

# EDINBURGH WAY

HARLOW



## Residents' Travel Information Pack

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# Introduction

Welcome to your Travel Information Pack, produced to enhance your experience as a resident of 'Edinburgh Way'.

A range of transport modes is covered in this Pack, helping you make the most of all the travel options on your doorstep. Active and sustainable modes of transport are promoted. Getting out on foot and by bike will help you get to know your local area and enhance your experience as a member of the local community. Useful sources of information for further reading are also provided.

This Pack is an important part of the 'Edinburgh Way' Travel Plan, which is in place to support your use of active and/or sustainable transport. Your involvement in the Plan will open up opportunities for you and add value to the Travel Plan.

You have a Travel Plan Co-ordinator who is at your disposal and looking forward to engaging with you on travel-related matters.

Contact details for your Travel Plan Co-ordinator are:

[travelplanning@motion.co.uk](mailto:travelplanning@motion.co.uk)

01483 531300

# Health Benefits of Active Travel

If you are looking to build up your physical strength, mental capacity and/or overall stamina, active travel will help you achieve these goals. You can obviously indulge for just half an hour a week, or more frequently should you wish. Either way, it is worth remembering that you stand to gain from adopting an active mode of travel, even if only for part of your weekly travel or leisure needs.

Public Health England has published the following findings from their latest research into the benefits of active travel:

- Physical inactivity directly contributes to 1 in 6 deaths in the UK and costs £7.4 billion a year to business & wider society.
- Growth in road transport has been a major factor in reducing levels of physical activity and increasing obesity.
- Building walking or cycling into daily routines are the most effective ways to increase physical activity.
- Short car trips (under 5 miles/8 kilometres) are a prime area for switching to active travel and to public transport.
- Health-promoting transport systems are pro-business and support economic prosperity. They enable optimal travel to work with less congestion, fewer collisions, reduced pollution, and they support a healthier workforce.

[www.gov.uk/government/publications/  
active-travel-a-briefing-for-local-authorities](http://www.gov.uk/government/publications/active-travel-a-briefing-for-local-authorities)

# Journey Planning

To help you **plan your journey** you can use the national bus and train service details available via [traveline.info/](http://traveline.info/), [bustimes.org](http://bustimes.org) and [nationalrail.co.uk](http://nationalrail.co.uk).

**Discount rail fares** can be searched for online at [splitmyfare.co.uk](http://splitmyfare.co.uk), [redspottedhanky.com](http://redspottedhanky.com) and [moneysavingexpert.com/travel/cheap-train-tickets/](http://moneysavingexpert.com/travel/cheap-train-tickets/).

A wealth of useful tips and information for **national and international train travel** is also provided by The Man in Seat Sixty-One [seat61.com/](http://seat61.com/).

Advice, information and support regarding **travelling with a bicycle on public transport** is available via the following sources:

'A to B Magazine' - lists all UK rail, coach and ferry services referencing the services suitable for taking a bicycle on. [atob.org.uk/rail-ferry-zone/](http://atob.org.uk/rail-ferry-zone/)

'PlusBike' - details all UK National Rail services in terms of the options and facilities for taking bicycles on board. [plusbike.nationalrail.co.uk/](http://plusbike.nationalrail.co.uk/)

'National Rail' – provides information about cycle parking available at each railway station, and weblinks for each train operating company [nationalrail.co.uk/stations\\_destinations/cyclists.aspx](http://nationalrail.co.uk/stations_destinations/cyclists.aspx)

'Cycling UK' has issued a Policy Briefing addressing the carriage of cycles on buses and trains, [cyclinguk.org/campaigning/views-and-briefings/buses-and-coaches](http://cyclinguk.org/campaigning/views-and-briefings/buses-and-coaches)

You can also submit a request to the **personal travel planning service** offered by Forward Motion: [forwardmotionsouthessex.co.uk/travel-ideas/personal-travel-plans/](http://forwardmotionsouthessex.co.uk/travel-ideas/personal-travel-plans/)

# Local Amenities

Getting to know and use your local amenities can easily be done on foot and by bicycle, as shown by the walking and cycling distances (in metres) and times (in minutes) detailed below.

