

# GET Moving

East Ipswich  
and  
Kesgrave

↑  
to Adastral Park

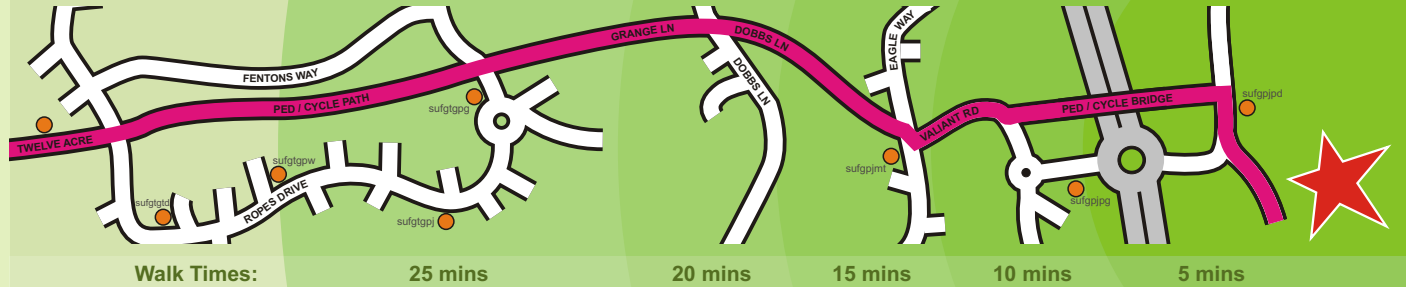
Walk Bike Bus Share Think

## Walk and Cycle to Adastral Park

Walking into Adastral Park from Kesgrave is a really viable option, with the journey from the centre of Kesgrave (Tesco store) taking around 30 minutes. Whilst this is longer than the car, bus or cycle journey, walking is a very reliable way of travelling with no traffic jams or roadworks to slow you down - and the walk itself can be a really stress-free way of commuting.

The best walking route heading through Kesgrave is also that used by cyclists, with segregated footpaths alongside quiet residential roads a great way of avoiding the peak hour traffic. The added benefit of walking over all of the other modes is that it is free so the potential to save money on getting to work is significant.

Accepting that it is not great to walk to work when the weather is poor, you might also want to look into the **Bus** and **Car Share** options available if you live in these areas. Having a car share partner you can call upon on



a busy day, or knowing the bus timetable so you can avoid poor weather, can help you to be flexible whilst leaving your car at home.

If you regularly go to the gym, then cycling, walking or even running to work are great ways of 'working out on the way in' and could save you money on a gym membership. Depending where you live, your commute could become your daily workout:

- Run from East Ipswich: 388 Calories
- Walk from East Ipswich: 227 Calories
- Cycle from East Ipswich: 167 Calories
- Run from Kesgrave: 242 Calories
- Walk from Kesgrave: 122 Calories
- Cycle from Kesgrave: 86 Calories

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](http://www.adastral.co.uk/travel/Commuting/adastral_travel_facilities.asp)

# 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 impacts.

W: [www.grassroutes.info](http://www.grassroutes.info)  
E: [adastral.travel@bt.com](mailto:adastral.travel@bt.com)

## Bus Planner

### Service 66: Ipswich - Kesgrave - Martlesham Heath

Peak hour frequency: 4 services per hour  
Closest stop to Adastral Park: Gloster Rd, opp Bowling Ctre  
Journey time for East Ipswich to Gloster Rd: 20 minutes  
Journey Time from Kesgrave to Gloster Rd: 11 minutes  
Walk time from Gloster Rd to Adastral Park: 2 minutes

### Service 66B: Ipswich - Foxhall Rd - Martlesham Heath

Peak hour frequency: 2 services per hour  
Closest stop to Adastral Park: Gloster Rd, opp Bowling Ctre  
Journey time for East Ipswich to Gloster Rd: 14 minutes  
Walk time from Gloster Rd to Adastral Park: 2 minutes

**Did you know...** Buying a weekly, monthly, quarterly or annual bus pass can significantly reduce the per-trip cost of commuting:

Costs	Daily	Weekly	Monthly	Quarterly	Annually
Per trip	£2.25	£1.50	£1.33	£1.25	£1.10
For the Pass	£4.50	£15	£53	£150	£530

... What's more the bus pass is also valid at weekends and in the evenings for your leisure travel around Ipswich.

**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](http://www.suffolkonboard.com)

**For further information on bus services go to:**

- [www.transportdirect.info](http://www.transportdirect.info)
- [www.travelineeastanglia.co.uk](http://www.travelineeastanglia.co.uk)
- [www.suffolkonboard.com](http://www.suffolkonboard.com)

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](http://www.apbug.org.uk)

## 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](http://www.btcarshare.com), or if you do not work for BT [www.suffolkcarshare.com](http://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](http://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!

# GET Moving from East Ipswich and Kesgrave to Adastral Park

KEY

- Adastral Park 
- Advised Cycle Route 
- Alternative Cycle Route 
- Bus Stop 
- Bus Stop Codes  sufgtdaw

## The Vital Statistics:

### East Ipswich to Adastral Park (5.5 miles)

Mode	Time (minutes)	Cost*	CO <sub>2</sub>	Calories
Walk	65	£0	0	227
Cycle	27	£0.28	0	167
Bus <small>Including walk from nearest bus stop</small>	23	£1.50	0.7kg	35
Car	17	£1.60	1.7kg	10

