

# Central Bedfordshire Council

- National Cycle Network On-road / Traffic-free
- Promoted cycle route (Traffic volumes may vary according to time of day)
- National Cycle Network route number
- Traffic-free cycle path
- Bridleway (Bridleway section)
- Footpath (Alignment of footpaths, where shown is indicated)
- Unitary Authority Boundary
- School (Arrow indicates main entrance)
- College (Arrow indicates main entrance)
- Place of worship (Arrow indicates main entrance)
- Railway with station
- Cycle parking
- Convenience shop
- Library
- Post office
- Crossing
- School Crossing Patrol
- Cycle crossing
- One way
- One way with cycle contraflow
- Community centre
- Theatre
- Heritage railway
- Commercial / Industrial area
- Urban area
- Bus stop

Cartography CycleCity Guides  
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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



# Travel Choices Map

Leighton Buzzard, Linslade, Heath & Reach  
Featuring walking, cycling and bus routes



Central Bedfordshire Council  
[www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)



## Useful contacts

### Planning a journey

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

### While out and about

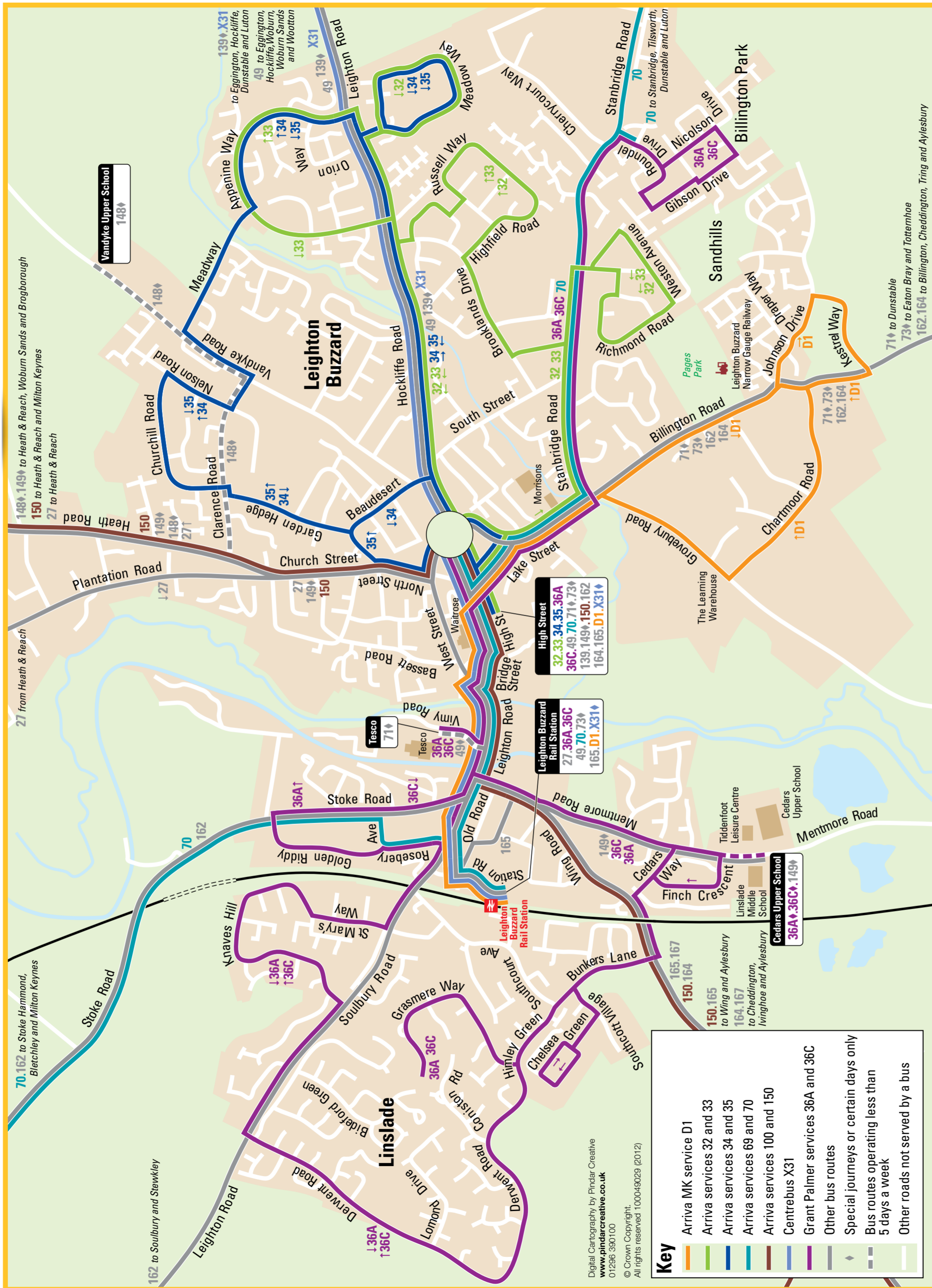
- To report an issue with the highway including footpaths and cycle paths (including the National Cycle Network) ring Central Bedfordshire's Highways Helpdesk on 0300 300 8049 or email [highways@centralbedfordshire.gov.uk](mailto:highways@centralbedfordshire.gov.uk)
- If the problem is on a Right of Way contact Central Bedfordshire's Countryside Access Team on 0300 300 8305 or email [rightsofway@centralbedfordshire.gov.uk](mailto:rightsofway@centralbedfordshire.gov.uk)
- The Police Station at Leighton Buzzard can be contacted on 01582 473 461. Dialling 101 will also route you through to your nearest station