Destination	Distance	Time	
		Walk	Cycle
Harlow Town Park – open parkland, pets corner, café, toilets, bandstand, adventure playground, skate park, paddling pool	600	7	3
Marshgate Spring Nature Reserve	700	9	3
Essex Outdoors – climbing and water sports centre	830	10	3
Queensgate Centre – retail park	850	11	4
River Stort	900	11	4
Sainsbury's supermarket	1,300	16	6
Harlow Badminton Club	1,300	20	6
Harlow College	1,700	23	9
Nuffield House Doctor's Surgery	1,700	23	8
Princess Alexandra Hospital	1,800	25	8
The Harvey Centre – indoor shopping centre; cinema; eateries	1,800	21	6
Parndon Mill – art & craft centre ... via River Stort path ... via Elizabeth Way	1,900	23	-

A range of nearby amenities are shown on the following map, including these allotment sites:

**GA** Glebelands Allotment

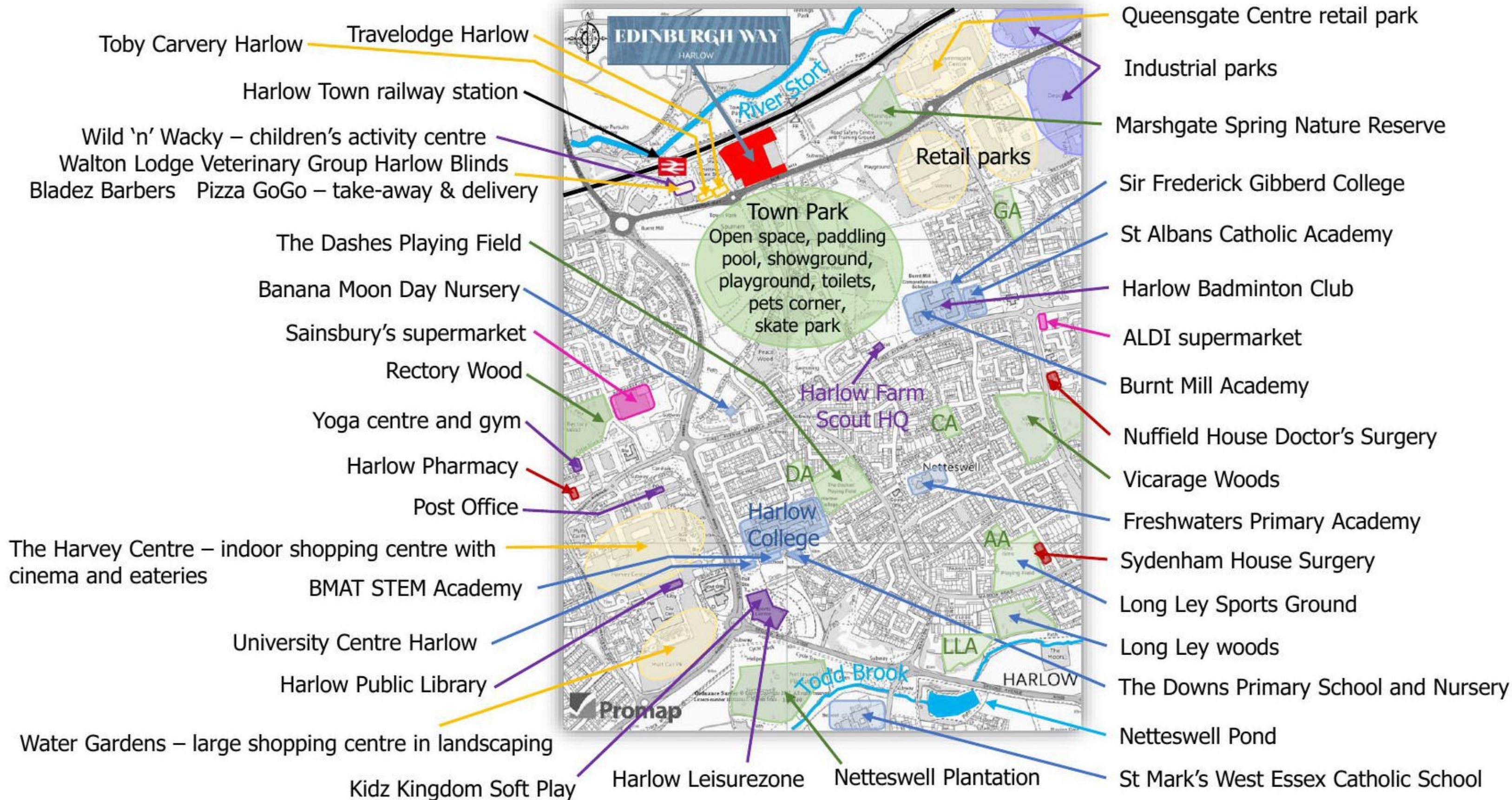
**CA** Commonfield Allotment

**AA** Arkwrights Allotment

**DA** The Dashes Allotment

**LLA** Long Ley Allotment

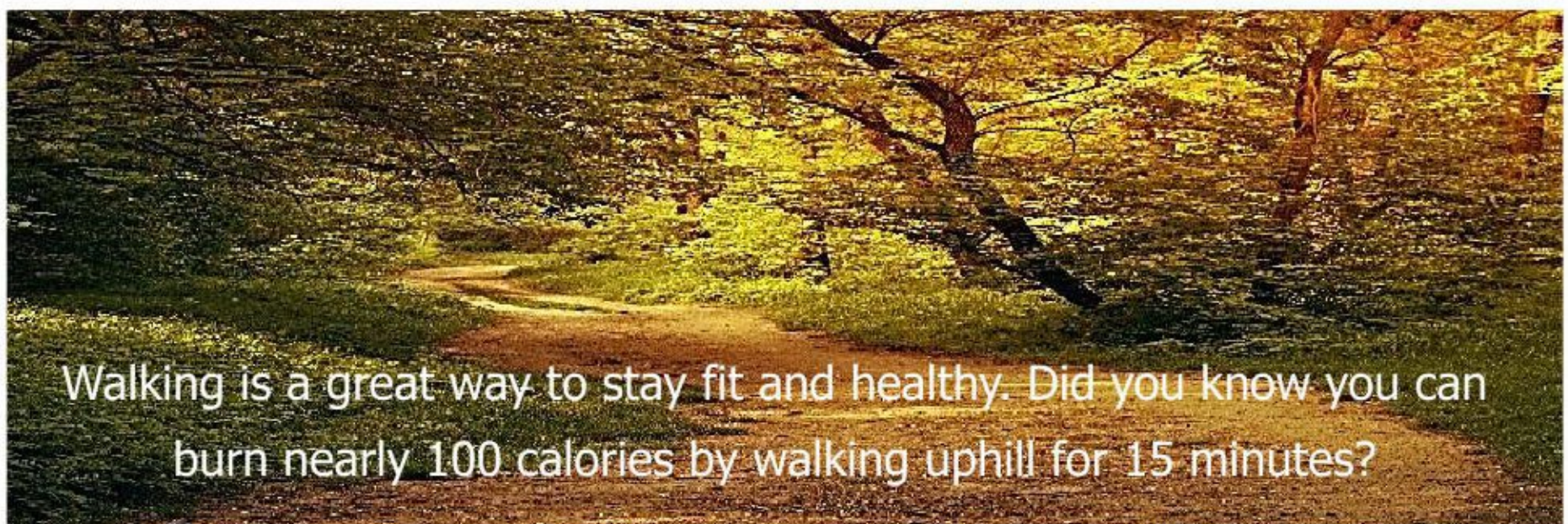
# Local Amenities Map



# Walking



As well as all the physical health benefits, incorporating walking into your daily routine can reduce stress. Instead of driving your whole journey, why not try parking slightly further away from your destination and walking the rest of the distance? The engagement with your