bar – Chorlton – Burton Road or West Didsbury (for The Christie) – East Didsbury

**Daily** - Every 12 minutes

Please note: Main Metrolink 5 stops shown.

**Park & Ride**

The Trust operates a free park and ride service with shuttle service. For further information please contact **0161 918 7450** or email **CarParking&Travel@christie.nhs.uk**

**41 Sale – City Centre**

Altrincham – Sale – West Didsbury – The Christie – Rusholme – Manchester Royal Infirmary – Manchester, Piccadilly Gardens

**Daily** - Monday to Friday daytime every 12-15 minutes. Saturday daytime 15 minutes and Sunday daytime 20 minutes. Evenings 30-60 minutes.

Some evening journeys operate to/from Altrincham

Operated by First Manchester

**Combined services of all operators for 42/42A/42B/142 offer a frequent daytime and evening service from City Centre or East Didsbury to The Christie.**

**42 City Centre – East Didsbury**

Piccadilly Gardens – Manchester Royal Infirmary – Rusholme – The Christie – Didsbury – East Didsbury

**Daily** - Monday to Saturday daytime and evening every 20 minutes.

Operated by First

**42 Stockport – City Centre**

Stockport – Heaton Mersey – East Didsbury – The Christie – Rusholme – Manchester Royal Infirmary – Manchester, Piccadilly Gardens

**Daily** - Monday to Saturday daytime every 30 minutes. Sunday daytime 60 minutes. Evenings every 30 minutes.

Operated by Stagecoach

**42A Reddish – City Centre**

Reddish – Heaton Moor – East Didsbury – The Christie – Rusholme – Manchester Royal Infirmary – Manchester, Piccadilly Gardens

**Monday to Saturday** - Daytime every 30 minutes.

Operated by Stagecoach

**42B Woodford – City Centre**

Woodford – Bramhall – Cheadle Hulme – Cheadle – East Didsbury – The Christie – Rusholme – Manchester Royal Infirmary – Manchester, Piccadilly Gardens

**Daily** - Monday to Saturday daytime every 30 minutes, Sunday daytime 60 minutes.

Operated by Stagecoach

**43/43N Manchester Airport – City Centre**

Manchester Airport – Wythenshawe – Sharston – The Christie – Rusholme – Manchester Royal Infirmary – Manchester, Piccadilly Gardens

**24 Hour** - Monday-Saturday daytime every 10 minutes. Sunday daytime 20 minutes. Evening and night service (N43) 30 minutes.

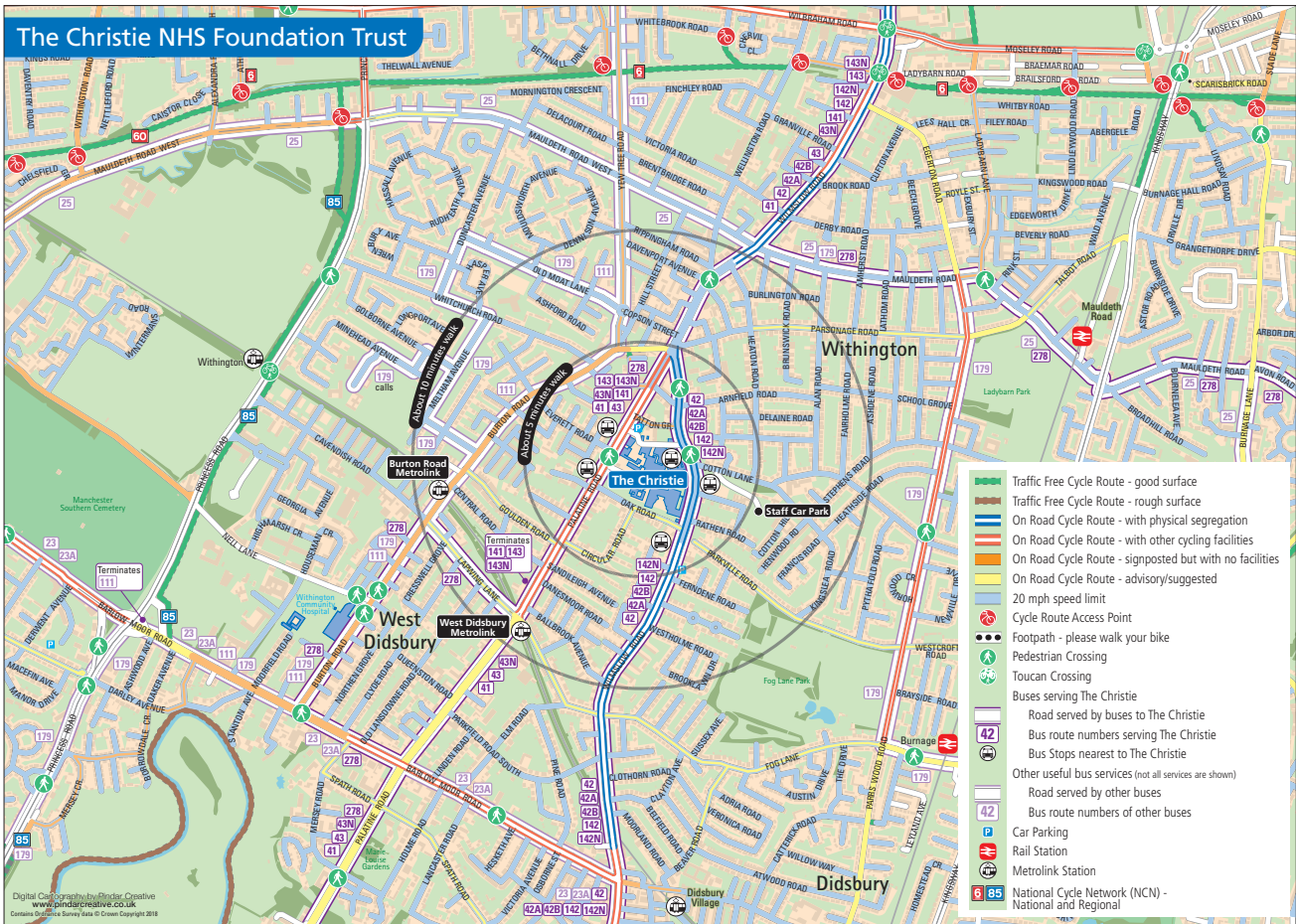
Operated by Stagecoach Manchester

**142/142N City Centre – East Didsbury**

Piccadilly Gardens – Manchester Royal Infirmary – Rusholme – The Christie – Didsbury – East Didsbury

**Daily** - Daytime and evening every 10 minutes. Midnight to 3am every 30 minutes (142N).

Operated by Stagecoach





# Luton Borough Council: Travel to Vauxhall Motors




**Vauxhall Motors**  
Travel to  
Griffin House,  
Luton Plant and  
Warehouse Operations

**Summary of contacts**

-  Cycling  
[www.luton.gov.uk/cycling](http://www.luton.gov.uk/cycling)  
[www.sustrans.org.uk](http://www.sustrans.org.uk)
-  Walking  
[www.luton.gov.uk/transport](http://www.luton.gov.uk/transport)
-  By bus  
[www.arrivabus.co.uk/beds-and-bucks/places1/uton](http://www.arrivabus.co.uk/beds-and-bucks/places1/uton)
-  By train  
[www.trainline.com](http://www.trainline.com)
-  By car  
[www.centralbedsandluton.liftshare.com](http://www.centralbedsandluton.liftshare.com)  
[www.travelluton.liftshare.com](http://www.travelluton.liftshare.com)

**Vauxhall Motors**  
Griffin House, Osborne Road  
Luton LU1 3YT  
01582 721122  
[www.vauxhall.co.uk](http://www.vauxhall.co.uk)

Design, cartography and print by Pindar Creative 06.18  
[www.pindarcreative.co.uk](http://www.pindarcreative.co.uk)


**On your bike** 

Cycling beats the rush, can save on total journey time and is great exercise. You can avoid queuing traffic and save money on fuel. It is environmentally friendly with no carbon emissions and no pollution. Designated cycle parking facilities are available at all Vauxhall sites.

