



# THE WAY TO GO

## Picture House Green Leiston

Travel Pack

Claim your  
**£150**  
travel voucher



Encouraging walking, cycling  
and wheeling across Suffolk

 **Suffolk**  
County Council



# Introduction

## **Congratulations on moving into your new home and welcome to Picture House Green, Leiston.**

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.

### **Claim your complementary voucher below.**

As the first residents of your new home at Picture House Green, your household is entitled to **receive one sustainable travel voucher worth up to £150** towards the cost of a new bike and accessories or free bus travel in the local area. We hope that 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 £150 will provide one month's free travel on Borderbus/First Bus.

Visit our **[thewaytogosuffolk.org.uk](http://thewaytogosuffolk.org.uk)** website to fill out the form to redeem the voucher.

If you're interested in receiving a personalised travel plan for your regular journey to work or school, please email us at **[thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk)**

## **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.

**To create your own walking routes, visit:**

- [www.plotaroute.com/routeplanner](http://www.plotaroute.com/routeplanner)
- [www.gojauntly.com](http://www.gojauntly.com)
- [www.discoversuffolk.org.uk/explore-suffolk](http://www.discoversuffolk.org.uk/explore-suffolk)



# 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.

Each of the houses in the Picture House Green development come with bike shelters in the garden which are big enough to store three bikes.

## **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 repair shop is Sax Velo: [www.saxvelo.co.uk](http://www.saxvelo.co.uk)



## Points of interest in Leiston and travel time by walking and cycling from the Picture House Green development

Amenity	Distance from site	Approximate walking time	Approximate cycling time
<b>Education</b>			
Leiston Primary School	1 mile	20 mins	5 mins
Alde Valley Academy	1.1 miles	24 mins	6 mins
Summerhill school	0.6 miles	14 mins	4 mins
<b>Utilities</b>			
Leiston library	0.4 miles	9 mins	3 mins
Leiston Film Theatre	0.6 miles	14 mins	4 mins
The Long Shop Museum	0.4 miles	9 mins	3 mins
Leiston Community Centre	0.8 miles	17 mins	4 mins
Leiston Post Office	0.6 miles	14 mins	4 mins
East of England Co-Operative Foodstore	0.7 miles	14 mins	4 mins
Londis	0.7 miles	16 mins	4 mins
Sizewell Sports & Social Club	1.3 miles	28 mins	7 mins
Leiston Leisure Centre	1.2 miles	27 mins	7 mins
<b>Restaurant</b>			
The White Horse Hotel	0.4 miles	8 mins	2 mins
Leiston Traditional Fish and Chips	0.5 miles	11 mins	3 mins
<b>Medical</b>			
The Leiston Surgery	0.4 miles	9 mins	3 mins
Leiston Dental Care	0.7 miles	15 mins	4 mins

Amenity	Distance from site	Approximate walking time	Approximate cycling time
<b>Place of worship</b>			
United Church Leiston	0.6 miles	12 mins	4 mins
Leiston Baptist Church	0.7 miles	16 mins	4 mins
St Margaret of Antioch Church Leiston	0.2 miles	4 mins	2 mins
<b>Transport</b>			
Church Road bus stop (eastbound)	0.1 miles	2 mins	1 min
Church Road bus stop (westbound)	0.1 miles	2 mins	1 min

To create your own walking routes, visit [www.plotaroute.com/routeplanner](http://www.plotaroute.com/routeplanner), [www.gojauntly.com](http://www.gojauntly.com) or [www.discoversuffolk.org.uk/explore-suffolk](http://www.discoversuffolk.org.uk/explore-suffolk)

