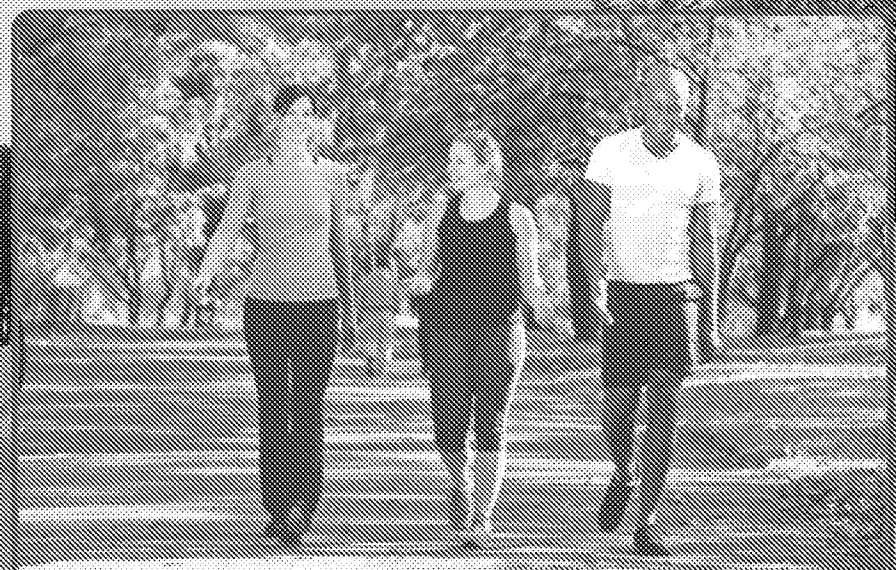


Ashdown Vale
TRAVEL WELCOME PACK

motion

 REDROW

Welcome



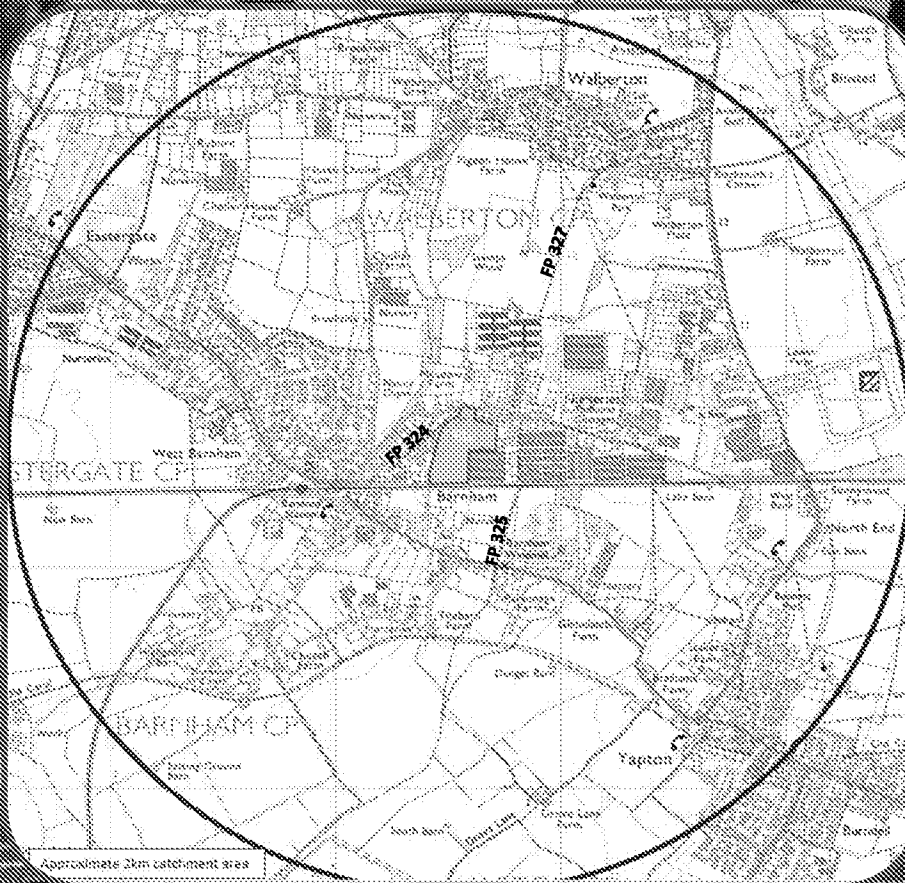
This Travel Welcome Pack has been prepared for residents of Ashdown Vale as part of Redrow Homes Limited commitment to minimising the impact of carbon emissions on the environment and creating sustainable developments and communities. Sustainable travel (such as walking, cycling, public transport or car sharing) plays a key role in delivering this commitment.

