

CRINGLEFORD HEIGHTS

TRAVEL INFORMATION PACK



**CLAIM YOUR
£70 TRAVEL
INCENTIVE INSIDE!**





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KEEP UP TO DATE!



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SMARTERTRAVEL.UK.COM/CRINGLEFORDHEIGHTS

WELCOME

WELCOME TO THE CRINGLEFORD HEIGHTS TRAVEL INFORMATION PACK

This pack has been produced exclusively for the residents of Cringleford Heights to provide information on local travel options. The pack is also filled with travel news and money saving tips along with free vouchers and exclusive offers to get you travelling sustainably.

1

WHAT IS A TRAVEL PLAN?

A Travel Plan is a package of measures and actions specific to each development with an aim to help residents transition to greener travel choices. Travel options are monitored annually and reported back to the County Council.

2

WHAT IS THE BENEFIT OF THIS PACK?

We've created this pack for you to refer back to with any journey or travel queries. Inside you will find journey times for all modes of transport to local amenities, along with your local map, cycle routes, footpaths and bus stops. There are also **travel vouchers for you to claim (head to the next page to find out more)**. It may not be possible for everyone to make changes to their journeys, but we are here to help support you in choosing a more sustainable mode of travel where possible!

3

HOW TO GET IN CONTACT

Email: CringlefordHeights@SmarterTravel.uk.com

Web: SmarterTravel.uk.com/CringlefordHeights

VOUCHERS

for free travel

**AS A RESIDENT OF CRINGLEFORD HEIGHTS YOU ARE ENTITLED TO
CLAIM A FREE £70 VOUCHER!**

To claim your voucher please complete our short travel survey to allow us to understand the travel habits within Cringleford. This information will then be passed back to Norfolk County Council to suggest improvements.

YOU CAN CLAIM ONE OF THE FOLLOWING:



A 4-WEEK BUS PASS
To be redeemed with First Bus services in and around Norwich.

A £70 ACTIVE TRAVEL VOUCHER. The voucher allows purchase of a wide range of all sporting / fitness equipment from bikes to fitness trackers and even AirPods.

HOW TO CLAIM:

To claim your voucher, simply complete the survey by visiting:
SmarterTravel.uk.com/CringlefordHeights
or

**SCAN THE
QR CODE
HERE**



Alongside your voucher, you can also claim a free Personal Travel Plan (head over to the opposite page for more info).

If you do not have access to a smartphone you can either, give us a call on: 01603 230240, drop us an email at: CringlefordHeights@SmarterTravel.uk.com or write to us (our address can be found at the back of the pack!) Please note, only one voucher request per household, full T&C's can be found at: SmarterTraveluk.com/CringlefordHeights

PERSONAL travel planning

Personal Travel Plans (PTP's) identify all travel options from A to B, for example from your home to your workplace or school. To get your PTP - simply provide us your regular destination, the time you need to be there by and the time you normally leave. We will take care of the rest!



You will be supplied with full details of all the travel options available to you, including: driving, public transport, walking and cycling (where relevant). Furthermore, if there are any suitable lift sharing options, these will be highlighted to you.

