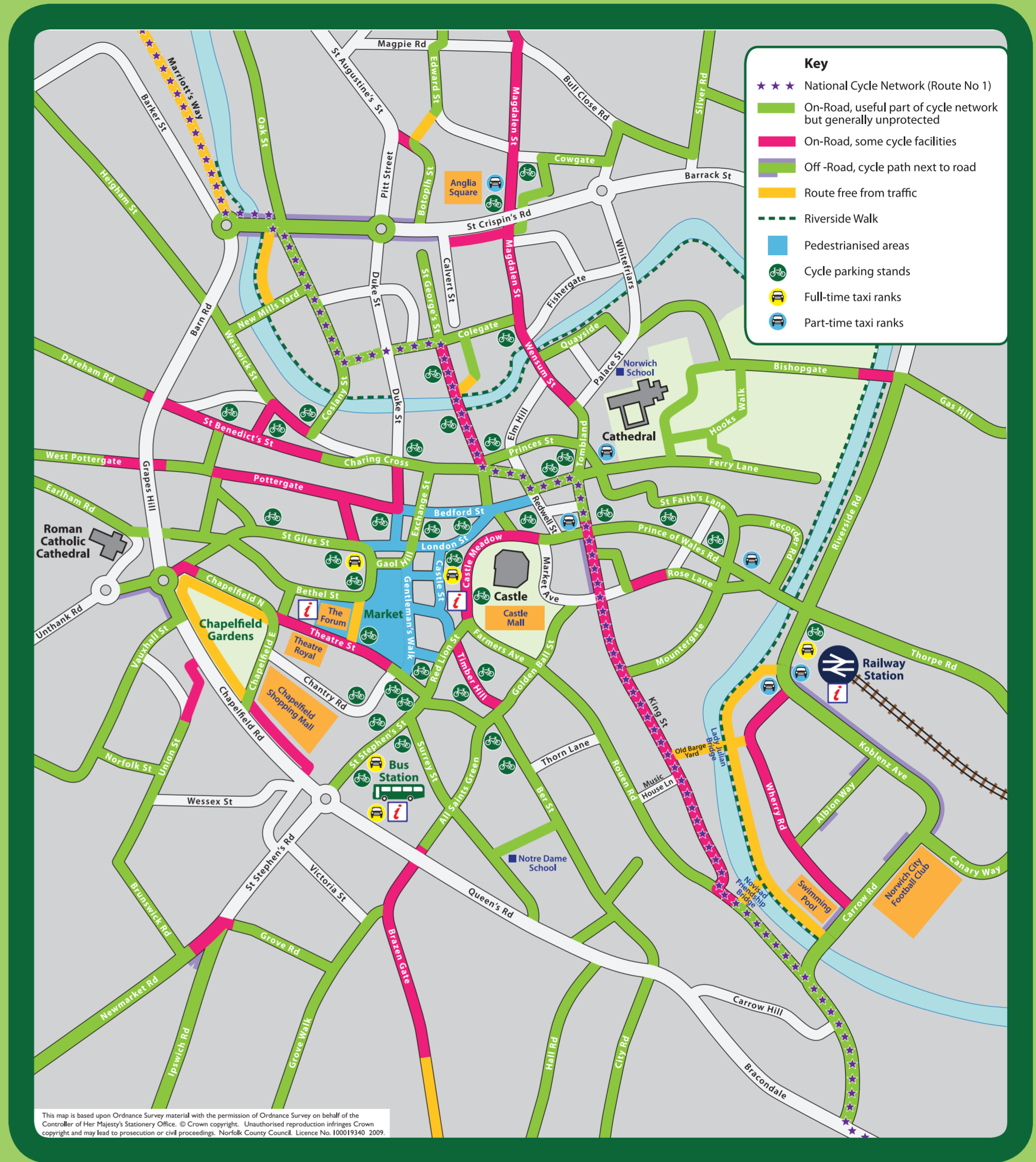


Norwich city centre cycle map



Useful Tips for using the bus

Bus timetables and information are available from Norwich Bus Station in Surrey Street, or from www.traveline.info 0871 200 22 22 (10p per minute plus your standard network rate). There is also an information kiosk for public transport and other Norfolk County Council services at the Bus Station, and soon at Castle Meadow.

Timetable information is also shown at most major bus stops in the city, and real time information will soon be on screen at St Stephens Street, Castle Meadow and the Bus Station.

You can also now get up to the minute real time bus departure information on your mobile. Simply text your bus stop code (eg nfodjapw) to 84268. (25p plus your normal sending rate). Bus stop codes are shown at most bus stops, or check with Traveline.

Great value daily, weekly, monthly or yearly season tickets are available on most bus services. Just ask your driver for the best deal for you. You can purchase multi operator tickets from the bus driver.

