



# GET Moving

Martlesham Heath and Tesco

↑ to Adastral Park

- Walk
- Bike
- Bus
- Share
- Think

## 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 Monday-Friday except public holidays and runs on a direct route along the A14 avoiding the busier local roads; 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 in order to get to the station without a ticket before 14:00.

The aim of the Shuttle Bus is to reduce our use of taxis for business travel and commuter trips to the railway station, as well as minimise the CO2 emissions of our business activity, reduce traffic congestion and improve the local environment. Further details are available online at: [www.atastral.co.uk/Travel/Green\\_Travel\\_Railway\\_Shuttle\\_Service.asp](http://www.atastral.co.uk/Travel/Green_Travel_Railway_Shuttle_Service.asp)

**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 other 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)

## Shuttle Bus Timetable

### Ipswich train station

Depart 08:15 09:15 10:15 11:15 12:15 13:15 14:15 15:15 16:15 17:15 18:15

### Adastral Park

Arrive 08:35 09:35 10:35 11:35 12:35 13:35 14:35 15:35 16:35 17:35 18:35

### Adastral Park

Depart 08:40 09:40 10:40 11:40 12:40 13:40 14:40 15:40 16:40 17:40 18:40

### Ipswich train station

Arrive 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00



# 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)



## Adastral Park Map



## 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.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 around Martlesham Heath and Aداstral Park

## The Vital Statistics:

### Tesco to Aداstral Park (0.6 miles)

Mode	Time (minutes)	Cost*	CO <sub>2</sub>	Calories
Walk	12	£0	0	42
Cycle	5	£0.06	0	30
Car	3	£0.40	0.15kg	10

### Martlesham Heath to Aداstral Park (1.2 miles)

Mode	Time (minutes)	Cost*	CO <sub>2</sub>	Calories
Walk	9	£0	0	35
Cycle	4	£0.06	0	24
Car	4	£0.40	0.15kg	10

\* 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.

### Walk

Walking is a great option from Martlesham Heath, or for popping to Tesco at lunchtime. By the time you have walked to your car at Aداstral Park, and walked to the store across the Tesco car park, the difference in journey time is negligible. Also, if you count the number of steps you make each day you might be interested to know that the return trip from Aداstral Park to Tesco is about 4,000 steps so going for that walk at lunchtime puts you almost halfway towards the 10,000 daily steps the British Heart Foundation recommends for a healthy heart and body.

### Bike

Cycling to Aداstral Park from Martlesham Heath is also very easy with a dedicated footbridge over the A12 meaning you can avoid the busiest roads on your way to work. With the journey being only a mile you can probably take it steady and avoid breaking sweat on the ride in, meaning you only need to quickly freshen up before starting work. Alternatively you could plan to grab a shower when you get into work. The site map on the reverse of this leaflet shows where you can park your bike, get it maintained and find the showers at Aداstral Park.

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 Aداstral 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)

**Did you know?**  
Walking to work from Martlesham Heath every weekday for a month would burn almost 1700 calories!  
Cycling to Aداstral Park from Martlesham Heath takes virtually the same time during peak hours as driving, when you might have to sit in your car waiting to get across the A12 for a couple of minutes.

### 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](http://desktopdoctorv6.intra.bt.com/BT_Webtop_Explorer/html/trav-intro/index.htm)



Walk Times  
15 mins

10 mins

5 mins

- KEY**
- Cycle Route to Martlesham and Woodbridge
  - Cycle Route to Kesgrave and Ipswich
  - Bus Stop
  - Bus Stop Codes
  - Shuttle Bus Stop