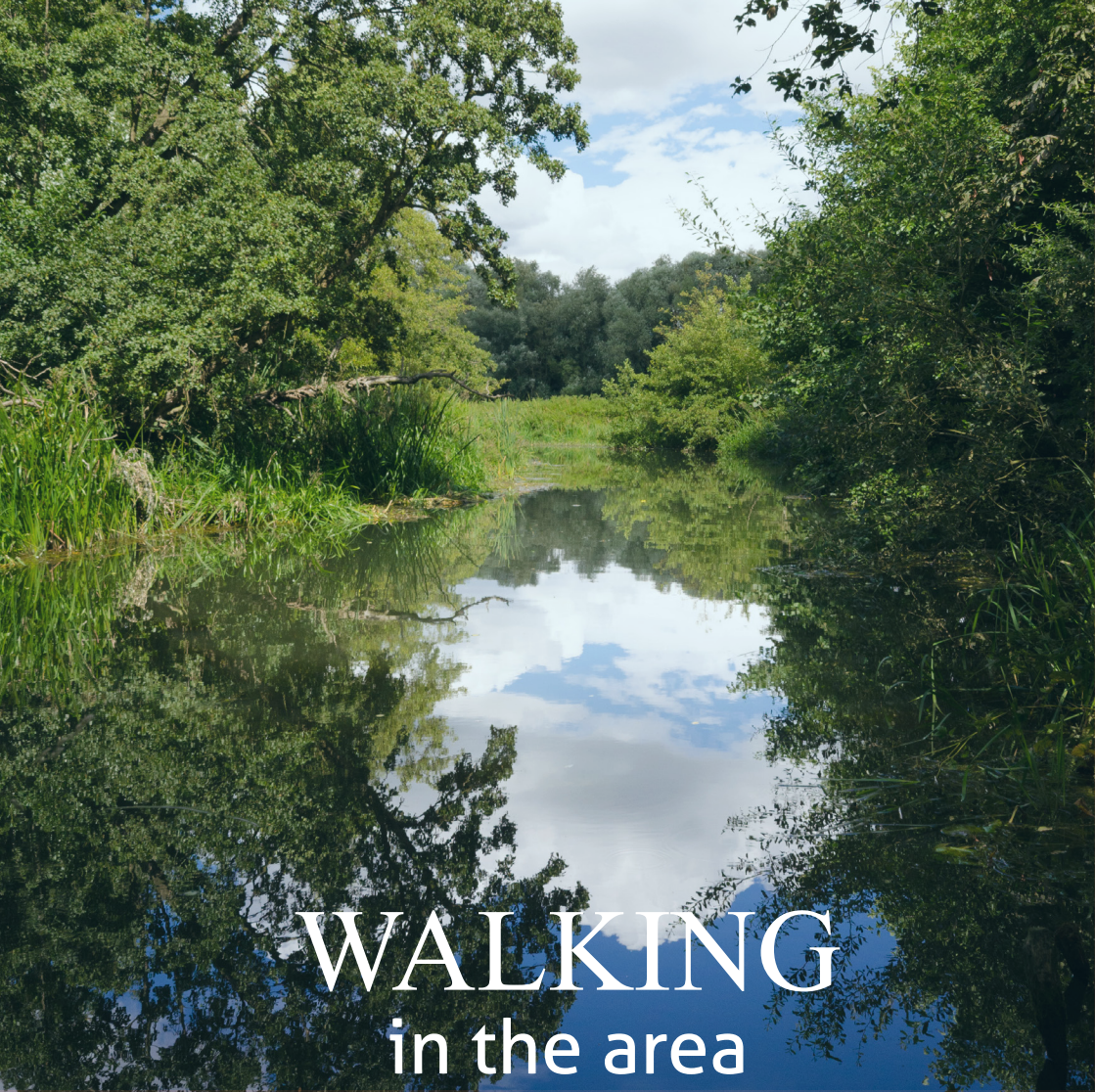
You will also receive a full breakdown of the journey duration for each travel mode, route details, departure time from your home, the amount of CO₂ emitted and the amount of calories burned. This is sent to you via email to help assist you in making a more practical and smarter travel choice!

For any other members of your household wanting a PTP or if circumstances change in a few months or years, please visit the Cringleford Heights section of the Smarter Travel website to complete the short online form.

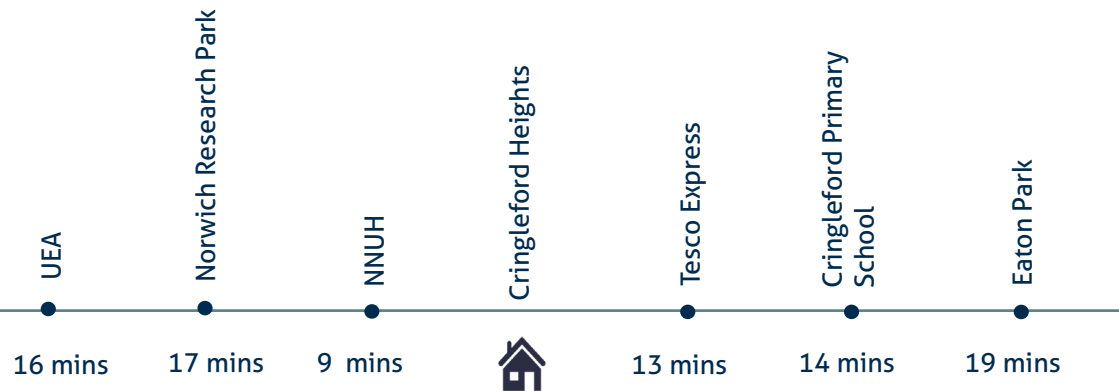
Complete the survey by scanning the QR code or visit:
SmarterTravel.uk.com/CringlefordHeights to get your free PTP.



If you would like further advice or have any specific questions regarding your Personal Travel Plan, please feel free to contact us at: CringlefordHeights@SmarterTravel.uk.com.



WALKING in the area



WALKING in the area



Walking is a great way to get out, whether that's a leisurely stroll or by incorporating it into your commute, there are tonnes of benefits!

Not only is walking good for your body but it's also good for your mind. A brisk 30-minute walk each day will have significant improvements on your health. You could make your walking commute a social occasion too and walk with friends. With various amenities within a suitable walking distance of Cringleford Heights, why not swap one short car journey for a walk instead?

