

Central
Bedfordshire

great
lifestyles



Bidwell West Travel Information Pack

Table of Contents

- 3 Welcome to your Personal Travel Pack
- 4 Amenities in your Local Area
- 5 Travelling on Foot
- 7 Travelling by Bike
- 8 Travelling by Bus
- 9 Travelling by Car
- 10 Travelling by Train
- 11 Useful Resources
- 12 National Events



Welcome to your Personal Travel Pack



This Travel Pack will allow you, as new residents, to explore the sustainable travel options that are available to you in a quick and easy guide.

This pack covers walking and cycling routes that are accessible from your new home to key areas within Houghton Regis and beyond.

Details of local buses are provided, outlining the services closest to your home and the contact details you may require. You will find other useful information, including details on cycle hire, car share schemes, and advice on how to plan sustainable journeys.



What is a Travel Plan?

A Travel Plan is a package of measures that aim to encourage more sustainable travel choices where and when possible. The Travel Pack has been specifically designed for residents of Bidwell West, to help demonstrate the travel options available to and from your home.



The Overall Aim and Objectives of the Bidwell West Travel Plan are:

Aim: To create a sustainable, community-motivated environment for residents that promotes a range of lifestyle and travel choices and reduces reliance on the private car.

Objective 1:

To reduce the level of vehicle ownership among residents.

Objective 2:

To reduce the number of single-occupancy vehicle trips to and from the site.

Objective 3:

To increase awareness of and encourage the use of available sustainable modes of transport.

Objective 4:

To increase the use of sustainable modes.

Your Travel Plan Coordinator

Your Travel Plan Coordinator can assist you by improving your methods of travel, promoting national and local sustainable travel events, and organising cycling or walking groups to meet your needs.

If you would like to contact your Travel Plan Coordinator for any sustainable travel needs or personalised travel planning, please use the following email address:
BidwellWestTravel@centralbedfordshire.gov.uk



Amenities in your Local Area

A range of amenities are accessible from your development. The table below shows the walking and cycling times; these have been calculated from the Bidwell West local centre.



Amenity	Walking Time	Cycling Time
Morrisons	30 minutes	11 minutes
Tithe Farm Primary School	30 minutes	11 minutes
Houghton Regis Medical Centre	33 minutes	12 minutes
Houghton Hall Park	40 minutes	15 minutes
Houghton Regis Post Office	32 minutes	11 minutes
Houghton Regis Library	32 minutes	11 minutes
Houghton Regis Town Council	32 minutes	12 minutes
Legrave Railway Station	--	30 minutes
Luton Railway Station	--	43 minutes



Travelling on Foot



Walking is a great way to explore your surroundings while feeling the benefits of getting some fresh air and exercise. Walking is best suited to journeys within a 2km radius, which can be completed in around 20 minutes.

