



THE WAY TO GO



Constable Gardens East Bergholt

Travel Pack



Claim your
£150
travel voucher



Encouraging walking, cycling
and wheeling across Suffolk





Claim your complementary voucher below

As the first residents of your new home at Constable Gardens, 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 Ipswich Buses.

Visit thewaytogosuffolk.org.uk and click on the Travel pack section and to your respective development, then fill out the form to redeem the voucher.

Introduction

Congratulations on moving into your new home and welcome to Constable Gardens, East Bergholt.

The Way To Go team at Suffolk County Council have produced this exclusive Travel Information Pack for you as part of the Residential Travel Plan on behalf of David Wilson Homes, to give residents a choice of travel modes and encourage them to travel more sustainably.

A Travel Plan is a document that aims to encourage and support a shift to more active and sustainable modes of travel, through the implementation of a range of measures and monitoring progress throughout an agreed timeframe.

David Wilson Homes has appointed The Way To Go Suffolk team as the Travel Plan Coordinator for Constable Gardens.

Within this pack you'll find information such as a travel map of your local area, useful websites, free travel vouchers, details about public transport services and cycling routes. Through the Constable Gardens Travel Plan, The Way To Go team aims to improve accessibility to local services, road safety, air quality and reduce congestion by enhancing sustainable travel options that would benefit both mental and physical health.

If you are interested in receiving a personalised travel plan for your regular journey to work or school, please email us at **thewaytogosuffolk@suffolk.gov.uk**

The Way To Go Suffolk

 thewaytogosuffolk.org.uk

 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
- www.gojauntly.com
- 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.

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 The Bike Doctor at Cooks Garage (KMC Automotive Solutions).

☎ 01206 298245



Points of interest in East Bergholt and travel time by walking and cycling from the Constable Gardens development

Amenity	Distance from site	Approximate walking time	Approximate cycling time
Education			
East Bergholt VC primary school	0.5 miles	10 mins	2 mins
East Bergholt high school	0.6 miles	13 mins	3 mins
East Bergholt Young Explorers	0.5 miles	11 mins	2 mins
Utilities			
Village shop & post office	0.7 miles	15 mins	3 mins
Sports centre	0.6 miles	13 mins	3 mins
Tennis club	1 mile	22 mins	5 mins
Bowls club	1.5 miles	32 mins	7 mins
Cricket club	1.1 miles	23 mins	5 mins
Lambe School (venue)	0.6 miles	12 mins	3 mins
Constable Memorial Hall	1.1 miles	24 mins	6 mins
The Place For Plants	1.4 miles	29 mins	6 mins
The Bike Doctor	0.5 miles	10 mins	2 mins
RSPB Flatford Wildlife Garden Nature Reserve	1.7 miles	35 mins	9 mins
Restaurant			
Carriers Arms	0.2 miles	4 mins	1 min
Oranges & Lemons	1.3 miles	27 mins	6 mins
Hare and Hounds	0.3 miles	7 mins	1 min
The Lion	0.7 miles	15 mins	3 mins

Amenity	Distance from site	Approximate walking time	Approximate cycling time
Medical			
Constable Country medical practice	0.6 miles	13 mins	3 mins
Day Lewis Pharmacy	0.7 miles	14 mins	3 mins
Place of worship			
St Mary's Church	0.8 miles	18 mins	4 mins
Congregational Church	0.8 miles	17 mins	4 mins
Transport			
Foxhall Fields bus stops	335 ft	1 min	1 min

To create your own walking routes, visit www.plotaroute.com/routeplanner, www.gojauntly.com or www.discoversuffolk.org.uk/explore-suffolk

For more information, please visit our website – thewaytosuffolk.org.uk





Local amenities

- | | | |
|-----------------------------------|--------------------------------------|--|
| ① East Bergholt VC primary school | ⑧ Cricket club | ⑮ Day Lewis Pharmacy |
| ② East Bergholt high school | ⑨ Lambe School (venue) | ⑯ St Mary's Church |
| ③ East Bergholt Young Explorers | ⑩ Constable Memorial Hall | ⑰ Congregational Church |
| ④ Village shop & post office | ⑪ The Place For Plants | ⑱ Foxhall Fields bus stops |
| ⑤ Sports centre | ⑫ Carriers Arms | ⑲ The Bike Doctor |
| ⑥ Tennis club | ⑬ The Lion | ⑳ RSPB Flatford Wildlife Garden Nature Reserve |
| ⑦ Bowls club | ⑭ Constable Country medical practice | |