Luton's cycle network covers a large part of Luton, providing easy cycle access to much of the town. The network is well used of on-road, and off-road – traffic free routes. The network provides easy access to Vauxhall via NCR 6, part of the national cycle network as well as Luton Airport Park Way train station. A map of the local cycle network is available from the tourist information centre.

Luton Borough Council also provide cycle training to help people of all abilities from learning to ride to developing confidence on the road. For more information please email: [safecycling@luton.gov.uk](mailto:safecycling@luton.gov.uk)

For information you can visit: [www.luton.gov.uk/cycling](http://www.luton.gov.uk/cycling)  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

**On foot** 

At an average walking speed you can cover a mile in 20 minutes, which means a number of housing estates and bus services are within easy walking distance. Walking is a healthy form of exercise and can be enjoyed by everyone. It generates no pollution and is a free and green way to increase your fitness levels.

**Walking**


- Relax! Go at your own pace.
- Access all areas! Take shortcuts that cars can't reach.

**Health benefits**

Walking and cycling are good for your health, good for the heart, reducing the risk of many diseases and are an excellent way of losing weight. Use [www.walkit.com](http://www.walkit.com) to find out how many calories you can burn off if you walk your journey. A similar tool can be found at [www.bhf.org.uk/heart-health/prevention/calorie-calculator.aspx](http://www.bhf.org.uk/heart-health/prevention/calorie-calculator.aspx)

- Walking is good for muscles and bones
- Walking burns calories: in fact a brisk walk burns the same amount of calories as a run over the same distance
- Commuting on foot is cheap, green and one of the easiest ways to fit exercise into your routine

For local leisure you could use the gym and football facilities at Venue 360 on Gipsy Lane or if you like to swim, you could visit the website to see what pools are available through Luton [www.activeluton.co.uk/yourpool](http://www.activeluton.co.uk/yourpool)


**On the bus** 

**Vauxhall's Head Office** – You can use Luton Busway. It is just a short walk from the Kimpton Road stop. Turn right on Kimpton Road. At the roundabout turn left up Gipsy Lane. Take the first right and Griffin House is on the corner of Osborne Road. Just a 5 minute walk.

**Vauxhall's Luton Plant** – You can use the Dunstable to Luton Busway. The bus stop is on Kimpton Road. This is only a short walk to the Plant. Turn left on Kimpton Road and you will come to the Plant. This runs every 8 minutes from very early to very late in the day. All Vauxhall visitors need to report to Gate 1 on Kimpton Road. Security are on site at all times to look after your needs.

**Vauxhall's Warehouse Operations** – Arriva Bus from the Town Centre. Take the Number 28B. It runs twice a day. You can also use the Number 28 which stops on Anstee Road which is very near the Warehouse. Only a 5 minute walk.

For more information you can visit: [www.travelluton.co.uk](http://www.travelluton.co.uk)


**On the train** 

**Vauxhall's Head Office** – Use Luton Parkway (5 minute walk from station).

**Vauxhall's Luton Plant** – Use Luton Parkway but exit from Platform 1 (only 2 minute walk to Gate 1).

**Vauxhall's Warehouse Operations** – Use Leagrave Station (taxi's available at station).

For train times and fares visit: [www.trainline.com](http://www.trainline.com)

**By car** 

While environmentally-friendly forms of travel are preferred, sometimes car is the only option. There is FREE parking at all Vauxhall sites. Please use the allocated parking facilities. If you are a visitor to any Vauxhall site we have allocated visitor parking. If you are disabled then we have allocated disabled parking bays, Vauxhall has also made provision for special disabled-friendly entrances and toilet facilities. Please do not park on the neighbouring streets near to the Vauxhall facilities. Not only does this upset the residents but it can also cause traffic congestion.

Car sharing cuts the cost of travel and makes journeys more sustainable – why not share your journey to work with one of your colleagues. Vauxhall has teamed up with Luton Borough Council to be a member of the car share scheme.

You can sign up using these links: [www.travelluton.liftshare.com](http://www.travelluton.liftshare.com)  
[www.centralbedsandluton.liftshare.com](http://www.centralbedsandluton.liftshare.com)

**Luton Borough Council car club** is a short-term car rental service that allows individuals to access cars parked locally by the hour. This means that residents, local businesses and visitors of Luton can now book one of four electric cars for a little as £5.50 per hour.

To sign up to the E-Car club please visit: <https://my.ecarclub.co.uk/MemberRegistration>

Postcodes to help you navigate to our Vauxhall sites are shown on the right in the next panel.

**General information**




Luton has many green spaces for you to enjoy recreation. Just a short walk from Vauxhall's Head office and Luton Plant is Manor Road Park. Also nearby are Wigmore Valley Park, Stockwood Park and Wardown Park.



For gym facilities you can use Venue 360 on Gipsy Lane or the new Inspire Swimming Facilities at Butterfield Green.

From Vauxhall's Warehouse Operations Plant, you can cycle approximately 20 minutes to Sundon Park and Waulods Bank which have lovely parkland and can be easily accessed on the NCR6. This cycle route also leads to Houghton Regis and Toddington.

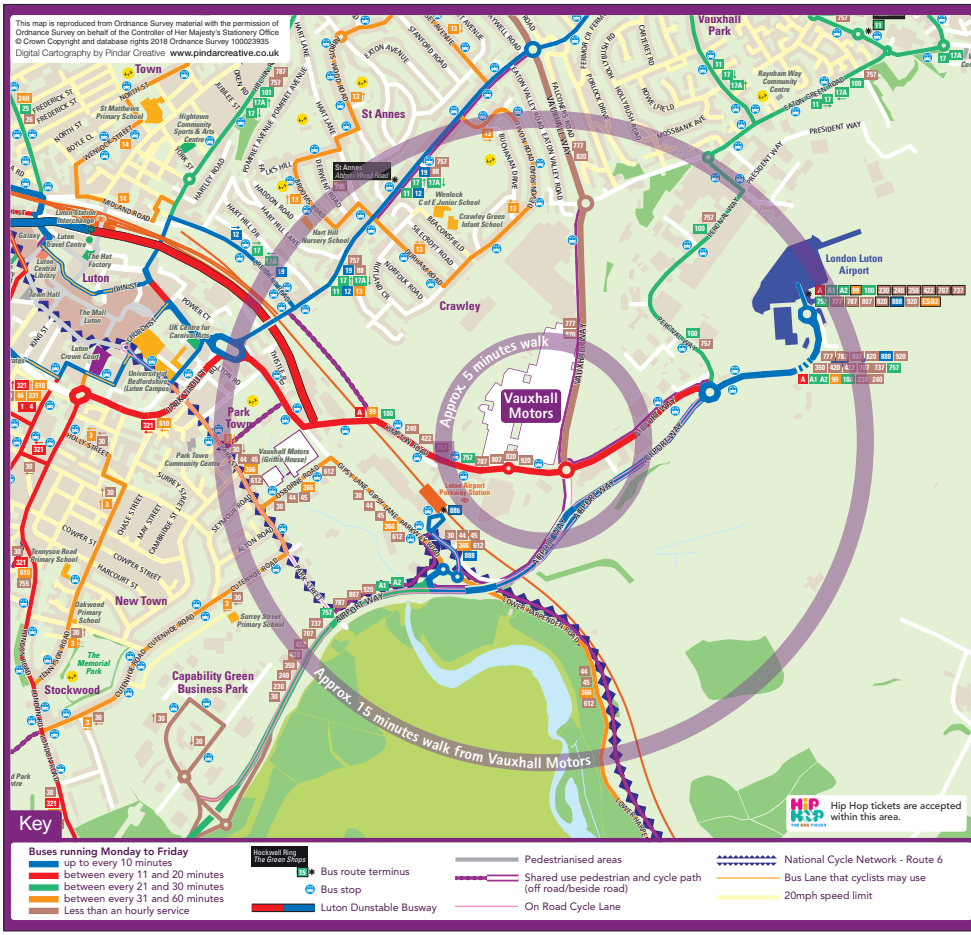
We are very close to M1 junction 10 for Head Office and Luton Plant and J11 for Warehouse Operations. This is the main motorway to London and also the North.