surroundings, interaction with other people, and activity – physical, emotional and mental - may well mean you arrive feeling relaxed, calm and alert. Check out: [activeessex.org/getting-active/](http://activeessex.org/getting-active/)



Walking is a great way to stay fit and healthy. Did you know you can burn nearly 100 calories by walking uphill for 15 minutes?

Your local school may operate a 'Walking Bus' and/or a 'Park and Stride' scheme, to ensure the trip to school is safe, sociable and enjoyable. A 'Family Walk to School Kit' is available to download from: [livingstreets.org.uk/get-involved/family-walk-to-school-kit](http://livingstreets.org.uk/get-involved/family-walk-to-school-kit)



Organisations such as '**Walking for Health**' and '**The Ramblers**' have information about walks going on in your area and how to stay safe while out walking.



[ramblers.org.uk/go-walking/group-finder/areas/](http://ramblers.org.uk/go-walking/group-finder/areas/)  
[walkingforhealth.org.uk/walkfinder](http://walkingforhealth.org.uk/walkfinder)

Your local group, '**Active Harlow Social Strollers**', holds walks each Friday in Harlow Town Park, starting from 12 School Lane - just a 10-minute walk from 'Edinburgh Way'.



# Cycling



There is a wealth of cycling information online and in the enclosed leaflet.