This pack is designed to provide information on travel services and facilities available locally to your home. It contains maps and information on local walking and cycling routes and the location of bus stops and bus services.

Ashdown Vale benefits from being within close proximity to a wide range of amenities including, shops, health services and a number of leisure and recreation facilities.

Walking

The site is well located in relation to a network of public footways and other off-road walking routes (including public footpaths 324, 325 and 327 as indicated on the map below). These connect the site with the bus stops located on Lake Lane, the railway station and the main residential areas located to the west. In this regard it is considered that the pedestrian facilities in the vicinity of the site have the potential to encourage walking as a practical mode of transport in its own right and as part of longer journeys via public transport.



Walking is environmentally friendly as well as being one of the most simple forms of exercise which can help strengthen bones, control weight and reduce the risk of heart disease, diabetes and obesity as well as increasing life expectancy. Walking also forms an important link to other travel opportunities via public transport.

Did you know...

- A brisk walk burns the same amount of calories as a run over the same distance
- It can cut your risk of heart disease by up to 50%, reduce the risk of type 2 diabetes and reduce the risk of some cancers
- It boosts your immune system for 24 hours

Source: *10K Walk for Life* <http://www.10k.org.uk/change-life/pages/walk-for-life.asp>
Walking is a healthy activity but always consult your own GP if you are in any way concerned about your health.

Map showing Ashdown Vale and a two kilometre radius

Cycling

When referring to the West Sussex cycle journey planner it is noted that there are a number of designated cycle routes within the vicinity of the site. A cycle path, which is part of the local cycle network runs along Barnham Lane approximately 250 metres to the north west of the proposed pedestrian/cycle link from Goodacres. This route provides links to Walberton and Slindon to the north.

National cycle route 2 is located approximately 3 kilometres to the south east from the proposed main vehicular access of the site. This route is the south coast cycle route and provides links to Littlehampton to the east and Felpham and Bognor Regis to the west.

Further to these designated routes, the lightly trafficked nature of surrounding roads is such that cycling would provide an attractive alternative for people living in Barnham, Climping, Eastergate, Westergate, Woodgate and Yapton. Cycling in the local area has been enhanced in recent years through the implementation of the 'Barnham Link' cycle path that links Barnham with Bognor Regis to the south.

For information on cycling and bicycle maintenance visit Sustrans' website:

www.sustrans.org.uk/change-your-travel/get-cycling



Cycling represents a quick and inexpensive means of travel and, like walking, provides a number of health benefits.

Did you know...