**Vauxhall Motors sites:**

-  Griffin House  
Osborne Road  
Luton  
LU1 3YT  
t: 01582 721122
-  Luton Plant  
Kimpton Road  
Luton  
LU2 0YT
-  Warehouse Operations  
Luton Road  
Chilton  
LU4 9TT



MAP >>>



Bus Frequencies		
<b>A</b> Luton Airport Bus Station Bay 8 Airport Way Kimpton Road Vauxhall GM Manufacture Unit Kimpton Road Vauxhall IBC Vehicles Gate 1 Harpden (45) Luton Airport Interchange Stand 10* Chaul End Lane Clifton Road Stanton Road L&O Hospital 700m White Lion Retail Park Dunstable ASDA (J1) The Quadrant Stop N3 Dunstable Church Street Daily (24hrs*) Frequency: Mon-Sat 15 mins, Sunday and evenings 20-30 mins *Stand 1 to Luton Airport Between Station Interchange and Airport Operated by Arriva in Beds & Bucks HMP	<b>44/45</b> Luton Station Interchange Stand 5 Luton Town Centre Church Street Park Town Griffin House Kimpton Road Parkway Rail Station Clifferton Green (44) Harpden (45) Kimpton Knebworth Stevenage Monday to Saturday Frequency: 5 journeys a day Operated by Arriva in Beds & Bucks HMP	<b>757</b> Luton Station Interchange Stand 3 Kimpton Road Vauxhall GM Manufacture Unit Kimpton Road Vauxhall IBC Vehicles Gate 1 Luton Airport Bus Station Bay 7 Airport Way Brent Cross Baker Street Station Marble Arch Victoria Coach Station Daily Frequency: 30 mins Operated by Arriva in Beds & Bucks HMP
<b>3</b> Luton Town Centre Park Square, Stop P1 Park Town Alton Road for Vauxhall Motors Griffin House Stockwood New Town Luton Town Centre Park Square, Stop P1 Circular Monday to Saturday daytime only Frequency: 2 journeys per hour Operated by Grant Palmer HMP	<b>100</b> Luton Station Interchange Stand 4 Kimpton Road Vauxhall GM Manufacture Unit Kimpton Road Vauxhall IBC Vehicles Gate 1 Luton Airport Bus Station Bay 8 Airport Way Wigmore Stopsley Great Offley Hitchin Stevenage Daily Frequency: Mon-Sat 30-40 mins, Early evenings 40-60 mins, Sunday 120 mins Operated by Arriva in Beds & Bucks HMP	<b>Travel to Warehouse Operations</b> <b>28</b> Luton Town Centre Silver Street, Stop S2 Biscot Saints Limbury Leagrave Tophill Anstee Road for Vauxhall Motors Warehouse Operations Tophill Montague Avenue Hockwell Ring Monday to Saturday Frequency: Daytime and early evenings 15-20 mins Operated by Arriva in Beds & Bucks HMP
<b>30</b> Luton Town Centre Park Square, Stop P1 Luton Airport Parkway Rail Station Capability Green Stockwood Luton Town Centre Park Square, Stop P1 Circular Monday to Friday daytime only Frequency: 2 morning and 2 afternoon journeys Operated by Grant Palmer HMP	<b>366</b> Luton Station Interchange Stand 8 Luton Town Centre Church Street Park Town Griffin House Parkway Rail Station Harpden Wheatthampstead Weyling Garden City Hatfield Railway Station Hatfield Town Centre South Hatfield Monday to Saturday daytime only Frequency: Hourly Operated by Arriva in Beds & Bucks HMP	<b>28B</b> Luton Town Centre Silver Street, Stop S2 Biscot Saints Limbury Leagrave Tophill Chilton Vauxhall Warehouse Hockwell Ring Monday to Friday Frequency: 1 morning! afternoon journey from Luton direct to warehouse Operated by Arriva in Beds & Bucks HMP

# Wokingham Borough Council: Montague Park



Travel from  
**Montague Park**

**Don't wing it**

Plan your next journey here



**my Journey** WOKINGHAM BOROUGH COUNCIL

The content of this leaflet was correct at the time of going to print. Design, cartography and print by Pindar Creative. ©P 16 www.pindarcreative.co.uk

## Bus

A Lion 4/X4 bus stop is located on London Road, approximately a 5 minute walk from Montague Park. The Lion 4/X4 bus service travels between Reading and Bracknell.

For the full 4/X4 timetable visit [www.myjourneywokingham.com/bus-wokingham](http://www.myjourneywokingham.com/bus-wokingham).

Download a free QR code reader on your smart phone and find out when the next 4/X4 bus is by scanning the QR codes below.

Travelling towards Reading?



Travelling towards Bracknell?



## Bus Destinations and Frequencies

### 4/X4 Reading - Bracknell

Reading - Loddon Bridge - Winnersh - Wokingham - London Road for **Montague Park** - Ski Centre (X4) - Great Hollands (4) - Crown Wood (4) - Bracknell

Combined Service - Monday to Saturday daytime every 20 minutes, evening 20-30 minutes. Sunday daytime 30 minutes.

For a full list of destinations, visit [www.travelinesoutheast.org.uk](http://www.travelinesoutheast.org.uk)

Operated by Reading Buses

[www.reading-buses.co.uk](http://www.reading-buses.co.uk)

## Train

### Wokingham Station

Wokingham is the nearest station to Montague Park located on Station Road, RG41 2AP. Rail services from Wokingham travel to over thirty stations including Reading, Gatwick Airport and London Waterloo and are served by South West and Great Western Railway train operators. Information on train times and all destinations can be found on the operator websites:

[www.southwesttrains.co.uk](http://www.southwesttrains.co.uk) [www.gwr.com](http://www.gwr.com)

### Travelling to the Station

The Lion 4/X4 travels to Wokingham train station taking approximately 10 minutes from the London Road (opp Plough Lane) bus stop. The station can also be reached by foot (30 minutes) or by bike (12 minutes). Cycle parking is available at Wokingham station.

## Walking

### Why walk?

It is recommended that adults spend 150 minutes a week being physically active. Walking at a fast pace for 30 minutes over 5 days will meet the NHS weekly guidelines, which suggests 10,000 steps a day for improving your health and wellbeing.

### Discover your local area

Visit the My Journey website to download a number of short leisure walking maps covering Winnersh, Woodley, Wokingham, Woosehill, Emmbrook and Earley.

You will also find information on local walking groups and led walks on the My Journey website.



## Cycling

Cycling is a great way to get fit and active!

According to the NHS, for a person weighing 60kg, just 10 minutes of moderate intensive cycling will burn around 60 calories!

Visit the My Journey website for route maps in the area, information on cycle training sessions, events and guided rides around Wokingham.



## Car Club

A co-wheels car club is located on Montague Park, in the car park by Buckhurst Meadows.

Email [myjourney@wokingham.gov.uk](mailto:myjourney@wokingham.gov.uk) to claim your discount code.

To join co-wheels car club, visit [www.co-wheels.org.uk](http://www.co-wheels.org.uk)



Want to keep up to date with My Journey events?