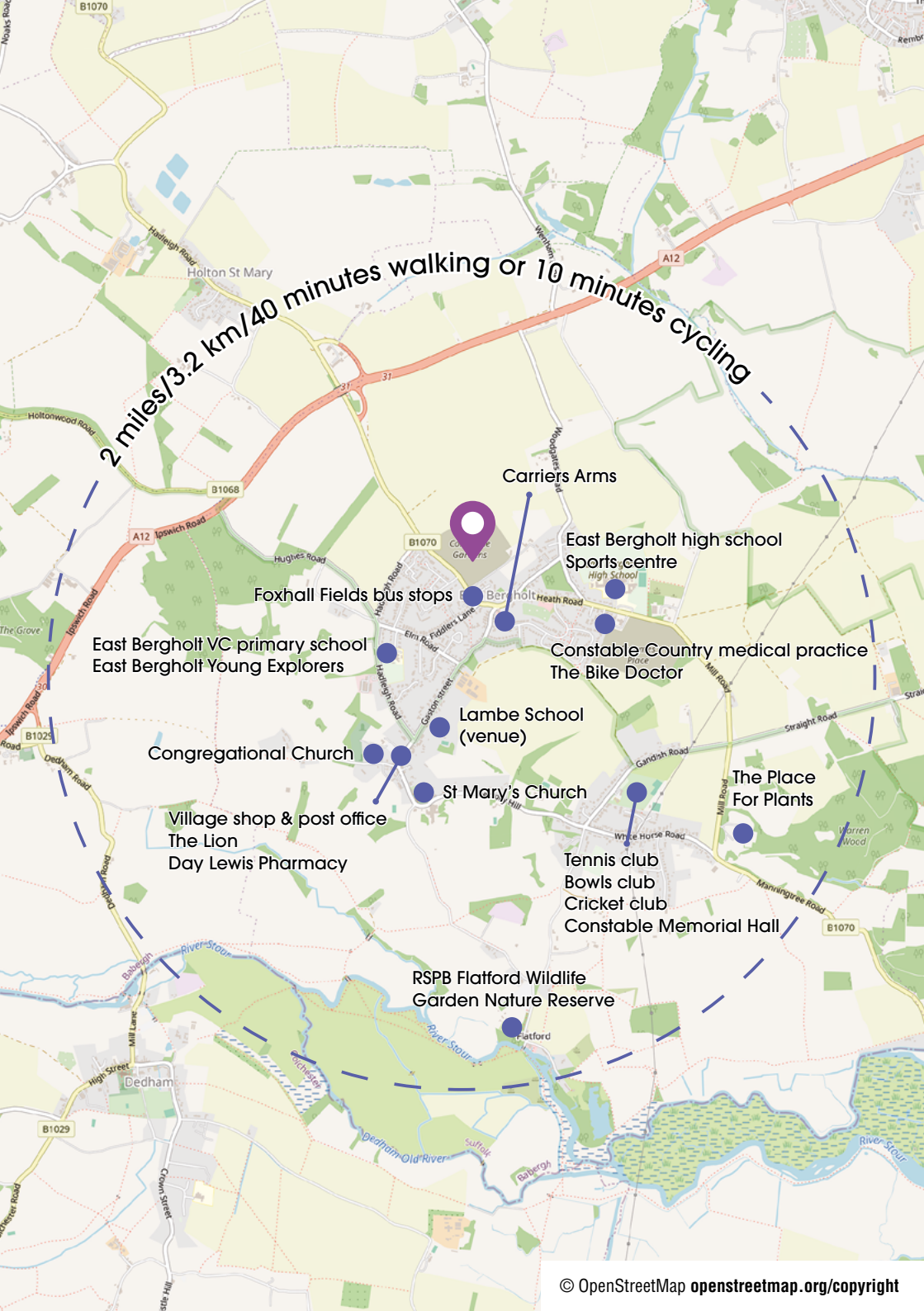


Key

-  Regional cycleway
-  Footway







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

Carriers Arms

East Bergholt high school
Sports centre

Foxhall Fields bus stops

East Bergholt VC primary school
East Bergholt Young Explorers

Constable Country medical practice
The Bike Doctor

Lambe School
(venue)

Congregational Church

St Mary's Church

The Place
For Plants

Village shop & post office
The Lion
Day Lewis Pharmacy

Tennis club
Bowls club
Cricket club
Constable Memorial Hall

RSPB Flatford Wildlife
Garden Nature Reserve

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.