To reduce boarding times and help buses run on time, you can also buy your bus ticket at a Quick Ticket Machine in the Bus Station, at St Stephens Street, Castle Meadow, UEA or the Norfolk & Norwich University Hospital. These take coins or notes and give change too.

Norwich Car Club
 Norwich City Council has provided parking bays to enable Car Club members to rent a car by the hour as an alternative to car ownership. More information can be found at www.norwich.gov.uk

- How much carbon dioxide you've avoided producing by not going by car, taxi or bus.
- The number of calories burned at the different paces
- The time it will take to walk it (at a slow, medium and fast pace)
- The journey's distance
- The most direct route as well as a less busy and more scenic one

Each route map includes:
 The website www.walkit.com/norwich is free to use and can generate a walking map route between any two points in the city. The website also aims to help visitors to access the city's heritage on foot, enabling visitors to plan walking routes to take in the heritage buildings and places of interest.



Walking is the most popular way of getting around and not only gets you fit but reduces your carbon footprint. It's also free!
 Walkit is a new online walking route planner to encourage Norwich's residents and visitors to walk more. Commissioned by Norwich Heritage Economic and Regeneration Trust (HEART), the site also aims to help visitors to access the city's heritage on foot, enabling visitors to plan walking routes to take in the heritage buildings and places of interest.

Driving Tips

- If you would like to car share visit www.carsharenorfolk.com
- Check your tyre pressures regularly. Under-inflated tyres can increase your fuel consumption by 3% and increase the wear on your tyres.(Energy Saving Trust)
- Remove any unnecessary weight from your car – do you have shoes, golf clubs, bugles or other goodies lurking in your boot even when you won't need them?
- Plan your journeys. This could save you time too, and might even prevent you from getting lost! It also makes it much easier to combine journeys.
- Change gear at 2500 rev for petrol cars and 2000 for diesel ones as this will improve your fuel efficiency by up to as 15%.

- Ensure your bike is mechanically sound, fit a bell and working lights for use after dark
- Wear light coloured clothing or something reflective to ensure you can be seen
- Do not cycle on pavements unless signs or markings allow you to do so
- Wear a cycle helmet.
- Always lock your bike securely. A good quality D-shape lock offers more security than a padlock and chain
- Mark the frame with your postcode; this will assist the police in tracing the owner

Cycling Tips

Cycling is a great way to get around. Cycling is the quickest way of getting from one side of the city to the other. If you cycle to work once a week you can lose up to 12lbs a year. Here are some general tips that might help make your trip easier

Smarter choices – smarter travel



The Norwich Green Travel Map makes Smarter Travel Choices easier by pulling together information on walking, cycling and public transport. The Smarter Travel Choices initiative is all about encouraging people to choose more sustainable options. This is achieved through travel awareness campaigns, and school, workplace and personal travel planning. Smarter Choices also seeks to improve and promote public transport, set up websites for car share schemes, support car clubs and encourage teleworking.

Useful info

- To carshare www.carsharenorfolk.com
- For all your public transport enquiries www.travelineeastanglia.co.uk or telephone 0871 200 22 33
- For more information on cycling www.sustrans.org.uk/
- National Express East Anglia www.nationalexpresseastanglia.com or to phone 0845 6007245
- Park and Ride information www.norfolk.gov.uk/parkandride
- Cycling Campaign www.norwichcyclingcampaign.org/
- Cyclists Touring Club www.ctc.org.uk/
- The cycling officer at Norwich City Council on 01603 213530. Map available at www.norwich.gov.uk
- Transportation Strategy www.norfolk.gov.uk/nats
- On-line train timetables are available at www.nationalrail.co.uk or if you prefer to phone contact National Rail Enquiries on 08457 48 49 50.

Norfolk County Council at your service

Norwich



green travel map

containing the greenest maps for getting into and around Norwich

Norfolk County Council 0344 800 8020 or email information @norfolk.gov.uk





Park & Ride
www.norfolk.gov.uk/parkandride

Try our great value service... help reduce city centre congestion, your carbon footprint and best of all your petrol costs!