You could use your active travel voucher towards some new trainers, walking boots or even a smartwatch to keep you on the move. Alongside your voucher you can also claim a Smarter Travel pedometer! Scan the QR code on page 4 to claim yours!

HEALTH BENEFITS

Guidance suggests that adults should try to get at least 150 minutes of exercise each week, the good news is, a brisk walk contributes to this! Some of the health benefits of walking include:

- Reduced risk of cardiovascular problems;
- Helps improve the strength of your bones;
- Increases your muscle strength;
- Increased productivity; and
- Makes you happier (studies can prove this!)



Have you considered joining a walking group?

Ramblers have an organised walk every Saturday around Norwich, with moderate and varying lengths.

Find out more:
[Ramblers.org.uk](https://www.ramblers.org.uk) or
scan the QR code!



LOCAL WALKS TO EXPLORE:

There are plenty of local walks, parks and nature reserves around Cringleford for you to explore. Here are just a few on your door step:

- **UEA LAKE** - a circular 3km walk around the scenic UEA lake.
- **EATON PARK** - an 80 acre park with a boat pond along with a cafe.
- **BOWTHORPE MARSH** - a relaxing place for a walk filled with nature and wildlife.
- **HELLEDON ROAD RIVERSIDE WALK** - a picturesque walk along the River Wensum which can be made as long as you wish.
- **WHITLINGHAM COUNTRY PARK** - a large water front circular walk with car parking, activities and a cafe.

USEFUL WEBSITES & APPS



MAP MY WALK

Record your walk details, including duration, distance, pace, elevation and calories burned!

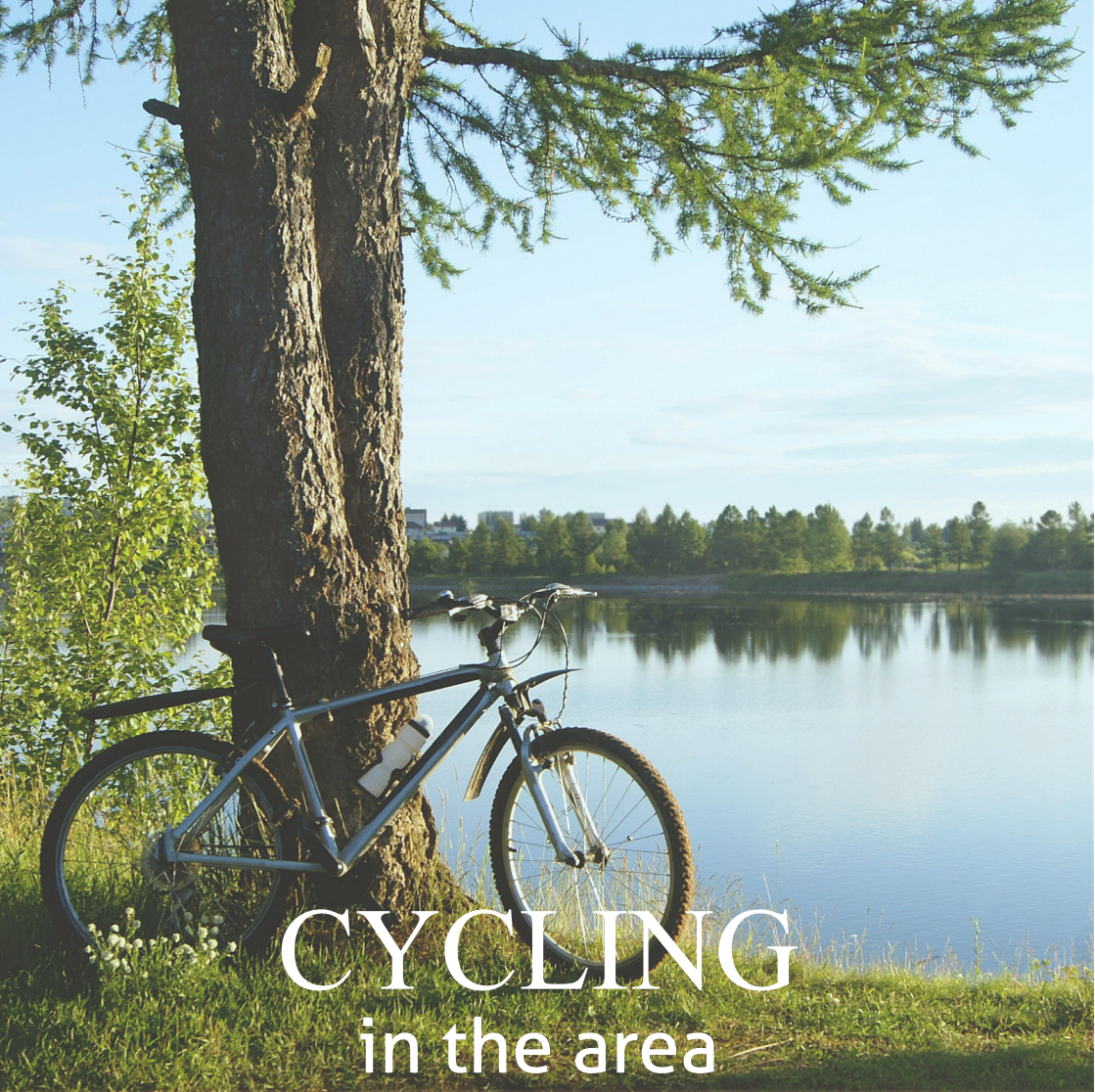
[MapMyWalk.com](https://www.mapmywalk.com)



