

Welcome to your New Home!

Meridian Gate, Royston

Land North of Newmarket Road, Royston, Hertfordshire



Linden
HOMES

**Sustainable Travel
Information Pack**

Your guide to local amenities and walking, cycling and public transport in your area

WELCOME TO YOUR NEW HOME!

This Travel Information Guide provides information about your local amenities and how you can make local journeys on foot and by bicycle, together with information about bus and rail travel, car sharing, tips on more environmentally friendly car use and tips for homeworking.

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Introduction

What is a Sustainable Travel Information Pack (STIP)?

This STIP has been prepared by Sweco on behalf of Linden Homes as part of their ongoing commitment to encourage journeys by sustainable transport modes.

Sweco will be working with residents at Meridian Gate (Land North of Newmarket Road) to encourage more sustainable travel. A Travel Plan has been approved by the Council for the development – which includes a range of measures that will be implemented to influence travel behaviour - in particular to reduce single occupancy car trips and promote car sharing, walking, cycling and public transport.

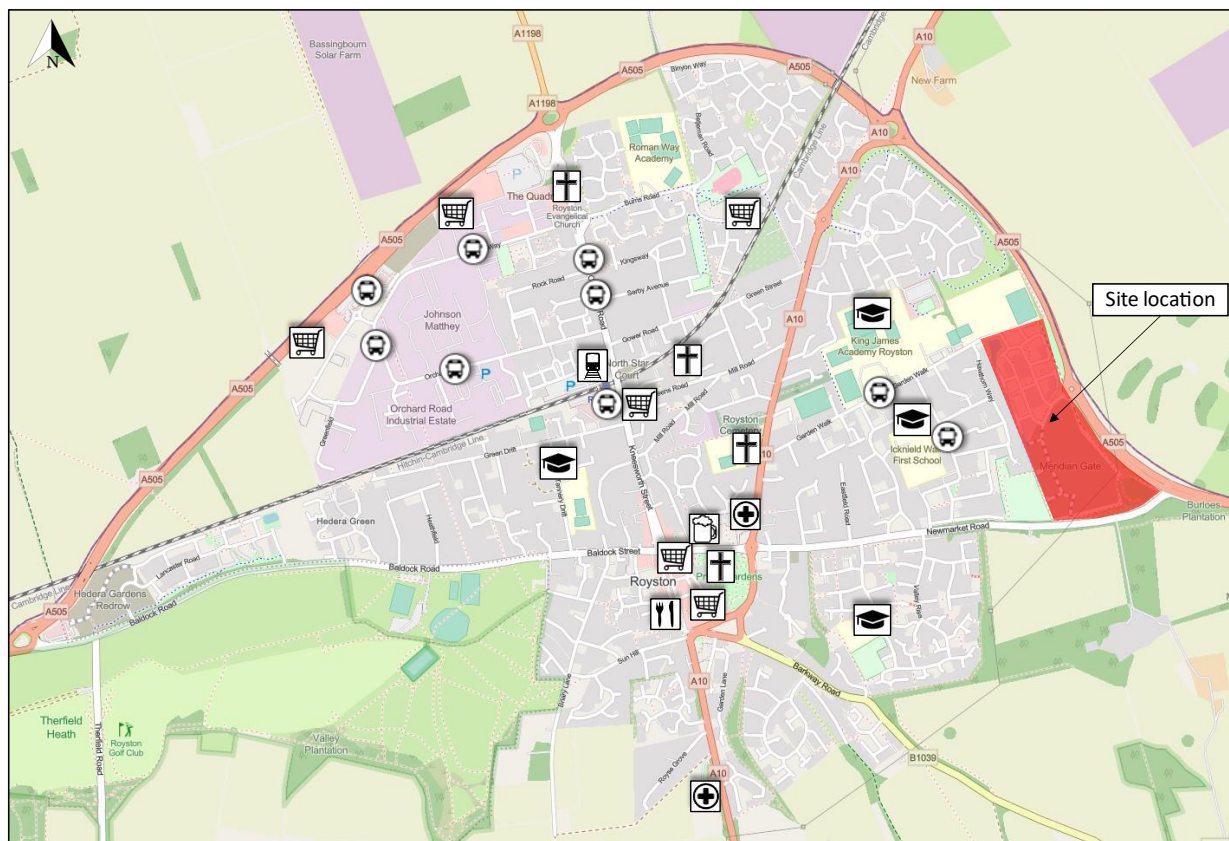
This STIP provides information about your local amenities which can be accessed without the need for a car, and how you can make local journeys on foot and by bicycle, together with information about bus and rail travel, car sharing, tips on more environmentally friendly car use and information about travel to your local schools, and promotion of national and local “active” events.