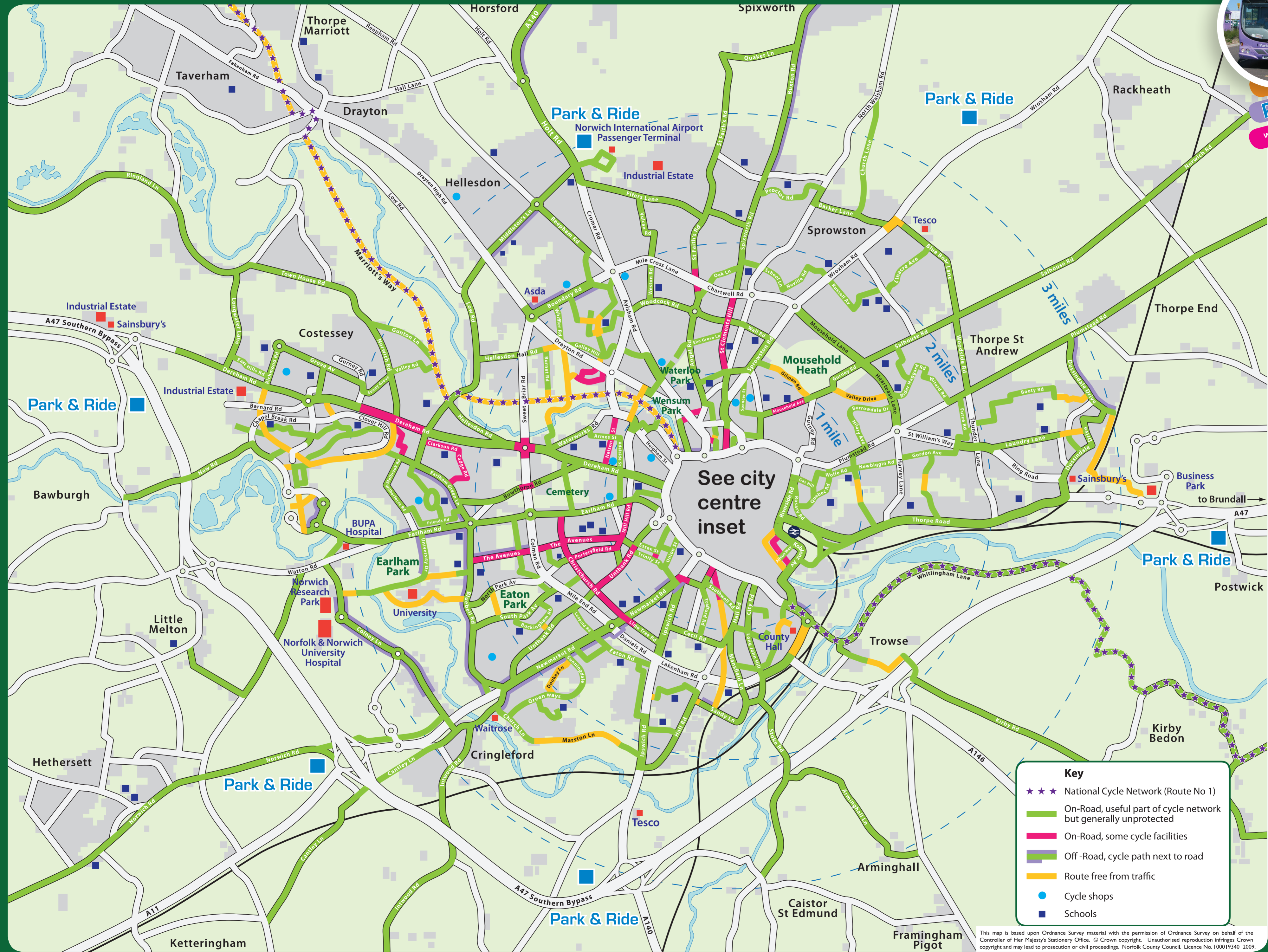
Cycle and Ride - Why not use our cycle and ride facility at our Park and Ride sites. All you have to do is cycle to your chosen site, park and lock your bike in the secure shelters and pay only £1 return for your bus journey into the city!

Greener Travel Tips

- Instead of taking your car think about using other forms of transport
- You could walk and cycle for both short and long journeys in and around Norwich
- Use public transport such as Park and Ride
- Maybe if you make a regular journey you could Car Share
- By making small adjustments to the way you travel you can make a huge difference to the impact you have on the environment
- Save a ton of carbon and a ton of money by walking, cycling and using the bus.

Tourist Info

Information on local attractions and accommodation is available from tourist information centre in The Forum, Millennium Plain. For more information you can visit www.visitnorwich.co.uk or tel 01603 727927.



Key

- ★ ★ ★ National Cycle Network (Route No 1)
- On-Road, useful part of cycle network but generally unprotected
- On-Road, some cycle facilities
- Off-Road, cycle path next to road
- Route free from traffic
- Cycle shops
- Schools

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PLEASE REMEMBER! This map is not a legal document and the routes shown do not necessarily show uninterrupted rights of way. You will on occasion have to dismount and wheel your bike, particularly at pedestrian only crossing points and pedestrian only streets and paths. Watch out too for one-way streets in the city which may mean you have to dismount or plan a different route from that used on the outbound journey.