



THE WAY TO GO

Bellway

Lockwood Place Bramford

Travel Pack

Claim your
£120
travel voucher



Encouraging walking, cycling
and wheeling across Suffolk

 **Suffolk**
County Council



Introduction

Congratulations on moving into your new home and welcome to Lockwood Place, Bramford.

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 more active and sustainable travel. This will help reduce congestion, improve air quality and benefit both mental and physical health.

As a new resident of Lockwood Place, you can **receive a voucher worth up to £120** towards the cost of a new bike or accessories. We hope this will help with travel to work or school, keeping you healthy and reducing traffic in your local area.

If you would like to use the voucher for bus travel, the £120 will provide **two Town 28-day Passes** on Ipswich Bus.

Visit: **thewaytosuffolk.org.uk** to fill out the form to redeem this.

If you're interested in receiving a personalised travel plan for your regular journey to work or school, email us at: **thewaytosuffolk@suffolk.gov.uk**

The Way To Go Suffolk

 thewaytosuffolk.org.uk

 thewaytosuffolk@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.

To create your own walking routes, visit:

- www.plotaroute.com/routeplanner
- www.gojauntly.com
- www.discoversuffolk.org.uk/explore-suffolk

Come join us at the Burlington Cycling and Walking Hub, Burlington Baptist Church, London Road, Ipswich IP1 2EZ for a **free walking and cycling session** with our qualified instructors on the first and third Saturdays of every month. You can also get a **free bike doctor session**.

For more information and to book a slot email:
walkingandcycling@suffolk.gov.uk



Points of interest in Bramford and travel time by walking

Amenity	Distance from Lockwood Place	Walking time
Education		
Bramford C of E primary school	0.7 mile	14 mins
Sproughton C of E primary school	1.7 miles	37 mins
Whitehouse community primary school	1.9 miles	42 mins
Springfield infant school	2.3 miles	49 mins
Springfield junior school	2.4 miles	53 mins
Claydon high school	2.5 miles	55 mins
University of Suffolk	4.4 miles	1 hr 35 mins
Utilities		
Bramford and district social club	0.3 mile	7 mins
Tennis club	0.4 mile	8 mins
Bramford village news	0.4 mile	8 mins
Bramford post office	0.4 mile	8 mins
Co-operative	0.4 mile	8 mins
Golf centre	0.7 mile	14 mins
Riverhills health club	1.2 miles	27 mins
Ranelagh cycle warehouse	3.1 miles	1 hr 7 mins
Ipswich town centre	3.3 miles	1 hr 13 mins
Restaurant		
Indian Ocean	0.4 mile	8 mins
The Bramford Cock	0.5 mile	10 mins
Pharmacy		
Green Cross pharmacy	0.4 mile	9 mins
Cardinal medical practice	2.5 miles	55 mins

Amenity	Distance from Lockwood Place	Walking time
Place of worship		
Bramford Methodist Church	0.3 mile	7 mins
Bramford C of E Church	0.7 mile	15 mins
Burlington Baptist Church	3 miles	1 hr 6 mins
Transport		
Cemetery bus stop	0.01 mile	1 min
Acton Road bus stop	0.2 mile	4 mins
Ipswich railway station	3.7 miles	1 hr 26 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 bike shop is Ranelagh cycle warehouse: www.ranelaghcycles.com

Points of interest in Bramford and travel time by cycling

Amenity	Distance from Lockwood Place	Cycling time
Education		
Bramford C of E primary school	0.7 mile	3 mins
Sproughton C of E primary school	1.7 miles	9 mins
Whitehouse community primary school	1.9 miles	10 mins
Springfield infant school	2.3 miles	10 mins
Springfield junior school	2.4 miles	12 mins
Claydon high school	2.5 miles	13 mins
University of Suffolk	4.4 miles	25 mins

