

ST GILES PARK & ROUNDHOUSE GATE CRINGLEFORD



Sustainable Travel Information pack | Autumn 2025



WELCOME TO CRINGLEFORD



WELCOME TO YOUR NEW HOME!

This Sustainable Travel Information Pack is your one-stop shop for everything you need to know about getting out and about around St Giles Park and Roundhouse Gate. Whether you're planning your next journey or just exploring local options, we've got all the info you need to learn more about how easy it is to get the best out of your sustainable travel options.

Stepping out of your car and travelling in a different way can save you money, improve your health, and enable you to do your bit for the environment. This Pack is filled with travel news and money saving tips, including information on how you can claim your **FREE** sustainable travel voucher!

Broaden your travel horizons today, and experience Cringleford!

This Sustainable Travel Information Pack is part of the Travel Plan for St Giles Park and Roundhouse Gate in Cringleford.

So, what's a Travel Plan? It's a set of ideas and actions to make it easier for you to choose greener, more active ways to get around. Whether that's walking, cycling, or using public transport.

Our big goal is to cut car trips from St Giles Park and Roundhouse Gate by 18%. We'll keep track of how things are going with yearly surveys and share updates with the County Council.

Want to read the full Travel Plan? No problem - just reach out to our Travel Plan Co-ordinator using the details on page 3.



CLAIM YOUR TRAVEL VOUCHER!

To help you with making your sustainable journeys, your household can claim:



One month's **FREE** bus travel, worth **£75**

OR



A **£70 Voucher** to purchase cycle equipment from your local cycle shop

To claim your voucher, simply email us at cringlefordTPC@stantec.com with your name and address - we'll do the rest!

Find out more about the cycling voucher on page 6, and the free bus travel on page 9.





MEET YOUR TRAVEL PLAN CO-ORDINATOR

Hi, I'm Frankie and I'm your Cringleford Travel Plan Co-ordinator. I'm passionate about helping people find sustainable alternatives to their normal travel patterns to save them money and help reduce our carbon output. I'm your first point of contact should you have any travel related queries.

Please do feel free to contact me and I'll be happy to help:
cringlefordTPC@stantec.com.



NATIONAL SUSTAINABLE TRAVEL EVENTS

BIKE WEEK

Bike week happens every June to promote cycling and demonstrate how cycling can easily be part of your everyday life. Visit www.cyclinguk.org for more details.

THE BIG PEDAL

Sustrans Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge inspiring pupils, staff and parents to choose human power for their journey to school. Schools across the country compete to see who can earn the most points by cycling to school. Visit www.bigpedal.org.uk for more details.

WALK TO WORK DAY

Walk to Work happens every April and seeks to promote the health benefits and ease of walking to work.

INTERNATIONAL WALK TO SCHOOL MONTH

International Walk to School Month is a month-long awareness raising event, taking place each October, during which schools across the world join forces to promote walking to school.

WORK WISE WEEK

Work Wise Week aims to promote modern "smarter" working practices such as agile, flexible, remote and mobile working, as well as working from home. This event takes place in May. Visit www.workwiseuk.org for more details.

NATIONAL LIFTSHARE WEEK

National Liftshare Week is an annual event occurring in October. It aims to raise awareness of lift sharing as a mode of transport and help you realise the benefits of lift sharing. Visit www.liftshare.com for more details.



LOCAL AMENITIES



There is so much to enjoy right on your doorstep at Cringleford and even better, you don't have to use your car to get there.

Here are some of the key local facilities within walking and cycling distance from Cringleford and a map of where they are in relation to you!