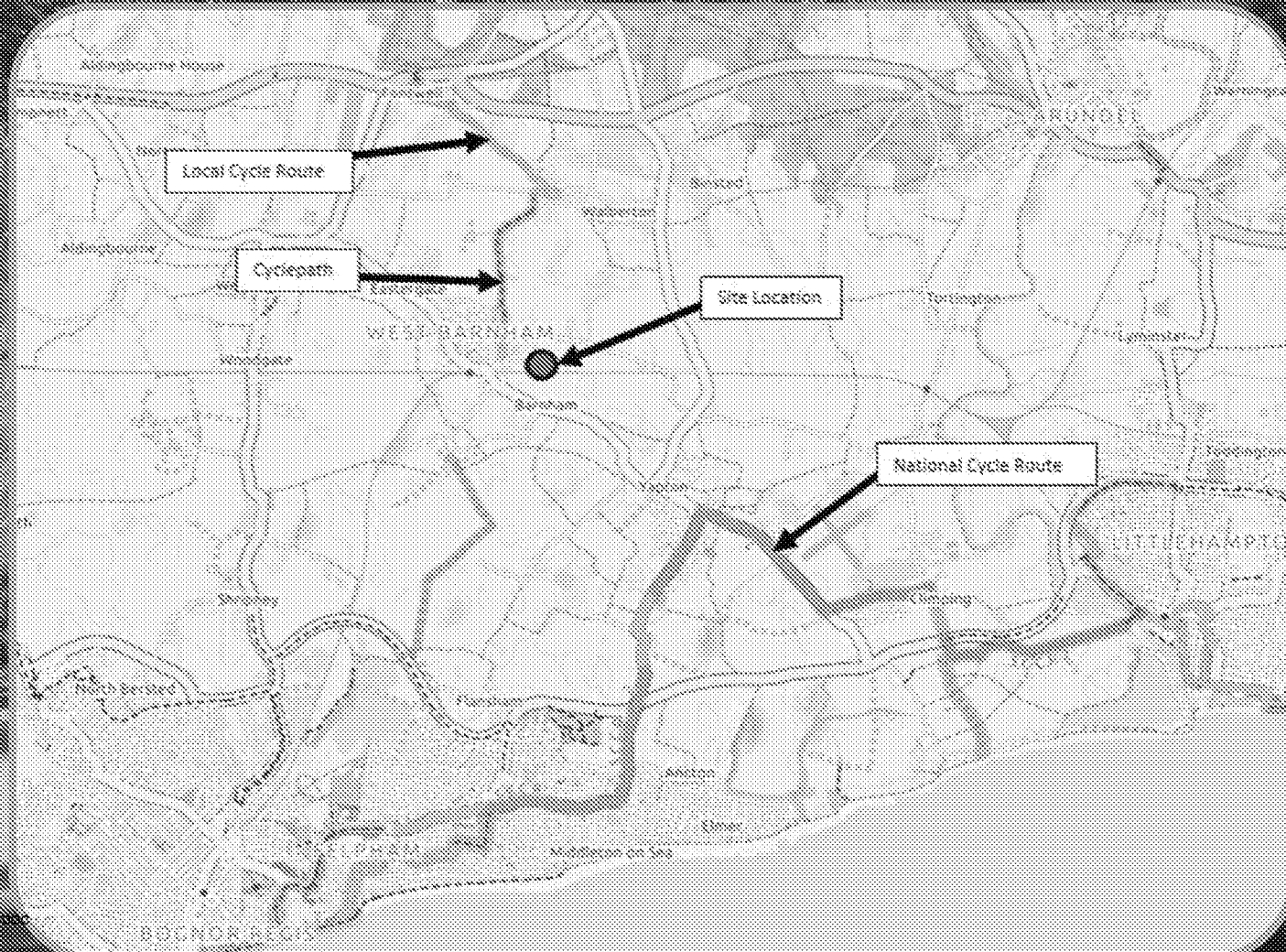
- Regular physical activity can reduce the risk of developing type 2 diabetes by up to 64% in those at high risk of developing the disease
- Cycling keeps the musculoskeletal system healthy
- Getting out on your bike can promote mental wellbeing and reduces anxiety

Source: Sustrans/NICE Guidance PH41

Cycling is a healthy activity but always consult your own GP if you are in any way concerned about your health.

Cycling

The network of cycle routes provide a good alternative to the main roads and provide direct access to the wider transport network. The key designated cycle routes extracted from the West Sussex cycle planner are illustrated below. Don't forget this is on top of the local roads which are deemed suitable for cycling on.



Bus

The closest bus stops are located on Lake Lane approximately 800 metres west of the site (measured from the existing site access). Further stops are located circa 1 kilometre west of the site on Yapton Lane, outside Barnham railway station. These stops benefit from bus flags and timetable information and provide links to the likes of Bognor Regis Littlehampton, Arundel and Chichester. The stops near the proposed development are served by a number of regular bus services. A summary of bus services at these stops are available below.

Service Number and Route		Mon-Sat Services		
		Start	End	Frequency
66A/66C	Bognor Regis – Barnham – Walberton – Yapton – Bognor Regis (Circular)	07:31	18:01	7 per day

Further bus services that serve the stops located within the vicinity of the site, include:

- Service 85A operates between Chichester and Arundel with two services in each direction Monday to Saturday;
- Service 228 operates a late school bus with one service a day on schooldays from Mondays to Thursdays;
- Route 602 is a school service between Rustington and St Philip Howard School, providing one service per school day in each direction; and
- Bus service 665 is also a school service linking Littlehampton and Chichester, operating one service in each direction on school days.



