

GET Moving

Felixstowe
and
Trimley St Mary

↑ to Adastral Park

Walk Bike Bus Share Think

Bus

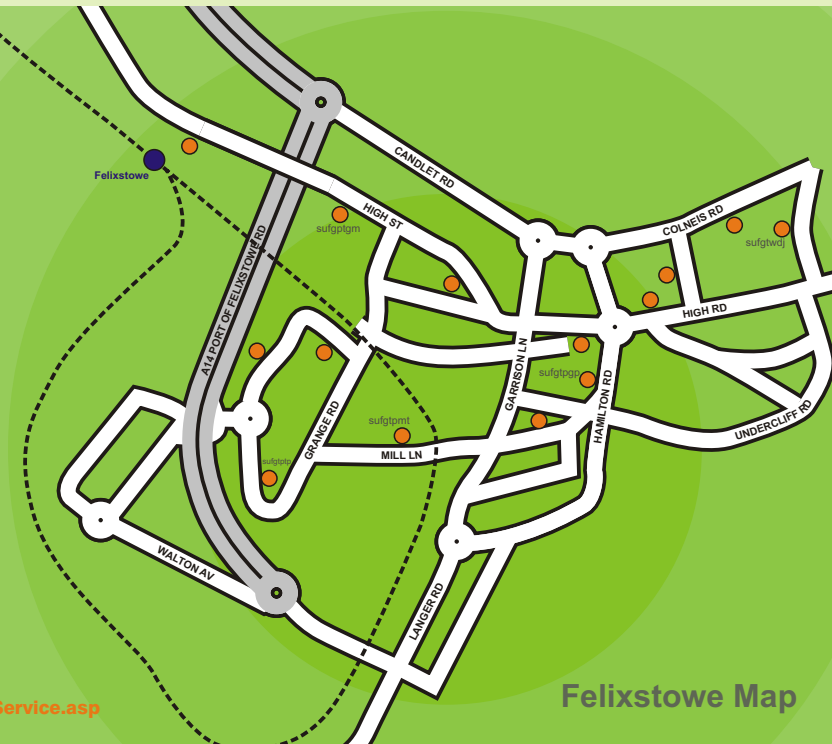
In addition to the 75, 76 and 77 services running to Ipswich there is a direct service that runs past Adastral Park. The 936 operated by Venturer Coachways goes through Felixstowe, the Trimleys and Kirton with 1 service in the morning peak and 1 service in the evening peak. Although limited, these services are well timed and efficient. The journey time from Trimley St Mary to Adastral Park is only 6 minutes longer than driving, and the bus stop is only just over the road from Adastral Park. The drop off and pick up times are ideal for anyone working 8:30 to 17:00.

Adastral Park Railway Shuttle Bus

Are you aware that BT has re-launched the Adastral Park Ipswich Rail Station shuttle bus? This hourly service runs between Adastral Park and Ipswich Railway Station with the first bus departing Ipswich station at 08:15 and the last bus leaving Adastral Park for the station at 18:40. The shuttle operates on a direct route along the A14 avoiding the busier local routes; with an average journey time of 20 minutes.

You can catch the bus at stand C on the railway station forecourt, or at Adastral Park reception. It is free to all passengers (BT, non-BT residents and visitors) arriving at Ipswich railway station with a valid rail ticket for that day. It is also free for any Adastral Park resident who can produce BT or Adastral Park photo-ID.

www.atastral.co.uk/Travel/Green_Travel_Railway_Shuttle_Service.asp



Felixstowe Map

GET Moving

Adastral Park is a key location in the East of England and BT has set itself some big challenges to help **reduce its impact** on the local community and ultimately support BT's **climate change** objectives, as well as Suffolk's drive to be The Greenest County.

Through **Grass Routes**, the Adastral Park Travel Plan, we are promoting alternative travel modes and more **sustainable, cost-effective** and **healthy** ways to get to work. As such we ask you to think about whether you can make a small change to your daily commute or visit to Adastral Park so that, together, we can make a big difference to our environmental impact.

W: www.grassroutes.info
E: adastral.travel@bt.com

Bus Planner

Service 75: Grange Farm - Felixstowe - The Trimleys - Ipswich

Peak hour frequency: 2 services per hour
Journey time for Felixstowe to Ipswich: 43 minutes
Journey Time from Trimley St Mary to Ipswich: 35 minutes

Service 76: Old Felixstowe - Felixstowe - The Trimleys - Ipswich

Peak hour frequency: 1 service per hour
Journey time for Old Felixstowe to Ipswich: 57 minutes
Journey Time from Trimley St Mary to Ipswich: 50 minutes

Service 936: Felixstowe - Woodbridge - Otley College

Peak hour frequency: 1 service only
Closest stop to Adastral Park: Eagle Way
Journey time for Felixstowe to Eagle Way: 25 minutes
Journey Time from Trimley St Mary to Eagle Way: 21 minutes
Journey Time from Trimley St Martin to Eagle Way: 16 minutes
Journey Time from Kirton to Eagle Way: 12 minutes
Walk time from Eagle Way to Adastral Park: 4 minutes

Did you know... You can text your 8 letter bus stop code (some of which are printed on this map) to 84268 and get real time information on the next 3 bus services from your stop by SMS text message? Find out further details and stop codes at: www.suffolkonboard.com

For further information on bus services go to:
www.transportdirect.info
www.travelineeastanglia.co.uk
www.suffolkonboard.com

Car Share and Eco Driving

If walking, cycling or the bus isn't for you, or you need a back-up for getting to and from work, then you might be interested in **Car Sharing**. Sharing your car journey is a great way of saving your travel costs, whilst also reducing your CO2 emissions.