Amenity	Distance from Lockwood Place	Cycling time
Utilities		
Bramford and district social club	0.3 mile	1 min
Tennis club	0.4 mile	1 min
Bramford village news	0.4 mile	2 mins
Bramford post office	0.4 mile	2 mins
Co-operative	0.4 mile	2 mins
Golf centre	0.7 mile	3 mins
Riverhills health club	1.2 miles	6 mins
Ranelagh cycle warehouse	3.1 miles	18 mins
Ipswich town centre	3.3 miles	20 mins
Restaurant		
Indian Ocean	0.4 mile	2 mins
The Bramford Cock	0.5 mile	2 mins
Pharmacy		
Green Cross pharmacy	0.4 mile	2 mins
Cardinal medical practice	2.5 miles	13 mins
Place of Worship		
Bramford Methodist Church	0.3 mile	1 min
Bramford C of E Church	0.7 mile	3 mins
Burlington Baptist Church	3 miles	15 mins
Transportation		
Cemetery bus stop	0.01 mile	1 min
Acton Road bus stop	0.2 mile	1 min
Ipswich railway station	3.7 miles	21 min



Lockwood Place

B1067



B1113

B1067

Local amenities

- 1 Tennis club
- 2 Cemetery bus stop
- 3 Acton Road bus stop
- 4 Bramford and district social club
- 5 Bramford Methodist Church
- 6 Indian Ocean
- 7 Co-operative, post office
- 8 Green Cross pharmacy
- 9 The Bramford Cock
- 10 Bramford C of E primary school
- 11 Bramford C of E Church

Key

-  Regional cycleway
-  Footway



2 miles/3.2 km/40 minutes walking or 10 minutes cycling

▲ Claydon high school

● Golf centre

● Tennis club

● Cemetery bus stop

- Acton Road bus stop
- Bramford and district social club
- Bramford Methodist Church
- Indian Ocean
- Co-operative
- Post office
- Green Cross pharmacy
- The Bramford Cock
- Bramford C of E Church