You can download the various bus providers and travel help apps for up to date information regarding bus travel.

It is also helpful to check the providers websites for bus route maps and live information.

Further information on local bus services including timetables and route maps can be found at Traveline www.traveline.info, Compass Travel www.compass-travel.co.uk, Stage Coach www.stagecoachbus.com

Train

Rail services can be accessed from **Barnham Railway Station** which is located approximately 1.2 kilometres to the west of the site on Yapton Road.

Barnham rail station is on the West Coastway Line, which runs between Brighton and Southampton. Trains from Barnham provide links to Bognor Regis, Chichester, Portsmouth Harbour, London Victoria (via Gatwick) and Littlehampton.

The station offers a variety of facilities including 62 sheltered cycle parking spaces as well as 142 car parking spaces at a daily rate of £5.00.

Further information on rail services including timetables, station facilities and information on the local area and onward travel can be found on the National Rail websites www.nationalrail.co.uk.

Service	Destinations	Approximate Frequency	
		Monday – Saturday	Sundays
Brighton	Ford, Angermering, Goring-by-Sea, Durrington-on-Sea, West Worthing, Worthing, Lancing, Shoreham-by-Sea, Southwick, Portslade, Hove	2 per hour	1 per hour
Southampton	Chichester, Southbourne, Emsworth, Havant, Cosham, Portchester, Fareham, Swanwick,	2 per hour	No service
Bognor Regis	Direct Service	4 per hour	4 per hour
Chichester	Direct Service	5 per hour	No direct service
Portsmouth Harbour	Chichester, Southbourne, Emsworth, Havant, Fratton, Portsmouth & Southsea	2 per hour	No service
London Victoria (via Gatwick)	Ford, Arundel, Amberley, Pullborough, Billingshurst, Christs Hospital, Horsham, Crawley, Three Bridges, Gatwick Airport, Horley, Redhill, Purley, East Croydon, Clapham Junction	2 per hour	2 per hour
Littlehampton	Ford	2 per hour	1 per hour



Railcards – It is worth considering purchasing a railcard online or at the station. With this you could save money on your train tickets.

Another money saving technique is to **book early**. Cheaper train tickets are often available up to 12 weeks in advance of travel.

Car Sharing

Car share

You can car share for any journey whether it's travelling to work, doing the weekly shop, travelling to an event or to the airport. Liftshare is the largest car-sharing network in the UK. This free internet-based service is designed to introduce people who make similar journeys and encourage them to share their trip. You do not need to own a car to be a member of Liftshare – you can offer a lift, request a lift or share the driving.

More information on journey sharing, how to register and a cost saving calculator is available on West Sussex's Liftshare website.

<https://liftshare.com/uk/community/westsussexcarshare>

Did you know...

There are a number of **benefits of sharing your journey...**

- Sharing the cost of petrol and parking
- Reduced stress of commuting
- Relieving parking pressures and congestion
- Improving personal security

And also plenty of **benefits of joining a car club...**

- Save around £3,000 – £3,500 a year
- Not having to worry about maintenance or insurance
- Helping to reduce congestion in your city
- Reducing carbon emissions

Fuel Saving Tips

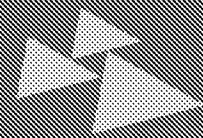
Watch your speed: the most efficient speed is 45-50mph. The difference between 70mph and 85mph is 25% more fuel used.

Plan your journey: a bit of preparation will help you to avoid congestion and/or road works.