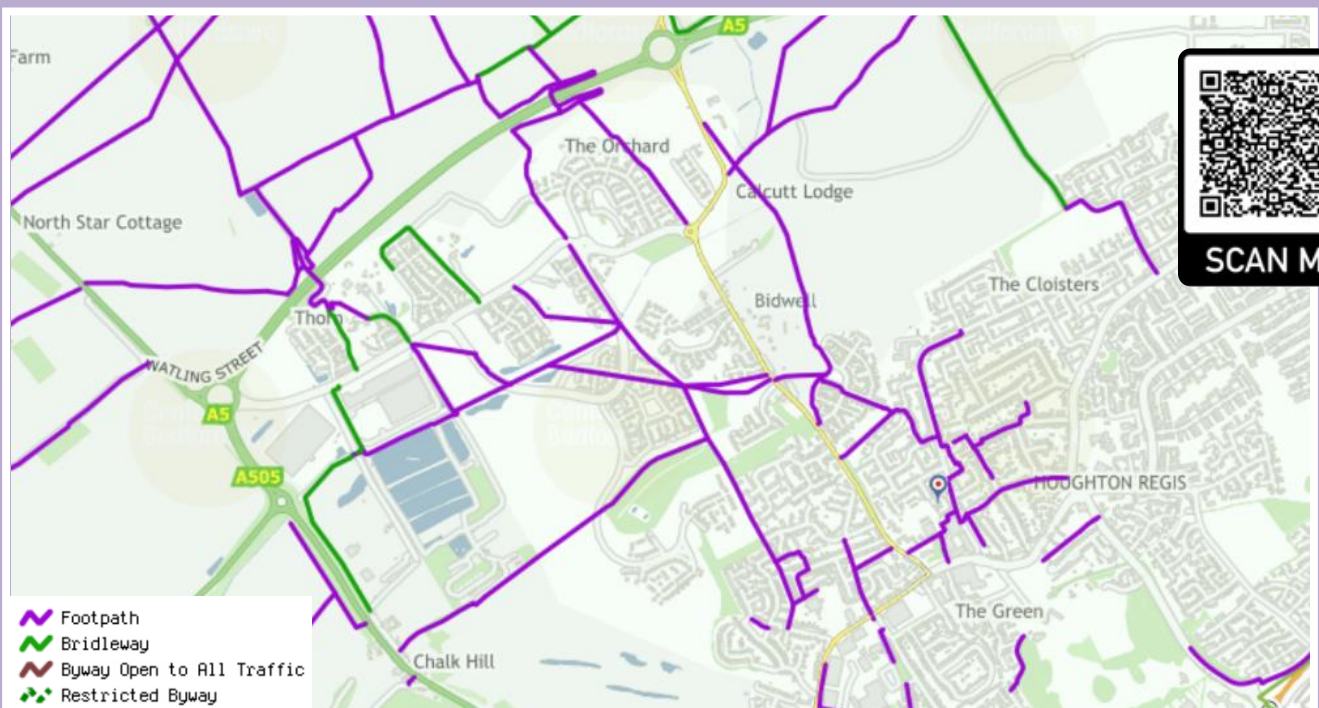
Benefits of walking:

- Can help maintain body weight and lower the risk of obesity.
- Can lower the risk of chronic diseases and high blood pressure.
- Improvements to your mood and wellbeing; and
- Studies show that it can encourage and improve creativity!



Public Rights of Way

Several accessible walking routes are within the Bidwell West development; these routes provide connectivity into Houghton Regis town centre. The map below shows the public Rights of Way that are available from your home. **Scan the QR code** to access more information on walking around Houghton Regis.



Street Tag



A fun, free, smartphone app that offers rewards for exercise.

Street Tag turns physical activity into a game and converts walking, running, and cycling into Street Tag points (tags), turning streets and parks into giant virtual playgrounds.

The family-friendly game rewards lower/middle/ primary schools, families, individuals, and communities for their physical activities such as walking, running and cycling.

When playing Street Tag, you can record the distance walked, run, or cycled by scanning virtual tags with your smartphone at various geographic locations. Watch your total distance accumulate and see how far you climb up the local leaderboard and compare with other players. The app can run in the background, so it automatically collects tags within a 40-metre radius, allowing you to focus on your journey and not your phone.

If you are in an area of Central Bedfordshire that does not have many tags, you can also use the app to add more, enabling you to collect extra points every time you go for a walk, run or cycle.

Each game season lasts around 14 to 16 weeks. In that time schools, groups and individuals can compete to hit the top of the leader board and become the winner!

STREET TAG

Earn points from virtual tags, steps and win prizes

Central Bedfordshire **great lifestyles**

Street Tag is a free child and family friendly mobile application that uses virtual tags to incentivise communities and families to become more physically active and boost mental health.

How to get your team on the Central Bedfordshire leader board?

1. Download the Street Tag app from the Play Store/App Store
2. Fill in your details and select Central Bedfordshire as your 'Event location' and 'Circuit'
3. You are now ready to actively discover tags, generate points, and win prizes
4. Go it alone or add friends to your team, and start playing.

WALK - RUN - CYCLE - ROLL

Download the app and join your local leaderboard

Available on the App Store | GET IT ON Google Play

www.streettag.co.uk

Active Lifestyles

Get ready to push the boundaries and start your journey to a healthy lifestyle with Street Tag.