KOMOOT

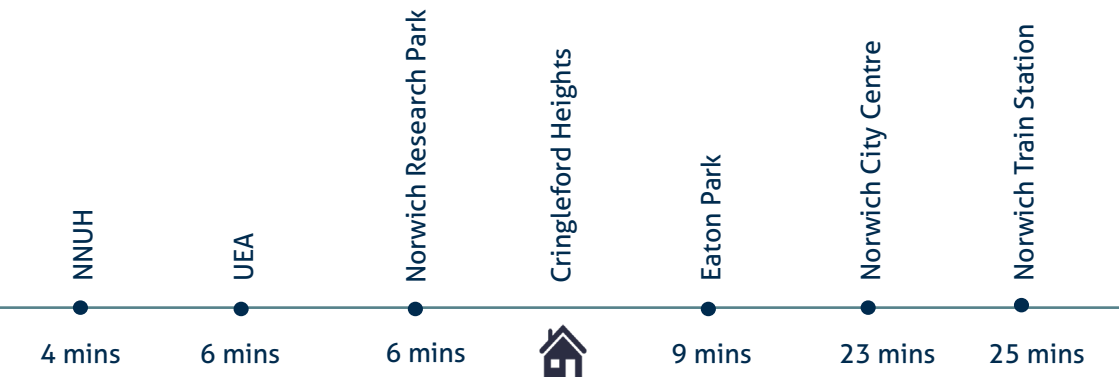
Full of mapped out routes for you to try!

[Komoot.com](https://www.komoot.com)



CYCLING

in the area



CYCLING in the area



Many of us are now commuting far less and working from home more, but not only is cycling great for commuting, it's even better for maintaining a healthy lifestyle.

There are many scenic cycling routes from Cringleford Heights which are great for all levels of experience. Nearby, the Purple Pedalway provides a leisurely circular cycle route and the Blue and Pink Pedalways take you into the city centre.

To view a cycle map of Norwich, visit: SmarterTravel.uk.com/CringlefordHeights.

CYCLE TO WORK SCHEMES

Cycle to work schemes are a UK government tax exemption initiative which allows you to hire a bicycle and other equipment. At the end, you have the option to purchase for a small fraction of the price.

Many different schemes are available, but they all allow for a tax deduction and can be paid through your salary. Please speak to your employer to find out more.

CLAIM YOUR £70 CYCLE VOUCHER

You could spend yours on a new helmet, cycle lights or even fitness tracker. To claim your voucher, scan the QR code or visit: SmarterTravel.uk.com/CringlefordHeights or scan the QR code.

E-BIKES

E-Bikes offer you that extra assistance, allowing you to travel further, as effortlessly as you like. With an average full charge cost of 17p, they are a great cost saving method and can be purchased through cycle to work schemes. To trial an e-bike for free head to the Halfords website: Halfords.co.uk

No Bike? No problem!

You can easily hire a Beryl Bike located along Colney Lane, just the other side of the NNUH within the UEA grounds opposite the Bob Champion Research Building (a 14-minute walk). The cost is 5p per minute and £1 unlocking fee. For more info visit: Beryl.cc or download the **Beryl App**.



CYCLE ROUTES

Marriott's Way

A 26-mile off road cycle friendly route along a disused train line.

Bure Valley Path

Meeting with Marriott's Way and Weavers' Way at Aylsham, this 9 mile walking and cycle path follows part of the route of the former Great Eastern Railway.

Norwich City Centre

A 3.8 mile route taking you into the centre of Norwich along Unthank Road and through Eaton Park.



