

Oakwood Park Travel Plan Newsletter 2022



Cycling



Cycling in Wymondham

Did you know cycling is three times faster than walking? To get to Wymondham town centre, why not swap a car journey for a bike ride? You can cycle to Wymondham within 7 minutes along Norwich Road.

You can also cycle to Norwich in under 50 minutes, via the Blue Pedalway which follows Norwich Road and Newmarket Road.

Little Riders

If you are looking for basic cycling training for your children, then why not try Little Riders? Little Riders aim to help more young people enjoy the benefits of cycling by teaching them road safety and the basics of cycling. They also organise cycle maintenance workshops.

Learn more: littleridersuk.co.uk



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If you do not wish to receive any further communication from us, please contact us at
OakwoodPark@SmarterTravel.uk.com

Walking



It is recommended that we should walk 10,000 steps a day.

Instead of driving, try walking to Lidl or Waitrose, both within a 10 minute walking distance, equivalent to 1,000 steps.

If you are looking for a quick nature escape, try Kett's Park. It is a 15 minute walk from Oakwood Park, and it takes approximately 20 minutes to walk around Kett's Park. Not only does it give you a break from work, it also increases your energy level, reduce fatigue, improves mental alertness and boost creativity.

Useful apps & websites

Here are some useful apps & websites to further support your active travelling, suggested for you to incorporate to your daily lives.



Cycle Streets
Plan your cycle journey in your area. For easy or advanced routes, check CycleStreets.
Learn more:
cyclestreets.org



Liftshare
Join for free as a passenger or a driver. Save money by car sharing.
Learn more:
liftshare.com



First Bus
Are you a frequent bus rider? First Bus has introduced new tickets to make travelling easier across the county. Learn more:
firstbus.co.uk

Travel Plan Monitoring 2022



The goal of the Oakwood Park Travel Plan is to encourage active travelling. In autumn 2021, we conducted an online survey to compare travel habits against Travel Plan targets. It also helps us to identify and advise alternative modes of transport that benefits you and the environment.

From our 2021 Travel Plan update, we found that

- There has been a continued reduction of 2.8% in single car occupancy usage compared to 2020.
- 14.1% of the residents travel by walking around the area.
- A significant number of residents travel to the Norwich area.

Congratulations to all our prize winners in 2021.

You can view the full TP update online.

Can you spot the difference?

List all differences correctly to win.

The first **five** residents with the correct answer will receive a Smarter Travel goody box including cycle lights, an umbrella and reflective snap bands!

How to enter

Contact us on the email address below with the differences you can find.

Hint: There are six differences!

Visit the Oakwood Park section of the Smarter Travel website for more information on the Travel Plan.



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Personal Travel Plan

Have you claimed your FREE Personal Travel Plan? Scan the below QR code!

A PTP provides all the information on your travel options to and from a destination.

Every PTP details:

- Calories burnt
- Journey distance
- Duration of journey
- Estimated CO₂ per passenger for each alternative travel mode.



An email will be sent to you with full details of your PTP.