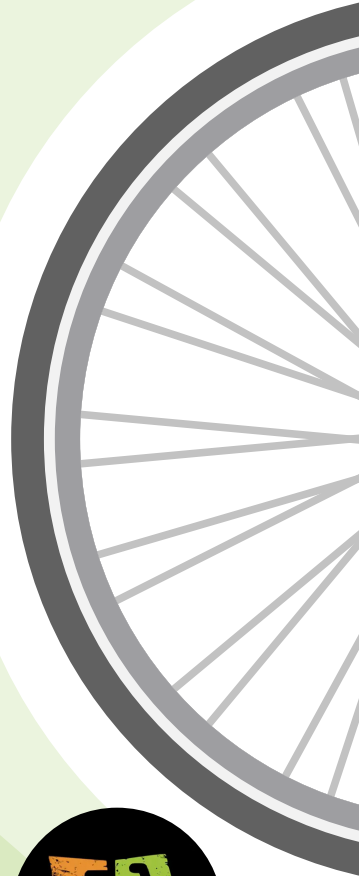
Travelling by Bike



Cycling is a great way to get about and is also a great alternative to walking. Cycling has the potential to replace short car trips, particularly those of less than 5km. The entirety of Houghton Regis, as well as the majority of Dunstable and several local villages, are within 5km of your home.

Benefits of cycling:

- Improving wellbeing by relieving stress.
- More cost effective than running a car.
- Reducing congestion and pollution on our roads.



Cycle Hire – App Bike

Introducing your bike hire scheme.

Cycling is a great way to get around and many local journeys can easily be done on a bike.

App-Bike is an app based self-serve bike hire system provided for the use of residents. Bikes are located at various designated points across the development which can be viewed within the **App-Bike app**.

To use the bikes, you will need to register in the **App-Bike app** and provide a proof of address to verify your residency to info@activecyclingprojects.com. Once validated, full instructions are emailed to you.

Choose from two membership and rental tariffs:

- **Pay As You Go**
No monthly fee - £1.50 per hour
- **Monthly membership**
£5 per month - Daily 2 hours free, £1.00 per hour thereafter

For further queries or assistance please contact App-Bike on 01892 320270 or email info@activecyclingprojects.com



Travelling by Bus



Bus stops are located across the Bidwell West development, each stop has seating, timetables, and real time information screens.

'Hi' Bus

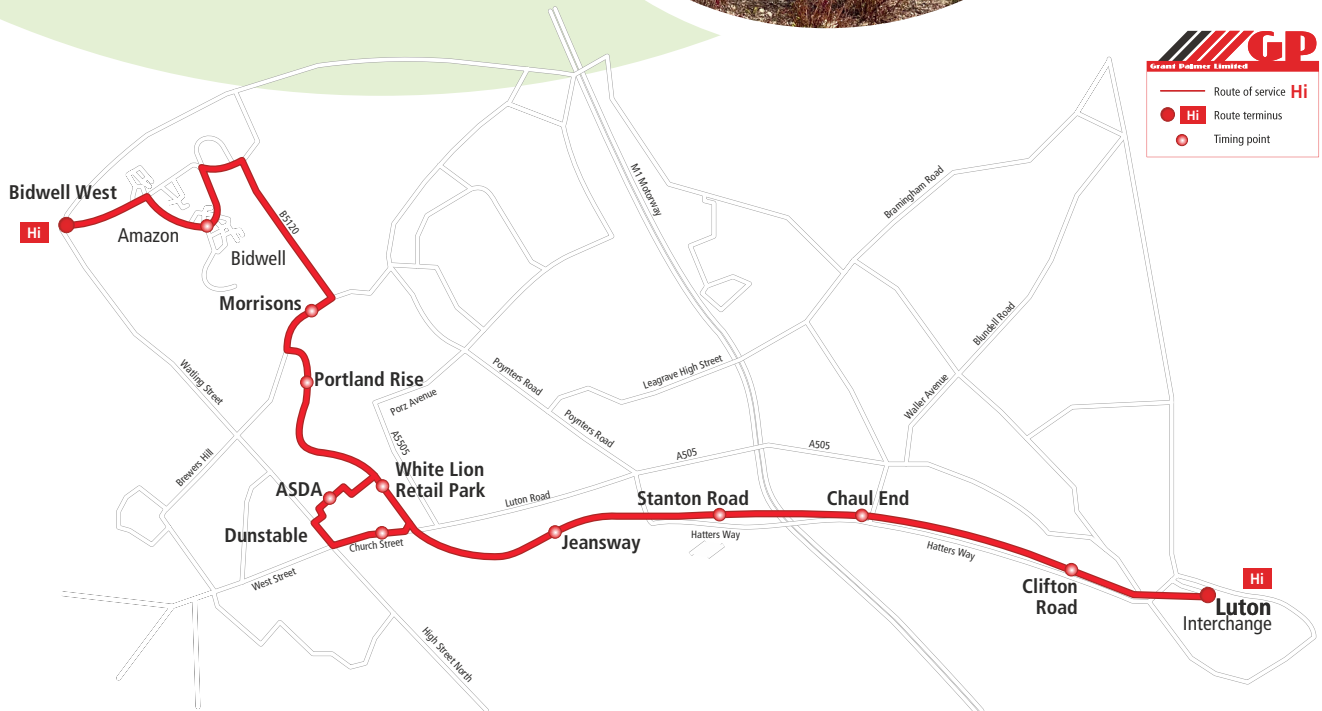
Whether it's meeting friends in Dunstable, commuting to Luton, or shopping at The Mall, there's plenty to see on your Hi bus route.