**Local cycling clubs** [essexhertsmtb.co.uk/](http://essexhertsmtb.co.uk/) - mountain biking

Search local clubs/activities: [sportsuite.activeessex.org/activity-finder](http://sportsuite.activeessex.org/activity-finder)

**Adapted trikes and bikes:** hand-crank, recumbent, side-by-side, etc.

[cyclinguk.org/article/cycling-guide/guide-to-adapted-cycles](http://cyclinguk.org/article/cycling-guide/guide-to-adapted-cycles)

Adapted & non-adapted bikes & trikes for all ages & abilities are for hire at Thames Chase Forest Centre, Upminster.

There is a '**Wheels for All**' centre in Thorndon Country Park in Brentwood. [cycling.org.uk/wheels-for-all/](http://cycling.org.uk/wheels-for-all/)

**Rides, routes & maps** A map of cycling routes in Harlow is enclosed.

[cyclestreets.net/](http://cyclestreets.net/) [cyclinguk.org/ride](http://cyclinguk.org/ride)

[sustrans.org.uk/find-a-route-on-the-national-cycle-network/](http://sustrans.org.uk/find-a-route-on-the-national-cycle-network/)

**Safety gear, legal requirements & bike safety check**

[familyserviceshub.havering.gov.uk/kb5/havering/directory/](http://familyserviceshub.havering.gov.uk/kb5/havering/directory/)

[advice.page?id=UGdA7GHWkOs](http://advice.page?id=UGdA7GHWkOs)

**Protect your bike** – The National Cycle Database [bikeregister.com/](http://bikeregister.com/)

**Cycling training** for adults and children

[bikeability.org.uk/](http://bikeability.org.uk/) [britishcycling.org.uk/education](http://britishcycling.org.uk/education)

[saferessexroads.org/road-users/cycling/](http://saferessexroads.org/road-users/cycling/)

**Events** For schools: [bigpedal.org.uk/](http://bigpedal.org.uk/) 19-30 April






Self-led trips: [thecakeescape.org.uk/](http://thecakeescape.org.uk/)

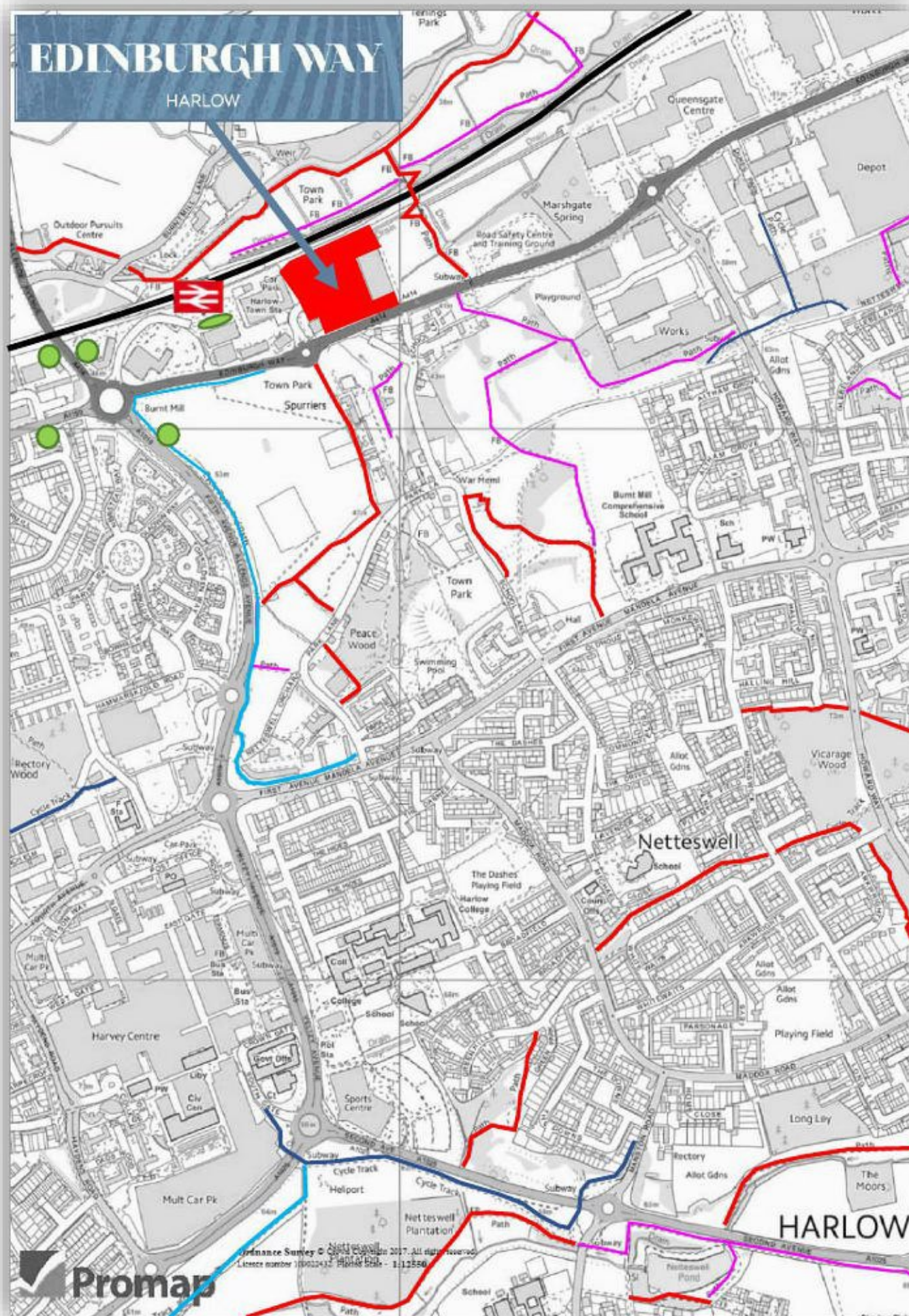
Organised group events: [cyclinguk.org/ride](http://cyclinguk.org/ride) [bike-events.co.uk/](http://bike-events.co.uk/)