Follow us on Twitter  
[@MJWokingham](https://twitter.com/MJWokingham)

Like us on Facebook  
[MJWokingham/facebook](https://www.facebook.com/MJWokingham/facebook)

Visit the website at  
[www.myjourneywokingham.com](http://www.myjourneywokingham.com)



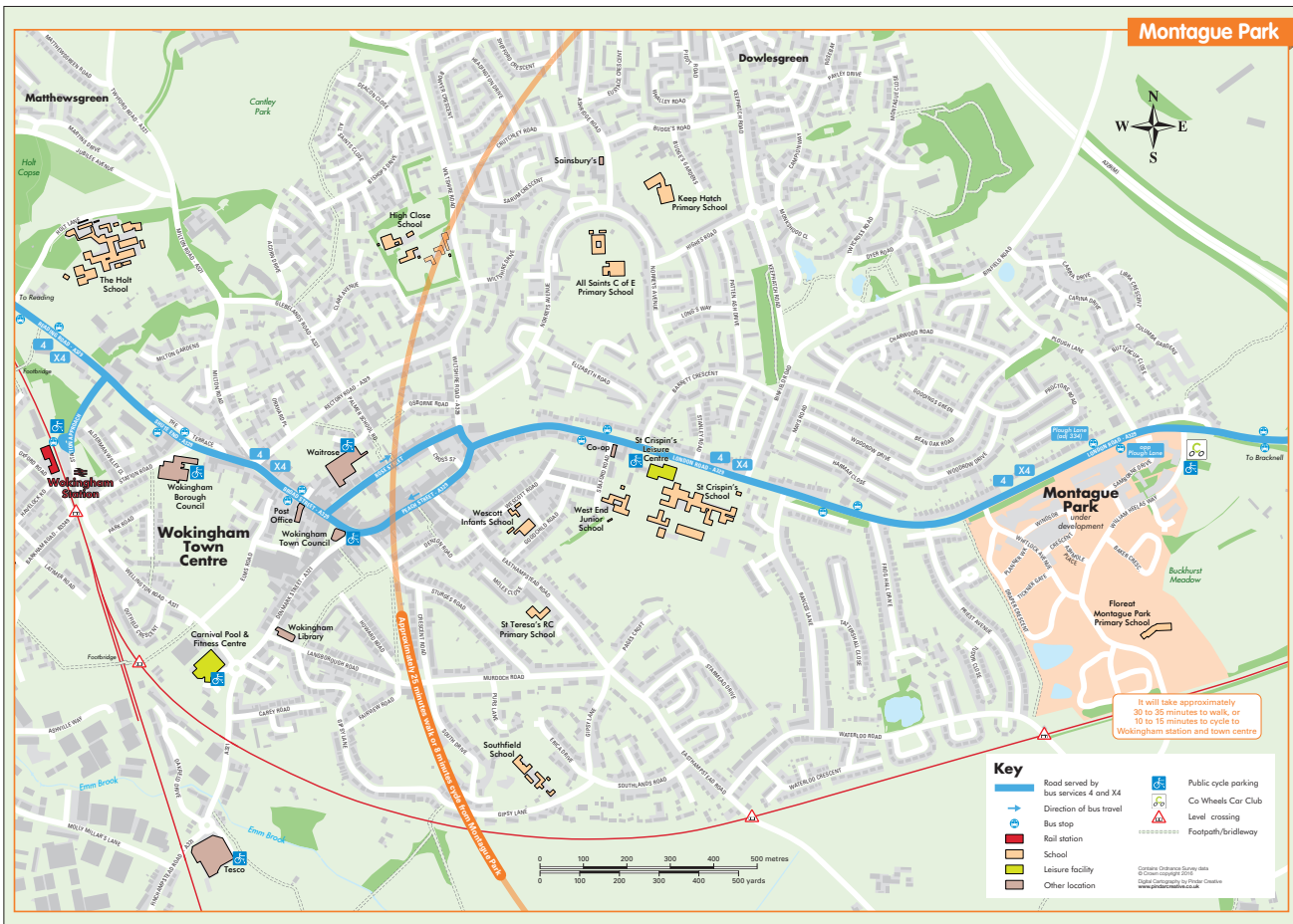
My Journey is here to help you choose how to travel. By knowing all the ways you can travel from A to B, you can save money as well as reduce congestion and pollution in your area.

We provide information on cycling, buses, trains, car sharing and walking that can help you to find easier and cheaper ways of travelling sustainably.

Find out more at:  
[www.myjourneywokingham.com](http://www.myjourneywokingham.com)



Map >>>





# Torbay Council: School Travel Plan



**Travel to Cockington Primary School**

Any day without Raincoat and Suncoat

### Why walk to school?

Did you know, that just one generation ago, more than 70% of Primary School aged children walked to school? Today the rate is less than 46%!

Walking to school is flexible (you can walk to your own timetable) and you don't have to wait in a traffic jam.

Walking to school with your child gives you the chance to teach them valuable Road Safety skills and prepares children for making independent journeys in the future. Walking even part of the way to school is a great way of making time to talk to your child – something you can't do when you're focusing on driving.

Walking to school is simple, it's free and it's one of the easiest ways to be more active and healthy!

### Active Travel

What is active travel? Walking, cycling, scooting or Park and Stride are all excellent forms of active travel. All of these modes of travelling to school are easy ways to increase daily physical activity and help maintain a healthy weight. Children who travel to school actively also benefit from valuable life skills such as Road Safety.

Torbay's Primary Schools are above the national average in terms of the number of children who are classed as overweight or obese (NCMP 2015) and obesity carries an increased risk of developing health problems such as type 2 diabetes, asthma and even mental health disorders. By choosing active travel, the journey to school counts towards the recommended 60 minutes of daily physical activity for children.

Did you know that over 75% of Primary School children in Torbay would prefer active travel modes to get to and from school? (Data from Torbay School Travel Plan surveys September – October 2015)

Some parents and carers find it hard to fit in active travel to and from school every day, so why not try to walk, cycle or scooter just once or twice a week, or Park and Stride instead.

### Travel Plan

A School Travel Plan looks at how staff and pupils travel to school and attempts to address any needs by finding the right solutions for each individual school.

The aims of School Travel Plans are:

- Reducing congestion
- Increasing walking, cycling and scooting
- Promoting a healthier lifestyle
- Removing perceived and actual barriers to active travel for the school journey
- Providing information for school communities to help understand the benefits of active, sustainable travel
- Increasing awareness of Road Safety

### Park & Stride

A scheme where parents/carers park a short distance from the school and walk the rest of the way. This is ideal for those who live too far away from the school to walk or who need to continue their journey to work or to another school.

Next time you drive, try to Park and Stride. Find a suitable place to park outside the 5 or 10 minute circles on the map and walk the rest of the way to school. You may even find it takes you less time than trying to find somewhere to park outside the school gates.

### Avoid congestion and save time and money!

[@TravelTorbay](#)  
[TravelTorbay](#)  
[www.traveltorbay.info](#)

**TORBAY**  
Cockington Primary School  
Old Mill Road, Torquay,  
Devon. TQ2 6AP  
01803 214100  
[www.cockingtonprimary.org.uk](#)

**"It's cool to scoot to school!"**

**"Walking to school is an adventure and keeps us healthy."**

**"Walking is good fun, we even walk in the rain!"**

**"Cycling to school is fun and fast."**

**Map**

### Cockington Primary School



**KEY**

- School entrance
- No parking/stopping
- School Crossing Patrol
- Pedestrian crossing
- Zebra crossing
- Park and Stride point
- Park and Stride route
- Car park
- One-way street
- Cycle route (on-road)
- Traffic-free cycle lane
- Footpath
- Bus stop

### 10 Good reasons to walk, cycle and scoot to school

- Better health
- Improved concentration on work
- Social time with family and friends
- Less pollution around the school
- Save money on fuel costs
- More awareness of road safety
- Interaction with the local community
- Improves overall mood
- Reduces stress
- Can be fun!

