

WELCOME TO FRIMLEY BUSINESS PARK



Welcome to the Frimley Business Park Sustainable Travel Information Leaflet. We hope the information provided in this leaflet will help you to save money, improve your health as well as improve your local environment by showing you alternatives to travelling by private car on your commute to work.

Please see the information in this leaflet, which includes a map of the area showing key facilities, amenities, routes and services available to reach from your place of work.

Here are a few points of interest when choosing non-car related travel options.

The Stroke Association says that a brisk 30 minute walk reduces a risk of stroke by up to 27%

A regular walking habit reduces the risk of type 2 Diabetes by 60% and certain Cancers by 20%

Exercise helps to keep fit and with just 30 minutes of cycling can burn around 330 calories

Not sure which of the options works best for you and your needs? Read on and find out some more...



WALKING AND CYCLING



Well-kept footpaths weave through Frimley Business Park for a pleasant riverside walk or bike ride, where an alfresco lunch can be enjoyed in the sunshine on one of the benches lining the path. Frimley Business Park is located within walking distance of an array of transport facilities which is great for your daily commute.

If you are thinking of buying a new bike to get you to work, first check whether your company is part of any of the existing 'Cycle to Work' schemes. If it is, and you meet all the necessary criteria, then you could save money when buying a new bike or cycling equipment for commuting purposes. Visit www.cyclescheme.co.uk for further information.

Find your ideal cycle route on www.myjourneyhampshire.com/journeyplanner/. This website not only provides details of cycle routes but also a journey planner with preferred cycle options and speed, such as a quiet and slow cycle, or a fast and balanced route.



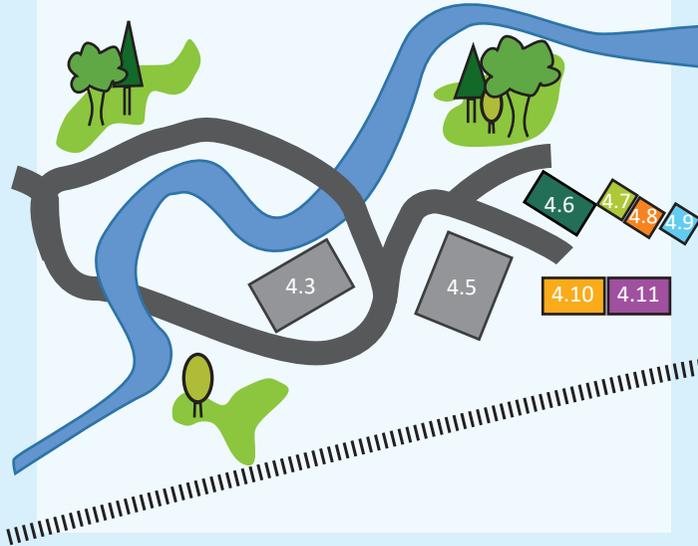
ON-SITE FACILITIES



Don't fancy leaving the Business Park on your lunch break? Fear not, on-site facilities comprise a Café and gym for all on-site employees to use. The Gym requires just a £25 joining fee and is free to use thereafter.

The gym and Café are located in Building 4.3 as shown on the map below. Shower and changing facilities are also available which benefit those cycling to work.

Other amenities include chess and ping pong for some healthy colleague competition and a well needed break from the computer screen!



CAR SHARING



Car sharing is when two or more people travel together for all or part of a journey. It allows people to have the benefit of a car but sharing the travel cost. If half of UK motorists received a lift one day a week, congestion and pollution would be reduced by 10% and traffic reduced by 20%.

There is no pressure to give someone a lift and you don't even need a car...just register as a potential passenger and share the fuel costs with someone driving. Please visit www.liftshare.com/uk to calculate your possible savings.



BUS

Using the bus instead of driving frees up time for you to wind down after a long day at work. Use your journey to text your friends, catch up on emails, read the paper or do the latest Sudoku challenge, let someone else do the driving.

The closest bus stops are shown on the map overleaf and the timetable below highlights the key services and walk times from local bus stops.