USEFUL WEBSITES & APPS

STRAVA

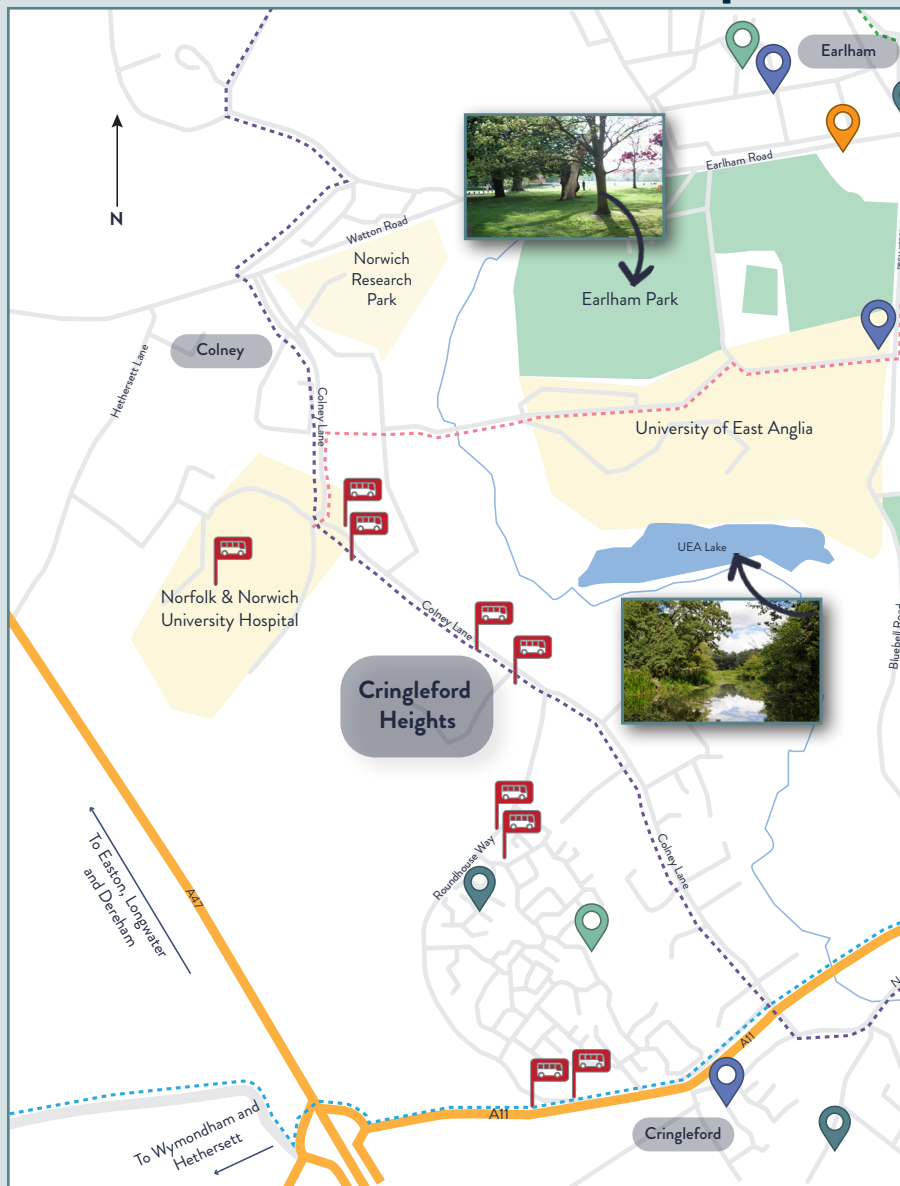
Keep track of your cycle journeys and share your routes with friends and family. Visit: Strava.com



CYCLESTREETS

One of the most comprehensive route planners and it's free to use! Visit: CycleStreets.net