You can see where your bus is with our **app**, and you'll be able to purchase tickets in advance. Stay up to date with live service updates, find your nearest stop and store your tickets all in one place. Search Grant Palmer on the App Store or Google Play.

Buses operate up to every 60 minutes on weekdays along the smooth guided track between Dunstable and Luton. There are reduced services on Sundays and Bank Holidays. See the timetable for further information.

Grant Palmer offers a range of tickets which gives you great value options. Contactless payment is the cheapest way to pay - simply tap your card on the reader as you leave the bus to give you the best fare (with day, week, and monthly caps). Don't worry, they still accept cash and concessionary bus passes too.



Travelling by Car



Electric Vehicle Car Club

Your EV car share scheme is based at the Bidwell West local centre.

Working in partnership with the car-sharing platform company Hiyacar, residents will have access to an attractive and affordable electric car for journeys they wish to make. The car club is located at the Bidwell West local centre car park. Users can download the Hiyacar app to sign up and hire the Renault Zoe electric vehicle.



The vehicles will be inspected regularly, and the provider will complete all necessary servicing and maintenance. The operator will provide customer care and breakdown support 24 hours a day, 7 days a week.

Car club benefits

Joining Hiyacar offers some fantastic advantages, combining cost savings, environmental benefits, and unmatched convenience. With QuickStart keyless technology installed in our cars, accessing vehicles is effortless – no more hassle with keys or restrictive rental company opening hours. By skipping ownership costs like maintenance and insurance, you not only save money but also contribute to cleaner air by sharing vehicles – studies have shown that one shared vehicle takes more than 20 privately owned vehicles off the road! It's a straightforward, hassle-free way to access a car while promoting a greener, more sustainable future.

Membership criteria

Joining Hiyacar is a breeze for most drivers. With an easy online sign-up process and straightforward membership criteria that ensure members have the necessary experience and maintain trust and security within the car club community, making shared transportation accessible while upholding safety standards. Among these requirements include holding a valid driving licence for at least a year, being registered at a UK address, and having fewer than six points on your licence.

There is a more exhaustive explanation of the membership criteria in our help centre if needed: www.hiyacar.co.uk

Car Sharing

Car sharing involves two (or more) people sharing a vehicle to travel to or from nearby destinations (e.g., work, school, shops) rather than making separate journeys.

Car sharing offers a more sustainable mode of travel than single occupancy car journeys, whilst still offering the convenience that a car provides.

If you choose to start car sharing, you should decide how to split the cost of travel. Costs should be agreed in advance and could be split in one of the following ways:

- Sharers can take turns to drive, and no financial transactions will be necessary.
- The driver charges for the share of the cost of fuel.
- The driver charges based on a mileage rate to cover fuel, depreciation, and wear & tear.

Why not try Liftshare?

Liftshare is an app where individuals can search for car sharing opportunities within their local area. You can match potential partners as a driver, or a passenger based on your destination. You can choose who to share journeys with and how often.

Lift sharing can help you to save money, reduce congestion and have a calmer commute. Liftshare is also trusted by over 700 corporate companies for commuting purposes. To get started and create an account, head to liftshare.com/uk.



Travelling by Train



Two nearby railway stations are accessible from your home, Legrave Station is a 30-minute cycle ride and Luton Station is accessible within a 30-minute journey on the 'Hi' bus service.

The table below outlines the key stations served from Legrave Station, along with popular destinations, peak hour route frequency and journey times.

Legrave Rail Station		
Destination	Peak Hour Service Frequency	Journey Time
London St Pancras	4	42-59 minutes
Luton	4	4 minutes
Harpenden	4	14 minutes
St Albans	4	19 minutes
Gatwick Airport	2	89 minutes
Bedford	4	25 minutes



The table below outlines the key stations served from Luton Station, along with popular destinations, peak hour route frequency and journey times.