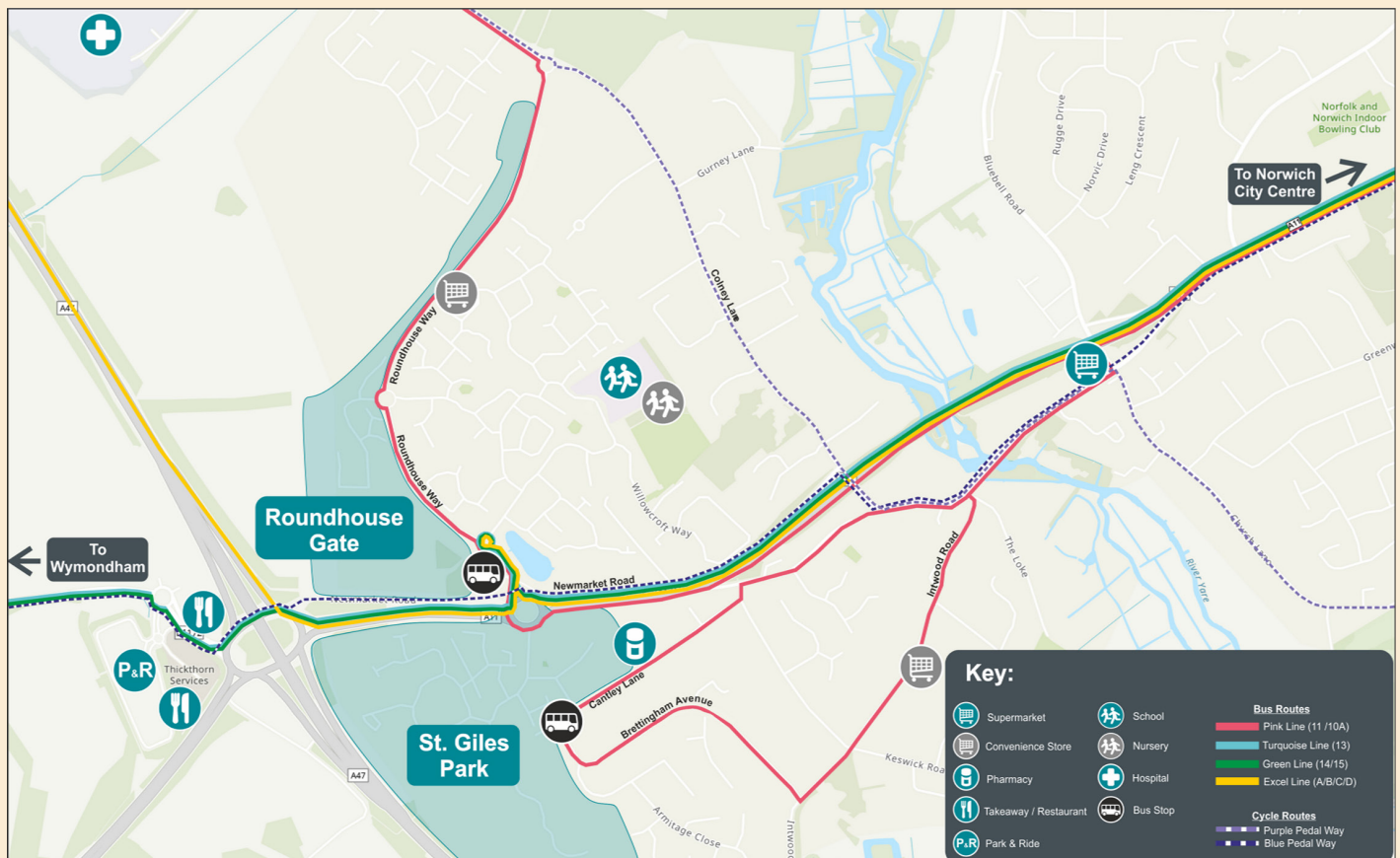
...minutes walking

It will take you approximately...

5	The Humbleyard Practice	1
8	Jubilee Centre	2
	Crackerjacks Nursery	
9	Crackerjacks Pre School	4
	Cringleford Primary School	
10	The Willow Centre	3
12	Thickthorn Park and Ride	4
	Travelodge (Thickthorn Services)	
	McDonalds (Thickthorn Services)	4
	Shell Garage (Thickthorn Services)	
13	Tesco Express	
	Burger King (Thickthorn Services)	
15	Cringleford Business Centre	3



...minutes cycling



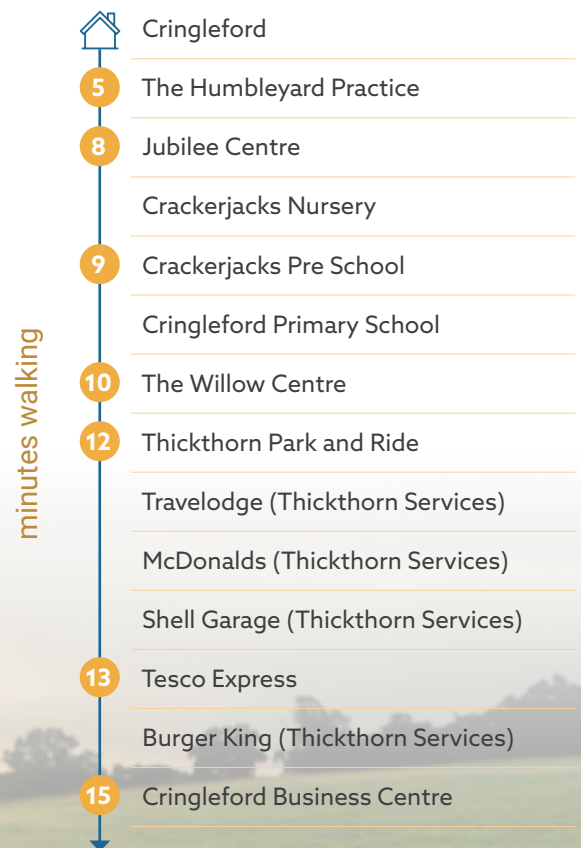
WALKING IN CRINGLEFORD



Walking is a great way to get out, whether that's a leisurely stroll or by incorporating it into your commute, there are tons of benefits and as an added bonus, walking is one of the simplest, easiest and cheapest ways to get around.

