

Abbey Heights Barrow-in-Furness



Residents Travel Information Pack

Working towards a Greener Planet

Welcome to your new home

Oakmere Homes would like to encourage sustainable travel to and from the Abbey Heights residential development in Barrow-in-Furness.

As a new resident, you will no doubt be considering your travel arrangements – how is the best way to get to the places you regularly visit; and which new places can I visit?



Your new home is situated in a sustainable location which allows you to consider whether to travel by car, or whether some journeys can be made by alternative, greener modes of transport.

For example, you are within walking distance of the bus stop on Dalton Lane which provides direct access to Barrow town centre; additional buses from the main Bus Stop near the Town Hall provide services to Kendal and the Lakes, as well as many towns and villages in between.

The bus stop on Dalton Lane is less than 200yds from the entrance to the development (around 2 minutes' walk or 1 minute cycle) which means travelling sustainably may be easier than you think!

Travel Choices

Some journeys need to be made by car, but some could be made by a more sustainable mode of travel. Most homes on Abbey Heights come with an electric vehicle charging point but those with more traditional vehicles may want to consider alternative greener modes of transport.

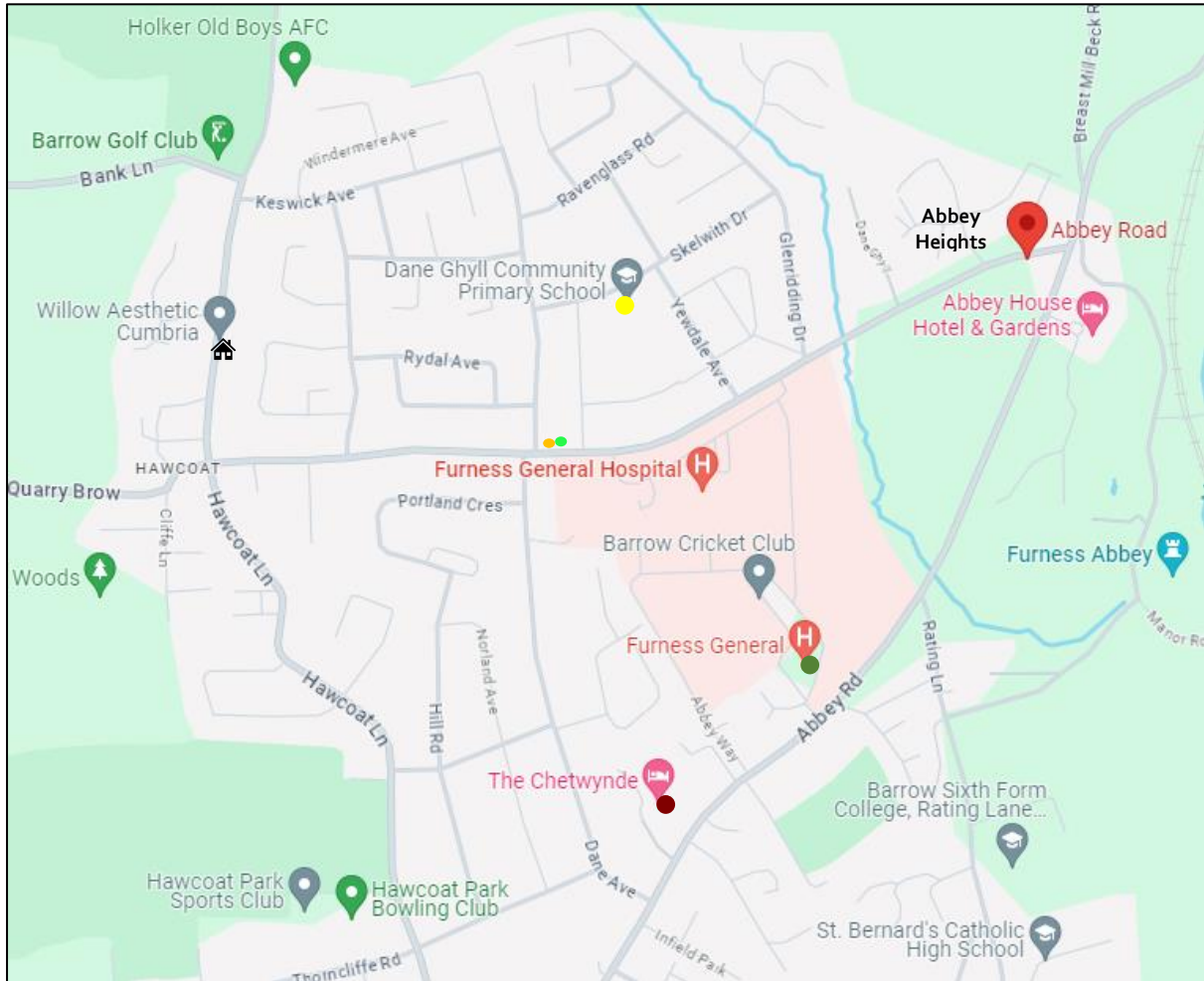
Your new home at Abbey Heights is ideally located to allow you to make a choice about how you travel and the **greener** the choice, the better!