**"Walking is good fun, we even walk in the rain!"**

**"Cycling to school is fun and fast."**





# Sustainable Travel Leaflet

**CONQUEST HOSPITAL**

The Ridge  
St Leonards-on-Sea  
East Sussex, TN37 7HD

- Main entrance
- Ambulance Emergency
- Ambulance Bay
- Public Reception
- Public Reception
- APPC Information Centre
- Museum
- Health Practice Building
- Bullfinch House
- Park Lane
- Bus Stop
- Car Park

**Key**

- Suggested walking and cycle routes
- Lunchtime walking route 1
- Lunchtime walking route 2
- Unrestricted parking
- Partial double yellow lines
- Unpaved road
- Private road with pedestrian access
- Footpath/Bridleway
- Landmark building
- Pay & display car park

Conquest Ordnance Survey data © Crown copyright 2019  
Map created by Peter Jones, Mapbox, OpenStreetMap contributors  
www.peterjones.co.uk

For further information about alternative travel, or to find out how to access the secure cycle shelters, showers or lockers, please contact the Trust's Active Travel Officer at: [esht.alternativetravel@nhs.net](mailto:esht.alternativetravel@nhs.net)



# Living Streets: Schools Walking Map



WALKING ROUTE MAP FOR  
OASIS ACADEMY HENDERSON  
AVENUE AND  
ST LAWRENCE ACADEMY

## Why Walk More?

Walking is a great way of making sure you stay active and healthy, as well as reducing traffic on our roads!

Children need to be physically active for an hour a day – mixing moderate activity (such as walking) with more vigorous exercise (running, playing sports).

Mums and dads need at least 150 minutes of moderate activity a week – a walk with your children to school could programme activity into your week – five days out of seven!

**Even short walks have been shown to reduce stress and help us feel happier.**

## Walking to School

- ▶ helps pupils arrive at school refreshed, fit and ready to learn
- ▶ means there's less congestion on our roads, especially close to school
- ▶ lessens pollution – meaning cleaner air and a healthier environment
- ▶ can help parents enjoy some moderate physical activity too!



## Park & Stride from Sainsbury's

For some pupils, the journey to school is too long to walk all the way. A great alternative is Park & Stride – park at Sainsbury's car park and walk the final stretch to school.

As well as helping to solve the problem of traffic around our schools, it could reduce the stress of trying to find somewhere to park for drivers!

## Parking at Sainsbury's

**Free Parking for two hours ONLY!**

We would like to thank Sainsbury's for their support to Park & Stride.

### Park & Stride for Berkeley School (from Atkinson's Warren)

Berkeley School is just over a 10 minute walk from the car park at Atkinson's Warren on Ferry Road. Park there and benefit from the walk to school!

**Walking can help us all control or lose weight. Walking for 20 minutes burns about 100 calories!**



## Enjoy a green walk from Atkinson's Warren

There are details of a two mile walk which starts from the car park on the North Lincolnshire Council website – search for Atkinson's Warren walking route. Route directions and a map are included.

**Children can enjoy the sculpture trail!**

## About the Map

North Lincolnshire Council supports walking and cycling as healthy and sustainable travel options, to promote good health and wellbeing, encourage stronger and safer communities, and reduce traffic and pollution.

Living Streets, is the UK charity for everyday walking. We want to create a walking nation where people of all generations enjoy the benefits that this simple act brings. And we want all our streets to be fit for walking.

This map shows some suggested walking routes to Oasis Academy Henderson Avenue and St Lawrence Academy.



**www.livingstreets.org.uk**  
Registered Charity No. 1108448 (England and Wales)  
Produced by Pindar Creative 03.17  
**www.pindarcreative.co.uk**





# Living Streets: Business Walking Map



## WALKING ROUTE 1

**Cheapside Loop walk**  
(30/40 minutes, 2 km or 15 minutes (one way) 1 km)

This circular walking route takes you on a tour of Cheapside and gives you the opportunity to take in some of London's most iconic heritage sites as well as Cheapside's gardens.

The loop avoids walking on the generally more polluted main roads and instead takes you on the quieter, cleaner and more pleasant back lanes of Cheapside.

Although the official starting point is outside New Change, the route is circular and designed so that it can be started from any point and used as a way to travel across the Cheapside area – whether you have a meeting to get to or are touring the sites of the City.

**The Royal Exchange – Paternoster Square or via versa, via south route:**  
15 minutes, 1 km.



## WALKING ROUTE 3

**West Cheapside Green walk** (15 minutes, 1 km)

Starting at Paternoster Square you'll head on a journey of discovery taking in the West of Cheapside and all the greenery it has to offer.

Walk through St Paul's gardens with its interesting variety of tree species. Once in Festival Gardens make sure you admire the view of the Cathedral behind you. When you cross New Change Road walk through the intimate eastern part of Festival Gardens for a real escape from the City.

Bow Churchyard offers some seating and a rest under the Plane trees whilst you admire the architecture. On the corner of Cheapside Road and Wood Street you'll find the oldest tree in the square mile, at over 250 years old, reaching out between the buildings. Opposite the junction between Goldsmith Street and Wood Street you can enjoy some younger planting with nice seating next to rustling bamboo.

As you walk through Priests Court admire the secret courtyard and planting of Saddlers Hall to your left. You will be finishing the walk back at Paternoster Square.

## GET WALKING AROUND CHEAPSIDE

Cheapside has something to offer for everyone, whether you are a first time visitor, resident or work in the area, the best way to get around the area and discover more is to walk.

This walking map has been created by Cheapside Business Alliance to encourage all that visit the area to enjoy Cheapside by walking more and in turn reducing local air pollution, promoting active travel and encouraging the exploration of Cheapside's rich cultural heritage.



This map has been produced by Living Streets, the UK charity for everyday walking. We want to create a walking nation where people of all generations enjoy the benefits that this simple act brings, on streets fit for walking.  
[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

**Useful links**  
Cheapside BID  
[www.incheapside.com](http://www.incheapside.com)  
City of London Walks  
[www.cityoflondon.gov.uk/things-to-do/visit-the-city/walks](http://www.cityoflondon.gov.uk/things-to-do/visit-the-city/walks)  
Download the CityAir app for low pollution routes - [cityairapp.com](http://cityairapp.com)  
Transport for London  
[www.tfl.gov.uk/modes/walking/](http://www.tfl.gov.uk/modes/walking/)  
Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and 22209688 (Scotland).  
Company Limited by Guarantee (England and Wales), Company Registration No. 5384629.  
Registered office: 4th Floor, Universal House, 88-94 Wenlock Street, London E1 7JN.  
Design, cartography and print by Pindar Creative  
[www.pindarcreative.co.uk](http://www.pindarcreative.co.uk)

## WALKING ROUTE 2

**East Cheapside Heritage walk** (20 minutes, 1.5 km)

Starting behind The Royal Exchange, founded in the 16th Century as the centre of commerce for the City of London. You will wind your way around Bank junction and Mansion House avoiding the main roads.

St Stephen Wallbrook Church was designed by Wren and the interior is described by some as one of his most beautiful. The church was also the site of the establishment of the Samaritans charity in the 1950s.

Once you have crossed Queen Victoria Street enjoy Pancras Churchyard and its carved seats, located on the site of an 11th Century church. When winding your way through the Bow Lane area admire its intimate shopping lane and the 11th Century St Mary Le Bow Church, location of the famous 'Bow Bells'. Crossing Cheapside Road, once the site of the most important market in London, you are heading north towards Guildhall Yard. If you have time take in the awe-inspiring size of the open space which is also the site of an ancient Roman amphitheatre with the boundary marked across the yard and the remains free to see at the Guildhall Art Gallery.

On your return you'll pass behind the Bank of England and at The Royal Exchange admire the statues that commemorate both the founders of Reuters and the Peabody Trust.

## HOLD A WALKING MEETING

Who said you had to sit down around a table for a meeting? In reality, the most creative moments take place outside them. You'll get a change of scenery, boost your energy, get some fresh air and burn a few calories too.