Service	Route Summary	Typical Frequency
Prince Charles Crescent Bus Stops (7 minute walk)		
2	Farnborough – Camberley – Yateley	Mon-Fri: 1 bus every 30 minutes
Church Road Bus Stops (14 minute walk)		
3	Aldershot – Ash – Frimley – Camberley – Yateley	Mon-Fri: 1 bus every 30 minutes
Bradford's Garage Bus Stops (8 minute walk)		
Stagecoach Gold 1	Aldershot – Farnborough – Camberley – Old Dean	Mon-Fri: 5 buses an hour

For more information on bus travel please visit www.travelinesoutheast.org.uk or www.hants.gov.uk/bus-guides for up-to-date bus and train information.

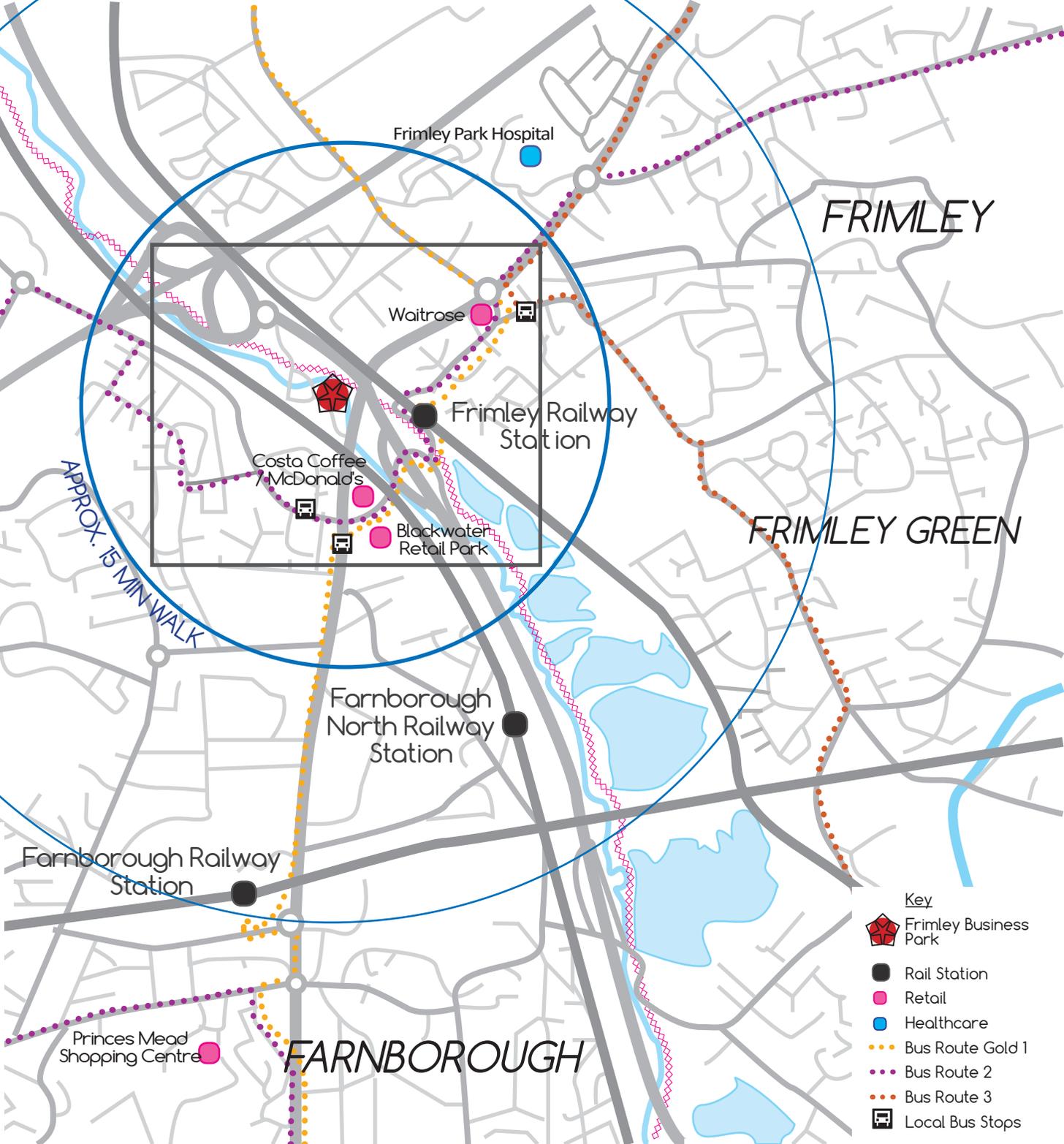
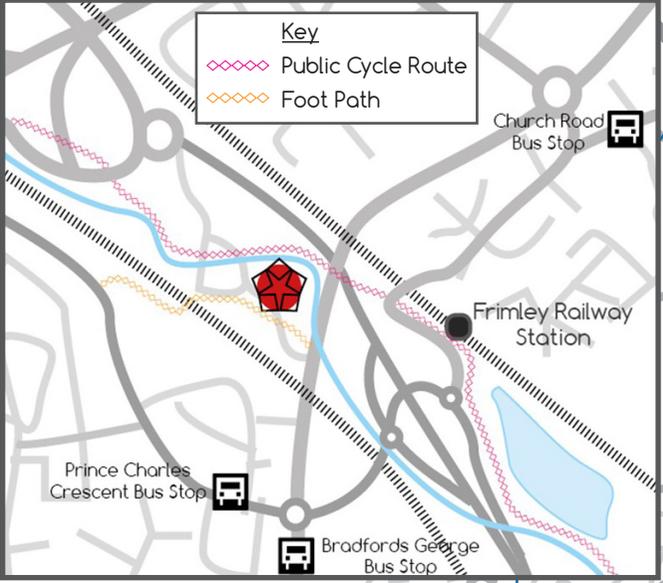
TRAIN



