



TRAVEL INFORMATION PACK

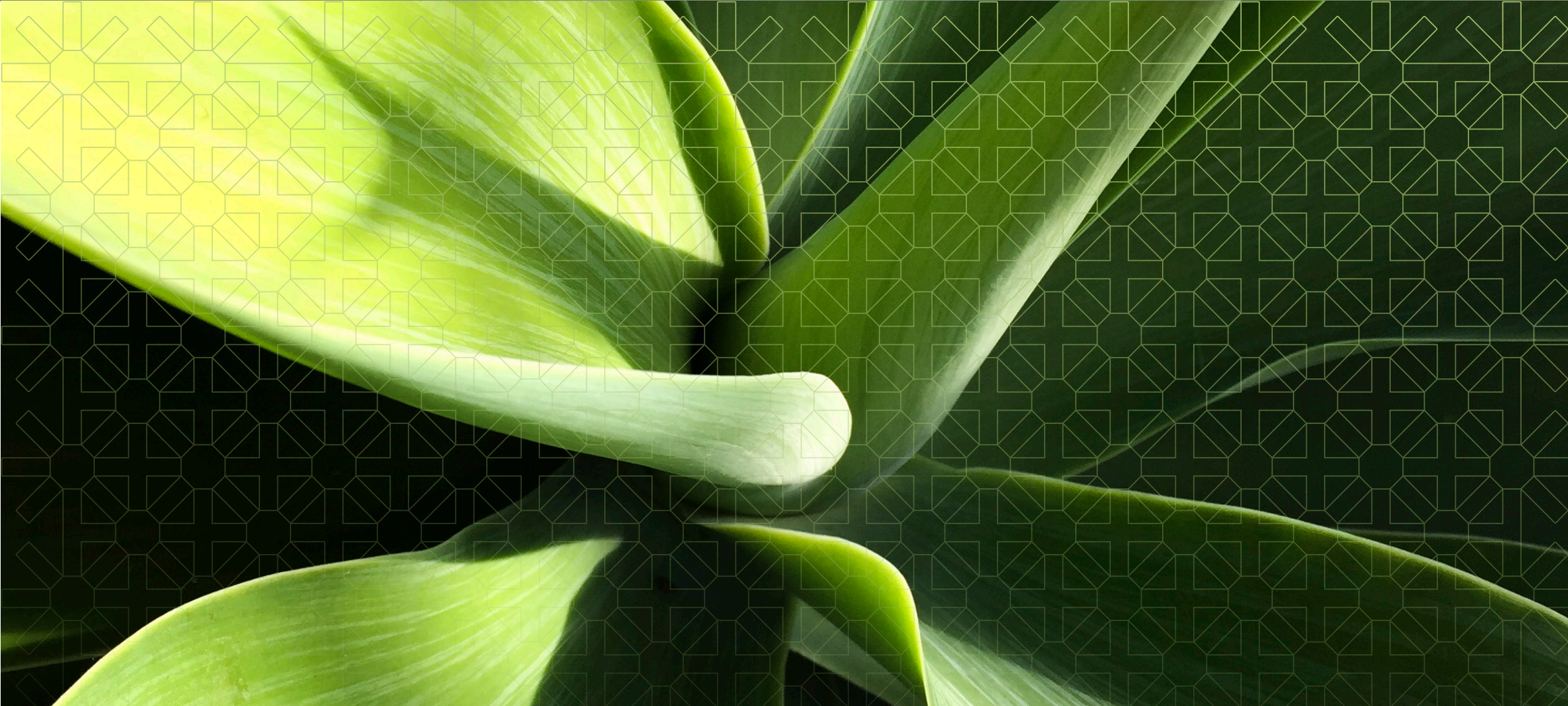
Commercial Development

Griffen Park, Desford

 SLR

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Introduction

Welcome to Unit 2 at Griffen Park. This Welcome Pack will help you make the most of your new community, by providing you with the details needed to make informed travel choices.

The pack contains information on numerous ways to utilise the active travel and public transport routes available to you to discover.

Additionally, other methods such as car-sharing are included for your benefit.