Fix-learn-ride events: [cyclinguk.org/bigbikerevival/current-programme](http://cyclinguk.org/bigbikerevival/current-programme)

Government '**Cycle to Work**' scheme for you to **buy a bike, clothing and accessories** all **tax free**! Find out whether or not your employer is involved. [cyclescheme.co.uk/the-rules-of-cycle-to-work](http://cyclescheme.co.uk/the-rules-of-cycle-to-work)

# Active Travel Network

-  Public Rights of Way
-  Other paths
-  Cycle tracks
-  Shared cycle- and foot-ways
-  Bus stops and bus interchange



# Community Travel



Demand-responsive bus services are operated by Harlow Community Transport serving individuals and groups. The benefit of this form of bus travel is that the timetable is set by the users – so long as 4 people want to make the same trip at the same time the service will operate, and that will be from your door, to your door. Anyone wishing to use the service simply registers their details, and can then book journeys, at least 3 working days in advance of travel. [www.efcommunitytransport.co.uk](http://www.efcommunitytransport.co.uk)  
[efct@efcommunitytransport.co.uk](mailto:efct@efcommunitytransport.co.uk), 01992 579 556.



# Travel Voucher



Residents of 'Edinburgh Way' are eligible for a 'travel voucher' supporting their use of local bus services after having moved in to the development. Weston Homes' is offering each household up to 3 one-day tickets for use on 'first Essex' bus services. To make use of this 'voucher', contact your Travel Plan Co-Ordinator: [travelplanning@motion.co.uk](mailto:travelplanning@motion.co.uk), 01483 531 300.



## Bus Services



The bus stops nearest to 'Edinburgh Way' are at Harlow Town railway station, less than a 5-minute walk away. Destinations served from these stops are Church Langley – for the TESCO store (route 10), Sumners (route 1), Great Parndon (route 2), Staple Tye (route 3), Latton Bush (route 4), Little Parndon (route 6) and Pinnacles (route 14). There are also bus stops on Fifth Avenue, between Burnt Mill roundabout and the bridge over the railway line – an 8-minute walk from 'Edinburgh Way', serving routes to Hatfield Broad Oak (route 347), Cheshunt (route 410) and Heathrow Airport (route 724); and on Allende Avenue just south of the roundabout (routes 1, 2, 3, 6, 10, 347 & 410), also an 8-minute walk.

All of these bus stops have lighting, shelter and seating, and most of the bus services are operated by Arriva, along with Essex Community Transport operating the 347 and Trustybus operating the 410.

## Rail Services



Harlow Town railway station is served by Greater Anglia services to Stansted Airport, London Liverpool Street, Bishops Stortford, Stratford (London) and Cambridge North. Full details are at: [greateranglia.co.uk](http://greateranglia.co.uk) and [nationalrail.co.uk/stations/HWN/details.html](http://nationalrail.co.uk/stations/HWN/details.html). The station has step-free access via lifts to all platforms, ramps for train access and staff assistance during operating hours.