Luton Rail Station		
Destination	Peak Hour Service Frequency	Journey Time
London St Pancras	8	36 minutes
London Bridge	7	52 minutes
Harpenden	5	9 minutes
St Albans	5	14 minutes
Gatwick Airport	4	81 minutes
Bedford	4	24 minutes



National Rail

For more information, live train times, ticket purchasing and much more, you can visit the National Rail website at nationalrail.co.uk or download the National Rail App to receive free alerts and live status updates.

Personalised Travel Planning










A Personalised Travel Plan evaluates your journeys to/from a specific location, as well as your travel mode, and suggests other ways of travelling that same journey. By providing us with your regular destinations (such as your workplace) and your required arrival and departure times, we can provide you with a list of alternative travel options. You will also receive information such as which bus stops to use and the walking duration.

If you would like to receive a Personalised Travel Plan, please get in touch with your Travel Plan Coordinator on the following email address BidwellWestTravel@centralbedfordshire.gov.uk.

Useful Resources



There are a wide range of apps currently available that can assist you with your sustainable travel choices. The following can be readily downloaded onto your smart phone and will aid you in planning your journey via a range of sustainable modes.

	<p>Google Maps: Google maps is simple, easy to use and great if you have a specific destination in mind.</p>
	<p>Hiyacar: Hiyacar is the EV car club provider, download the app and register to hire an electric vehicle today.</p>
	<p>Strava: Strava is good for recording routes whilst exploring or exercising. It also has a 'route suggestions' feature where you can explore routes suggested by your local community.</p>
	<p>OS Maps: OS Maps is great for exploring, with on and off-road route planning abilities and reliable 'Rights of Way' information. With just a few taps, you can see and follow routes created by other walkers, runners, and cyclists. You can also plot your own routes and share them with friends. OS Maps is also the only app where you can view the National Cycle Network in its entirety and explore its routes.</p>
	<p>App-Bike: App-Bike is your cycle hire provider on your development, proving you with 24/7 cycle hire. To use the bikes, you will need to register in the App-Bike app and provide a proof of address to verify your residency to info@activecyclingprojects.com</p>
	<p>Street Tag: Steet Tag is your family app for having fun and getting physically active. Whether you walk, run, cycle or roll, you will have fun on our app and be motivated to keep going. We turn your community into a virtual playground to help you be active everyday as you compete with other members of your community for rewards. Download our free app today, to get out, get tagging, get points, and get prizes!</p>
	<p>Grant Palmer: Grant Palmer is your local 'Hi' bus service provider, download the app to see live departure information and store your tickets.</p>
	<p>Liftshare: Liftshare is an app where individuals can search for car sharing opportunities within their local area. You can match potential partners as a driver, or a passenger based on your destination. You can choose who to share journeys with and how often.</p>
	<p>National Rail Enquiries: This gives you real time departure and arrivals at any railway station in the UK. Select your favourite stations and plan your rail journey.</p>

National Events



As part of the Bidwell West Travel Plan, we will be participating and promoting the following events annually.

Event	Information
National Walk to Work Day April	National Walk to Work Day – get involved!. Taking simple steps to improve your health could pay dividends years down the line. Taking part also helps you reduce carbon emissions, add some healthy movement to your day, and generally appreciate the world around you more.
Walk to School Week May	Walk to School Week is a national event to raise awareness of the health benefits of walking to and from school.
Bike Week June	Bike Week is a national event that aims to promote cycling and to show how it can easily become part of everyday life.
National Clean Air Day June	National Clean Air Day gives people a chance to find out more about air pollution, share information with friends and colleagues, and help make the air cleaner and healthier for everyone.
National Cycle to Work Day August	Cycle to Workday is the UK's biggest commuting event which is for everyone. It doesn't matter if you haven't cycled in years or have never cycled before - it's just about giving it a go!
Catch the Bus Month September	Catch the Bus Month is a nationwide campaign aimed at driving awareness of the benefits of taking the bus.
Road Safety Week November	Road Safety Week is a national campaign that aims to inspire thousands of schools, organisations, and communities to act on road safety and promote life-saving messages during the week and beyond.

Contact Details

For more information email your Travel Plan Coordinator

 BidwellWestTravel@centralbedfordshire.gov.uk