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**

Your local operator in East Bergholt

Ipswich Buses

☎ 01473 344 800

📧 www.ipswichbuses.co.uk

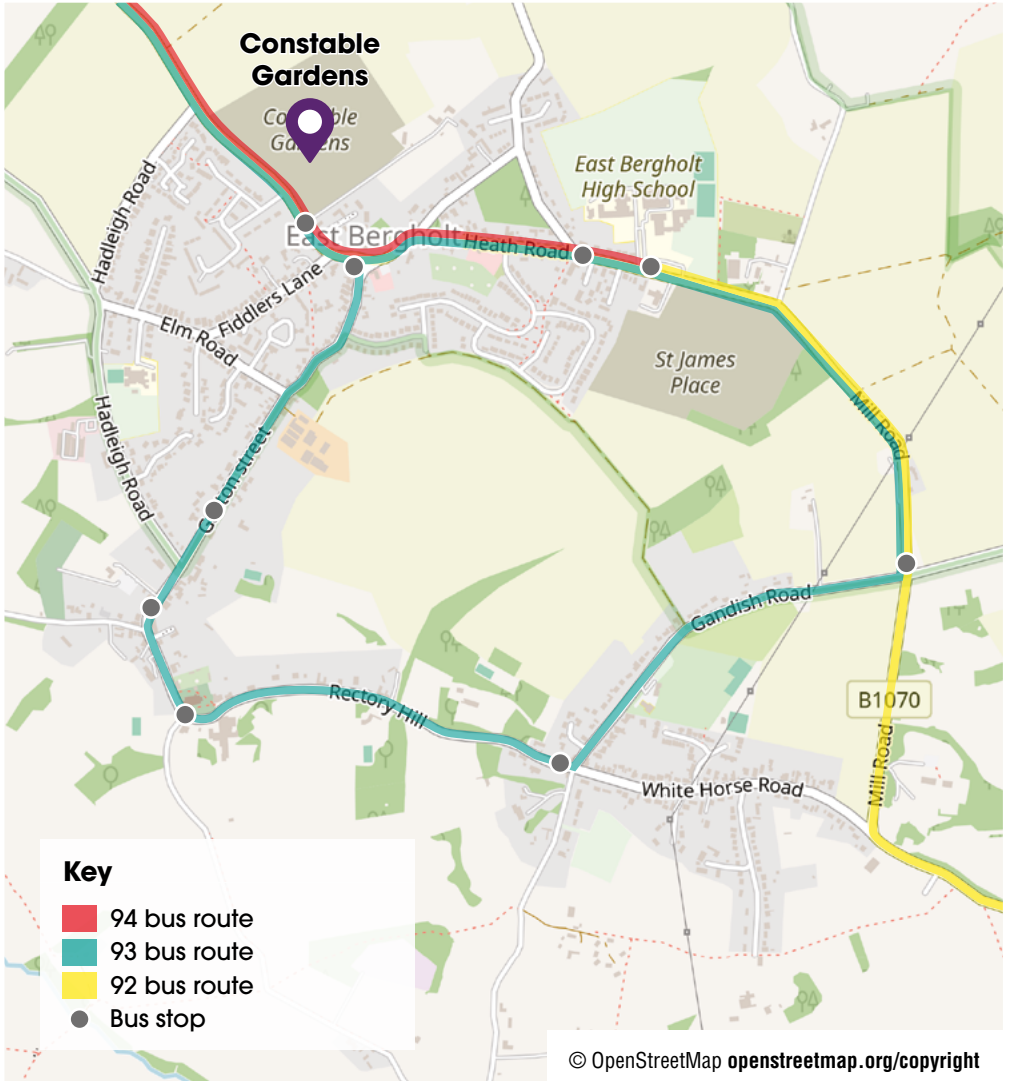
✉ info@ipswichbuses.co.uk



Encouraging walking, cycling and wheeling across Suffolk

Suffolk bus network

Valid from 2 January 2024



Lift sharing

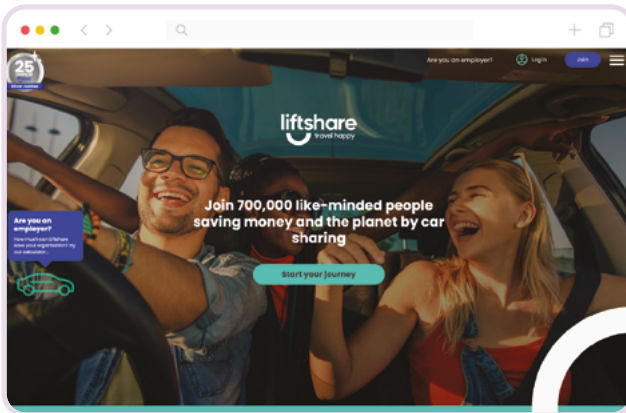
The Suffolk Lift Share scheme is freely available to those in Suffolk who sign up as either a driver or passenger. Any journey whether to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

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





Take the train

Manningtree station is 3.7 miles from Constable Gardens.

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

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.

walkingandcyclinginsuffolk.org.uk – information on social prescribing pilot in Suffolk.

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.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

www.activesuffolk.org – website that aims to promote physical activity, sports, and health initiatives across 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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The Way To Go Suffolk

-  thewaytogosuffolk.org.uk
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-  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

Constable Gardens, East Bergholt

-  www.dwh.co.uk/new-homes/dev-002616-constable-gardens