We are committed to promoting sustainable travel options and reducing the reliance on single-occupancy car trips. As part of this initiative, each household is able to apply for a voucher worth £100 towards the cost of travel on local bus services. This incentive is designed to encourage the use of public transport, contributing to a healthier and more sustainable community.

This STIP will also discuss personal travel & journey planning and how it can be accessed.

Your Local Area

Map



Approximate Walk and Cycle Access Times

Key	Name	Walk	Cycle
	Bus Stop King James Academy	11 mins	2 mins
	Bus Stop The Close	13 mins	3 mins
	Royston Health Centre	23 mins	6 mins
	King James Academy Royston	9 mins	2 mins
	Icknield Walk First School	17 mins	3 mins
	Tesco Express, Market Hill	28 mins	8 mins
	Banyers House	25 mins	7 mins
	St Thomas Of Canterbury & The English Martyrs	18 mins	4 mins
	The Manor House	26 mins	7 mins

Based on a walking speed of 5km per hour and cycling speed of 16km per hour.

Walking Locally

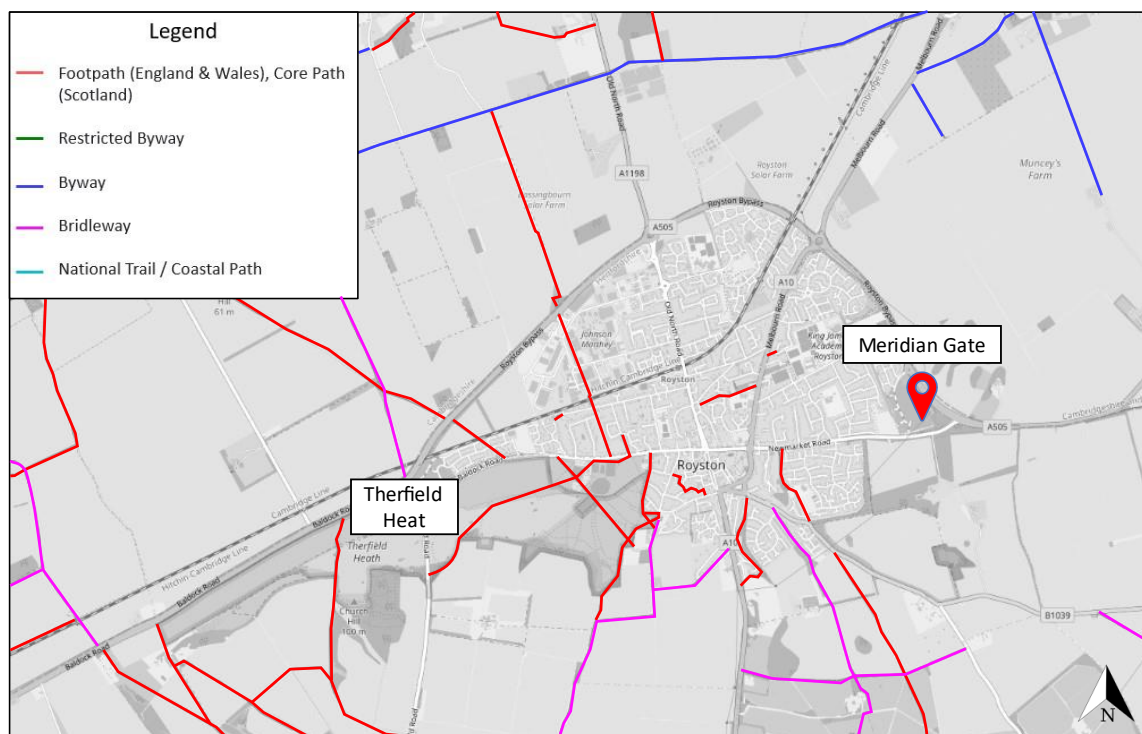
Green Spaces

Royston features a variety of green spaces and parks that are perfect for leisurely walks, picnics, and social gatherings. You can enjoy natural areas, such as the Therfield Heath, that provide an excellent setting for walking and appreciating the outdoors. Not only is walking a useful way to get around, and great for your health, but it can also be a fun day out and a way to enjoy time with friends or family.