There are 52 cycle parking spaces at the station as well as 10 cycles for hire: [bikeandgo.co.uk](http://bikeandgo.co.uk), and 697 car parking spaces, 18 of which are for 'Blue Badge' holders.

Essex County Council has produced an interactive online map for all Essex bus and rail journeys – take a look at [essexbus.info/map.html](http://essexbus.info/map.html).

# Lift Share



Lift sharing by car is cheaper than driving on your own and reduces the number of cars on the road meaning less congestion and less pollution.

[Liftshare.com](http://Liftshare.com) provide a free service that links drivers and passengers who make similar journeys thereby making it easier for them to car share.



# Car Clubs



Car clubs provide a cost-effective and flexible alternative to owning a car without the need to meet the costs of repair, servicing or parking permits. If you drive fewer than 8,000 miles per year 'CoMo', a specialist shared mobility organisation, has estimated that you could save £3,500 per year by using a car club, compared with owning a personal, traditionally-fuelled (i.e. petrol/diesel) vehicle.

Some car club vehicles are available to use on a 'Roundrip' basis, i.e. for two-way journeys returning to where the vehicle was collected from. Other vehicles are available to use on a one-way basis, meaning that the vehicle can be used for trips that do not end up where you started!



'CoMo' provides a full listing of operational car club schemes nationally.  
[como.org.uk/shared-mobility/shared-cars/where/](http://como.org.uk/shared-mobility/shared-cars/where/)

# E-Bikes & Cleaner-Fuelled Vehicles

If you'd like some information about the wide range of e-bikes available on the market: cargo, mountain-bike, off-road, folding; how UK law defines an e-bike; and how best to go car-free, visit:

[evanscycles.com/buying-guides/electric-bikes](https://evanscycles.com/buying-guides/electric-bikes)

and [ebiketips.road.cc/buying-advice](https://ebiketips.road.cc/buying-advice)

The 'Go Ultra Low' joint campaign from the Government and industry has provided a guide to choosing and buying an electric motor vehicle:

[goultralow.com/choosing-an-electric-vehicle/  
choosing-buying-electric-vehicle/](https://goultralow.com/choosing-an-electric-vehicle/choosing-buying-electric-vehicle/)

Details of grants available from the Government for the purchase of plug-in (i.e. electric and hybrid) motor vehicles can be read at:

[gov.uk/government/collections/grants-for-plug-in-vehicles](https://gov.uk/government/collections/grants-for-plug-in-vehicles)



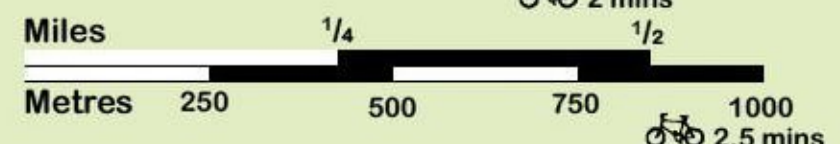


**Key**

- On-road cycle route
- Off-road cycle route
- Bridleway
- National Cycle Route Network (NCN1)
- Cycle parking
- Shopping area
- Cycle friendly road
- On-road suitable only for experienced cyclists

**Road signs**

- Cycle route
- Shared route for pedestrians/cyclists
- Segregated route for pedestrians/cyclists
- Bus Lane (bicycles allowed)
- No entry (including bicycles)
- No cycling





## Cycle Harlow Map



If you have any queries about this map, or would like further copies, please contact us:

[info@cycleharlow.net](mailto:info@cycleharlow.net)



### Local organisations

Cycle Harlow  
[www.cycleharlow.co.uk](http://www.cycleharlow.co.uk)  
Groove BMX  
[www.groovebmx.co.uk](http://www.groovebmx.co.uk)  
Sportessex  
[www.sportessex.com](http://www.sportessex.com)

### National organisations

Cycling Touring Club (CTC)  
[www.ctc.org.uk](http://www.ctc.org.uk)  
British Cycling  
[www.new.britishcycling.org.uk](http://www.new.britishcycling.org.uk)  
Sustrans  
[www.sustrans.org.uk](http://www.sustrans.org.uk)  
Bikeability  
[www.bikeability.org.uk](http://www.bikeability.org.uk)  
General cycling information  
[www.bikeforall.net](http://www.bikeforall.net)  
British Waterways  
[www.waterscape.com](http://www.waterscape.com)

### On the road

Unsure how to approach a junction? Want to feel more confident riding in traffic? Harlow has an extensive off-road cycle network, but if you want to ride on the road, get Bikeability training from Essex County Council by calling 01245 437131.

