



**THE WAY TO GO**



**CHARLES CHURCH**

# Rose Manor Hadleigh

**Travel Pack**

Claim your  
**£100**  
travel voucher



Encouraging walking, cycling and wheeling across Suffolk







## THE WAY TO GO

# Introduction

**Congratulations on moving and welcome to Rose Manor, Hadleigh. We hope you'll be very happy in your new home.**

The Way to Go team at Suffolk County Council have produced this exclusive Travel Information Pack for you. Within this pack you'll find information such as a travel map of your local area, useful websites, public transport services and cycling routes.

The Way to Go is a Suffolk County Council initiative which seeks to encourage everybody to walk, cycle or wheel, especially for shorter journeys. This will help reduce congestion, improve air quality and benefit both mental and physical health.

As a new resident of Rose Manor, you can **receive a voucher worth up to £100** towards the cost of a new bike or accessories to help with travel to work or school. Helping to keep you healthy and reducing traffic in your local area. Contact the Way to Go team at [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk) to find out how to claim these.



## The Way To Go Suffolk

[thewaytogosuffolk.org.uk](http://thewaytogosuffolk.org.uk)

[thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk)

TWTGSuffolk



# Walking

**Walking is simple, free and one of the easiest ways to get more active and become healthier. It can help you build stamina, burn excess calories and make your heart healthier.**

But what's often overlooked is that walking is a free mode of transport. If you can and especially for shorter journeys, why not hang up your car keys and walk to work, school or the shops? It's often quicker than sitting in a traffic jam and there's no parking fees to worry about.

And did you know that a brisk **10-minute daily walk has lots of health benefits** and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.



## Points of interest in Hadleigh and travel time by walking

Amenity	Distance from Rose Manor	Walking time
<b>Education</b>		
St Mary's Church of England Primary School	1 mile	22 mins
Hadleigh Parkside pre-school	1.2 miles	22 mins
Hadleigh Community Primary School	1.4 miles	28 mins
Beaumont Community Primary School	1.5 miles	27 mins
Hadleigh High School	1.6 miles	24 mins
<b>Utilities</b>		
Lady Lane Industrial Estate	0.2 miles	4 mins
Recycling centre	0.8 miles	17 mins
Leisure centre	0.9 miles	18 mins
Hadleigh town centre	1 mile	25 mins
Co-Op	1 mile	25 mins
The Pedal House	1 mile	25 mins
Morrisons	1.2 miles	22 mins
Hadleigh United Football Club	1.5 miles	30 mins
<b>Transportation</b>		
Lady Lane Industrial Estate bus stop	0.2 miles	4 mins
Brett Avenue bus stop	0.4 miles	8 mins
Wolves farm lane bus stop	0.4 miles	9 mins

# Cycling

**Choosing to cycle rather than drive can save you money and help the environment as well as improve your health.**

Regular cycling can reduce the risk of a number of serious illnesses including heart disease and type 2 diabetes as well as improve your mental health. Cycling is a low-impact exercise, meaning it's easier on your joints compared to high-impact aerobic activities like running.

## How to start cycling

A bike shop will be able to advise you on choosing the right bike for you. If you buy a bike second hand, consider having a mechanic check it over to make sure it's roadworthy.

### Your local cycle shops are:

- The Pedal House – [thepedalhouse.co.uk](http://thepedalhouse.co.uk)
- Pedal Power Cycles – [pedalpowercycles.com](http://pedalpowercycles.com)
- Halfords – [halfords.com/locations/ipsw-euro-park-store](http://halfords.com/locations/ipsw-euro-park-store)



## Points of interest in Hadleigh and travel time by cycling

Amenity	Distance from Rose Manor	Cycling time
<b>Education</b>		
St Mary's Church of England Primary School	1 mile	7 mins
Hadleigh Parkside pre-school	1.2 miles	7 mins
Hadleigh Community Primary School	1.4 miles	9 mins
Beaumont Community Primary School	1.5 miles	8 mins
Hadleigh High School	1.6 miles	7 mins
<b>Utilities</b>		
Lady Lane Industrial Estate	0.2 miles	1 min
Recycling centre	0.8 miles	5 mins
Leisure centre	0.9 miles	4 mins
Hadleigh town centre	1 mile	8 mins
Co-Op	1 mile	8 mins
The Pedal House	1 mile	8 mins
Morrisons	1.2 miles	7 mins
Hadleigh United Football Club	1.5 miles	7 mins
<b>Transportation</b>		
Lady Lane Industrial Estate bus stop	0.2 miles	1 min
Brett Avenue bus stop	0.4 miles	2 mins
Wolves farm lane bus stop	0.4 miles	3 mins
Ipswich train station	8.7 miles	57 mins