Not only is walking good for your body but it's also good for your mind. A brisk 30-minute walk each day will have significant improvements on your health. You could make your walking commute a social occasion too and walk with friends.

With various amenities within easy walking distance of Cringleford, why not swap one short car journey for a walk instead?



HEALTH BENEFITS

Government guidance suggests that adults should try to get at least 150 minutes of exercise each week, the good news is, a brisk walk contributes to this!

Some of the health benefits of walking include:

- » Reduced risk of cardiovascular problems
- » Helps improve the strength of your bones
- » Increases your muscle strength
- » Increased productivity
- » Makes you happier (studies can prove this!)

LOCAL WALKING GROUPS

One way to find great walks and meet other people who love walking is to join a local walking group. To find out more about local walking routes visit Active Norfolk on www.activenorfolk.org or scan the QR code!



Ramblers have an organised walk every Saturday around Norwich, with moderate and varying lengths. To find out more about organised walks visit www.ramblers.org.uk or scan the QR code!



Check out www.travelnorfolk.co.uk to plan your journeys by foot and find local walking trails to explore.



CYCLING AROUND CRINGLEFORD



Cycling isn't just a fast and cost-effective way to get from A to B., it's a win for your health, your wallet, and the planet! By swapping four wheels for two, you can save a bundle on fuel, parking, and car maintenance, all while cutting your carbon footprint. Plus, it's a great way to build fitness into your daily routine without even hitting the gym. So why not hop on a bike and enjoy the freedom, savings, and feel-good vibes that come with every ride?

LOCAL CYCLE ROUTES

Stretching from Wymondham to Sprowston via the heart of the city centre the Blue Pedalway is your ticket to ride! Whether you're commuting, heading to school, or just out for a leisurely trip, this cycle route offers a mix of off-road shared-use paths and on-road sections that connects Cringleford with key destinations like Hethersett Academy, City College Norwich, and more.

Alternatively, get ready to roll on the Purple Pedalway, Norwich's longest and most adventurous cycling route! Stretching around the outer edge of the city, this 18.4-mile loop is perfect for those who love a mix of quiet suburban streets, off-road cycle paths and scenic green spaces.

No Problem - Hop on a Beryl!

Don't have your own set of wheels? No worries! With Beryl bikes, e-bikes, and e-scooters, getting around Cringleford and Norwich is a plain sailing. Whether you're commuting, running errands, or just want to feel the wind in your hair, Beryl gives you the freedom to ride when you want, where you want.

There's even a Beryl mobility hub right in the heart of Cringleford on Dragonfly Lane, making it super convenient to grab a ride. Simply pick up a bike or scooter from any Beryl bay, and return it to the same spot, or drop it off at another bay across the city. It's flexible, fun, and perfect for short trips or spontaneous adventures.



Cringleford

1

The Humbleyard Prattice

2

Jubilee Centre

Crackerjacks Nursery

3

The Willow Centre

Cringleford Business Centre

4

Crackerjacks Pre School

Cringleford Primary School

Thickthorn Park and Ride

Travelodge (Thickthorn Services)

McDonalds (Thickthorn Services)

Shell Garage (Thickthorn Services)

Tesco Express

Burger King (Thickthorn Services)

5

The Red Lion (Eaton)

Waitrose (Eaton)

Boots (Eaton)

The Cellar House (Eaton)

7

Norfolk & Norwich University Hospital

9

University of East Anglia

Norwich Research Park.

14

Hethersett Academy

CLAIM YOUR £70 CYCLE VOUCHER!



Thinking about getting a new bike or some new accessories? Get geared up with a £70 Cycle Revolution voucher! Use it for accessories like helmets, lights, or fitness trackers. Whether you're a seasoned cyclist or just starting out, it's the perfect excuse to ride in style. To claim, email cringlefordTPC@stantec.com





CYCLE TO WORK SCHEMES

Cycle to Work Schemes are a Government tax exemption initiative which allows you to hire a bike and/or equipment which at the end of the hire, you have the option to purchase for a small fraction of the price.