Through Grass Routes we have established 140 Car Sharer parking spaces on site at Adastral Park. These are reserved for 2 or more people sharing their journey to work and are a great way of ensuring you get a convenient space in the morning.

You can find out more about Car Sharing and get help locating a Car Share Partner at www.btcarshare.com, or if you do not work for BT www.suffolkcarshare.com.

If, for whatever reason, driving to Adastral Park is your only option then it may be worth considering your choice of vehicle and how you use it. Visit www.actonco2.com to find out more about how choosing a more economical vehicle, maintaining your car and adjusting your driving style can help to cut your carbon footprint saving you fuel and money!

Car
Sharers
Only

GET Moving from Felixstowe to Adastral Park

The Vital Statistics:

Felixstowe to Adastral Park (9.6 miles)

Mode	Time (minutes)	Cost*	CO ₂	Calories
Walk	NA	£NA	NA	NA
Cycle	78	£0.76	0	483
Bus <small>Including walk from nearest bus stop</small>	28	£2.20	1.6kg	35
Car	20	£3.76	2.6kg	10

Trimley St Mary to Adastral Park (7.5 miles)

Mode	Time (minutes)	Cost*	CO ₂	Calories
Walk	NA	£NA	NA	NA
Cycle	69	£0.63	0	427
Bus <small>Including walk from nearest bus stop</small>	24	£2.20	1.2kg	35
Car	18	£2.88	2.1kg	10

Kirton to Adastral Park (5 miles)

Mode	Time (minutes)	Cost*	CO ₂	Calories
Walk	NA	£NA	NA	NA
Cycle	54	£0.51	0	334
Bus <small>Including walk from nearest bus stop</small>	15	£2.20	0.9kg	35
Car	12	£2.12	1.6kg	10

* Bus journey costs are based on the cost of a weekly ticket divided by 10 trips-a monthly, quarterly or annual pass makes the bus even cheaper. Car travel costs are based on 40p per mile, the average AA car running cost for 2008/9. Cycle cost information is calculated on the BT cycle mileage of 6p per mile. Cycle times were measured at a pace which represents that of a novice rider and assumes a low level of fitness. We would expect them to reduce considerably as you get fitter.

Did you know?
Sharing your car journey from Felixstowe instead of driving on your own every day would reduce your annual Carbon Footprint by an average of a tonne of Co₂!

Bike

Cycling from Felixstowe to Adastral Park is more challenging because of the longer distance, but offers a great way of keeping fit on the way to work. The shortest route with the lowest levels of traffic and fewest hills runs through the village of Trimley, before turning towards Kirton, Bucklesham and Brightwell. Alternatively, National Cycle Route 1 runs through Trimley St Mary, Kirton, Newbourne and Walsingham. The blue signs make this route easy to follow, but it is considerably longer than the recommended route.

You can also have a shower when you get to work, so exercising can just become part of your daily commute. For a map of your closest showering facility within Adastral Park go to: www.adastral.co.uk/travel/Commuting/adastral_travel_facilities.asp






If you need any further information on cycling to work (including more details on the routes given and alternatives) then get in touch with the Adastral Park Bicycle User Group (BUG), which offers practical tips and support for novice cyclists and keen enthusiasts alike: www.apbug.org.uk

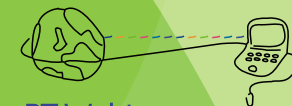
Bus

There are a number of services running from Felixstowe to Ipswich via the Trimleys. The 75, 76 and 77 all run in the peak hours and provide a good choice of services. Once in the centre of Ipswich you have the choice of getting on the 66/66B to Adastral Park or taking the direct shuttle bus service from the station. It is free to all passengers (BT, non-BT residents and visitors) arriving at Ipswich railway station with a valid rail ticket for that day. It is also free for any Adastral Park resident who can produce BT or Adastral Park photo-ID.

Share

Almost 200 people from this area drive to work each day on their own. Car sharing has the potential to greatly save on the cost and CO₂ emissions of each trip, so if you live in the areas covered by this map and currently drive to work on your own then you could be missing out on saving yourself some money!

- KEY**
- Adastral Park 
 - National Cycle Route 1 
 - Advised Cycle Route 
 - Rail Station 
 - Bus Stop 
 - Bus Stop Codes sufgtdaw



BT Webtop

Helping you to work more flexibly

- Working late to meet a tricky deadline?
- Don't want to lug your laptop home to check your work e-mail and data files?

BT Webtop Explorer has everything you need to achieve that flexible working environment and keep your work/life balance as it should be! For further details visit:

http://desktopdoctorv6.intra.bt.com/BT_Webtop_Explorer/html/trav-intro/index.htm