### Want to cycle more?

Try joining a club. Cycle Harlow is a new club for all ages, abilities and disciplines. For more details visit [www.cycleharlow.co.uk](http://www.cycleharlow.co.uk).

### Unsure about cycling alone?

There are led rides every Saturday at 1.30pm from the mobility hut on Post Office Road, organised and led by Cycle Harlow.

Try cycling with friends, family or a buddy for trips to work, the shops or just for fun. Start with short trips and gradually build up the time and distance. You'll soon notice the difference in both your fitness levels and general health.

## How long will it take me?

This chart shows you approximate distances and times to key locations in Harlow to help you plan your journey. Remember, the exact time will depend on your route and how quickly you pedal.

Numbers indicate: Miles Minutes Cycling	Town Centre	Princess Alexandra Hospital	Harlow Town Station	Harlow Mill Station	Pinnacles Industrial Estate	Templefields Industrial Estate	Staple Tye Shops	Church Langley	Bush Fair
<b>Town Centre</b>		0.39 4	1.3 8	2.9 20	1.2 8	1.6 11	1.3 9	2.6 17	0.96 6
<b>Princess Alexandra Hospital</b>	0.39 4		1.2 8	2.9 19	0.9 6	1.7 11	1.6 11	3.3 22	1.6 11
<b>Harlow Town Station</b>	1.3 8	1.2 8		2.0 14	1.6 11	1.0 7	3.0 20	3.8 25	2.1 14
<b>Harlow Mill Station</b>	2.9 20	2.9 19	2.0 14		3.4 23	1.1 8	4.6 31	2.4 16	3.5 23
<b>Pinnacles Industrial Estate</b>	1.2 8	0.9 6	1.6 11	3.4 23		2.8 19	2.0 13	4.4 30	2.7 18
<b>Templefields Industrial Estate</b>	1.6 11	1.7 11	1.0 7	1.1 8	2.8 19		3.6 24	3.3 22	2.7 18
<b>Staple Tye Shops</b>	1.3 9	1.6 11	3.0 20	4.6 31	2.0 13	3.6 24		3.5 24	1.1 8
<b>Church Langley</b>	2.6 17	3.3 22	3.8 25	2.4 16	4.4 30	3.3 22	3.5 24		2.3 15
<b>Bush Fair</b>	0.96 6	1.6 11	2.1 14	3.5 23	2.7 18	2.7 18	1.1 8	2.3 15	

## Useful Contacts

### Places to visit

Pets' Corner in the Town Park  
01279 422790

The Museum of Harlow  
01279 454959

Parndon Wood Nature Reserve  
01279 430005

The Canal Boat Project  
01279 424444

Sumners Leisure Centre  
01279 430436

Harlow Leisurezone  
01279 621500

Harlow Indoor Tennis Centre  
01279 442537

Essex Outdoors  
01279 620270

Gibberd Garden  
01279 442112

## The Towpaths

of the River Stort are easily accessible from the north of the Town. When using these, and other, cycle facilities, please bear in mind the Code of Conduct:

**Ring with Two Tings:** Use a bell, when approaching pedestrians give Two Tings to let them know you are there.

**Pass people slowly:** Slow down when approaching pedestrians and only pass when it is safe to do so. Try to pass on the water side of the path.

**Ride at a sensible speed for the towpath conditions:** The towpath is never suitable for cycling fast as there are many other users, low bridges and narrow sections. If you are in a hurry, do not use the towpath, please use the road.

**Pedestrians have priority.**

**Considerate cycling permitted.**

### Buying a bike

It's really important that you buy the right bike for you. That means choosing a bike that is not only the right size, but one that is designed to meet your cycling needs. For example, if you are planning to use your bike to travel to school or work, you will have different needs than if you are planning to cycle off-road or for sport. If you're unsure which type of bike to buy, talk to the sales assistants in your local bike shop and ask them which bike they would recommend. They will also be able to advise you on the size of bike you need, particularly when buying for a child.

Make sure any bike you buy is fitted with lights, reflectors, a bell and a good lock so that you can park your bike securely. It is recommended that you wear a helmet and high visibility clothing whenever you cycle.

