

Lark Grange

BURY ST EDMUNDS

TRAVEL PACK



Don't forget
your **FREE**
voucher on
page 9



THE WAY TO GO
Suffolk

**Taylor
Wimpey**

INTRODUCTION

The Local Links travel pack includes useful websites, vouchers and local information on sustainable travel in and around The Lark Grange site. This comprises of information and guidance on walking, cycling, taking the bus, train and car sharing.

Local Links is a Suffolk County Council initiative to encourage active travel in the County. Transport can sometimes be an issue, whether its cost or an increase in congestion making it difficult for you to get from A to B. We can help overcome the barriers with travel planning advice and guidance. Our website provides details on the travel options and highlights the associated financial and health benefits.

The Way To Go Suffolk

 www.thewaytogosuffolk.org.uk

 thewaytogosuffolk@suffolk.gov.uk

 [@TWTSuffolk](https://twitter.com/TWTSuffolk)

HEALTH BENEFITS OF WALKING AND CYCLING

SITE - APPROXIMATE TIMES

Local Retail and Other Facilities

Tesco Express - walking: 20 mins cycling: 6 mins
Sainsburys - walking: 36 mins cycling: 9 mins
Dunelm - walking: 27 mins cycling: 8 mins
Homebase - walking: 27 mins cycling: 8 mins
Farm Foods - walking: 21 mins cycling: 6 mins
Abbey View Clinic (iCASH Suffolk) - walking: 38 mins cycling: 10 mins
West Suffolk Hospital - walking: 60 mins cycling: 18 mins
Suffolk Business Park- walking: 41 mins cycling: 11 mins
Saxon Dental Practise- walking: 19 mins cycling: 5 mins

Education

West Suffolk College - walking: 53 mins cycling: 18 mins
Child Development Centre - walking: 52 mins cycling: 16 mins
Guildhall Feoffment Community Primary School - walking: 44 mins cycling: 12 mins
Priory School - walking: 25 mins cycling: 7 mins
Moreton Hall Pre-School - walking: 27 mins cycling: 8 mins
Moreton Hall Preparatory School - walking: 20 mins cycling: 6 mins
Abbots Green Community Primary- walking: 8 mins cycling: 2 mins
Sybil Andrews Academy- walking: 5 mins cycling: 2 mins

Leisure and Recreation

Abbey Gardens - walking: 36 mins cycling: 9 mins
Bury St Edmunds Library - walking: 44 mins cycling: 15 mins

Transport

Bury St Edmunds train station - walking: 48 mins cycling: 14 mins
Bury St Edmunds bus and coach station - walking: 44 mins cycling: 15 mins
Thurston Train Station - walking: 46 mins cycling: 12 mins

Local cycle shops

Cycle King Bury - www.cycleking.co.uk - 14 Chamberlayne Rd, Bury Saint Edmunds IP32 7EY - 01284 769902
Charged Ebike Store - <http://www.ebikesuk.co.uk> - 19 Hillside Road, Bury Saint Edmunds IP32 7EA - 01284 703579
Halfords - www.halfords.com - Robert Boby Way, Bury Saint Edmunds IP33 3DH - 01284 704812
Micks Cycle Centre - www.mickscycles.co.uk - 68-69 St John's St, Bury Saint Edmunds IP33 1SJ - 01284 753946
Revel Outdoors - www.reveloutdoors.co.uk - 19-20 Brentgovel St, Bury Saint Edmunds IP33 1EB - 01284 761954

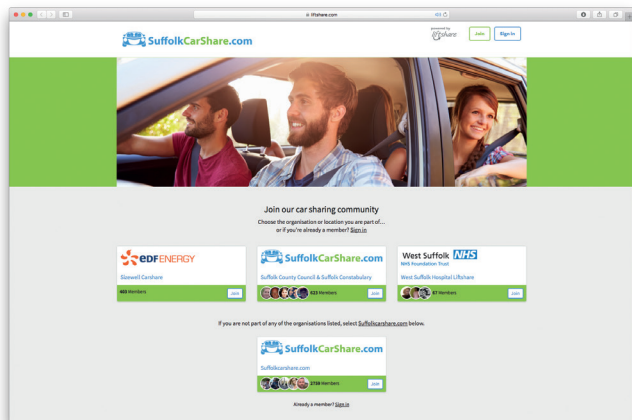


SUFFOLK CAR SHARE

The Suffolk Car Share scheme is freely available to those in Suffolk who sign up as either a driver or passenger. Any journey whether it be to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

Sign up for **free** as a driver or passenger. You don't have to share every day and with petrol prices regularly fluctuating, it's as good a time as any to cut down your fuel bill.