**Key**

- National cycleway
- Regional cycleway
- Bus Routes
- Footway

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 **THE WAY TO GO**

**Lift sharing**

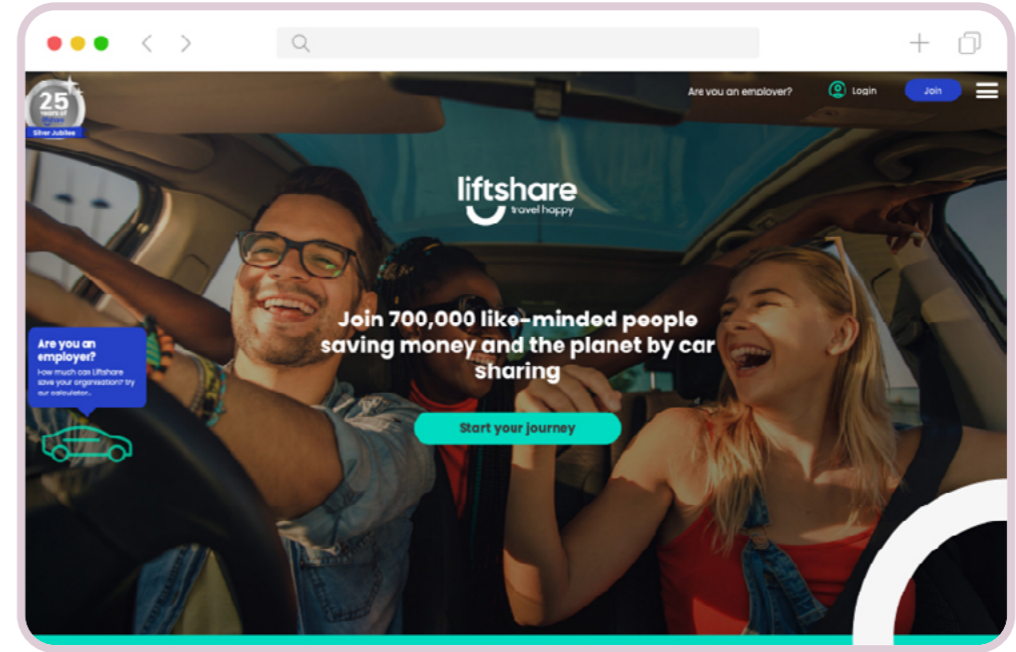
The Suffolk Lift Share scheme is freely available to those in Suffolk who sign up as either a driver or passenger. Any journey whether to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

Sign up for **free** as a driver or passenger. Thousands of people who travel in and around Suffolk have joined the scheme and car sharing can save you time and money as well as many environmental benefits.

Sign up today: [liftshare.com/uk](https://liftshare.com/uk)

**How it works**

Use the online calculator 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.



Encouraging walking, cycling and wheeling across Suffolk



## Suffolk on board

There are many benefits when it comes to taking the bus. No stress when it comes to driving in traffic during your daily commute, no upfront car costs as well as an opportunity to catch up on work, reading or listening to music!

Taking the bus can also mean you have to walk to and from the bus stop which can help you get healthier.

Go to [www.suffolkonboard.com](http://www.suffolkonboard.com) where you'll find downloadable timetables, an online journey planner, school transport options, services in Suffolk and lots more.

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

“ A fully loaded double decker bus can take 75 cars off the road.”

“ If everyone switched just one car journey a month to bus, there would be a billion fewer car journeys and a saving of 2 million tonnes of carbon dioxide per year.”



## Greater Anglia

Take a look at the Greater Anglia website for ticket options and discounts. Some of the discounts available include:

- **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](http://www.greateranglia.co.uk/tickets-fares/find-right-ticket-you)

To find out more about general information, fares, passenger services, accessibility and more, visit: [www.greateranglia.co.uk/travel-information/station-information](http://www.greateranglia.co.uk/travel-information/station-information)





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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Phone: 01473 260600

## The Way To Go Suffolk

- [thewaytogosuffolk.org.uk](http://thewaytogosuffolk.org.uk)
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- TWTGSuffolk
- [discoversuffolk.org.uk](http://discoversuffolk.org.uk)
- [feelgoodsuffolk.co.uk](http://feelgoodsuffolk.co.uk)
- [livingstreets.org.uk](http://livingstreets.org.uk)
- [cyclinguk.org](http://cyclinguk.org)
- [suffolkonboard.com](http://suffolkonboard.com)
- [liftshare.com/uk](http://liftshare.com/uk)

## Hadleigh Town Council

- [hadleightowncouncil.gov.uk/](http://hadleightowncouncil.gov.uk/)

## Babergh District Council

- [babergh.gov.uk/](http://babergh.gov.uk/)

## Charles Church Rose Manor

- [charleschurch.com/new-homes/suffolk/rose-manor](http://charleschurch.com/new-homes/suffolk/rose-manor)