LOCAL area map



Bus Stop



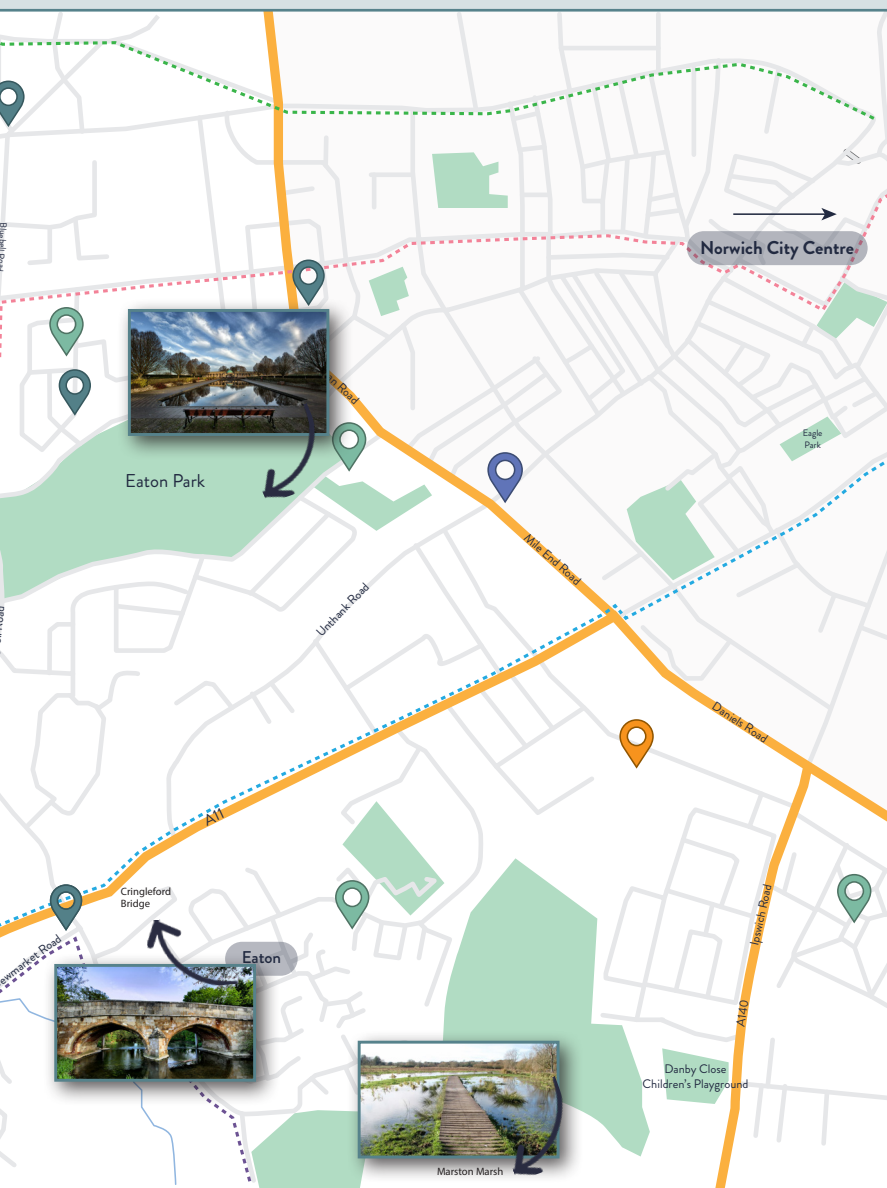
Convenience Store/Supermarket






Blue Pedalway

Green Pedalway

Pink Pedalway

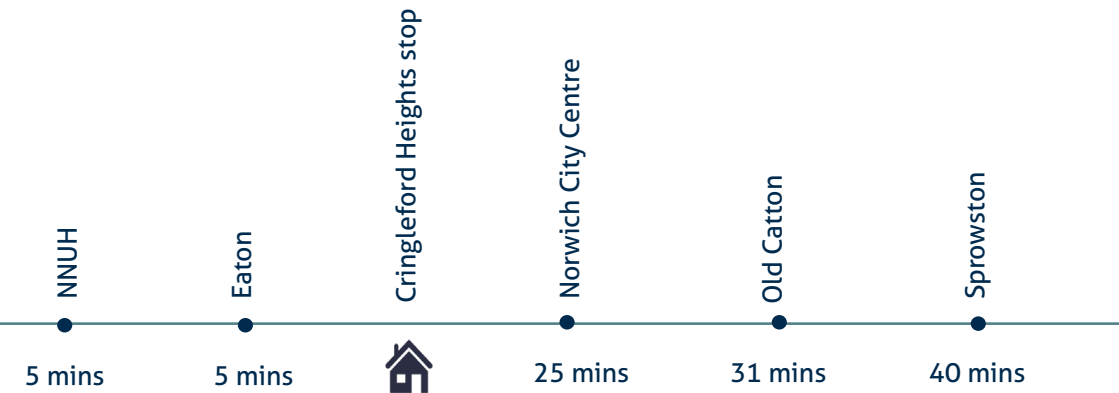


Primary School  Secondary School  Doctors Surgery

Pink Pedalway  Outer Circuit Cycle Route 



BUS travel



BUS travel



Your nearest bus stops are located along Colney Lane, close to the main entrance of Cringleford Heights. First Buses operate through these stops most frequently with the Norwich Network services 11, 11A, 12 and 13A. These services provide links to Norwich city centre, Wroxham, Sprowston and Wymondham.

There is also the Konect bus services 3 & 4 to Watton, Norwich, and Wymondham. Both the First Buses and Konect Bus services stop at the Cringleford Interchange allowing access to further services. Please visit the Cringleford Heights section on the Smarter Travel website to view the up to date bus timetables.

FREQUENT SERVICES

Service 11, 11A & 12 First Buses: (Pink Line) Norwich City Centre, Sprowston, Wroxham, running every 30-minutes, Monday to Friday.

Service 13A First Buses: (Turquoise Line) Norwich City Centre, Attleborough & Wymondham.