● Bramford C of E primary school

● Whitehouse community primary school

● Riverhills health club

● Cardinal medical practice

● Springfield junior school

● Springfield infant school

● Sproughton C of E primary school

● Burlington Baptist Church

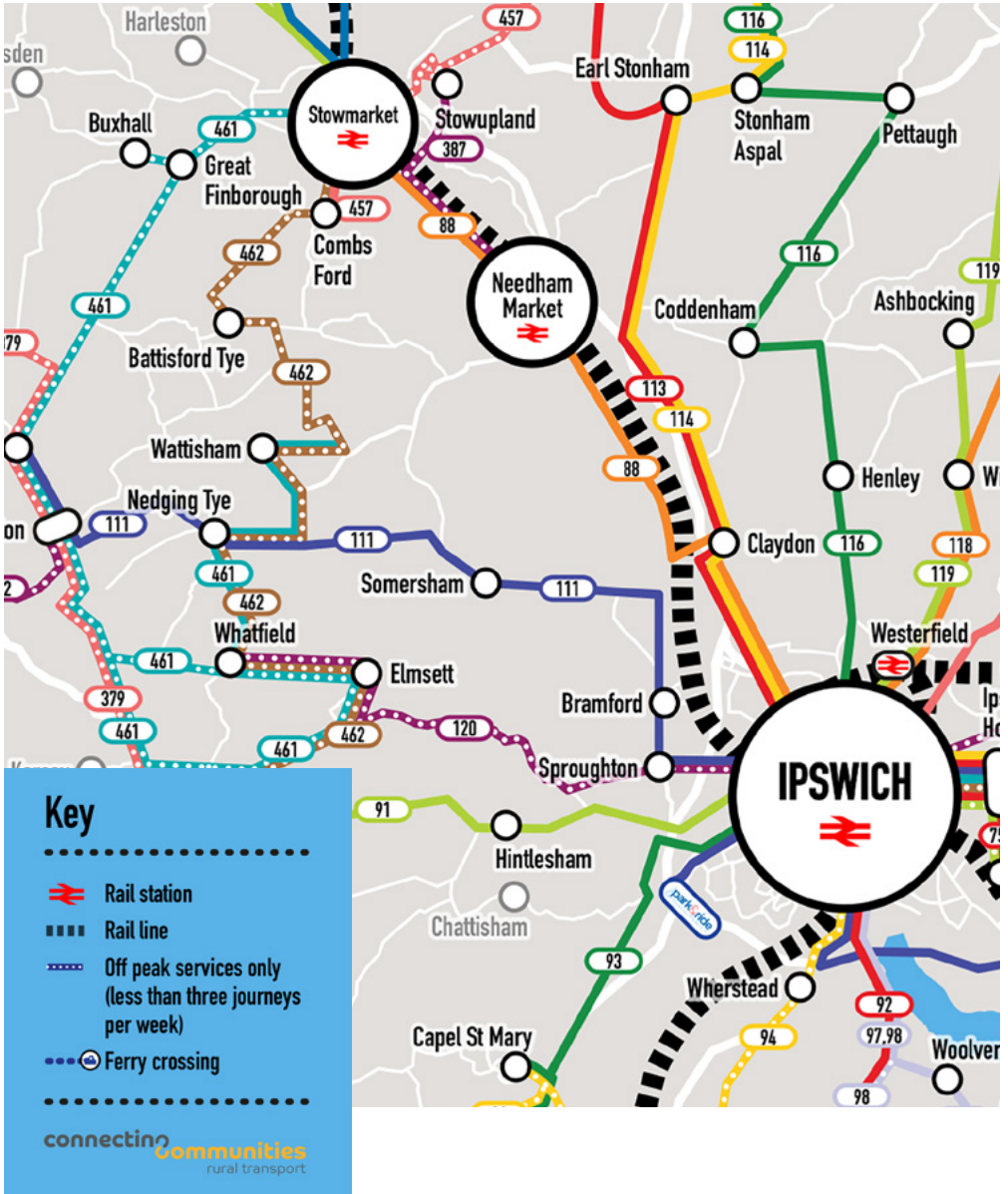
● Ranelagh cycle warehouse

● Ipswich town centre

● Ipswich train station

Suffolk Bus and Train Network

Valid from 2 January 2024



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** 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 follow them on X **@suffolkonboard**

Your local operators in Bramford

First Bus

Phone: 0345 646 0707

Website: www.firstbus.co.uk

Mulleys

Phone: 01359 230234

Website: www.mulleys.co.uk

Email: enquiries@mulleys.co.uk

Ipswich Buses

Phone: 01473 344 800

Website: www.ipswichbuses.co.uk

Email: info@ipswichbuses.co.uk



Encouraging walking, cycling and wheeling across Suffolk

Lift sharing

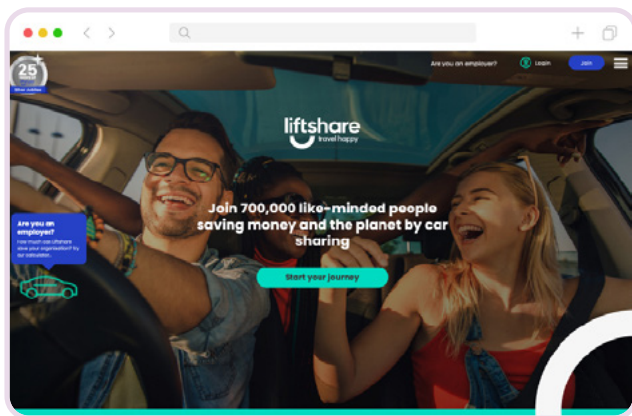
The Suffolk Lift Share scheme is freely available to those in Suffolk who sign up as either a driver or passenger. Any journey whether to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