Try getting out for a walking meeting and feel energised and inspired.

- Keep it to no more than four people.
- Avoid busy roads that might make it difficult to hear.
- Assign someone to take actions and circulate them after the meeting.



## CHOOSE TO WALK AND GET OFF A STOP EARLY

All of us should aim to do some kind of physical activity on a daily basis. Ideally, this activity should add up to at least 150 minutes of moderate exercise (a brisk walk) each week, in sessions of at least ten minutes.

You might not be able to walk the whole way to or from work. But you can get off the bus, train or tube a stop or two early and walk the last mile to the office.

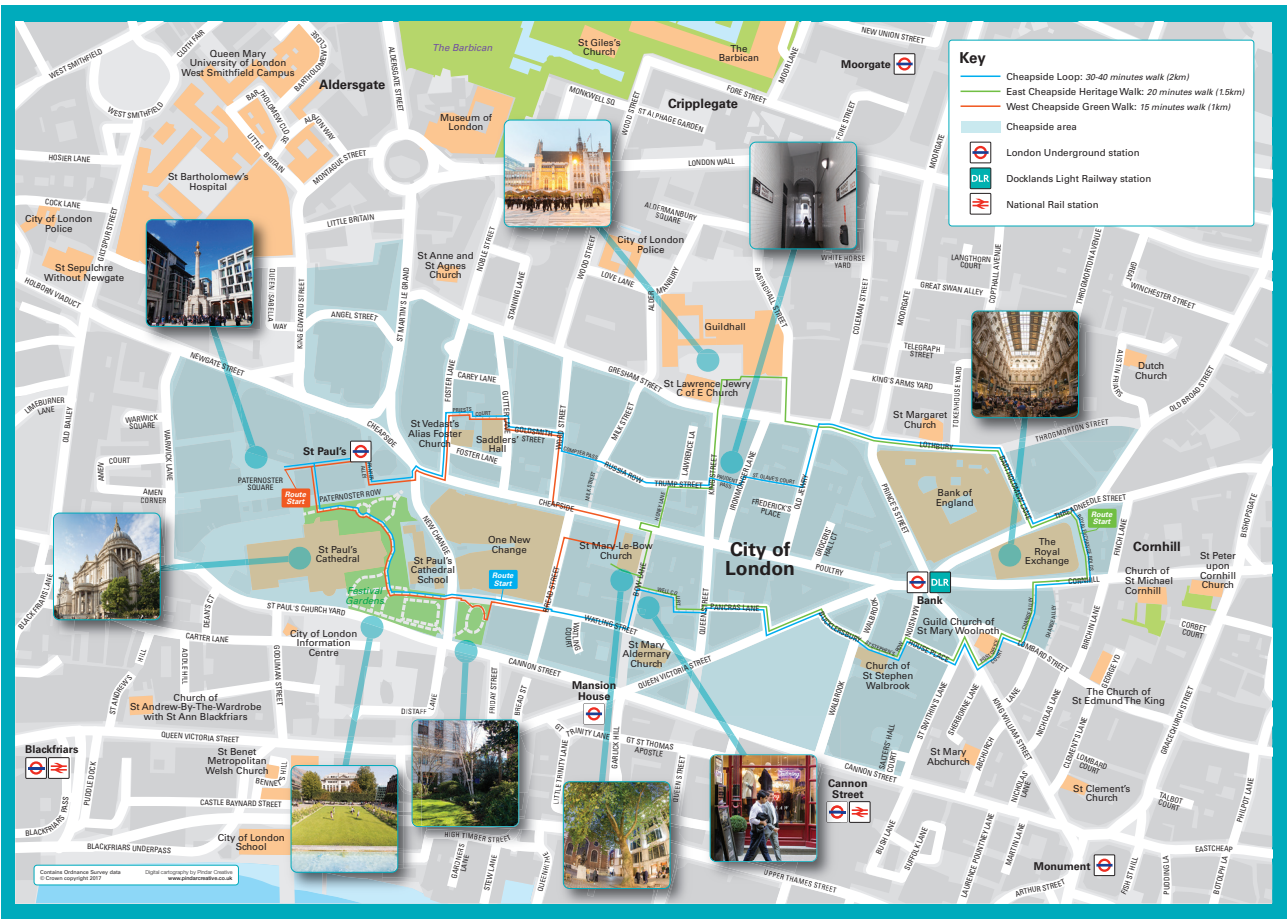


## HOW YOU CAN USE THIS MAP

There are three suggested walking routes designed for use as a stand-alone walk or they can be used if you want to get from one part of Cheapside to the other using quick, interesting and less polluted routes. The walking routes take you off the roads that experience higher levels of air pollution from traffic and use quiet-ways that take in Cheapside's iconic and interesting sites.

Walking regularly doesn't just make people feel healthier, it has also been proven to reduce stress levels and make us feel happier.


All you need to get started is a pair of comfy shoes and this map.








# GSK: Stevenage Travel Plan



Getting to  
GSK R&D  
Stevenage

Scan the code below using your phone's QR code reader to link straight to our Interactive Travel Mapping site.



Smartgo  
Stevenage

GSK Research & Development  
Gunnels Wood Road, Stevenage,  
Hertfordshire SG1 2NY  
w: www.gsk.com

Design, digital cartography and  
print by Pindar Creative 01.14  
www.pindarcreative.co.uk

### Walking and Cycling

GSK R&D Stevenage is easily accessible on foot or by bicycle. Stevenage has an extensive traffic free network of paths providing access to all areas by both pedestrians and cyclists. The cycleway and footpath network generally follows, but is separate from the local road network. Please visit [www.stevenage.gov.uk/52710/52714](http://www.stevenage.gov.uk/52710/52714) for more information.

To the northeast of GSK, Stevenage rail station is a 20-25 minute walk/ 10-15 minute cycle ride and the main bus station is located close to the rail station.

Everyone travelling to GSK R&D by bicycle can park on site and use the available cycle change facilities – please speak to security staff on arrival.

### Train

Stevenage is the nearest national rail station to GSK R&D Stevenage. Govia Great Northern services connect Stevenage with London, Kings Cross (about 25 minutes), Cambridge (about 50 minutes) and Peterborough. East Coast mainline trains connect Stevenage with Peterborough, York, Newcastle and Edinburgh. Services to Hull are provided by First Hull Trains.

Taxis are available from the taxi rank outside the station - journey time to GSK R&D Stevenage is approximately 5 minutes.

The cycleway and footpath leading to GSK can be accessed beyond the taxi rank, to the left of the adjacent car park.

### GSK Shuttle

GSK R&D Stevenage operates a peak hour shuttle bus service between GSK and Stevenage rail station. The shuttle bus runs every 15 minutes in the morning peak (07:10-09:40) and every 15 or 20 minutes in the evening peak (16:10-18:40).

GSK shuttle bus stops outside Stevenage rail station, opposite the taxi rank. Staff and visitors may use the service on production of a GSK pass or a letter of attendance provided by your host. The timetable is available on the Right Turns section of the Stevenage Community connectGSK page.

### Bus

The following Bus routes stop directly outside GSK Stevenage (peak hours only: 06:00-09:00 and 16:00-18:00):

- SB1 Stops on Gunnels Wood Road; to Poplars and Chells in Stevenage
- SB40/50 Stops on Gunnels Wood Road; to Shephall and Broadwater in Stevenage

Additional bus services operating locally:

- SB8 Stops on Monkwood Way; to Symonds Green and Bragbury End in Stevenage
- 300 Stops on Monkwood Way; to Welwyn, Welwyn Garden City, Hatfield, St Albans and Hemel Hempstead
- 301 Stops on London Road; to Welwyn, Welwyn Garden City, Hatfield, St Albans and Hemel Hempstead
- 383 Stops on Monkwood Way; to Watton at Stone, Ware and Hertford
- 635 Stops on Monkwood Way; to Hitchin and Hatfield



Key

- Main Bus Route
- Minor Bus Route
- SB1 SB8 SB40 SB40/50 SB88 SB300 SB301 SB383 SB635
- Convenient Route Number/Terminal
- Rail Line and Station
- Convenient Bus Stops
- NCN on road route
- NCN off road route
- On road cycle route
- Off road cycle route

Approx. 400m to 5 mins

### Getting to GSK R&D Stevenage

Address: Gunnels Wood Road, Stevenage, Herts., SG1 2NY  
Sat Nav only: SG1 2FX  
Visitors' Centre: 01438 764486

GSK R&D Stevenage is located just off junction 7 (Stevenage South) of the A1(M) at the junction of Gunnels Wood Road and Broadhall Way.