Service 3 & 4 Konect Buses: Watton to Norwich, running frequently at varying times throughout the day, Monday to Saturday. Sundays there are only 4 services available. The service stops off within NNUH, Wymondham, Hethersett and terminates on St Stephens Street in Norwich.



**SCAN FOR THE
FIRST BUS
TIMETABLES**



COMMUNITY TRANSPORT

For those that may not be able to use conventional transport methods.

NORWICH DOOR TO DOOR BUS SERVICE

Covering Norwich and outer areas of Norwich, with a one way 5-mile trip costing £6. To use this service, pre-register by calling: **01603 776735** (Monday to Friday between 9:30-3:30pm) or visit: **NorwichDoorToDoor.org.uk**.

TRANSPORT PLUS

Operated by Norfolk County Council, it covers Norwich as well as Norfolk. Please book at least 3-working days ahead. Journeys are 45p per mile, to book, please call: **0344 800 8020** (Monday to Friday 9am - 5pm) or visit: **Norfolk.Gov.Uk**.

CLAIM YOUR FREE BUS TICKETS

Scan the QR code to claim your 4-week bus pass with First Buses, valid across their entire network of services around Norwich.



USEFUL WEBSITES & APPS



BUS CHECKER

Instant up to date info on all buses throughout the UK to help you plan your journey
BusChecker.com

GREENER car travel



By 2035 all new vehicles manufactured within the UK will need to be electric.

Get ahead and visit: [Zap-map.com](https://www.zap-map.com) for more info!

GREENER car travel



Public transport, cycling or walking your commute is not possible for everyone. However, there are still plenty of things you can do to reduce car emissions by switching to a hybrid vehicle or joining a car club.

JOURNEY SWAPS

Many of us are already commuting far less, which is great! However, there is always more you can do to help. Why not reduce your car journeys by having groceries delivered to your doorstep?

Combining your car trips / errands into one journey is another great way to reduce small journeys. Did you know the average commute is only 5-miles long? This would only be a 35-minute cycle ride!

CAR SHARING

Car or lift sharing is a great way to reduce the cost of travel along with CO₂ emissions, whether that's with someone you already know or through the LiftShare website. There are over 400 potential lift share options already in the wider area! Sign up for free with Lift Share to find someone to share your journey! Visit: [Liftshare.com](https://www.liftshare.com)



Electric vehicles are becoming increasingly popular, by 2035 all new cars within the UK will need to be electric.

BENEFITS OF MAKING THE SWITCH:

✓ Cheaper to Run

Compared with the ever fluctuating fuel costs, running an electric vehicle typically costs 1/3 of petrol/diesel (around £8.20 for a full charge at home).

✓ Maintenance

Electric vehicles have fewer moving parts and are mechanically less complex which means less to go wrong.

✓ Tax Saving

The tax on an electric/hybrids is far less, as the government are encouraging people to make the switch.

✓ Environmental Issues

With the climate crisis at its worst ever we all need to reduce our emissions where possible. Electric vehicles produce far less CO₂ emissions.

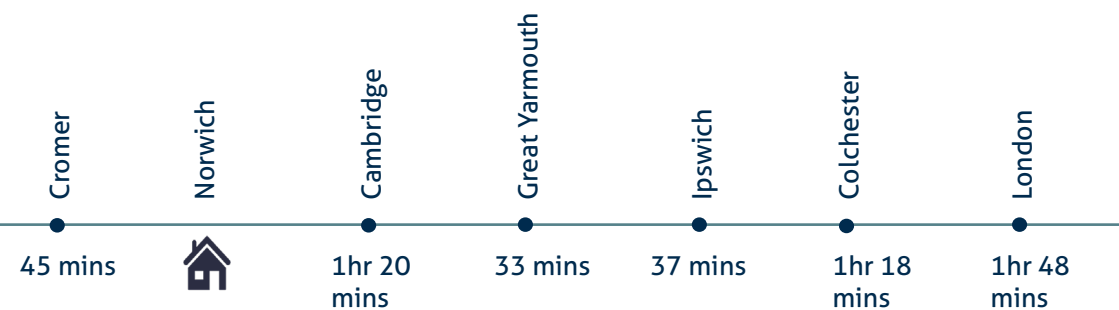
USEFUL APPS & WEBSITES



To view current chargers near you use the ZAP MAP website: [Zap-Map.com](https://www.zap-map.com) also available as an app.



TRAIN travel



TRAIN travel



Your nearest train station is located within Norwich, a 20-minute drive/bus ride or a 25-minute cycle ride away.

From Norwich station direct services can be reached to; London, Ipswich, Lowestoft and Great Yarmouth. Within the grounds of Norwich station there are 442 free sheltered cycle storage spaces along with 62 car spaces.