Where Can I Walk?

Walking is a great way to get around and it's an enjoyable leisure activity too. Make sure you are only walking on footpaths designated as having 'Public Right of Way', rather than crossing someone's private land. You can walk anywhere you see a signpost that says, 'Public Footpath'. The area offers several public footpaths, and an interactive map is provided on the FootPathMap website. Therfield Heath is conveniently located near Meridian Gate, offering several pleasant footpaths for walking. This proximity provides excellent pedestrian connectivity throughout the area, making it easy for residents to explore and enjoy the area. The map below shows the public footpaths in the area, and the following link provides access to the interactive map on their website:

<https://footpathmap.co.uk/map/?zoom=14.5&lng=-0.05213&lat=52.03747>



Health Benefits of Walking

Walking is not only sustainable and eco-friendly but can also benefit your whole family's personal health and wellbeing. Government guidelines advise that:

Children (5-18) - Children should do at least 60 minutes (1 hour) of physical activity every day, which should range between moderate-intensity activity, such as cycling, walking and playground activities and vigorous-intensity activity, such as fast running and tennis. On three days a week, these activities should involve muscle-strengthening activities, such as gymnastics or swimming, and bone-strengthening activities, such as running.

Adults (19-64) - To stay fit and healthy, adults are advised to do at least 150 minutes (2.5 hours) of moderate-intensity aerobic activity such as cycling or fast walking every week, and muscle-strengthening activities on two or more days a week that work major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

More info at: www.nhs.uk/live-well/exercise/free-fitness-ideas/

These Guidelines can be hard to reach in a busy lifestyle, but one way you can stay fit and incorporate exercise into your daily routine is by walking or cycling instead of travelling by car.

In addition to being good for your physical health, walking can also be great for your mental health. Charity 'Mind' suggests that physical activity can:

- Help you sleep better as you feel more tired at the end of the day.
- Improve your mood as physical activity releases hormones that can make you feel better in yourself and give you more energy.
- Be a way to manage stress, anxiety or intrusive and racing thoughts as being physically active gives your brain something to focus on and releases cortisol which helps us manage stress.

Find out more at: www.mind.org.uk

Local Walking Groups

One excellent way to discover great walking routes, stay fit, and connect with fellow walking enthusiasts is by joining a local walking group. The Ramblers, a well-established walking organisation, offers a fantastic opportunity for this. Try visiting:

<https://www.ramblers.org.uk/go-walking/ramblers-groups/royston-group>.

The Ramblers is dedicated to promoting walking for health, pleasure, and as a means of transportation. They organise a variety of walks catering to different fitness levels and interests, ensuring that there is something for everyone.

Cycling

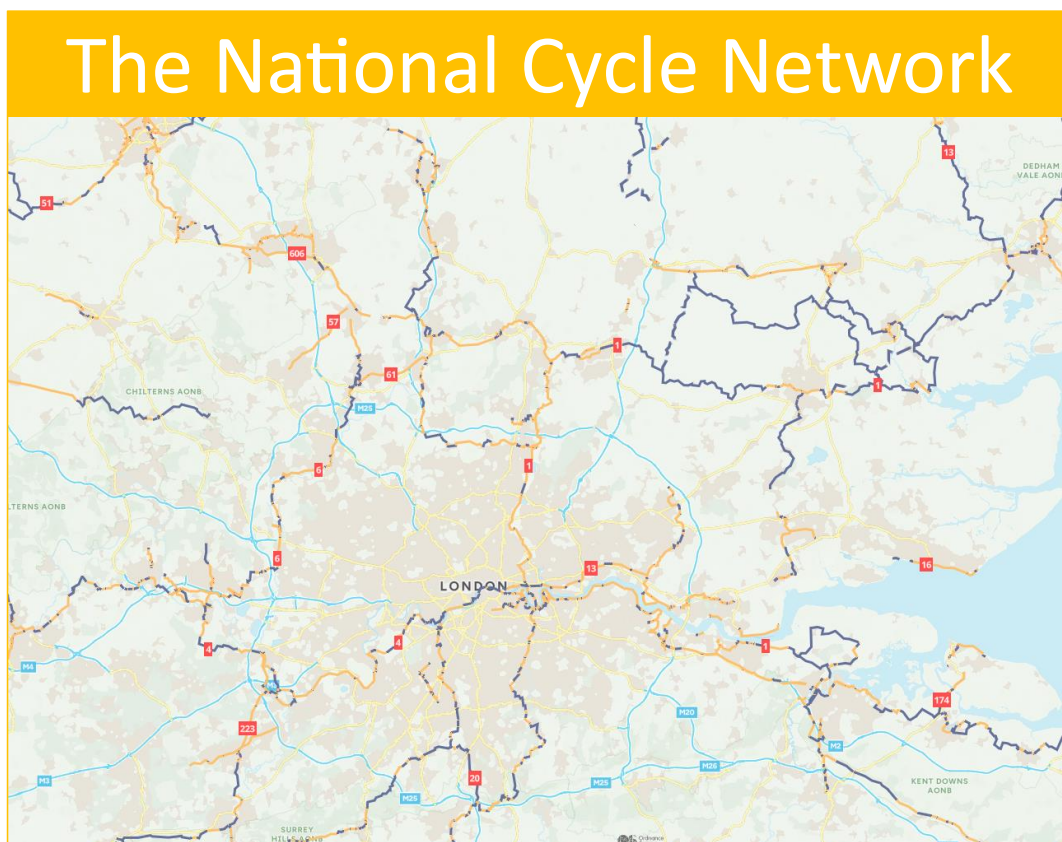
Cycling is a great way to combine travel and exercise. It's also economical and convenient – there are cycle storage spaces available in your building, and most likely your destination will feature cycle parking spaces too at the other end of your journey!

