

Northfield View
STOWMARKET

TRAVEL
PACK



LOCAL LINKS

The way to go

INTRODUCTION

The Local Links travel pack includes useful websites, vouchers and local information on sustainable travel in and around Stowmarket. 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.

Moving into a new home is an ideal opportunity to think about how you travel. Whether this be popping to the shops, taking children to school, or cycling to work. We can assist you with personalised travel planning guidance and help towards the cost of a bike or cycle equipment. Email us for more information and to find out how to claim your £60 cycle voucher or public transport tickets. travelplans@suffolk.gov.uk

Local Links

- 📍 www.suffolk.gov.uk/locallinks
- 🐦 local.links@suffolk.gov.uk
- ✉️ [@SuffLocalLinks](https://twitter.com/SuffLocalLinks)



HEALTH BENEFITS OF WALKING AND CYCLING

Stowmarket's new Northfield View development has resulted in lots of opportunities to walk and cycle in Stowmarket.

With the train station and town centre being under a 10-minute bicycle ride alongside many other short journeys, it's the ideal opportunity to get in part of your recommended 150 minutes of exercise per week in your daily activities.

The Stowmarket cycle map which shows existing cycle routes in Stowmarket is available to freely download and print on www.suffolk.gov.uk/cycling

To create your own walking routes, visit www.plotaroute.com/routeplanner or www.discoverysuffolk.org.uk/map/

For more information, visit our Travel Planning website www.suffolk.gov.uk/locallinks



SITE - APPROXIMATE TIMES

Local Retail and Other Facilities
Wolsey Road local parade of shops - walking - 18 mins and cycling - 6 mins
Tesco - walking - 49 mins and cycling - 17 mins
Town Centre - walking - 27 mins and cycling 9 mins
Asda - walking - 22 mins and cycling 7 mins
Lidl - walking - 17-mins and cycling 6 mins
Employment Areas
The Charles Industrial Estate - walking 31 mins and cycling 9 mins
Tomo Business Park - walking 35 mins and cycling 10 mins
Education
Wood Leys Primary School - walking - 5 mins and cycling 1 minute
Abbot's Hall CP School - walking - 25 mins, and cycling 6 mins
St Peter and St Marys Pre School - walking - 11 mins and cycling 3 mins
Chilton Community Primary School - walking - 16 mins and cycling 5 mins
Stowmarket High School - walking - 12 mins and cycling 3 mins
Medical
Stow Health, Violet Hill - walking - 16 mins and cycling - 3 mins
Wedgwood Dental Practise - walking - 20 mins and cycling - 5 mins
Suffolk Lodge Health Care Centre - walking - 8 mins and cycling - 2 mins
Leisure and Recreation
Mid-Suffolk Leisure Centre - walking - 9 mins and cycling - 2 mins
Stowmarket Rugby Club - walking - 4 mins and cycling - 1 minute
Stowmarket Library - walking - 25 mins and cycling - 6 mins
Cedars Park Community Centre - walking - 41 mins and cycling - 12 mins
Transport
Train Station - walking 26 mins and cycling 9 mins

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 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