RAIL CARDS AVAILABLE

- Age 16-25 Railcard
- Age 16-17 Saver
- Senior Railcard age 60+
- Veterans Railcard
- Two together Railcard
- Disabled Persons Railcard
- 26-30 Railcard
- Family & Friends Railcard

Find yours at: [Railcard.co.uk](https://railcard.co.uk) or scan the QR code!



Did you know you can take your bike on the train for free? For more information visit the Cringleford Heights section on the Smarter Travel Website:
SmarterTravel.uk.com/CringlefordHeights

PERSONAL TRAVEL PLANNING

To find out how you could improve your journeys with a comparison of: cost, time, CO₂ emissions and calories burned, scan the QR code or visit:
SmarterTravel.uk.com/CringlefordHeights



USEFUL APPS & WEBSITE



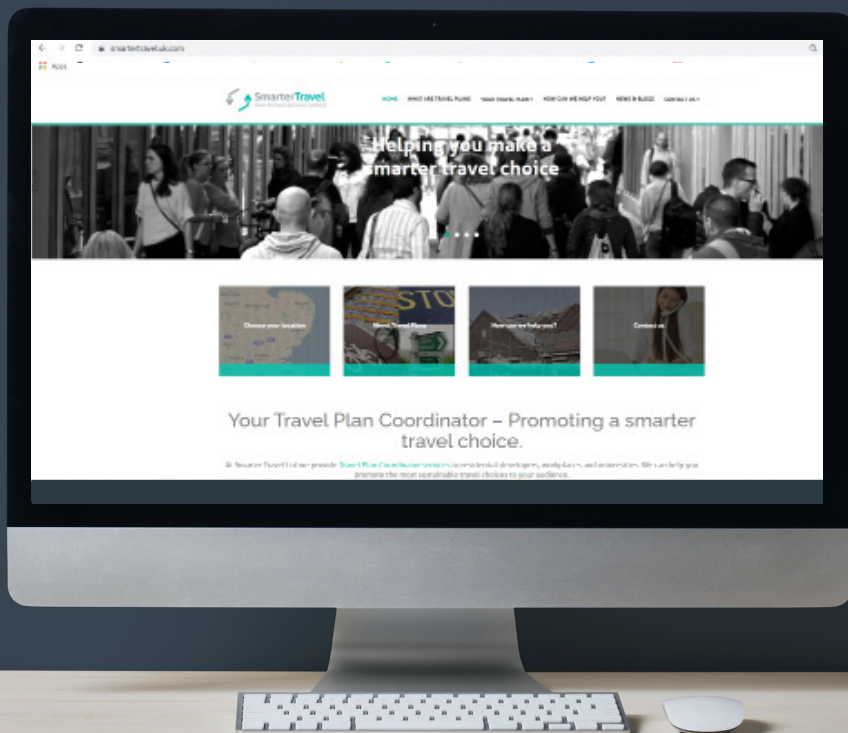
NATIONAL RAIL

A great journey planning app which notifies you in the event of any disruption or delay to your travel. Tickets can also be purchased via their app & website.
NationalRail.co.uk



GREATER ANGLIA

Follow Greater Anglia on Twitter for all travel updates & journey delays. Download their app for all journey planning. @GreaterAnglia
GreaterAnglia.co.uk



TRAVEL PLAN website

Keep up to date with what is happening in and around Cringleford Heights, along with information on events, competitions with prizes and travel news specifically for you!

WWW.SMARTERTRAVEL.UK.COM/CRINGLEFORDHEIGHTS



@SmarterTravelNorfolk



@RJSmarterTravel

DISCOUNTED Travel

Commuting can become very expensive, whether that's by public transport or by car, therefore we've compiled some cost saving methods to reduce your travelling expense!

BUS PASSES

If you haven't already, visit the Norfolk County Council website to see if you are eligible for a discounted bus pass. This includes transport for school, those of pensionable age or disabilities. Additionally, if you can't access the internet please contact us and we will do our best to help!

Visit Norfolk.Gov.uk to find out more. Alternatively, you can give us a call on: 01603 230240 or write to us.

SAVE MONEY ON TRAIN TRAVEL

If you're travelling by train for leisure purposes, Railcards are a great way to save money on off-peak travel (1/3rd off). There are a wide selection of Railcards available, with the average costing between £20-£30 for the year.

Another great way to save money on your rail fares is to split your tickets if your journey involves a change. There are lots of website which can do this for you, including:
TrainSplit.com.



KONECT BUS & FIRST BUS STUDENT SAVERS

If you're under 20 and you get the bus to school, college or sixth form, then you can get an unlimited travel pass valid for one term for £130. To find out more visit:

KonectBus.co.uk/SaveBig
FirstBus.co.uk



Smarter Travel Ltd, 4 The Old Church, St Matthews Road, Norwich, NR1 1SP.
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Claim your
£70 voucher or
bus tickets
today!



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