This Residents Travel Information Pack has been produced to assist in those choices and to inform you just how easy it is to leave your car at home, maybe not every day but for some of the journeys you must make.

Travelling sustainably is a vital part of looking after the environment and reducing the number of cars on our roads.

Your Local Area



- Nearest Primary School:
Dane Ghyll Community Primary (0.5 miles) walking – less than 15 mins, cycling – less than 5 mins.
- Nearest Secondary School:
Chetwynde School (0.7 miles) - walking - less than 15 mins, cycling - less than 5 mins.
- Nearest Convenience Store:
Lakes Parade Stores, Dalton Lane (0.5 miles) - walking - less than 15 mins, cycling - less than 5 mins.
Most leading Supermarket Stores are in Barrow-in-Furness.
- Nearest Library (2.3 miles):
Less than 20 mins bus ride or a 12-minute cycle
- Nearest Pharmacy – Furness General Hospital Pharmacy (0.5 miles):
walking – less than 15 mins, cycling - less than 5 mins.
- Nearest Post Office – Lakes Parade Stores, Dalton Lane (0.5 miles):
walking - less than 15 mins, cycling - less than 5 mins.

* Walking times are calculated from the entrance to the development and use an average of 3 miles/hour (Google Maps).

All times are approximate.

Walking & Cycling

There is a local Convenience store, ATM and Post Office at Lakes Parade Stores on Dalton Lane which is less than a 15-minute walk from Abbey Heights. Whilst the nearest Doctor's surgery is located at The Abbey Road Surgery, which is less than 10 minutes by bus, or a 7-minute cycle ride. Please refer to the map on page 2 for detailed walking and cycling times to local amenities and key transport links.

There are many formal cycle routes located within reasonable distance of the development to suit all levels of fitness and vitality. More information on these cycle routes can be found at <https://osmaps.ordnancesurvey.co.uk/>

Cycling Initiatives

Cyclescheme is the UK's number one provider of tax-free bikes for the Government's Cycle to Work initiative. Either speak directly to your employer about this service, visit www.cyclescheme.co.uk or contact your Travel Coordinator for more details.



Getting to School

Getting to school can be a nightmare and you can often experience congestion, especially at dropping off and picking up times.

Problem Solved!!!

Barrow has many primary and secondary schools, and your new house is located close to several: - Dane Ghyll Community Primary School, Chetwynde all-through School (3-16 years), St Bernards Catholic High School, Ormsgill Nursery & Primary and Victoria Academy. Barrow also has a sixth form and Furness College for further education....



There are suitable walking routes to the nearest primary school (Dane Ghyll) which is less than a 15-minute walk, along with routes to one of the local secondary schools (Chetwynde) which is around 5-minutes by bike or a 15-minute walk.

Public Transport

Another alternative to driving is the bus, which can allow you to have a stress-free journey and save money on petrol and parking charges.

The local bus services are available within a short walk of your home on Dalton Lane.



From here you can catch the bus to Barrow Town Centre where links provide bus routes to a variety of key destinations within the Lake District, the south lakes peninsula, and surrounding areas.

Timetables are available from the following websites.

<https://www.traveline.info/>

[https://legacy.westmorlandandfurness.](https://legacy.westmorlandandfurness.gov.uk/buses/)

[gov.uk/buses/](https://www.stagecoachbus.com/)

<https://www.stagecoachbus.com/>

Another sustainable option would be to travel by train which is one of the most carbon friendly forms of transport; taking a train instead of a car for medium-length distances would cut your emissions by around 80%.

Barrow Station is around 2 miles from your home, this takes around 45 mins to walk and 10 mins to cycle.

Barrow is easily connected to the main West Coast line via Lancaster and Preston which provides direct train services to many cities nationwide: the West Coast service to Edinburgh and Glasgow are around 2 hrs journey and London can be achieved direct in circa 3 hrs.



<https://www.nationalrail.co.uk/>

Telephone: 03457 48 49 50
(24 hours, every day except Christmas Day)

Textphone 0845 60 50 600 (for customers with hearing impairment)

Train Tracker: 03457 48 49 50

Car Sharing

Have you ever thought of car sharing?

Car sharing is proven as an effective means of reducing the number of cars on the road, especially for commuting trips to work. One of the most popular services is Liftshare.