Where Can I Cycle?

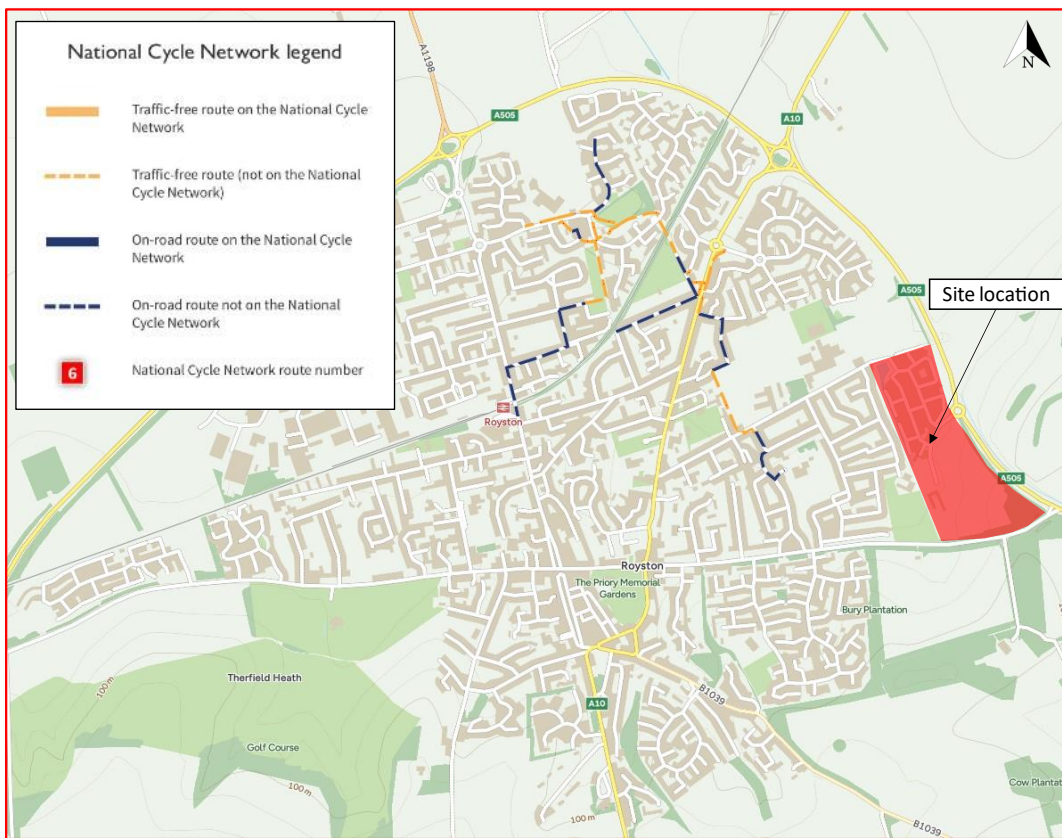
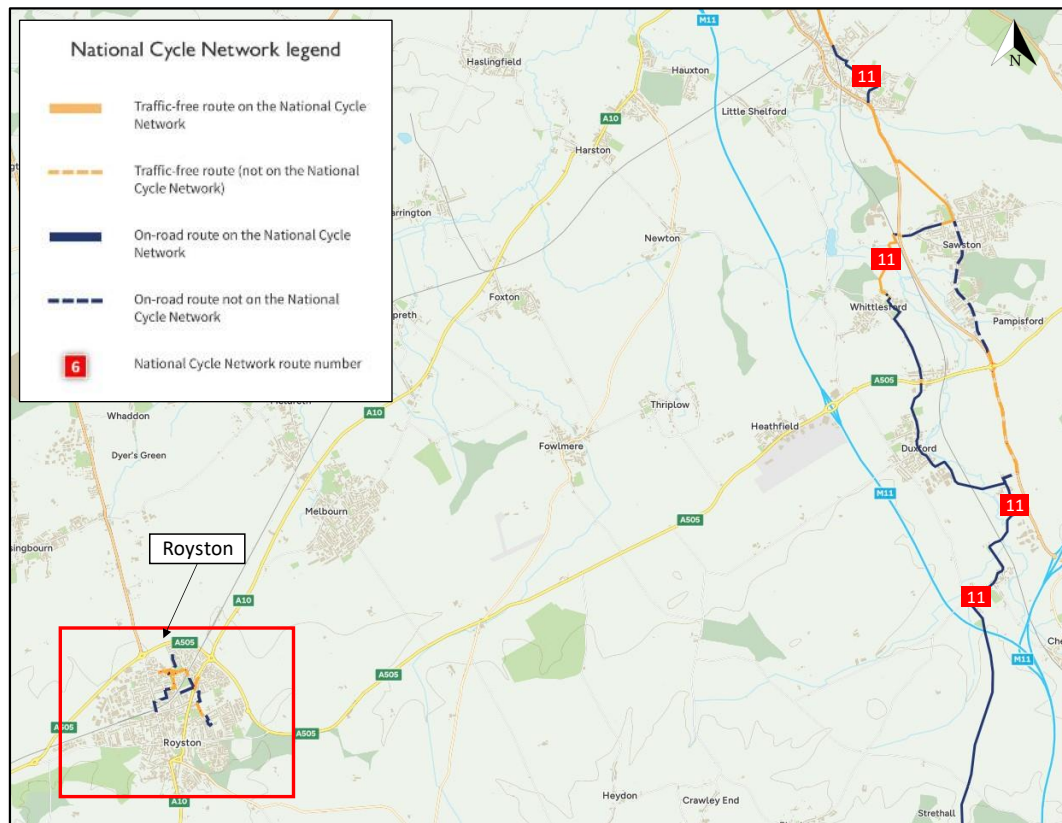
You can generally cycle anywhere on the road (excluding motorways) but look out for circular signs with a red border showing a bike – these are roads where cycling is prohibited.

You can also only cycle on the pavement if it's been designated for cyclists – look out for a blue circular sign showing a bike.

The National Cycle Network is a network of signed paths and routes across the UK. The closest National Cycle Network (NCN) route to Meridian Gates is NCN Route 11, located to the east. This route passes through the villages of Duxford and Whittlesford, offering a scenic and enjoyable cycling experience. NCN Route 11 is part of a larger network of signed paths and routes across the UK, providing both on-road and off-road sections that are perfect for exercise or leisurely rides.



For more information visit: www.sustrans.org.uk/national-cycle-network.



Cycling Safely

- Wear a helmet. It can also be a good idea to wear reflective clothing so other road users can see you clearly, particularly if you're cycling in the dark.
- Check your bike is in good working order before you travel. Do your brakes and lights (if you're cycling between sunset and sunrise), work? Are your tyres full of air?
- Plan your route ahead.
- If you're out of practice or haven't cycled much before try finding a traffic-free environment to practice.
- Always follow the Highway Code.