## Getting Started

- Don't know where or how to start?
- Not been on a bike for years?
- Don't know where to get a bike or how to choose one?

### Getting started

The Cycle Harlow Club run Bike Basics workshops for returning or new cyclists, aimed at giving you the confidence to get going. They cover the basics of maintenance, how to ride safely and include a short led off-road ride. As part of the workshop you'll be given information about other schemes and clubs to help you cycle. The workshops are run in small groups by professionals, who are there to ensure that you have the right support and encouragement to either take up or return to cycling. Contact Cycle Harlow on [info@cycleharlow.net](mailto:info@cycleharlow.net) for more information.

## Why not cycle to...



### Harlow Town Park

Harlow Town Park covers 164 acres and is a great place to visit in any season. There are attractive scenic landscapes, river walks and views, a paddling pool (open in the summer season), skateboard park, Pets' Corner, Harlow Showground, café and an adventure playground. The outdoor bandstand provides public entertainment including jazz, pop and

rock concerts. Harlow Town Park also hosts fun annual events including the fireworks display. The Park is an ideal place for adults and children to take leisurely strolls, see wildlife and relax and enjoy the beautiful surroundings.

### Museum of Harlow

The museum tells the story of the area now known as Harlow, from ancient times to the present day. Situated in the picturesque former Mark Hall stable block and kitchen gardens, the museum offers a unique opportunity for visitors to discover the rich history of the town they see around them.



Visitors to the museum can make use of the local history library. They also have a full programme of Saturday events, pre-school sessions, themed school holiday events and younger visitors can also try free quizzes and trails.

### Harlow Leisurezone

Facilities include: swimming pool, indoor tennis courts, gym, fitness class studios, spinning studio, sports hall, squash courts and health spa.

### The Gibberd Garden

The garden is recognised as an important contribution to 20th century garden design and it is listed on the English Heritage Register of Parks and Gardens of Special Historic Interest in England.

### The Water Gardens

The Water Gardens are perfect for family shopping; with shops, restaurants and secure cycle parking, set in landscaped gardens with tranquil ponds and water fountains. The Water Gardens are open air with spacious and wide walkways, where you can wander freely, browse and shop - all at your leisure.

### River Stort

The towpaths provide a pleasant off-road leisure route just to the North of the Town. More adventurous cyclists can follow the towpath to Roydon Mill or the Olympic site at Stratford.

### Mark Hall Sports Centre

Facilities include: sports hall, athletic track, all weather pitches, tennis courts and fitness suite.

## The Cycle Harlow

project is a partnership between Essex County Council, Harlow Council, Primary Care Trust, the Cycle Harlow club and other national and local organisations.

## Why Cycle?

### It's good for you:

It's recommended that adults take part in 30 minutes of physical activity every day to keep fit and healthy.

Cycling can be easily incorporated into your daily routine. Instead of using the car for short journeys, take the bike. During peak traffic times it's often quicker than driving. Journeys under 5 miles are ideal for cycling and in Harlow most places are less than 6 miles away!

### It's good for your family:

Cycling with the family is fun and also brings you closer together, whilst also helping children towards their recommended daily activity of 1 hour a day. Children can incorporate cycling into their daily lives by cycling to school, to the shops or out with friends. In your free time take the children for a ride to the park, Pets' Corner or the town centre.

### It's good for your wallet:

Did you know, the average cost of maintaining a car each year is £273 and that's before petrol costs, compared to just £75 for a bike? If you're looking to tighten your belt, cycling can be an affordable option. With an average household in the UK spending one in every six pounds on travel, think how much you'll save if you make some journeys by bike.

### It's good for the environment:

Cycling is a fast and efficient way of travelling. Quicker than walking, it is almost carbon neutral, so you don't need to worry about the impact your journeys are having on the environment. According to Sustrans, 2kg of carbon is saved for every short journey that is made using a bike instead of a car.

### It's good for the town:

Bikes take up less space than cars to park, and one car space could provide parking for 5-10 bikes. Whilst a cyclist cannot carry as much shopping as a motorist, they make more visits to local shops than car drivers, spending more money in total per week, which places them second in levels of spend only to pedestrians. This means that the hourly revenue generated by cyclists is up to six times as much compared to vehicles.

(Cycling the Way Ahead in Towns & Cities (DG13 EC) by Claude Bouche, [www.europa.eu.int](http://www.europa.eu.int). Office for Official Publications of the European Communities, 1999)