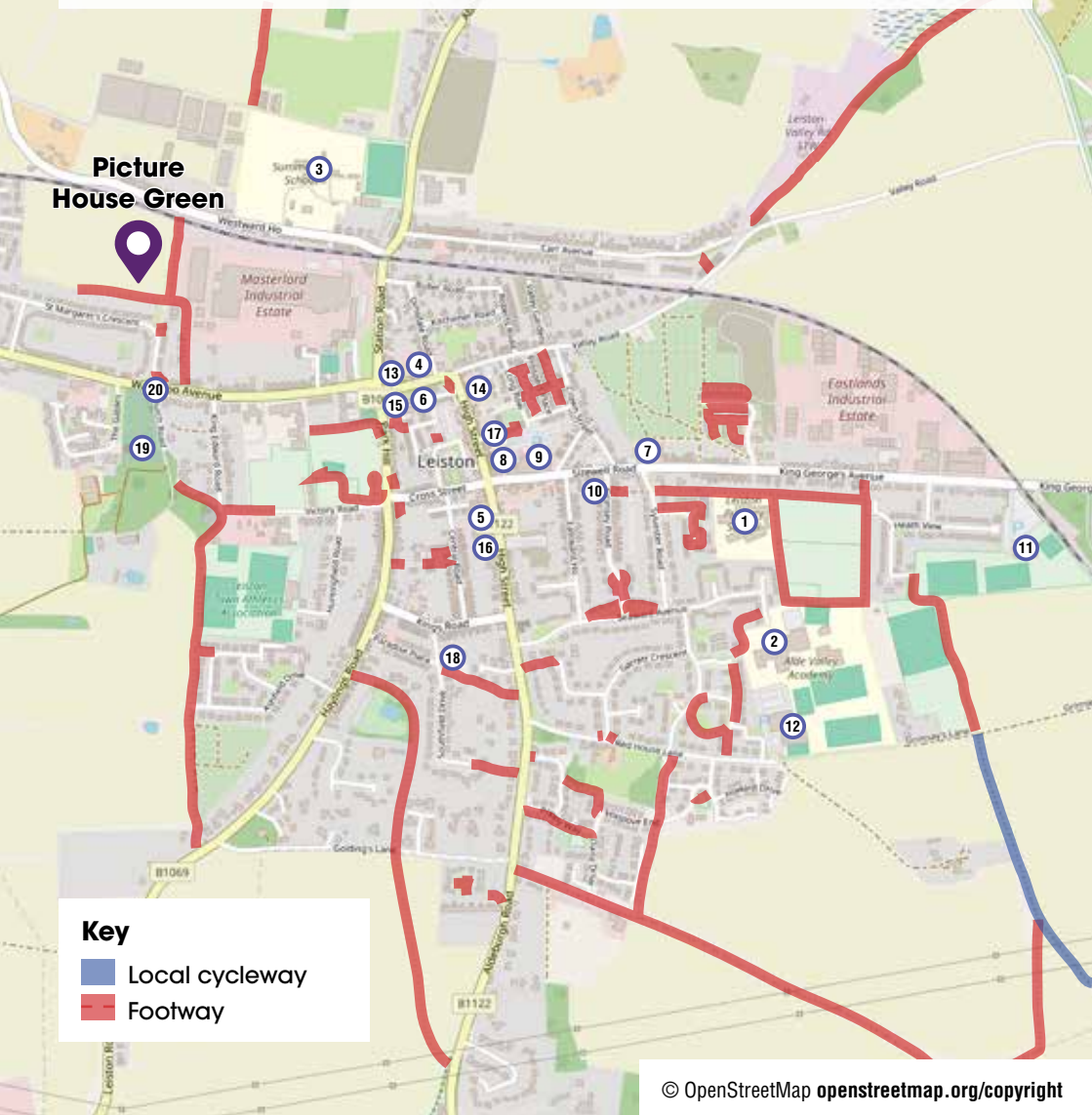
For more information, please visit our website – [thewaytogosuffolk.org.uk](http://thewaytogosuffolk.org.uk)





## Local amenities

- |                            |  |   |
|----------------------------|--|---|
| ① Leiston Primary School   | ⑨ East of England Co-Operative Foodstore | ⑮ The Leiston Surgery                   |
| ② Alde Valley Academy      | ⑩ Londis                                 | ⑯ Leiston Dental Care                   |
| ③ Summerhill school        | ⑪ Sizewell Sports & Social Club          | ⑰ United Church Leiston                 |
| ④ Leiston library          | ⑫ Leiston Leisure Centre                 | ⑱ Leiston Baptist Church                |
| ⑤ Leiston Film Theatre     | ⑬ The White Horse Hotel                  | ⑲ St Margaret of Antioch Church Leiston |
| ⑥ The Long Shop Museum     | ⑭ Leiston Traditional Fish and Chips     | ⑳ Church Road bus stops                 |
| ⑦ Leiston Community Centre |  |   |
| ⑧ Leiston Post Office      |  |   |

### Picture House Green



### Key

-  Local cycleway
-  Footway









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

- Leiston library
- The Long Shop Museum
- The White Horse Hotel
- The Leiston Surgery Dr Blade & Partners
- Leiston Traditional fish & chips
- Leiston post office
- Co-Operative Foodstore
- United Church Leiston
- Leiston Community Centre
- Londis
- Leiston Film Theatre
- Leiston Dental Care

Summerhill school

Church Road bus stops<sup>19</sup>

St Margaret of Antioch Church Leiston

Leiston Baptist Church

Leiston Primary School  
Alde Valley Academy

Sizewell Sports & Social Club

Leiston Leisure Centre



# 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.

**Easy to read timetables and help sheets to familiarise yourself on how to catch the bus are also available.**

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

## Your local operator in Leiston

### Borderbus

☎ 01502 714565

📧 [www.border-bus.co.uk](http://www.border-bus.co.uk)