For more cycling tips and information visit: www.britishcycling.org.uk/

Cycle Training

You're never too old to start cycling. Cycle training is available from Hertfordshire County Council and includes small group training through the 'Bikeability' scheme as well as personalised one-to-one training sessions. More information can be found at:

www.hertfordshire.gov.uk/services/health-in-herts/keep-active/cycle-training/cycle-training.aspx

Health benefits of Cycling

As well as being a great form of sustainable transport, cycling is another great way to meet the Government's Guidelines on Exercise. The British Cycling Federation explains some other health benefits:

Ten Years Younger - Studies have shown that regular cyclists enjoy the general health of someone approximately 10 years younger.

Low Impact - Cycling is low impact exercise – kinder on your joints than running and other high impact aerobic activities.

No Stress - Many cyclists report that cycling regularly reduces their perceived levels of stress and promotes relaxation.

Tune In - Levels of exertion can be much more finely tuned than any other form of exercise. Using speed, wind resistance, gearing, gradient or 'hyper gravity training' (carrying extra weight), you can tailor your level of exertion to suit your current fitness level or goals.

All Body Exercise - Mountain Biking or 'out of saddle' riding is an excellent full body exercise. When mountain biking, you're constantly shifting your weight, sometimes carrying your bike, working your arms, chest, abs and improving your core stability.

Balance - Regular cycling improves balance and co-ordination.

More information can be found at: www.britishcycling.org.uk

Public Transport

By Train

Your nearest national rail train station is Royston - which is a 9-minute cycle ride and 6-minute drive or 30 minutes via bus. There are sheltered cycle parking stands and cycle lockers available at the station.

Where can you go by train?

Royston station provides services to various destinations, including London, Cambridge, and Stansted Airport. The following are some key routes and their approximate journey times:

Route	Approx. Journey Time
Royston to London King's Cross	40 minutes
Royston to Cambridge	15 minutes
Royston to Stansted Airport	1 hour

For more information, timetables and to buy tickets visit:

www.greateranglia.co.uk or download the Greater Anglia App.

You can also buy tickets and plan your rail journey at:

www.nationalrail.co.uk

www.thetrainline.com

Taking your bike on the train

You can take your bike on a Greater Anglia train except during busy weekday peak periods (trains due to arrive in London between 07:45 and 09:45, and those due to leave London between 16:30 and 18:30). Only folded bikes can be carried on these services.

Railcards

A range of railcards are available that allow you to purchase a train ticket at a reduced rate:

- **16-17 Saver** - If you're aged 16 or 17 you can save up to 50% on your rail travel. You can use it to travel to school, college or work as well as for leisure travel for days or nights out with your friends.
- **16-25 Railcard** - Whether you are travelling to college, university, work or just for leisure, if you are aged between 16 and 25 or a mature student you can save 1/3 on your rail fares.
- **26-30 Railcard** - If you are aged 26-30 then you can save 1/3 on rail fares off-peak across Britain.
- **Disabled Persons Railcard** - For people with a disability meeting the eligibility criteria, the Disabled Persons Railcard offers 1/3 off rail travel for you and a friend or travel companion.
- **Family & Friends Railcard** - With a Family & Friends Railcard up to four adults get 1/3 off and up to four children (aged 5 to 15) get 60% off - and as the name suggests, the users do not need to be related, you just need to travel together.
- **Network Railcard** - Enjoy 1/3 off rail fares in the Southeast England area for you and up to 3 other adults and up to 4 children.
- **Senior Railcard** - the Senior Railcard saves you 1/3 on all journeys
- **Two Together Railcard** - Enjoy a 1/3 discount on your off-peak rail travel for you and the person you travel with most - not just if you are a couple, it could be with a family member or your best friend.

Most 1-year railcards cost £30 (as of November 2021). For further information and to purchase a railcard online, visit www.railcard.co.uk