Thousands of people who travel in and around Suffolk have joined the scheme and car sharing can save you time as well as many environmental benefits.



Sign up today www.suffolkcarshare.com

For further details, use the calculator on the website to see how much you could save. Once matched with someone travelling your way, you can message them either via the website or through the Liftshare app and start sharing as little or as often as you like.



SUFFOLK ON BOARD

There are many benefits when it comes to taking the bus. Not having the stress of driving in traffic during your daily commute, not having the upfront costs cars come with, meaning you can catch up on work, read, listen to music, or just relax without feeling the stress of rushing to get to your destination.

Taking the bus can also mean you may have to walk to and from the bus which can help towards leading a healthier lifestyle.

www.suffolkonboard.com provides an online journey planner which includes all other areas of travel, including, trains and walking times and distances between bus stops if necessary.

Easy to read timetables and help sheets to familiarise yourself on how to catch the bus are also available to freely download, as well as

- Reading timetables
- Downloading timetables
- Train timetables
- View details of upcoming changes to passenger transport services in Suffolk
- Search for a bus timetable by service number
- Find out more information on school transport

To follow live updates from Suffolk on Board you can follow them on Twitter [@suffolkonboard](https://twitter.com/suffolkonboard)

Your local operators

- **Mulleys**
www.mulleys.co.uk
- **Galloways**
www.travel-galloway.com



KEY

-  Lark Grange
-  Points of Interest
-  Bus Stops
-  Bus Routes
-  Bury St Edmunds Train Station
-  National Cycle Route
-  Traffic-Free Cycle Route
-  Advisory Cycle Route
-  Bridleway
-  West Suffolk Hospital



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USEFUL WEBSITE LINKS

Walking and Cycling

- www.thewaytogosuffolk.org.uk - find walking routes and useful walking information in Suffolk
- www.suffolkonboard.com/cycle - download for free the Bury St Edmunds cycle map for free
- www.discoversuffolk.org.uk - find walking and cycling leisure routes in Suffolk
- www.hikideas.co.uk - if you want to plan your own routes. Especially if you want to avoid any major inclines whilst walking, as the track data will display distance, vertical gain and drops along your route.
- www.mostactivecounty.com/what-we-do/walking/ - find different walking activities for you and the family
- www.walkinginsuffolk.co.uk - find a local leisure walk you'll love
- www.plotaroute.com/routeplanner - Use this website to plan your own walking routes in Suffolk
- www.onelifesuffolk.co.uk - free health walks
- www.ramblers.org.uk - find walks from the Ramblers Association charity
- www.livingstreets.org.uk - the national walking charity, find out about Walk to Work week, Walk to School week and other events
- www.nhs.uk/change4life - find out how you could make a change to stay fit and healthy
- www.thewaytogosuffolk.org.uk - for workplace and school travel plan guidance
- www.cyclestreets.net or www.openstreetmap.org - find the best cycle route to work
- www.bikeweek.org.uk - join in the Bike Week national challenge to get more people cycling to work
- www.goskyride.com find a social bike ride near you

- www.thewaytogosuffolk.org.uk - information on cycling in Suffolk, including FREE cycle maps available to download
- www.britishcycling.co.uk - what's hot in the world of cycling
- www.cycling.org.uk - the UK's largest national cycling membership organisation
- www.lovetoride.net/suffolk - for cycling information and campaigns bespoke to Suffolk