We encourage staff and visitors to travel by sustainable modes where possible. If you require any advice or have any questions about how to get to GSK R&D Stevenage please call the Right Turns team on 01920 883455.

### Visitor Rules

On arrival please report to the Visitors' Centre where you will be issued with a visitor's pass (Contractors need to report to the Security Reception next to Visitors' Centre). The pass should be worn throughout your visit and handed in at the Reception before you leave the site.

Your host will be informed of your arrival and you will be directed to the site's Reception where your host will meet you. If you are arriving by car, you will be also directed to the Visitors' car park. Drivers must observe on site speed limits and parking restrictions.

While on site you must be accompanied by a member of GSK staff who will make you aware of any relevant health and safety procedures.

Taking of photographs on site without prior authorisation from Security is strictly prohibited.

Smoking is only permitted in the designated smoking area outside the site's main barriers.

### Other peak hour bus services, including Green Line and National Express coach services use Stevenage Bus Station in the town centre, located a short walking distance from Stevenage rail station where the shuttle bus operates from (see GSK Shuttle section).

For further information visit [www.intalink.org.uk](http://www.intalink.org.uk)

GSK Stevenage is part of the Smartgo Stevenage initiative offering discounts on local bus and rail season tickets.

For further information please visit [www.smartgo.co.uk/stevenage](http://www.smartgo.co.uk/stevenage)


### Car

GSK R&D Stevenage is easily accessible by road. The site is approximately 30 miles north of London on the A1(M). Exit at junction 7 (Stevenage South) and take the A602 towards Ware. At the first roundabout (Gunnels Wood Road) take the third exit and you will see the entrance to the site. If arriving from local roads follow the A602 to the site.

### GSK LiftShare

GSK LiftShare is a secure car sharing scheme available to all staff working on GSK sites. To register and search for journeys on GSK LiftShare, go to connectGSK and type [liftshare.gsk.com](http://liftshare.gsk.com) in the address bar.

Visitors are encouraged to visit [www.liftshare.com](http://www.liftshare.com), the national journey matching service.



Scan the QR code on the back of this map or go to Right Turns on connectGSK for the online version of this map including additional detail.

Approximate 15 minute drive from site

### Bus Frequencies

Bus services stopping directly outside GSK Stevenage

- SB1 Chells - Stevenage - Gunnels Wood Road Mon-Fri**  
Poplars, Sainsbury's - Chells - Shephall - Stevenage Bus Station - Stevenage - Gunnels Wood Road/Leyden Road, for GSK  
Monday to Friday mornings (early and peak hours only), evenings (peak hours only) every 30 minutes.  
Operated by Arriva
- SB40/50 Stevenage - Broadwater (Circular service) Mon-Fri**  
Stevenage Bus Station - Shephall - Broadwater - Gunnels Wood Road, for GSK - Stevenage - Stevenage Bus Station  
Service SB50 runs reverse of this route  
Monday to Friday mornings (early and peak hours only), evenings (peak hours only) every 12 minutes.  
Operated by Arriva

Selected bus services operating in locality of GSK Stevenage

- SB8 Stevenage - Bragbury End Daily**  
Stevenage Bus Station - Monkwood Way - Roebuck Centre - Roebuck Gate - Wordsworth Centre - Bragbury End (Blenheim Way) - Roebuck Centre - Monkwood Way - Bus Station continues to Railway Station - Old Town and Symonds Green  
Monday to Friday daytime every 20 minutes. Saturday daytime every 30 minutes. Sunday daytime every 60 minutes.  
Operated by Arriva
- 300 Hemel Hempstead - Stevenage Mon-Sat**  
Hemel Hempstead - Loversock Green - St Albans - Fleetville - Oakland - Hatfield - Welwyn Garden City - Welwyn - Knebworth - Monkwood Way - Stevenage Bus Station  
Monday to Saturday daytime every 30 minutes (Services 300/301 provides a 15 minute service on common parts of route).  
Operated by Arriva/Uno
- 301 Hemel Hempstead - Stevenage Daily**  
Hemel Hempstead - Loversock Green - St Albans - Fleetville - Oakland - Hatfield - Welwyn Garden City - Welwyn - Knebworth - London Road - Stevenage - Lister Hospital  
Monday to Saturday daytime and evenings every 30 minutes (Services 300/301 provides a 15 minute service on common parts of route). Sunday daytime 60 minutes, evenings 120 minutes.  
Operated by Arriva/Uno
- 625/635 Hatfield - Stevenage - Baldock Daily**  
Hatfield - Hatfield Business Park/UH de Havilland Campus - Stevenage - Monkwood Way - Hitchin - Letchworth - Wilbury Hills (625) - Baldock (635)  
Monday to Friday peak every 30 minutes (625/635), daytime and early evening every 60 minutes (635). Saturday and Sunday early morning to early evening every 120 minutes.  
\*Certain service 635 journeys continue to Clothall Common  
Operated by Uno

Legend

- Rural area
- Open space
- Woods
- Built up area
- Industrial area
- Place of interest
- Selected stores
- School
- Traffic-free scenic cycle route
- Pedestrian and cycle network
- Shared use routes (moped prohibited)
- Bride paths (can be used by cyclists)
- Great North Cycleway, NCN Route 12
- On road cycle route
- Useful road link for cyclists
- Underpass
- Pedestrian route
- Toucan crossings
- Cycle Parking
- Cycle Shopping
- Petrol Station

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Intalink  
[www.intalink.org.uk](http://www.intalink.org.uk)

# Hertfordshire County Council: County Hall Travel Plan



**County Hall**  
Travel to Hertfordshire

### On your bike

Cycling is great exercise, saves money and helps the environment.

There are traffic-free cycle routes through and beyond Hertford, including the River Lea towpath to London via Ware, Huddesdon and Cheshunt. The Cole Green Way links Hertford to Welwyn Garden City.

For downloadable maps visit [www.hertsdirect.org/cycling](http://www.hertsdirect.org/cycling) which also provides links to [www.sustrans.org.uk](http://www.sustrans.org.uk) and [www.cyclestreets.net](http://www.cyclestreets.net)

#### Cycling

- Beats the rush! Avoid queuing traffic and the time-consuming search for a parking space.
- Saves money! No petrol cost and no need to pay for parking.
- Environmentally friendly! No carbon emissions = no pollution.

**Hertfordshire Year of Cycling**  
Launched in June 2014, events will be happening across the county over the next 12 months. Watch out for events near you!



### On the bus

A number of bus routes serve Hertford, linking it to neighbouring towns and villages. Most buses stop at the bus station, adjacent to Birchley Green, in the town centre which is about a 15 minute walk from County Hall.

Alternatively, services H3 and H4 provide a 30 minute service linking County Hall to the bus station. A number of services also stop on The Wash, next to Hertford Theatre, which is about a 10 minute walk from the site.

Real-time passenger information is being rolled out across the county, showing when buses will actually arrive. Information is available on an electronic display at bus stops or online via smart phones.

All bus stops have a QR code and NFC chip which can be used to download stop-specific real-time information. The Intalink website is mobile friendly and provides real-time information and journey planning. Visit [www.intalink.org.uk](http://www.intalink.org.uk) for more information on bus routes, service information and journey planning.