Train travel could provide you with a fast option for travelling further afield with your closest station (Frimley railway station), running services to London Waterloo and the south coast.

Frimley railway station is 750 metres from Frimley Business Park (just 9 minutes' walk) providing frequent travel to Guildford, Ascot (Berks) and Farnham.

For Farnborough Railway Station, a short 8 minute cycle ride is all that's needed. If cycling isn't your thing, catch the Stagecoach Gold 1 bus travelling every 10 minutes for a quick 14-minute journey to the nearest bus stop.



Other Options

Should you ever need to travel somewhere when public transport is unavailable, contact numbers for your closest taxi companies are listed below.

Dinez Taxis: 01252 651669

A Line Taxis: 01252 650000

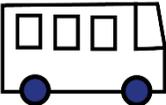
Alternative options can be found at myjourneyhampshire.com as can local activities and traffic news.

TRAIN TIMETABLE			
Destination	Frequency	Journey Time	Major Calling Points
London Waterloo	4 trains per hour	38 - 54 minutes	Woking
Portsmouth Harbour	1 train per hour	1 hour 35 minutes	Basingstoke, Winchester, Eastleigh, Fareham, Fratton
Basingstoke	3 trains per hour	23 minutes	Fleet
Poole	1 train per hour	2 hour 42 minutes	Southampton Central, Ashurst New Forest, Christchurch, Bournemouth

Key

- Frimley Business Park
- Rail Station
- Retail
- Healthcare
- Bus Route Gold 1
- Bus Route 2
- Bus Route 3
- Local Bus Stops

WHERE TO FIND SUSTAINABLE TRAVEL INFORMATION

		Timetable and routing information (Free App Available on iOS & Android)
		www.traveline.info
		Fare information (Free App Available on iOS & Android)
		www.stagecoachbus.com
		Timetable, fare information, journey planner and live departure boards (Free App Available on iOS & Android)
		www.nationalrail.co.uk
		Car sharing information and cost calculation (Free App Available on iOS & Android)
		www.liftshare.com/uk
		Sustainable routing suggestions, live traffic and travel updates, route maps and sustainable events
		www.myjourneyhampshire.com
	Local Taxis	
	Dinez Taxis: 01252 651669	A Line Taxis: 01252 650000 (Free App Available on iOS & Android)

Don't Forget to Keep Updated with your Local Travel Companies on



& via Individual Apps