Public Transport

- www.suffolkonboard.com - the guide to passenger transport in Suffolk for planning bus and rail journeys in the county
- www.mulleys.co.uk - your local transport operator
- www.suffolkonboard.com/buses/bus-information-straight-to-your-phone - receive bus timetable information straight to your phone by text
- www.greateranglia.co.uk - the main rail operator for Suffolk
- www.plusbus.info - to add an urban bus pass to your rail ticket
- www.nationalrail.co.uk - the definitive source of information for all passenger rail services
- www.travelline.info - timetables and journey planner for public transport
- www.nextbuses.co.uk - find the bus times for your local bus stop
- www.transportfocus.org.uk - an independent public body set up by the Government to protect the interests of public transport passengers
- www.suffolk.gov.uk/children-families-and-learning/schools/home-to-school-transport-and-travel-school-meals-uniforms-and-trips - home to school travel information

Car Sharing

- www.suffolkcarshare.com - a FREE on-line car sharing scheme to help you find a car share partner
- www.liftshare.com/liftshareweek - a national event to encourage people to give car sharing a go

Other useful links

- www.suffolk.gov.uk/roads-and-transport - transport information from Suffolk County Council
- www.roadworks.org - details current and future roadworks in your area
- www.sustrans.org.uk - the leading UK charity for sustainable travel
- www.communities.suffolkonboard.com - for those who may not have access to a bus service
- www.onelifesuffolk.co.uk - information, guidance and support for getting healthier in Suffolk

FREE VOUCHER

Claim your **FREE** monthly bus tickets,
valid for Bury St Edmunds and / or
FREE cycle equipment voucher.



As a new resident of Lark Grange, your household is able to claim one free voucher for 3 months FREE travel into Bury St. Edmunds on the local bus services.

In addition to the bus voucher your household can also receive a voucher worth up to £200 towards the cost of a new bike or accessories to help with travel to work or school. Stay healthy and reduce traffic in your local area.

Claim your voucher online at www.thewaytosuffolk.org.uk/lark-grange-bury-st-edmunds/

 Suffolk
County Council

CONNECTING COMMUNITIES

COMMUNITY TRANSPORT

Affordable and accessible door to door transport

When you need to make a journey and there's no public transport available to you locally, we'll collect you and connect you.

We can help you with a variety of transport requirements, such as employment, education, shopping, appointments and visiting friends or relatives.



BOOK MY JOURNEY ONLINE

www.suffolkonboard.com/cc

info@suffolkonboard.com

 01473 826342 **Babergh**

01508 664304 **Forest Heath**

01449 614271 **Ipswich**

01449 614271 **Mid Suffolk**

01440 713208 **St Edmundsbury**

01728 626908 **Suffolk Coastal**

01986 896896 **Waveney**

GREATER ANGLIA

Take a look at the Greater Anglia website for ticket options and discounts. Some of the discounts available are listed below

- Season Tickets – Smart Card Season Tickets, Commuter Club, Annual Gold Card
- Discounts – GroupSave, PLUSBUS, Railcards
- Business Travel – Carnet, Discounted Season Tickets for corporates

www.greateranglia.co.uk/tickets-fares/find-right-ticket-you

The Way To Go Suffolk

 www.thewaytogosuffolk.org.uk

 thewaytogosuffolk@suffolk.gov.uk

 [@TWTGSuffolk](https://twitter.com/TWTGSuffolk)

Travel Planning in Suffolk

 www.thewaytogosuffolk.org.uk

 travelplans@suffolk.gov.uk

Bury St Edmunds Town Council

 www.burystedmunds-tc.gov.uk

If you need help to understand this information in another language please call **03456 066 067**.

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo. 03456 066 067

Portuguese

Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer. 03456 066 067

Polish

এই লেখাটি যদি অন্য ভাষাতে বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন 03456 066 067

Bengali

Jeigu jums reikia šios informacijos kita kalba, paskambinkite 03456 066 067

Lithuanian

Dacă aveți nevoie de ajutor pentru a înțelege această informație într-o altă limbă, vă rugăm să telefonați la numărul 03456 066 067

Romanian

Если для того чтобы понять эту информацию Вам нужна помощь на другом языке, позвоните, пожалуйста, по телефону 03456 066 067

Russian

If you would like this information in another format, including audio or large print, please call **03456 066 067**.



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