### General information

#### Bicycle user group

County Hall has a bicycle user group open to all with an interest in cycling. New to cycling? Why not ask other members for advice on planning your route or buddy up for a more sociable commute. [bug@hertfordshire.gov.uk](mailto:bug@hertfordshire.gov.uk)

#### Pool bikes

20 pool bikes are available for hire to all staff based at County Hall. The bikes can be used for business journeys or leisure rides on a lunchtime. You can also borrow a bike for up to two weeks if you are considering cycling as a travel mode but don't own a bike. [pool.bikes@hertfordshire.gov.uk](mailto:pool.bikes@hertfordshire.gov.uk)

#### Season ticket loan

HCC offers an interest-free season ticket loan for regular public transport users. Contact Steve Climpson for information and an application pack. [steve.climpson@serco.com](mailto:steve.climpson@serco.com)

#### Herts Lifestare

Why not share your journey to work with someone else? Herts Lifestare is a free, private network of people at HCC who are willing to share their journey to and from work with other employees. [www.hertsliftshare.org](http://www.hertsliftshare.org)

Anybody having issues using the Herts Lifestare website can contact [travelwise@hertcc.gov.uk](mailto:travelwise@hertcc.gov.uk)

#### Hertfordshire Health Walks

Hertfordshire Health Walks is a countywide initiative of free, guided walks and is co-ordinated by the Countryside Management Service (CMS). It aims to help promote walking and encourage people of all ages and abilities to get outdoors, get more active and reap the benefits.

Find a suitable walk for you at [www.hertslink.org/cms/healthwalks](http://www.hertslink.org/cms/healthwalks)

#### Contact Details

Transport, Access and Safety Unit  
[travel.plan@hertfordshire.gov.uk](mailto:travel.plan@hertfordshire.gov.uk)

### On foot

Walking to and from County Hall to Hertford town centre, bus station and railway stations is quick, healthy and stress free.

#### Walking

- Relax! Go at your own pace.
- Access all areas! Take shortcuts that cars can't reach.

The River Lea towpath and Cole Green Way are enjoyable routes for walkers as well as cyclists.

### On the train

Hertford benefits from two railway stations providing frequent services between London to the south and Stevenage in the north, for interchange.

Hertford East is approximately 20 minutes walk from County Hall. The line operates a half hour frequency throughout the day linking the town to London Liverpool Street through east Hertfordshire. Stations include Hackney Downs, Enfield Lock, Cheshunt, Broxbourne and Ware. Cycles can be carried but restrictions do apply at peak times on routes to and from London.

Hertford North is approximately 20 minutes walk from County Hall. Services are operated on a three trains per hour frequency to London Moorgate. Stations served en-route include Cuffley, Enfield Chase, Palmers Green, Alexandra Palace, Finsbury Park, Highbury & Islington and Old Street. Cycles can be carried but restrictions do apply at peak times on routes to and from London.

Services travelling to and from the north operate on a half hour frequency calling at Watton-at-Stone and Stevenage. Cycles can be carried on services between these stations at all times.

### Summary of contacts

- Cycling  
[www.hertsdirect.org/cycling](http://www.hertsdirect.org/cycling)
- Walking  
[www.walk4life.info](http://www.walk4life.info)
- By bus  
[www.intalink.org.uk](http://www.intalink.org.uk)
- By train  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)
- By car  
[www.hertsliftshare.org](http://www.hertsliftshare.org)

Hertfordshire County Council,  
County Hall, Pegs Lane, Hertford,  
SG13 8DQ  
[www.hertsdirect.org](http://www.hertsdirect.org)  
[hertsdirect@hertfordshire.gov.uk](mailto:hertsdirect@hertfordshire.gov.uk)  
0300 123 4040

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[www.pindarcreative.co.uk](http://www.pindarcreative.co.uk)

### By car

While environmentally-friendly modes of travel are preferred, sometimes the car is the only viable option. Parking is limited at County Hall and car sharing is encouraged as it cuts the cost of travel and makes journeys more sustainable.

Hertfordshire County Council operates a private car share scheme at [www.hertsliftshare.org](http://www.hertsliftshare.org) where you can make contact with colleagues travelling your way and try lift sharing. You don't have to have a car to join. Visit the website and click 'Cost Calc' to see how much you could save!

Visitor parking is very limited so if you have no other alternative for travel to County Hall please allow time for parking before your meeting. Off site public car parking is also available on Gascoyne Way, 10 minutes walk from County Hall via Fore Street and Castle Street.

For SatNav users, the postcode for Pegs Lane is SG13 8DQ.

### Health benefits

Walking and cycling are great exercise – good for the heart, reducing the risk of many diseases and excellent ways of losing weight. Visit [www.hertsdirect.org/mapit](http://www.hertsdirect.org/mapit) to plan your journey, using HCC County Hall as your destination, and see how many calories you can burn off if you walk or cycle in.

The production of this sustainable transport leaflet has been financed by a grant from the Department for Environment, Food and Rural Affairs (Defra) to encourage more people to walk and cycle or use passenger transport to get to work, in accordance with the air quality action plan for Hertfordshire.

Map >>>



**SYMBOLS KEY**

- City building
- College/school/university
- Leisure/sports venue
- Library
- Museum
- Police station
- Supermarket/park
- Theatre

**TRAVEL KEY**

- Government bus route
- Other bus route
- Road served by bus
- Direction of travel
- Bus stop
- Bus route terminus
- Terminus 'calfing' services
- Cycle route (on road/adjacent)
- Cycle route (off road)
- National Cycle Network (NCN)
- Pedestrian/bicycle crossing
- Public right of way
- Sideway

**Bus frequencies**

#### H1 Hertford Town Service

Hertford North ⇄ Pinhurst - Foxholes - Fore Street - County Hall - Horn Mills  
2 early (am) journeys from Hertford to County Hall. Other journeys operate between Bus Station and Pinhurst not serving County Hall.  
\* Hertford North ⇄ is served by Town Services at peak times.

#### H3 Hertford Town Service

Hertford North ⇄ Campland Road - Hertford Bus Station - Tesco - County Hall - Horn Mills (Purkiss Road, Mandeville Road)  
Monday to Sunday every 60 minutes. Services H3/H4 provide a combined 30 minute service to/from Hertford Bus Station.  
\* Hertford North ⇄ is served by Town Services at peak times.

#### H4 Hertford Town Service

Hertford North ⇄ Hertford Bus Station - Tesco - Fore Street - County Hall - Horn Mills (Purkiss Road)  
Monday to Saturday every 60 minutes. Services H3/H4 provide a combined 30 minute service to/from Hertford Bus Station.  
\* Hertford North ⇄ is served by Town Services at peak times.

#### 308 Cuffley - Hertford

Cuffley ⇄ Little Berkhamstead - Epping Green - Bayford - Brickendon - Horn Mills - County Hall - Hertford Bus Station  
3 daytime journeys each way.  
(1 journey operates Tuesday, Thursday and Saturday only).

#### 341 Hatfield - Ware

Hatfield (Business Park, The Galleria, Town centre, Railway Station) ⇄ Essendon Mill - Essendon - Horns Mill - County Hall - Ware  
Daytime only - Monday to Friday 7/8 journeys, Saturday 5 journeys.

#### 384 Stevenage - Hertford

Stevenage ⇄ Pin Green - Walkern - Benington - Whemsted - Dane End - Tonwell - Ware ⇄ Hertford Bus Station - County Hall  
1 early (am) journey serves County Hall Monday to Friday.  
5/6 daytime journeys between Stevenage and Hertford Bus Station Monday to Saturday.

**www.intalink.org.uk**  
Hertfordshire Travel Information  
"So much information it will blow you away!"  
For timetables, maps, journey planning and more.



Sustainable Travel Leaflet