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

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

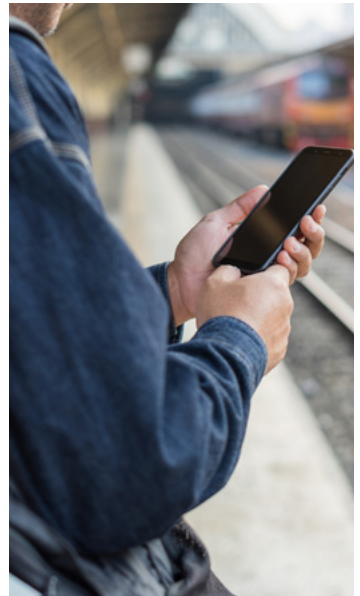
Greater Anglia

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

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



Encouraging walking, cycling and wheeling across Suffolk

Useful links

Walking and cycling

thewaytosuffolk.org.uk

– information on cycling in Suffolk, including **FREE** cycle maps available to download.

www.discoversuffolk.org.uk

– find walking and cycling leisure routes in Suffolk.

www.gojauntly.com – find new walks based on your location.

www.visorando.com/en – 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.visitsuffolk.com/see-do/walking

– find a local leisure walk you'll love.

www.plotaroute.com/routeplanner

– use this website to plan your own walking routes in Suffolk.

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/healthier-families

– find out how you could make a change to stay fit and healthy.

www.cyclinguk.org/bikeweek

– join in the Bike Week national challenge to get more people cycling to work.

www.britishcycling.org.uk

– what's hot in the world of cycling.

wheelsforall.org.uk – the UK's largest national cycling membership organisation.

feelgoodsuffolk.co.uk – an approach focussed on promoting well-being and positive living.

Public transport

www.suffolkonboard.com

– the guide to passenger transport in Suffolk for planning bus and rail journeys in the county.

www.suffolkonboard.com/buses

– receive bus timetable information straight to your phone by text.

www.greateranglia.co.uk – the main rail operator for Suffolk.

www.plusbus.info/home – to add an urban bus pass to your rail ticket.

www.ipswichbuses.co.uk – find the bus times for your local bus stop.

www.mulleys.co.uk – find bus service information.

www.nationalrail.co.uk – the definitive source of information for all passenger rail services.

www.traveline.info – timetables and journey planner for public transport.

www.firstbus.co.uk/planning-your-journey/next-bus – 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 travel information.

Car sharing

liftshare.com/uk – platform to help people share car journeys.

Other

www.suffolk.gov.uk/roads-and-transport – transport information from Suffolk County Council.

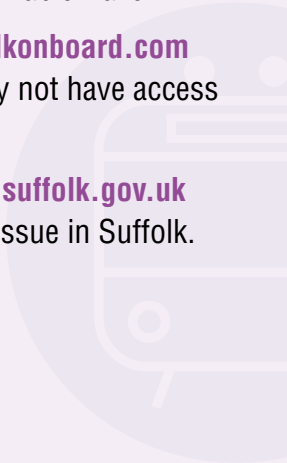
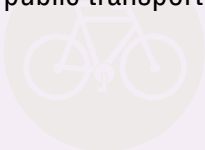
www.suffolkroadsafe.com – working together to reduce road collisions in Suffolk.

one.network – details current and future roadworks in your area.

www.sustrans.org.uk – the leading UK charity for sustainable travel.

communities.suffolkonboard.com – for those who may not have access to a bus service.

highwaysreporting.suffolk.gov.uk – report a highway issue in Suffolk.



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.



Designed and printed by  **vertas** Design & Print
Phone: 01473 260600

The Way To Go Suffolk

- ✈ thewaytogosuffolk.org.uk
- ✉ thewaytogosuffolk@suffolk.gov.uk
- ✂ @TWTGSuffolk
- 📘 The Way To Go Suffolk

Travel Planning in Suffolk

- ✈ thewaytogosuffolk.org.uk
- ✉ travelplans@suffolk.gov.uk

Suffolk Highways

- ✈ www.suffolk.gov.uk/roads-and-transport
- ✂ @Suff_Highways

Lockwood Place, Bramford

- ✈ www.bellway.co.uk/new-homes/essex/lockwood-place