The website is <https://liftshare.com/uk>

Car sharers do not need to work for the same company, or even be based in the same building. The car share scheme matches up car drivers and passengers who travel on similar routes at similar times.



There is no fee for registering or using the website.... So why not start car sharing today!

There are 17 schemes set up across Westmorland & Furness to provide transport for all members of the community of any age (Under 18s must be accompanied by an adult).

Voluntary Social Car Scheme is intended for those people who have no other means of transport. VSCS have volunteers who provide a door-to-door service across the county to collect you from your home and take you to your chosen destination for a reasonable cost.

The service can be used for a wide variety of purposes including making connections with public transport, doing the weekly shop, medical appointments, or just for visiting friends.

- [Voluntary Car Scheme customer leaflet \(PDF 930KB\)](#)
- [Customer terms of use \(PDF 285KB\)](#)

To find out where your nearest Voluntary Car Scheme is, please contact.....

Voluntary Transport Officer
PO Box 415
Carlisle
CA1 9GU

Telephone: 0333 240 69 65 (option 5)

Mobile: 07788 396194

Email: integrated.transport@westmorlandandfurness.gov.uk

Eco-Driving

Although driving a car is the least sustainable choice of travel, sometimes it's a necessity so here are 7 eco-driving tips that can really make a difference:

1. Service your car regularly to maintain engine efficiency.
2. Check your tyre pressures regularly (and before long journeys), under-inflated tyre's use more fuel as they increase rolling resistance.
3. Lose any unnecessary baggage, extra weight means extra fuel.
4. Combine short trips, cold starts use more fuel, so it pays to combine your errands.
5. Drive smoothly, accelerate gently, and read the road ahead to avoid unnecessary braking.
6. Cut down on the air-con, air-conditioning increases fuel consumption at low speeds (the effects are less noticeable at higher speeds).
7. Stick to the speed limits, the faster you go the greater the fuel consumption (cruising at 70mph uses up to 9% more fuel than at 60mph and up to 15% more fuel than at 50mph).



Electric Car Charging Information

Electric vehicles offer a range of advantages, including air quality and economic benefits. The Government has announced the phase out date for the sale of new petrol and diesel cars and vans will be brought forward to 2030.

Westmorland & Furness Council is working with the District Councils, the National Parks, Electricity Northwest, Cumbria Local Enterprise Partnership, and other partners to support and facilitate the uptake of electric vehicle charging opportunities across the county. For further information on your nearest car charging point visit [Zap Map website](#).



National Railcards

For £30* per year (£20 for a Disabled Persons Railcard), National Rail offer a variety of Railcards, giving discounts for train travel, including:

- 16–25 Railcard – for those aged 16-25, or mature students (26+) and in full-time education
- Two Together Railcard – for two named people travelling together.
- Family & Friends Railcard – for those travelling with children aged 5-15 (up to 4 adults and 4 children can travel on one card)
- Senior Railcard – for those aged 60 and over
- Disabled Persons Railcard – for those who have a disability that makes travelling by train difficult could qualify for a Disabled Persons Railcard, giving the user 1/3 off railfares for them and a friend.

For further information, and to order online, go to <https://www.railcard.co.uk/>



Bus Passes

There are also a selection of local/national incentives to promote travelling by public transport, including:

- National Free Bus Pass – for those at the State Pension age, you're entitled to a bus pass that allows free off-peak travel on local buses anywhere in England
- Disabled Persons Free Travel Bus Pass – like the National Free Bus Pass, eligible disabled people are entitled to free off-peak travel on local buses anywhere in England.
- Concessionary Travel Bus Pass – Westmorland & Furness Council provides free off-peak travel on scheduled bus services for older people and people with disabilities throughout Cumbria and anywhere in England, for further information, go to;

<https://www.westmorlandandfurness.gov.uk/search?s=concessionary+bus+travel>



Further information is available via the websites below

Free Journey Planner:

www.traveline.info/

Walking Routes and Initiatives:

www.livingstreets.org.uk/walk-with-us

www.thetrailshop.co.uk

Online Cycle Route Planner:

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network

Bus Timetables, Leaflets and Maps:

www.stagecoachbus.com/

<https://legacy.westmorlandandfurness.gov.uk/buses/default.asp>

Bus stop Finder:

www.nextbuses.mobi/WebView/BusStopSearch/Index

Rail Travel Information:

www.thetrainline.com

www.nationalrail.co.uk/

Useful Travel Apps for Smartphones & Tablets

National Rail



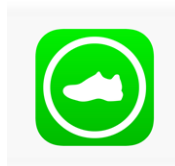
Bus Checker



STRAVA



WALKOMETER



Contact Details

If you would like to discuss the Welcome Pack or any transport-related services, please do get in touch with your Travel Coordinator at travelplan@oakmerhomes.com

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