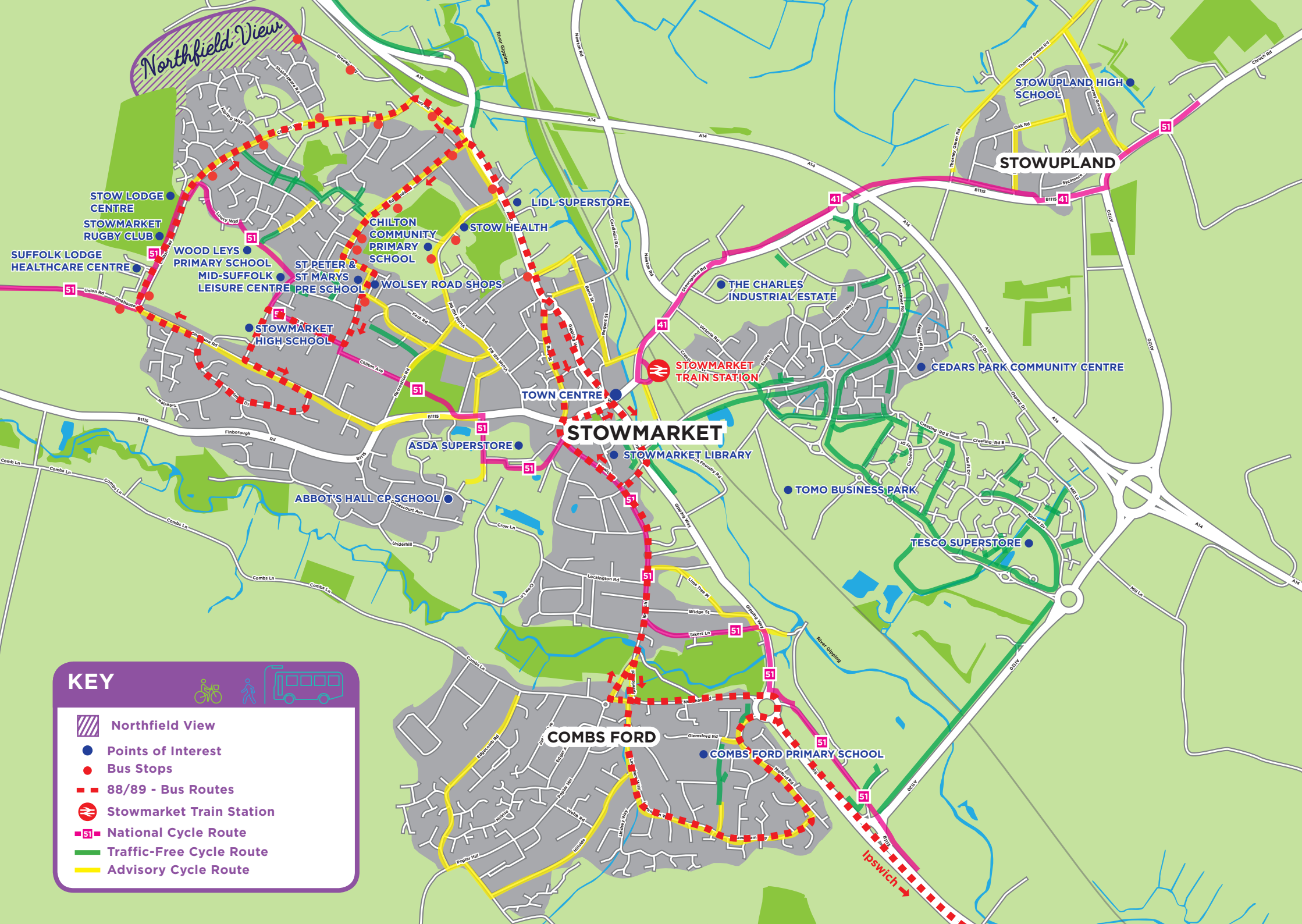
- Reading timetables
- Downloading timetables
- Train timetables
- View details of upcoming changes to passenger transport services in Suffolk
- Search for a bus timetable by service number
- Find out more information on school transport

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

Your local operators in Stowmarket

- **First in Norfolk and Suffolk** www.firstgroup.com/norfolk-suffolk
- **Galloways** www.travel-galloway.com/Local-Bus-Search_Stowmarket
- **Connecting Communities** www.communities.suffolkonboard.com
- **Suffolk Norse** www.suffolknorse.co.uk
- **Mulleys** www.mulleys.co.uk
- **Ipswich Buses** www.ipswichbuses.co.uk





KEY

 Northfield View

 Points of Interest

 Bus Stops

 88/89 - Bus Routes

 Stowmarket Train Station

 National Cycle Route

 Traffic-Free Cycle Route

 Advisory Cycle Route



GREATER ANGLIA OFFER

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

<https://www.greateranglia.co.uk/tickets-fares/find-right-ticket-you>

If the FREE bus voucher does not suit your needs, alternatively we have a rail voucher which is available for you to claim if you have not claimed your bus voucher. This consists of 8 return tickets from Stowmarket, valid to any station on the Greater Anglia network excluding London. Contact travelplans@suffolk.gov.uk for more information

Local Links

Website: www.suffolk.gov.uk/locallinks

Email: local.links@suffolk.gov.uk

Twitter: @SuffLocalLinks

Travel Planning in Suffolk

Website: www.suffolk.gov.uk/planning-waste-and-environment/planning-and-development-advice/travel-plans/

Email: travelplans@suffolk.gov.uk

Stowmarket Town Council

Website: www.stowmarket.org/

USEFUL WEBSITE LINKS

Walking and Cycling

- 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/ – find different activities for you and the family
- www.walkinginsuffolk.co.uk – find a local leisure walk you'll love
- www.walkit.com – specialised route planning for walks or leisure in Suffolk
- 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.suffolk.gov.uk/travelplans – 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.suffolk.gov.uk/cycling – 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

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/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
 - NHS health checks
 - Stop Smoking
 - Get Help to Get Active
 - Lose Weight

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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