All of the above can ensure that you are able to thrive in your new community in a sustainable, healthy way.



Walking

Walking makes you feel good and benefits your health!

For adults, 30 minutes of walking, five days a week dramatically cuts the risk of developing heart disease, type 2 diabetes, obesity and some cancers.

It also reduces cholesterol, lowers high blood pressure and is good for mental-wellbeing.

Walking

- Burns nearly as many calories as jogging the same distance;
- Is a low impact exercise, so won't stress your knees
- Great for strengthening muscles, bones and joints
- Reduces the risk of stroke;
- Walking is great for children's fitness, well-being and development;
- Improves your mood and boosts self-esteem;
- Helps you maintain flexibility and co-ordination as you get older; and
- Provides valuable links to services and facilities including shops, schools, rail and bus stops.

A walking catchment plan is presented, which illustrates the extent of residential properties that would fall within the catchments of a 500 metre, 1,000 metre and 2,000 metre walk of the site, together with local amenities and facilities such as convenience store and children's day nursey.

Benefits of walking



Improve mood



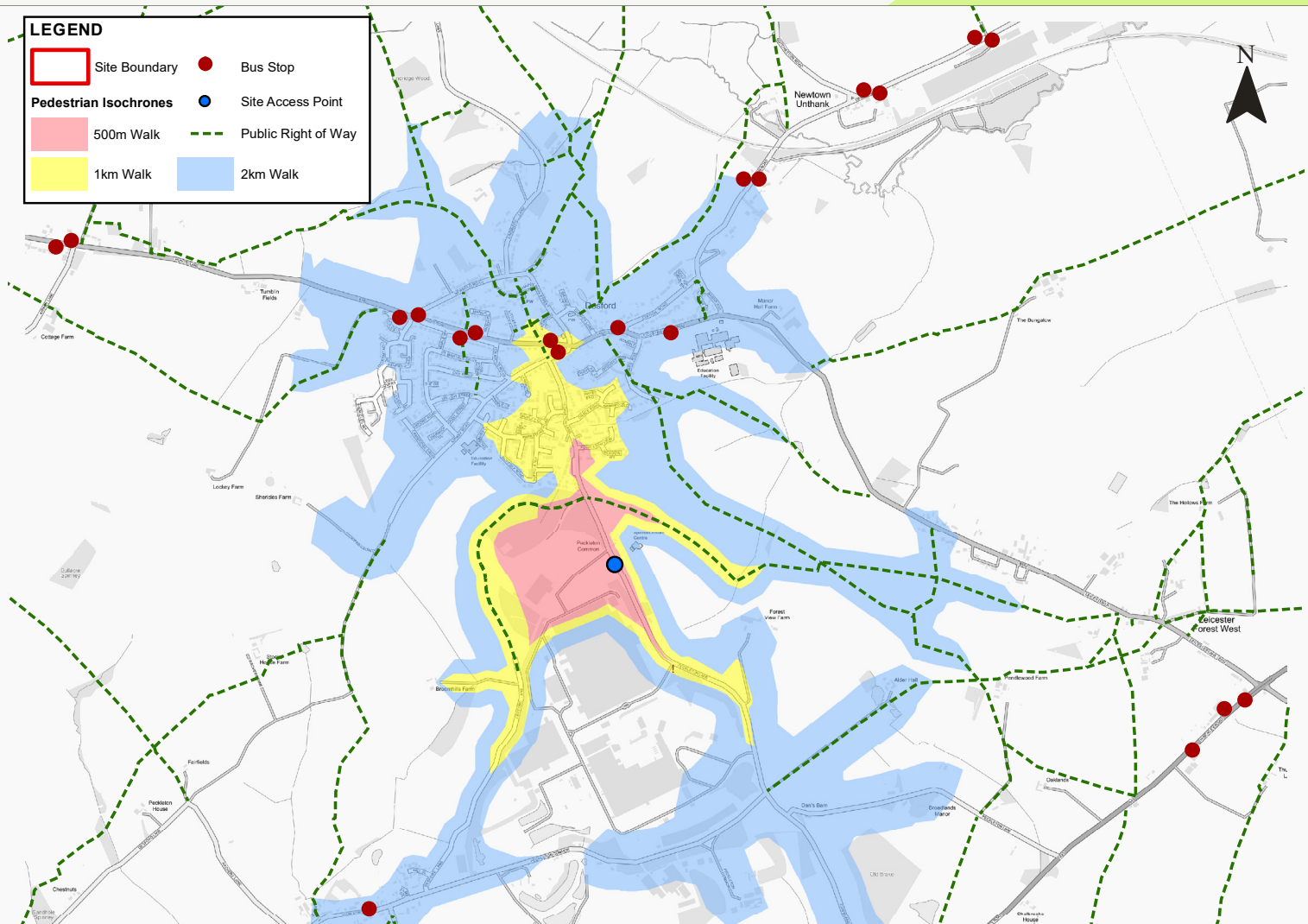
Lower odds of some cancers



Cut type 2 diabetes risk



Strengthen muscles & bones



Cycling

Why spend time and money in the gym when you can build exercise into each day by cycling to work, the station or the shops?

Various studies have shown that regular physical exercise reduces the risk of mortality.

Cycling to work can reduce the overall risk of dying prematurely from any cause by 40%.

Cycling

- Is one of the quickest ways to get about for short journeys;
- Allows you to take short cuts, avoid traffic and make sure you always arrive on time;
- Provides a valuable, hassle-free connection to Desford, the western edges of Leicester and nearby villages;
- Reduces your risk of developing a range of preventable illnesses;
- Saves money on travel expenses; and
- Makes you feel great!

Initiatives

- Secure parking arrangements for bicycles is provided.
- Cycle Training program by LCC