Many different schemes are available, but all allow for a tax deduction and can be paid through your salary. Please speak to your employer to see if this is something they offer and to find out more.

USEFUL WEBSITES & APPS

Check out the Norwich Cycle Map for routes across the city.

www.norwich.gov.uk/downloads/file/3488/norwich_cycle_map



Cycle Revolution is your closest bike shop, located on Hall Road (NR4 6EF). You can buy a bike or accessories, or get your current bike fully serviced!

www.cycle-revolution.net/blog/stores/cycle-revolution-norwich



Strava helps you keep track of your cycle journeys, and share your favourite routes with your friends and family.

www.strava.com



Travel Norfolk's journey planner can help you find your way from A to B. by bike.

www.travelnorfolk.co.uk/journey-planner/



Hire a Beryl bike or scooter through the website or app.

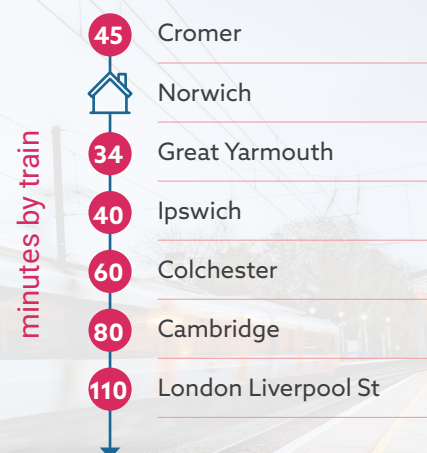
<https://beryl.cc/scheme/norwich>



TRAIN TRAVEL FROM CRINGLEFORD >>>

Norwich Station provides a gateway to destinations across the UK and it is easy to get to from Cringleford.

If you're able to hop on your bike you can be there in just 25 minutes or else it's only a 20-minute drive or bus ride away. From Norwich Station direct services are available to London, Ipswich, Lowestoft and Great Yarmouth and there is also lots of free, sheltered cycle parking. Alternatively, if you're Cambridge bound, then try Wymondham Station around 1½ an hour away by bus and bike, avoiding the city centre.



SAVE ON TRAVEL

There are lots of different railcards available depending on your circumstances, which can give you great discounts on rail travel. Could any of these be helpful for you or someone else in your household?



- » Age 16-25 Railcard
- » Age 16-17 Saver
- » Senior Railcard age 60+
- » Veterans Railcard
- » Two together Railcard
- » Disabled Persons Railcard
- » 26-30 Railcard
- » Family & Friends Railcard

Find yours at: www.railcard.co.uk
or scan the QR code!

NATIONAL RAIL

The National Rail website offers a rail journey planner that gives you train times, fares information and lets you track trains in real time.



Scan the QR code above to see a real-time timetable for Norwich Station.



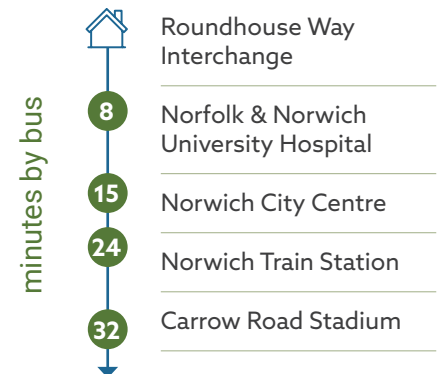
You can also visit www.nationalrail.co.uk for further information or download the National Rail App.

BUS TRAVEL FROM CRINGLEFORD



Getting into the city centre, or beyond, couldn't be easier! Regular and reliable bus services run from the Roundhouse Way Interchange, your local hub for public transport in Cringleford.

And paying your fare is a breeze—just tap your contactless card or use an electronic ticket via the First Bus App or Konnect Bus App (depending on your route), where you can also plan your journey, check live bus times and buy tickets in advance.



LOCAL FIRST BUS SERVICES



Pink Line
10A / 11
11A / 12
tinyurl.com/yck85z8b



Turquoise Line
13
Spixworth, City Centre, Wymondham and Attleborough. Every 30 minutes, Monday—Saturday.
tinyurl.com/2bn7kumu



Green Line
14 / 15
City Centre and Norwich Station. Hourly, Monday - Saturday
tinyurl.com/3zn4pknu



Excel
A / B / C
D
Norwich, Kings Lynn and Peterborough. Hourly, Monday - Saturday
tinyurl.com/2tnvnukw

LOCAL KONNECT BUS SERVICE



3/3B/
3C/60
City Centre, Hethersett and Watton. Hourly, Monday - Saturday with 3 offering Sunday services
tinyurl.com/3uf8txmb



4/4A
City Centre, N & NU Hospital, Longwater Retail Park and Dereham. Hourly, Monday - Saturday
tinyurl.com/2wwca5jt

TRAVEL NORFOLK



The Travel Norfolk website offers a journey planner that gives you bus times for your nearest bus stop and lets you track buses in real time.

