



	National Cycle Network On-road / Traffic-free		Supermarket
	Promoted cycle route (Traffic volumes may vary according to time of day)		Library
	National Cycle Network route number		Post office
	Traffic-free cycle path		Crossing
	Bridleway (Unsurfaced section)		School Crossing Patrol
	Footpath (Alignment of all footpaths is indicative)		One way
	School (Arrow indicates main entrance)		Health centre
	Place of worship (Arrow indicates main entrance)		Hospital
	Railway with station		Level crossing
	Cycle parking		Commercial / Industrial area
	Convenience shop		Urban area
			Bus stop



0 Kilometres 0.5 1 1.5

0 Miles 0.25 0.5 0.75 1

How long will it take?

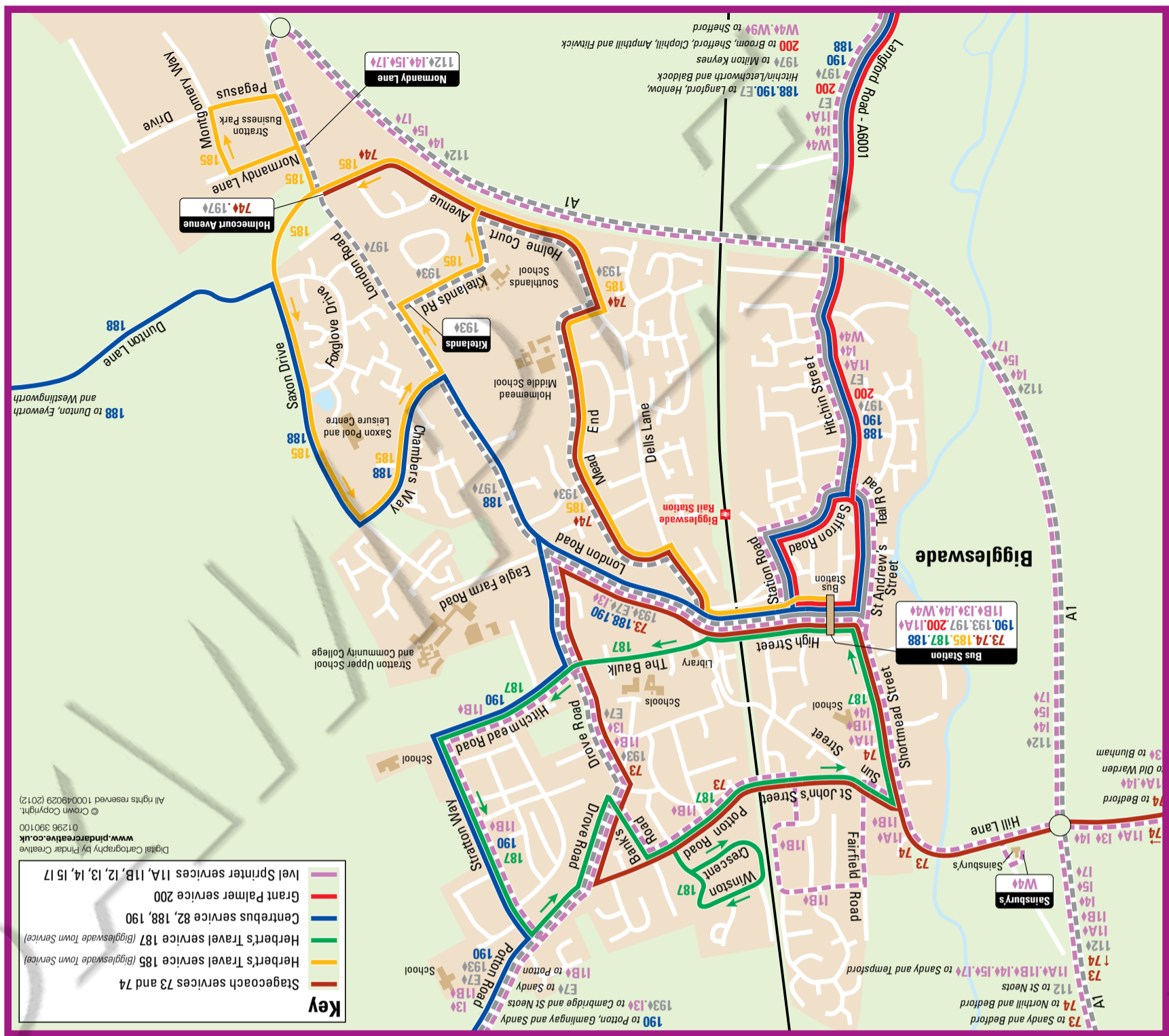
3 minutes cycling will take you this far or this far in 6 minutes

if you cycle at about 10mph

3 minutes walking or 6 minutes or 9 minutes or 12 minutes or 15 minutes or 18 minutes

if you walk at about 3mph

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Congratulations

By using this map to walk and cycle regularly you are

- saving money whilst getting fitter
- improving your health and wellbeing
- helping the environment
- adding years to your life expectancy

Walking and cycling are excellent ways to exercise. The average adult can expect to burn off 215 calories for each hour they spend walking and 650 for each hour they cycle while toning their calves, thighs and bottom at the same time!

Latest health guidelines recommend 30 minutes of moderate exercise 5 times a week for adults and more for children. By meeting this target you reduce the risk of heart disease, stroke, diabetes, hypertension, osteoporosis and some cancers. It is also vital to maintaining a healthy weight and will make you feel better.

For more information, visit the NHS website at www.nhs.uk/change4life



Useful contacts

Planning a journey

- To plan a door-to-door journey by rail, bus or cycle visit www.transportdirect.info
- For bus and rail routes and timetables ring Traveline on 0871 200 2233 or visit www.travelinesoutheast.org.uk
- For live bus departure information visit www.nextbuses.mobi
- For rail fare information ring National Rail Enquiries on 08457 484 950 or visit www.nationalrail.co.uk
- For promoted walking and cycling routes in your area visit www.centralbedfordshire.gov.uk/environment/countryside/cycling.aspx and www.letsgo.org.uk

While out and about

- To report an issue with the highway including footpaths and cycle paths (including the National Cycle Network) ring Central Bedfordshire's Highways Helpdesk on 0300 300 8049 or email highways@centralbedfordshire.gov.uk
- If the problem is on a Right of Way contact Central Bedfordshire's Countryside Access Team on 0300 300 8305 or email rightsofway@centralbedfordshire.gov.uk
- Your local Police Station can be contacted on 01234 842 549 or by dialling 101

Keep up to date

- Keep up to date with local travel news by following www.twitter.com/letstalkcentral
- Join 'Let's Talk Central' at www.letstalkcentral.com to have your say on local issues

Join a local group

- Get in touch with the Ivel Valley Cycling Forum, your local campaign group, by emailing nigel.aldis@centralbedfordshire.gov.uk
- For information on Walk4Health in Biggleswade and Sandy email mikef@bedsrc.org.uk
- Find out about local Bikeability cycle training courses for both children and adults by contacting nick.shaw@centralbedfordshire.gov.uk
- Become a local Sustrans volunteer by emailing volunteers-uk@sustrans.org.uk or visiting www.sustrans.org.uk

Travel Choices Map

Biggleswade

Featuring walking, cycling and bus routes