Cycling Course



Benefits of cycling



Improve mood



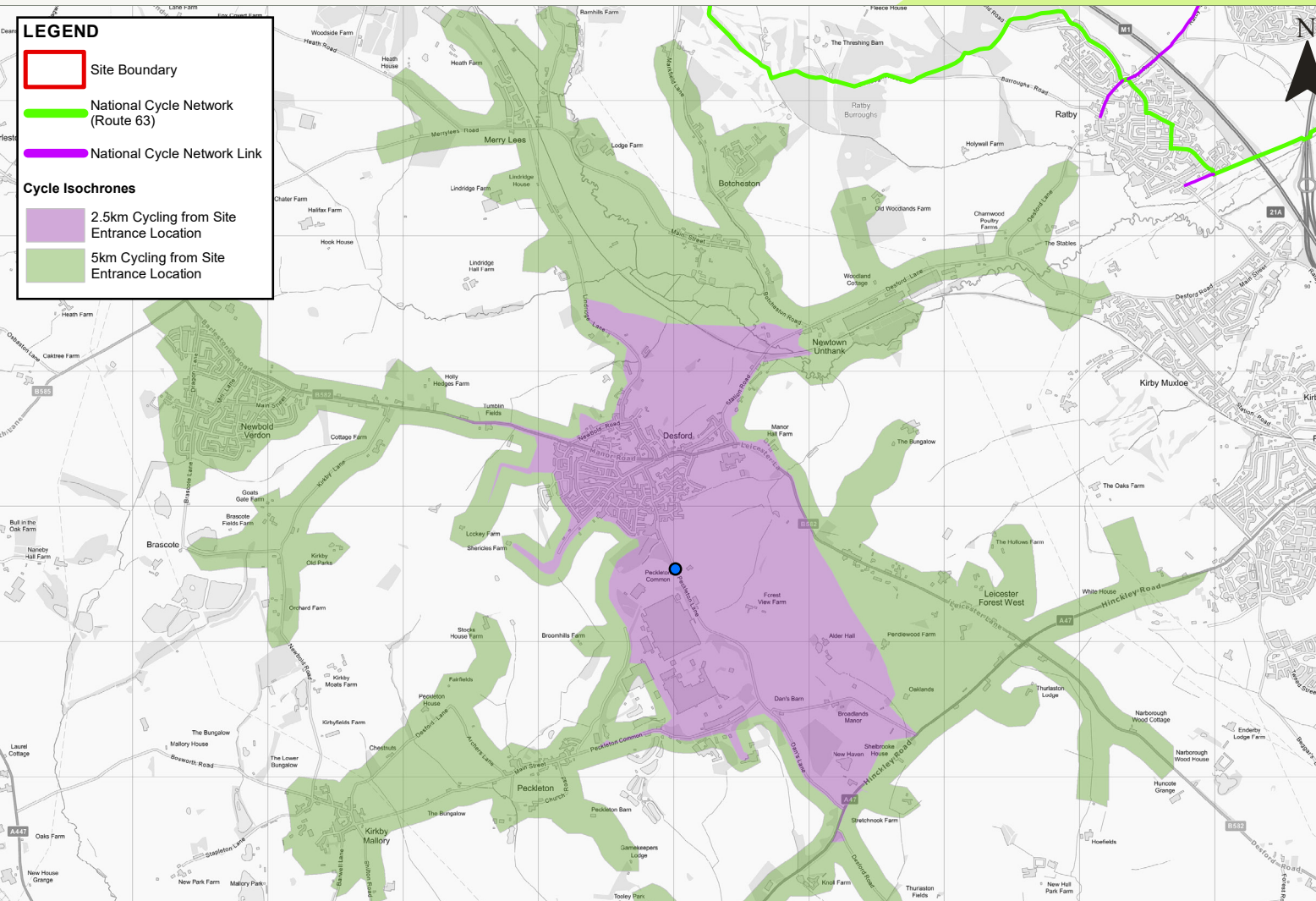
Lower odds of some cancers



Cut type 2 diabetes risk



Better air quality for community



Bus

The nearest existing bus stop by foot from the proposed development site is approximately 960 metres to the north on Manor Road.

This is served by the 153 bus service, which operates between Leicester and Market Bosworth.

In addition to the above, further bus stops are located on Main Street, near to its junction with High Street, and are approximately 900 metres from the site; a continuous footway connection is provided between the site and this public transport facility.

Further to this, bus stops are located along A47 which is about 2000 metre to the south of the proposed site. This is served by 148 and 158.

Service	Route	Frequency		
		Monday	Saturday	Sunday
148	Leicester - Market Bosworth	Every 30 Minutes (07:05* - 22:15)	Every 30 Minutes (07:05 - 21:45)	Limited Services
153	Leicester - Hinckley - Bedworth - Coventry	Every Hour (06:40 - 20:15)	Every Hour (07:28 - 19:55)	No Service
158	Leicester - Hinckley - Nueaton	Every 30 Minutes (05:20 - 18:45)	Every 30 Minutes (06:20 - 22:45)	Every Hour (09:45 - 19:45)

*Note there are earlier buses are available which only operates from Nuneaton Bus Station to Coventry



Car Club Sharing

Are you wasting hundreds of pounds a year on fuel by driving alone?

Car sharing is where two or more people share a car together, cutting the cost of fuel, parking and the stress of driving.

You don't even need to have your own car, as many drivers are happy to give a lift in exchange for a contribution to the journey's fuel costs.

Liftshare is a national database of people offering and requesting lifts, become a member:

- FREE to register and use
- Find drivers and passengers, online instantly and securely
- Save money on petrol and parking
- Reduce traffic congestion and pollution
- Help the household to forego a second car

The below links have been included to provide you with guidance in relation to the way you travel and provide further information about sustainable transport methods available to you.

For information on Walking and Cycling visit:

Choose how you move



Choose how you move
Cycle Maps



Choose how you move
Walking Maps



Desford Parish Walk PDF



Choose how you move
Wheels to Work



For info on Public Transport visit:

Traveline Webiste



Arriva Bus Webiste



Council's Useful Websites:

Choose how you move
Plan Your Journey



Arriva Bus Webiste



You can earn rewards for using active travel modes which are redeemable in the local stores.

Benefits of Car Share



Reduce CO₂



Cost saving



Avoid parking hassles



Better for environment and community



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