Scan the QR code to reach the journey planner.

For more information visit www.travelnorfolk.co.uk/journey-planner/

Download the First Bus App or Konnect Bus App to plan journeys, see available capacity and buy tickets all in one place.

First Bus:

Konnect:



CLAIM YOUR FREE MONTH'S BUS TRAVEL WORTH £75

Free Bus Travel? Yes Please! We're giving every household in St Giles Park and Roundhouse Gate the chance to try out local bus services completely free! That's right, you can claim a one-month bus pass (valid for one person on First Bus services) and see just how easy, convenient public transport can be. We're pretty sure you're going to love it! To claim your pass, just drop us an email at cringlefordTPC@stantec.com with your name and address—we'll take care of the rest."

If you find traditional public transport difficult due to limited mobility or specific health and social needs, community transport could be the perfect solution. These services offer door-to-door travel for eligible adults, helping you stay connected with friends and family, attend medical appointments, or simply get out for essential shopping and social activities. Run by volunteer drivers, community transport provides a reliable and friendly service for those who can't access regular buses or trains

TRAVEL NORFOLK CAR SCHEME

Travel Norfolk Car Scheme uses volunteers' own cars and so while the service can't accommodate wheelchair users, passengers are welcome to bring a carer or assistant along for support.



www.travelnorfolk.co.uk/travel-norfolk-car-scheme

NORWICH DOOR TO DOOR BUS SERVICE

Replace with: Norwich Door to Door operates a fleet of 13 minibuses which are equipped with tail-lifts, steps, secure anchor points for wheelchairs and scooters, as well as an onboard passenger assistant.



www.norwichdoortodoor.org.uk

GENERAL PUBLIC TRANSPORT INFORMATION



Norfolk
Bus Travel

<https://tinyurl.com/u3fyz38n>



Traveline
(National
Information)

www.traveline.info

ELECTRIC VEHICLES

With the UK's charging network expanding rapidly and more EV models hitting the roads every year, it's no wonder electric vehicle ownership has increased four-fold since 2021 with over a third of new cars purchased this being hybrid or fully electric.

EVs mean zero emissions at use, cleaner air, and lower costs. Even with non-renewable power, they're efficient, low-maintenance, and offer a smooth, quiet drive.

If you're living in or visiting St Giles Park or Roundhouse Gate, you're never far from a charge. The closest public EV charging points can be found at:

The Willow Centre, The Jubilee Centre, Thickthorn Services, Waitrose in Eaton

ECO DRIVING

If you're looking to stretch your fuel further and cut down on emissions, eco-driving is your go-to solution. It's a simple, practical way to save money and reduce your carbon footprint without changing your car.

Here are a few easy tips to get started:

Lighten the Load - Remove heavy items from your boot or roof rack when they're not needed. Less weight = less fuel used.

Pump It Up - Check your tyre pressures regularly. Under-inflated tyres not only waste fuel but can also be a safety risk.

Read the Road - Anticipate traffic flow so you can ease off the accelerator early instead of braking hard.

Smooth Moves - Maintain a steady speed and shift to higher gears sooner to keep your engine running efficiently.

Small changes, big impact. Start eco-driving today and enjoy fewer trips to the pump, cleaner air, and a happier wallet!

Find Out More

For more information on benefits and saving effects of Eco-Driving, check out these tips from the AA. tinyurl.com/3xvpk6zm



Zap Map

Zapmap makes EV ownership simple, from choosing the right car to efficient charging. Its interactive map shows real-time charging point locations and availability across the UK—perfect for planning long trips or finding a quick top-up nearby.

www.zapmap.com



CAR SHARING

Call it what you like – car sharing, lift sharing, or carpooling – it's a brilliant way to save money, cut congestion, and maybe even make a new friend or two along the way.

Whether you're commuting to work, doing the weekly shop, taking the kids to school, heading to uni, or visiting friends, sharing a ride makes sense. All you need is someone going your way and a willingness to split the fuel costs.

Find Out More

Find your perfect match on Norfolk's Car Share Community browse potential matches, and start saving. On average, Liftshare members save over £1,000 a year! www.liftshare.com/uk/community/norfolk



For longer or one-off trips, try BlaBlaCar. Offer or find a lift, connect with others going your way, and travel confidently with profiles, ratings, and free insurance. www.blablacar.co.uk



