Introduction

This map has been produced as part of the SmartTravel Cambridgeshire programme. The programme aims to help people make smarter travel choices especially for short trips. Every small change adds up to help cut congestion, support the local economy, reduce your carbon footprint as well as improve health and quality of life.

To get the most out of your community, this map provides an overview of Huntingdon & Godmanchester and some useful information to plan your local journeys.

SmartTravel Cambridgeshire is an initiative to help people get around Cambridgeshire better. Our county has the fastest growing population in the country, and so this is about finding ways in which people can use various forms of transport to improve their journeys.

Supporting this initiative is the Travel for Work Partnership. Travel for Work exists to deliver and promote sustainable and healthy travel to work through working with businesses in the area and membership is free. Advantages of joining include train discounts, bike discounts and cycle training.

If you are interested in learning more, please ask your employer to contact us or you can get in touch direct.

Visit www.tfw.org.uk

Bus & Train Information

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More detailed timetables for buses and trains can be found at www.cambridgeshire.gov.uk/transport/around/buses and www.nationalrail.co.uk

Walking & Cycling

How long does walking really take?

For short trips of less than a quarter of a mile (15 minutes walk) it will almost certainly be quicker to walk than to drive.*

People often overestimate how long it will take to get around by foot, but underestimate the time it takes to drive. Research shows that most car trips take 5 minutes to go nowhere! This is the time it takes to get the car started, on to the road, find a parking space and then walk to the final destination.

Why not try walking to your local shops and see how long it takes you?

Walking and cycling are healthy

Walking for 20 minutes burns about 82 calories. Walk 20 minutes a day, 5 days a week and it burns the equivalent calories of approximately 2 chocolate bars. Cycling for 20 minutes at 10mph burns about 95 calories.

Time spent walking and cycling is quality time

Walking relaxes us and helps us arrive at our destination fresher and more alert.

It’s great for the environment

Walking 30 minutes a day (or approximately 1.5 miles) instead of driving saves around 130kg of carbon dioxide a year and reduces other harmful emissions.

It can make the streets feel safe

Pedestrians are the eyes and ears on the street. People feel safer when others are around.

It’s sociable

Walking is a great way to bump into friends and neighbours and cycling is a fun way to spend time with friends and family.

It supports local shops

How many local shops have you used in the past week? If we walk or cycle, we’re more likely to use local shops than drive further afield.

These days, it is easy to plan your journey on the go. Try the following apps and websites to plan walking routes, use public transport or get around by bike. All Apps listed here are free of charge at time of print.

Smart Phone Apps

- National Rail Enquiries
  Plan train journeys with live travel information. View real time departures and platform information.
  The app also shows you when your train is delayed.

- CycleStreets
  UK-wide cycle journey planner for your mobile. Enter your start location and end destination.
  CycleStreets will then map out a route for you to cycle. It can be set to find the fastest route, quietest route or a balance between the two.

- MyBusTrip
  If you are on the go why not try the MyBusTrip app? The free app gives you access to real time bus departures direct to your phone, along with detailed journey information.

- Smarter Living
  The Smarter Living iPhone app tracks your use of healthy and active travel such as walking and cycling. Download it free from the App Store.

Useful Websites

- www.smarttravelcambs.co.uk
  A journey planner which helps you discover what would be the best way to get from A to B, and which form of transport to use.

- www.shapeyourplace.org
  Forum for local events and development. Have your say on transport issues and get in touch with people in your area.

- www.traveline.org.uk
  Your link to local transport information.

- www.transportdirect.info
  Multi-modal journey planning with live travel news.

- www.cyclestreets.net
  Plot your cycling route with ease, choosing between the quietest or the quickest routes.

- www.walkit.com
  Walking route planner that lets you easily find your feet.

- www.busway.info
  Local bus information and service updates.

- www.thebusway.info
  More local bus route updates.

- www.camsSHARE.co.uk
  Information on local travel services.

- www.tfw.org.uk
  More information on the project and how to get involved.

*For an average 6’ person. This is someone who weighs 3 miles per hour.

Walking is a great way to bump into friends and neighbours.

Smarter Living

The Smarter Living iPhone app tracks your use of healthy and active travel such as walking and cycling. Download it free from the App Store.

Useful Websites

For more information on your local area or to plan your journey online visit the following links:

www.smarttravelcambs.co.uk
A journey planner which helps you discover what would be the best way to get from A to B, and which form of transport to use.

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