✉ [office@border-bus.co.uk](mailto:office@border-bus.co.uk)

### First Bus

☎ 0345 646 0707

📧 [www.firstbus.co.uk](http://www.firstbus.co.uk)

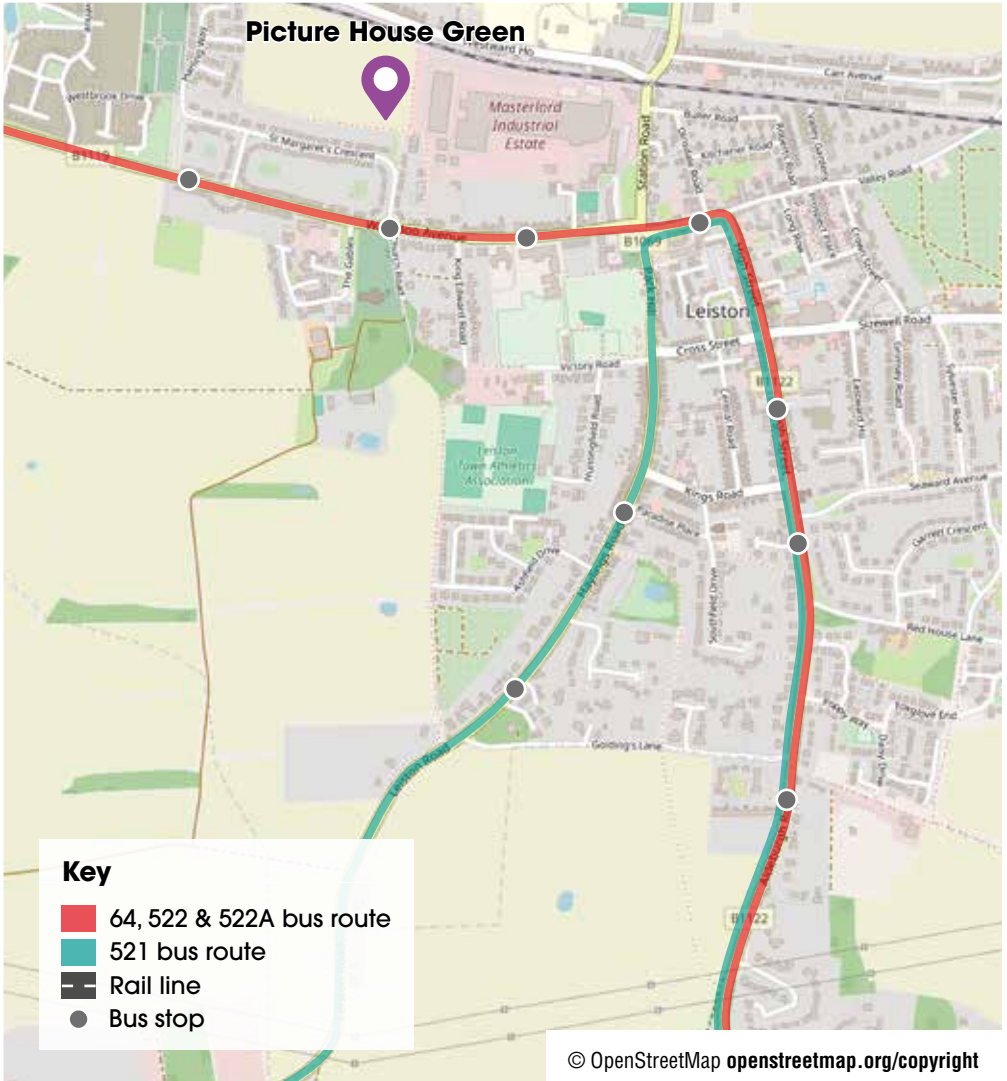


**Encouraging walking, cycling and wheeling across Suffolk**



# Suffolk bus network

Valid from 2 January 2024



# Lift sharing

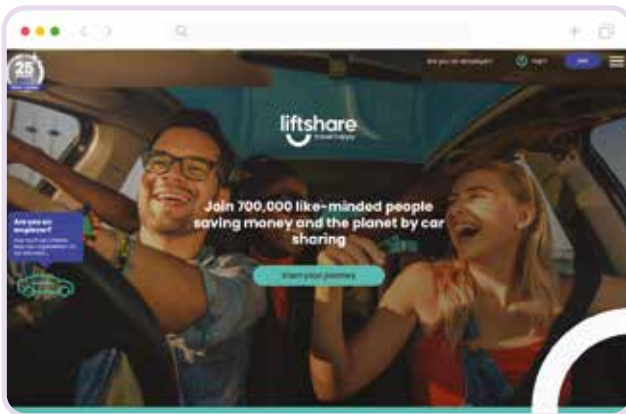
The Suffolk Lift Share scheme is freely available to everybody in Suffolk who sign up as either a driver or passenger. Any journey whether to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

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

Once you get matched with somebody 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 businesses

[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)



Encouraging walking, cycling and wheeling across Suffolk

# Useful links

## Walking and cycling

[thewaytosuffolk.org.uk](http://thewaytosuffolk.org.uk) – information on cycling in Suffolk, including FREE cycle maps available to download.

