

# GET Moving

Central, North and South Ipswich

↑ to Adastral Park

Walk Bike Bus Share Think

## Cycle to Adastral Park

Cycling to Adastral Park from Central, North and South Ipswich is aided by a good network of local cycle routes, some of which have been picked out on the maps below and overleaf.

The route from Ipswich hospital through Kesgrave meanders on residential roads, but is quicker and safer than using the main roads because of the lower levels of traffic particularly in peak hours. 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.

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



Cycle Times: 30 mins 25 mins 20 mins 15 mins 10 mins 5 mins

your daily workout:

Cycle from Central Ipswich: 254 Calories  
Cycle from North Ipswich: 297 Calories  
Cycle from South Ipswich: 316 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)

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)

# 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

Unless you live in the centre of Ipswich then the bus journey to Adastral Park is likely to involve 2 buses with an interchange in the centre of town. Ipswich Buses services 7 and 9 run into the centre of Ipswich from the South West and North West of the town where you can catch the Superoute 66 (First Eastern Counties to Adastral Park).

### Service 7: Ipswich - Hadleigh Road - Chantry - Ipswich

Peak hour frequency: 3 services per hour  
Circular service covering most of South Ipswich  
Journey time for Brookwood to Central Ipswich: 30 minutes

### Service 9: Ipswich - Whitton - Castle Hill - Ipswich

Peak hour frequency: 3 services per hour  
Circular service covering most of North Ipswich  
Journey time for Whitton to Central Ipswich: 21 minutes

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

Peak hour frequency: 4 services per hour  
Closest stop to Adastral Park: Gloster Rd, opp Bowling Ctr  
Journey time for Central Ipswich to Gloster Rd: 32 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 Ctr  
Journey time for Central Ipswich to Gloster Rd: 22 minutes  
Walk time from Gloster Rd to Adastral Park: 2 minutes

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)

**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 our further details and stop codes at: [www.suffolkonboard.com](http://www.suffolkonboard.com)

## Car Share and Eco Driving

Around 250 people from South West and North West Ipswich drive to work each day on their own, which is understandable given that it is considerably quicker than using the bus. Car Sharing 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.btcarsshare.com](http://www.btcarsshare.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 Central, North and South Ipswich to Adastral Park

## KEY

- Adastral Park 
- Advised Cycle Route 
- Signed Local Cycle Route No's 
- Rail Station 
- Bus Stop 
- Bus Stop Codes  sufgdaw

### The Vital Statistics:

#### Central Ipswich to Adastral Park (6.2 miles)

Mode	Time (minutes)	Cost*	CO <sub>2</sub>	Calories
Walk	90	£0	0	315
Cycle	41	£0.41	0	254
Bus <small>Including walk from nearest bus stop</small>	29	£1.50	1.1kg	35
Car	26	£2.76	2.1kg	10

#### South Ipswich to Adastral Park (11.5 miles)

Mode	Time (minutes)	Cost*	CO <sub>2</sub>	Calories
Walk	NA	NA	NA	NA
Cycle	51	£0.54	0	316
Bus <small>Including walk from nearest bus stop</small>	60	£2.85	1.5kg	35
Car	27	£4.64	2.9kg	10

#### North Ipswich to Adastral Park (8.1 miles)

Mode	Time (minutes)	Cost*	CO <sub>2</sub>	Calories
Walk	NA	NA	NA	NA
Cycle	48	£0.66	0	316
Bus <small>Including walk from nearest bus stop</small>	75	£2.85	1.4kg	35
Car	33	£5.68	2.7kg	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?**  
 If you arrive at Ipswich Station by train you can catch the free Adastral Park Shuttle Bus, which takes just 20 minutes to get to the site and runs throughout the day.  
 Sharing your car journey from North West Ipswich (Whitton) with just one more person could save you up to £29 per week!  
 You can get an interest-free loan from BT to help buy an annual bus ticket, and reduce the cost of commuting by bus.  
 Cycling from South West Ipswich every weekday for a month would burn over 12,000 calories!