



**GET Moving**

Melton,  
Woodbridge  
and Martlesham

↑  
to Adastral Park

Walk

Bike

Bus

Share

Think

## Walk and Cycle to Adastral Park

From Melton, the cycle route is mostly on minor roads without any large or complicated junctions to negotiate. There are a few route choices through Woodbridge, and it is mostly personal preference as to which ones you will prefer. Why not try them out on alternate days?

Coming down Sandy Lane past the farm is a great way to start the day, but do take care if you go home this way in the winter, since this route is not lit. Between Woodbridge and Martlesham there are marked cycle lanes on the route down Main Road and Felixstowe Road (assigned as a Priority Cycle Route) and from the Martlesham Tesco superstore to Adastral Park.

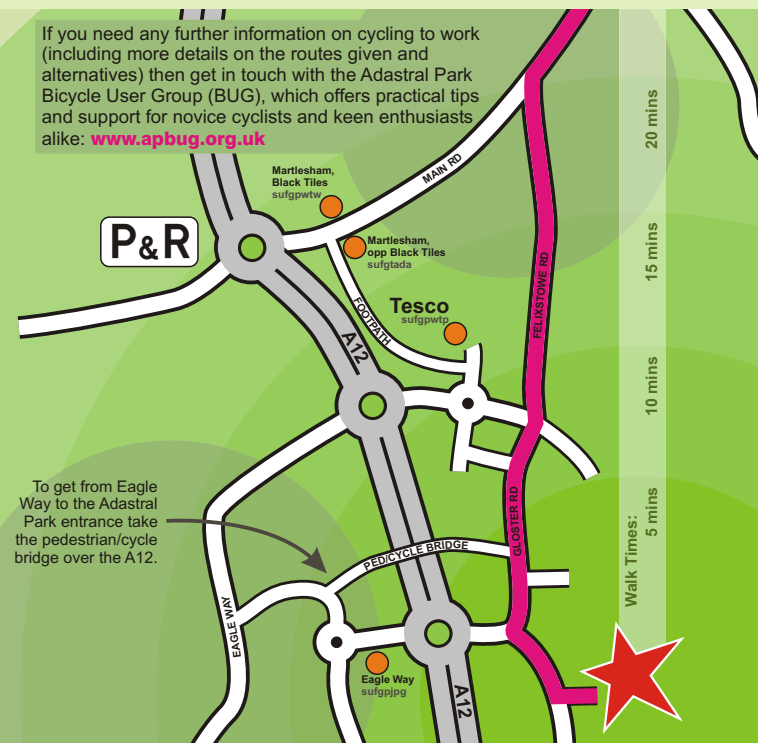
If you regularly go to the gym, then cycling, walking or even running to work are great ways of 'working out on the way in' and could save you money on a gym membership. Depending where you live, your commute could become your daily workout:

- Cycle from Melton: 155 Calories
- Cycle from Woodbridge: 124 Calories
- Run from Woodbridge: 339 Calories
- Cycle from Martlesham: 43 Calories
- Run from Martlesham: 116 Calories
- Walk from Martlesham: 63 Calories
- Walk from Tesco: 40 Calories

You can also have a shower when you get to work, so exercising can just become part of your daily routine. For a map of your closest showering facility within Adastral Park go to:

[www.atastral.co.uk/travel/Commuting/adastral\\_travel\\_facilities.asp](http://www.atastral.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

### Service 63: Framlingham - Melton - Woodbridge - Ipswich

Peak hour frequency: 1 service per hour  
Closest stop to Adastral Park: Martlesham, opp Black Tiles  
Journey time for Melton to Black Tiles: 23 minutes  
Journey Time from Woodbridge to Black Tiles: 12 minutes  
Walk time from Black Tiles to Adastral Park: 17 minutes

### Service 64: Aldeburgh - Melton - Woodbridge - Ipswich

Peak hour frequency: 1 service per hour  
Closest stop to Adastral Park: Martlesham, opp Black Tiles  
Journey time for Melton to Black Tiles: 23 minutes  
Journey Time from Woodbridge to Black Tiles: 12 minutes  
Walk time from Black Tiles to Adastral Park: 17 minutes

### Service 65: Rendlesham - Melton - Woodbridge - Ipswich

Peak hour frequency: 1 service per hour  
Closest stop to Adastral Park: Tesco  
Journey time for Melton to Tesco: 25 minutes  
Journey Time from Woodbridge to Tesco: 14 minutes  
Walk time from Tesco to Adastral Park: 12 minutes

### Service 165: Leiston - Melton - Woodbridge - Ipswich

Peak hour frequency: 1 service per hour  
Closest stop to Adastral Park: Martlesham, opp Black Tiles  
Journey time for Melton to Black Tiles: 14 minutes  
Journey Time from Woodbridge to Black Tiles: 7 minutes  
Walk time from Black Tiles to Adastral Park: 17 minutes

### Service 172: Woodbridge - Martlesham Heath - Felixstowe

Peak hour frequency: 1 service only  
Closest stop to Adastral Park: Eagle Way  
Journey time for Woodbridge to Eagle Way: 10 minutes  
Journey Time from Martlesham to Eagle Way: 4 minutes  
Walk time from Eagle Way to Adastral Park: 7 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 up to date timetable 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

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!