By Bus

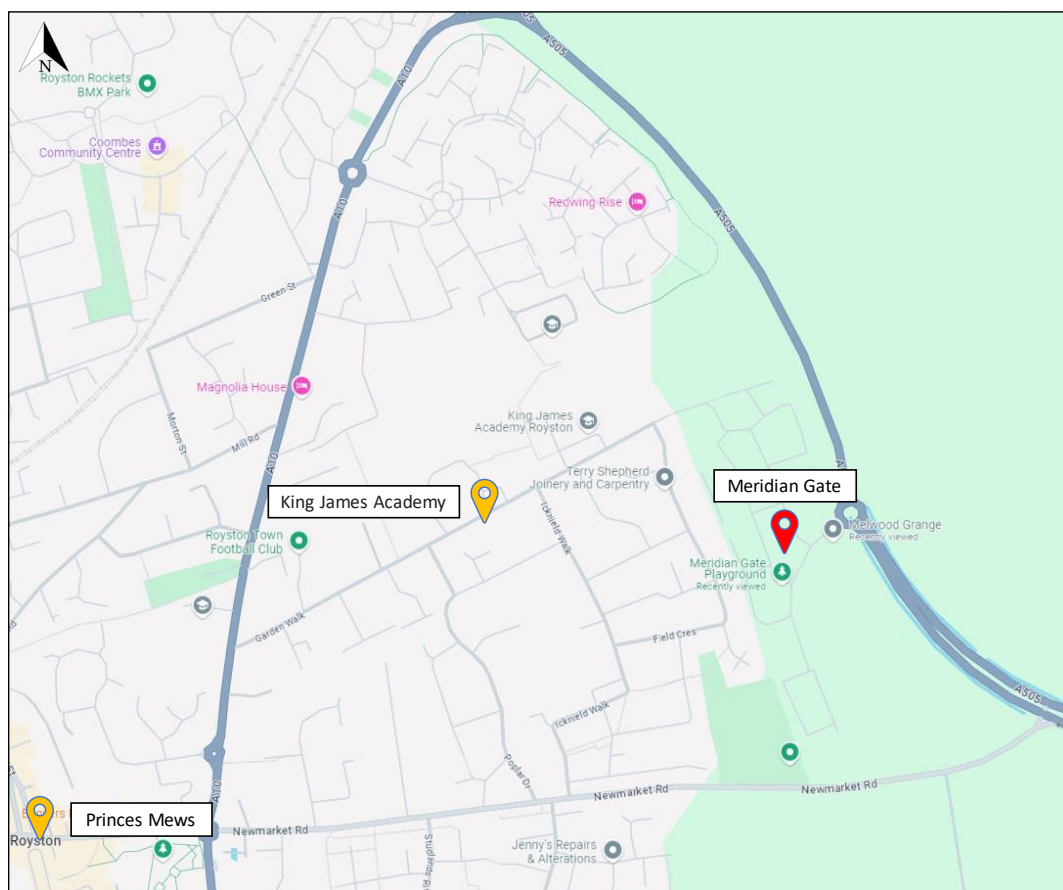
Your nearest bus stop is located on Garden Walk (King James Academy) and is served by route 16 – **Royston, Burns Road to Town Centre (Circular)**
Journey times to key destinations are shown in the table below.

Service Number	Destination	Approx. Journey Time
16	Royston Tesco	26 minutes
16	Royston Baldock Street Princes Mews	12 minutes

For more information and up-to-date timetables visit:

<https://richmonds-coaches.co.uk/local-bus-services/>

Bus Stop Map



Journey Planning Services

Journey Planning Services can help individuals plan their journeys more effectively and conveniently saving time and expenses! Many services are available that are easy to use and can help you identify the times of routes and modes of transport that you can use for your own personal commutes and journeys.

Intalink – <https://www.intalink.org.uk/>

Richmonds Coaches local bus services can be checked via this online service and smartphone app called *Intalink* which displays route information and bus departure times on a map and allows for journey planning.

Traveline – <https://www.traveline.info/>

A nationwide partnership of transport companies providing timetable and journey planning information for all travel in Great Britain by bus, rail, coach and ferry.

National Rail – <https://www.nationalrail.co.uk/>

A definitive source of customer information for National Rail passenger services in England, Scotland and Wales. It provides journey planning, real-time information, ticket and fares information, and a range of rail-related information.

Each household can claim a voucher
worth £100 towards the cost of travel on
local bus services!

Contact:

meridiangate-sustainabletravel@sweco.co.uk

T&Cs apply.

Car Sharing

A great way of cutting down on journeys by car from your new home is to get involved in car sharing. According to Transport Environment, the average car sits unused for more than 90% of the time and costs on average £5,700 a year to own and run which equals approximately £15 a day.

Why Car Share?

According to Friends of the Earth on the 'National Car Share' website:

- Traffic has increased by over 60% since 1980.
- Cars are the biggest source of greenhouse gas emissions.
- Congestion costs the UK £19 billion a year.
- Every day there are 10 million empty seats on our roads.
- If average car occupancy were to increase by half – with 2.37 persons per car rather than 1.58 – it would lead to a one-third fall in traffic.