[www.discoversuffolk.org.uk](http://www.discoversuffolk.org.uk) – find walking and cycling leisure routes in Suffolk.

[www.gojauntly.com](http://www.gojauntly.com) – find new walks based on your location.

[www.visorando.com](http://www.visorando.com) – 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](http://www.visitsuffolk.com/see-do/walking) – find a local leisure walk you'll love.

[www.plotaroute.com/routeplanner](http://www.plotaroute.com/routeplanner) – use this website to plan your own walking routes in Suffolk.

[www.ramblers.org.uk](http://www.ramblers.org.uk) – find walks from the Ramblers Association charity.

[www.livingstreets.org.uk](http://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](http://www.nhs.uk/healthier-families) – find out how you could make a change to stay fit and healthy.

[www.cyclinguk.org/bikeweek](http://www.cyclinguk.org/bikeweek) – join in the Bike Week national challenge to get more people cycling to work.

[www.britishcycling.org.uk](http://www.britishcycling.org.uk) – what's hot in the world of cycling.

[wheelsforall.org.uk](http://wheelsforall.org.uk) – the UK's largest national cycling membership organisation.

[feelgoodsuffolk.co.uk](http://feelgoodsuffolk.co.uk) – an approach focussed on promoting well-being and positive living.

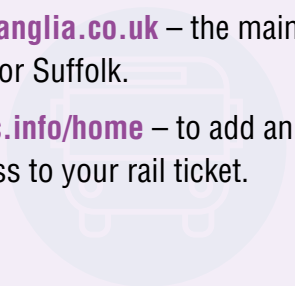
## Public transport

[www.suffolkonboard.com](http://www.suffolkonboard.com) – the guide to passenger transport in Suffolk for planning bus and rail journeys in the county.

[www.suffolkonboard.com/buses](http://www.suffolkonboard.com/buses) – receive bus timetable information straight to your phone by text.

[www.greateranglia.co.uk](http://www.greateranglia.co.uk) – the main rail operator for Suffolk.

[www.plusbus.info/home](http://www.plusbus.info/home) – to add an urban bus pass to your rail ticket.



[www.mulleys.co.uk](http://www.mulleys.co.uk) – find bus service information.

[www.nationalrail.co.uk](http://www.nationalrail.co.uk) – the definitive source of information for all passenger rail services.

[www.traveline.info](http://www.traveline.info) – timetables and journey planner for public transport.

[www.firstbus.co.uk/planning-your-journey/next-bus](http://www.firstbus.co.uk/planning-your-journey/next-bus) – find the bus times for your local bus stop.

[www.transportfocus.org.uk](http://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](http://www.suffolk.gov.uk/children-families-and-learning/schools) – home to school travel information.

## Car sharing

[liftshare.com/uk](http://liftshare.com/uk) – platform to help people share car journeys.

## Other

[www.suffolk.gov.uk/roads-and-transport](http://www.suffolk.gov.uk/roads-and-transport) – transport information from Suffolk County Council.

[www.suffolkroadsafe.com](http://www.suffolkroadsafe.com) – working together to reduce road collisions in Suffolk.

[one.network](http://one.network) – details current and future roadworks in your area.

[www.sustrans.org.uk](http://www.sustrans.org.uk) – the leading UK charity for sustainable travel.

[communities.suffolkonboard.com](http://communities.suffolkonboard.com) – for those who may not have access to a bus service.

[highwaysreporting.suffolk.gov.uk](http://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**.



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Phone: 01473 260600

## The Way To Go Suffolk

- [thewaytogosuffolk.org.uk](http://thewaytogosuffolk.org.uk)
- [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk)
- The Way To Go Suffolk

## Travel planning in Suffolk

- [thewaytogosuffolk.org.uk](http://thewaytogosuffolk.org.uk)
- [travelplans@suffolk.gov.uk](mailto:travelplans@suffolk.gov.uk)

## Suffolk Highways

- [www.suffolk.gov.uk/roads-and-transport](http://www.suffolk.gov.uk/roads-and-transport)
- @Suff\_Highways

## Picture House Green, Leiston

- [flagship-homes.co.uk/developments/picture-house-green](http://flagship-homes.co.uk/developments/picture-house-green)