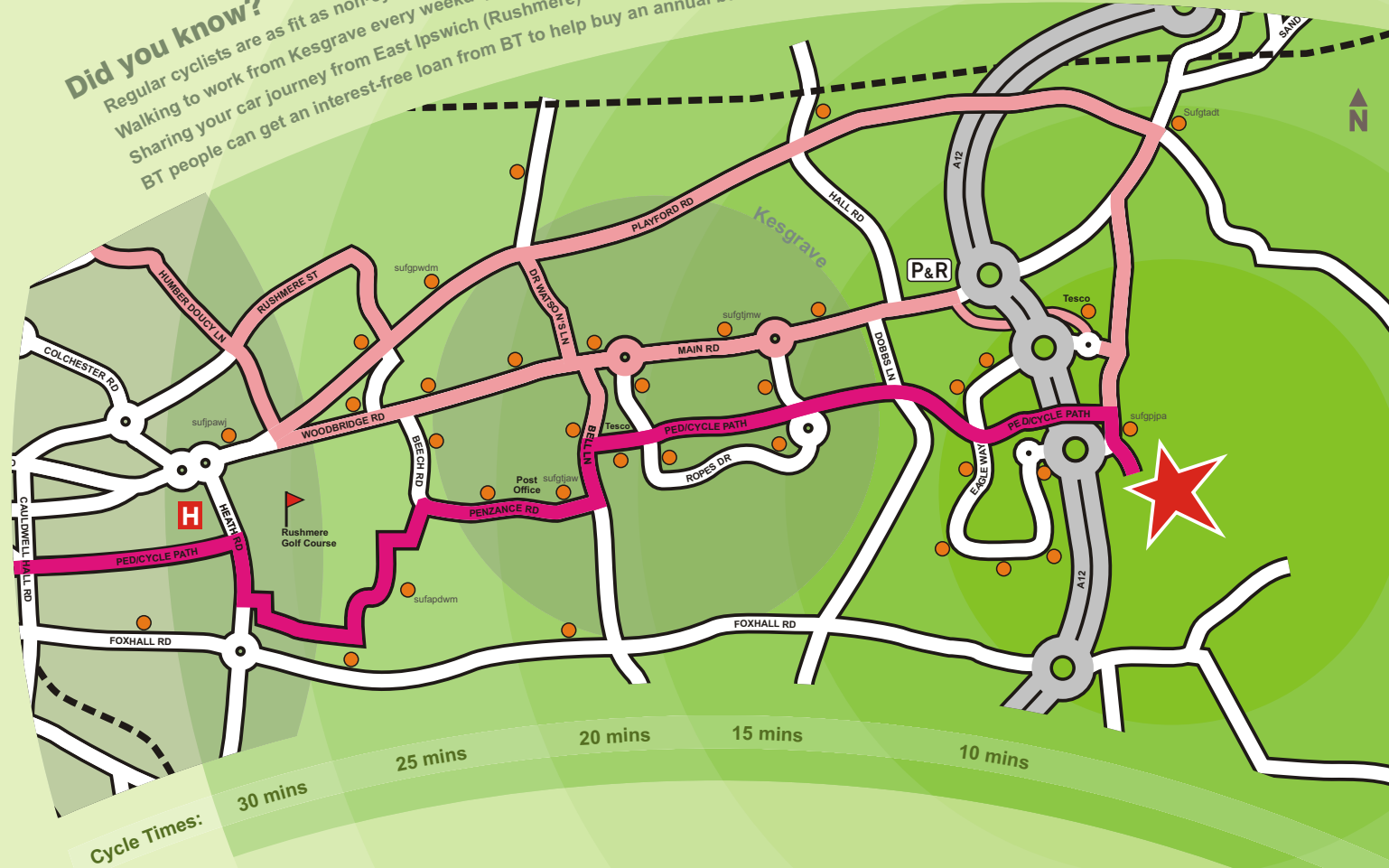
### Kesgrave to Adastral Park (2.8 miles)

Mode	Time (minutes)	Cost*	CO <sub>2</sub>	Calories
Walk	35	£0	0	122
Cycle	14	£0.12	0	86
Bus <small>Including walk from nearest bus stop</small>	13	£1.50	0.3kg	35
Car	11	£0.88	1kg	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?

Regular cyclists are as fit as non-cyclists 10 years younger.  
 Walking to work from Kesgrave every weekday for a month would burn 4880 calories.  
 Sharing your car journey from East Ipswich (Rushmere) with just one person could save you up to £16 per week!  
 BT people can get an interest-free loan from BT to help buy an annual bus ticket and reduce the cost of commuting by bus.



### Walk

Walking is a viable option from Kesgrave, but you could also consider running or roller blading as fun alternatives if you want to get fit on the way to work. Further information on these modes of travel is available on the inset map over the page.

### Bike

Cycling to Adastral Park from Kesgrave and Ipswich East is quick, taking between 14- 27 mins, and aided by a very good cycle route which runs through residential streets in Kesgrave and is part of the Ipswich cycle network. Although the route from the Ipswich hospital may seem to meander, it is quicker and safer than using the main

roads because of the lower levels of traffic - particularly in peak hours. If you do not live directly on the cycle route then it is easy to find with a number of alternatives running through the area. A number of other route options also exist if you want to lengthen your ride to work (e.g. to get fitter) or stay off the road altogether (alongside Woodbridge Road) to avoid vehicle traffic.

### Bus

There are 5 bus services through East Ipswich and Kesgrave which serve stops close to Adastral Park. One of these, the route 66 service, operates direct to Gloster Road outside Adastral Park on a 24 hour timetable, with a bus every 10 minutes during the morning

and evening peak periods. Each weekday this means that 18 buses arrive at Adastral Park opposite the bowling centre between 7am and 9am, while a further 4 services stop at the Martlesham Tesco store at times which may be convenient for getting home from work in the evening.

### Share

Around 250 people from East Ipswich and Kesgrave drive to work each day on their own. Car sharing has the potential to greatly save on the cost and CO<sub>2</sub> 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!