The Cooperative Greener Travel Initiative shows in the chart below the comparison in CO2 emissions and costs. The following example is based on a 22.5 km (14 mile) commute, in a 2-litre petrol car.

Number of people in vehicle	1	2	3	4
Total CO2 (kg) per person	5.14	2.57	1.71	1.26
Cost per person (£)	7.09	3.55	2.36	1.77

Courtesy of: www.co-operative.coop/greentravell/greener-travell/reduce-carbon-emissions

Liftshare Service

One of the most popular car-sharing services is Liftshare. Liftshare is a platform that connects drivers and passengers who are traveling in the same direction, allowing them to share the journey and the costs. By joining the Liftshare community, you can start sharing your journey today and enjoy the benefits of car sharing.

Sign up for free by registering as a driver or passenger. Then, search for a trip by looking for a regular or one-off trip request to share and make contact to arrange any details. For more information visit: <https://liftshare.com/uk>.

Eco Driving Tips

The most eco-friendly way to drive is not to drive at all. Before undertaking a journey by car always consider if there's actually a need for you to travel at all. Could you order your shopping online rather than travel to the supermarket? Could you walk or cycle to a local shop rather than driving to one-further afield?

Sometimes of course it's necessary to drive, but driving in an eco-friendly way can help reduce your CO2 emissions as well as saving you fuel and money. Here are some top tips.

Drive at an appropriate speed. Sticking to speed limits helps conserve fuel. Driving at slower speeds also gives you time to anticipate traffic ahead, helping you drive more smoothly. Driving at 50 miles per hour (mph) instead of 70 mph can improve fuel economy by 25%.

Speed up and slow down smoothly: Every time you stop and start, your engine uses more fuel and produces more emissions. Check the road ahead and slow down early, giving the traffic time to start moving again before you reach it. You can then speed up again without needing to stop.

Change gears at the right time: Changing up gears a little earlier can reduce revs per minute (rpm) and reduce your fuel usage. If you drive a diesel car, try shifting up when the rev counter reaches 2,000 rpm. For a petrol car, change up at 2,500 rpm. Remember to change down a gear at the right time too – if your car is struggling, it will also use more fuel.

Avoid leaving your engine running: If you're likely to be at a standstill for more than a minute or two, switch off the engine. When the engine is idling, you're wasting fuel. Using air conditioning and electrical devices like mobile phone chargers increases your fuel consumption, so keep their usage to a minimum. Try using the fresh air vent to keep cool and park in the shade on a sunny day. This will keep your car cooler inside and stop fuel evaporating from the engine and fuel tank.

Homeworking

The Covid-19 Pandemic changed the way many people work and a much greater proportion of people are spending more time working from home than prior to the pandemic. This is great news from a sustainable transport point of view as fewer journeys are taking place, but the impact on personal health and wellbeing shouldn't be forgotten. Here are our top tips for working from home:

Take regular breaks

Getting up and moving around can help prevent eye strain and prevents fatigue from sitting in the position for an extended period of time. Try to take a break of at least 5 minutes every hour.

Get out and about

Getting out for some fresh air can also allow you to take a break and get a different perspective on any problematic tasks.

Pick up the phone

Working from home can feel a little isolated at times. Instead of sending an email or instant message, why not call a colleague and have a real conversation?

Get dressed

It's tempting to stay in your pyjamas all day but getting dressed can improve your state of mind and physiologically prepare you for work.

Create a dedicated workspace

If you are able to, try creating a dedicated area of the house (such as a specific room or surface) to work from - try to avoid places such as the sofa which are associated with leisure time.

For more tips visit:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/simple-tips-to-tackle-working-from-home/>

Linden HOMES

The content of this Sustainable Travel Information Pack has been prepared by Sweco UK on behalf of Linden Homes to encourage and assist you in making sustainable transport choices for your everyday journeys.

Should you have any queries or wish to comment on any sustainable transport matters within the Meridian Gate development please contact:

meridiangate-sustainabletravel@sweco.co.uk

Useful Websites

Local Information

<https://www.hertfordshire.gov.uk>

Cycling and Walking Information

www.britishcycling.org.uk
<https://www.ramblers.org.uk/go-walking/ramblers-groups/royston-group>

Bus Information

<https://richmonds-coaches.co.uk/local-bus-services/>

Train Information

www.greateranglia.co.uk
www.thetrainline.com
www.nationalrail.co.uk