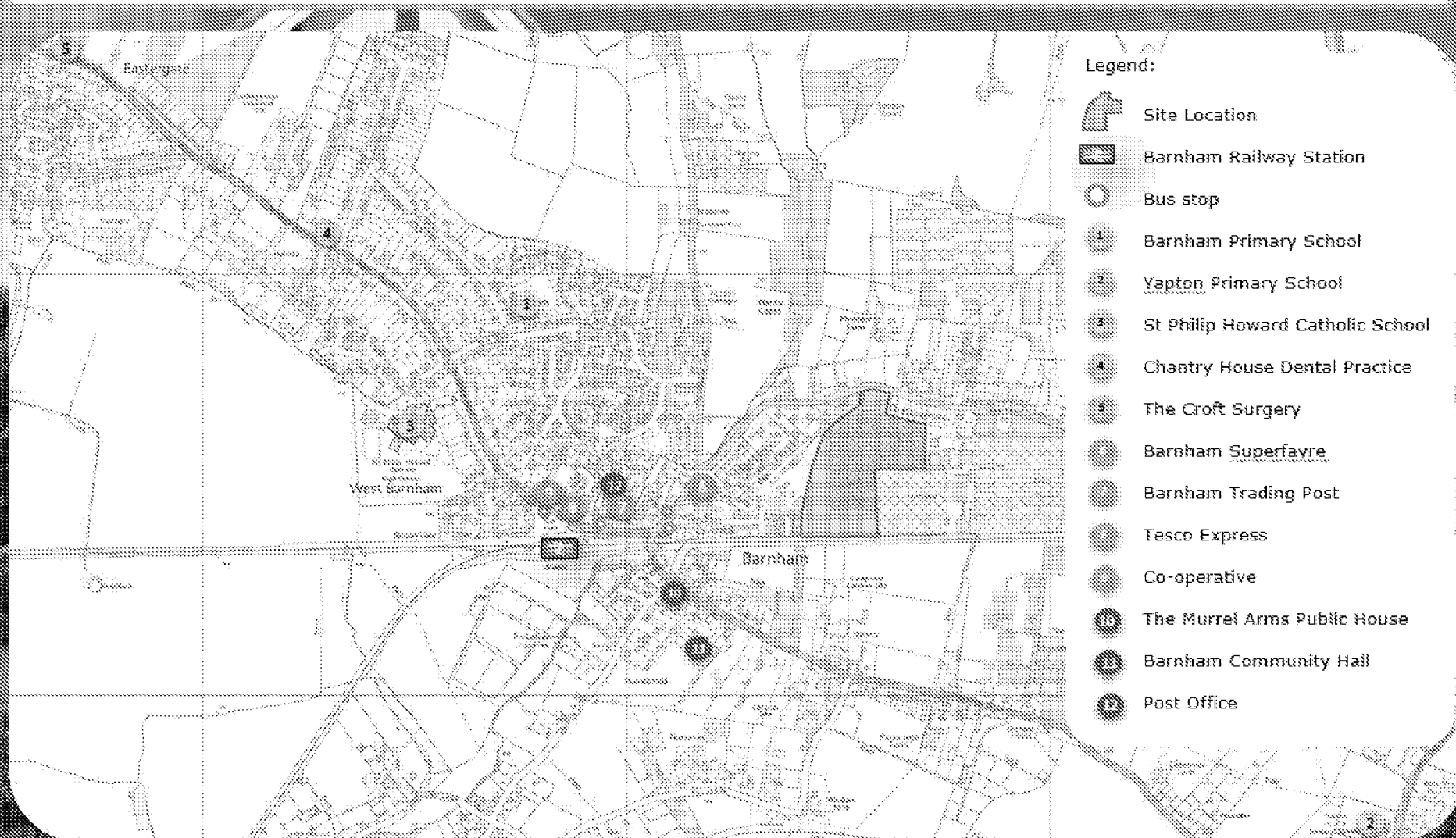
Check your tyres: under-inflated tyres increase fuel consumption and are potentially dangerous.

Air conditioning: use it sparingly, as it can increase your fuel consumption. But on the motorway it's better than opening a window which increases wind resistance

Local Facilities



There are a number of local amenities within close proximity of the site. A number of these are illustrated on the map below.



Useful Information...

Useful Websites

Walking Routes and Maps

Walk4life:

www.walk4lifeinfo.co.uk

Cycling Routes and Maps

West Sussex:

www.west-sussex.gov.uk/cycling

Sustrans:

www.sustrans.org.uk

Public Transport in Barnham

Traveline:

Car Club

Zipcar:

www.zipcar.co.uk

Car Sharing

West Sussex Liftsharing:

www.westsussexcarshare.com

www.liftshare.com