### Keep up to date

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

### Join a local group

- Get in touch with BuzzCycles, your local cycling campaign group by emailing [buzzcycles@aol.com](mailto:buzzcycles@aol.com)
- Contact the Leighton Buzzard Ramblers Group on 01252 374 796 or visit [www.lb-ramblers.org.uk](http://www.lb-ramblers.org.uk)
- Find out about local Bikeability cycle training courses for both children and adults by contacting [nick.shaw@centralbedfordshire.gov.uk](mailto:nick.shaw@centralbedfordshire.gov.uk)
- Become a local Sustrans volunteer by emailing [volunteers-uk@sustrans.org.uk](mailto:volunteers-uk@sustrans.org.uk) or visiting [www.sustrans.org.uk](http://www.sustrans.org.uk)



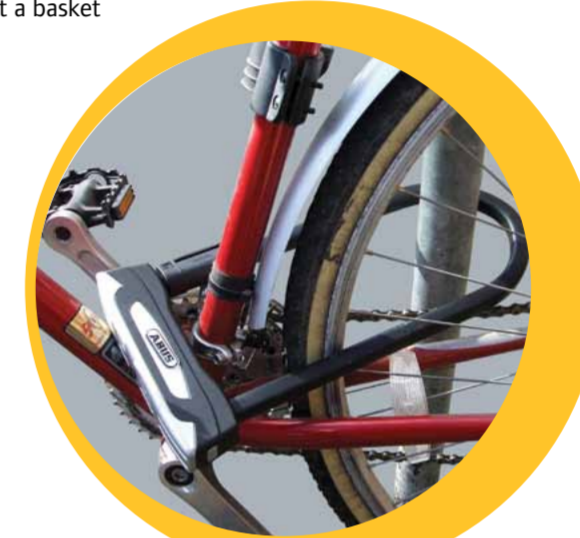
## Protect your bike

### To keep your bike safe and damage free

- Carry and use a good quality lock
- Secure to an immovable stand or post that is overlooked
- Lock the frame and both wheels
- Clamp 'tight' against the stand to stop your bike from moving around
- Avoid if possible using the same parking place every day
- Unclick lights and a pump and take these with you
- Never leave your bike alone unguarded – thefts are mostly opportunistic
- Register your bike and keep a photo. Having a record of its model, make and frame number increases your chance of getting your bike returned if stolen
- Add it to your home contents insurance and ensure the policy covers thefts away from your home. More valuable cycles should be insured separately.

### To deter a thief

- Clip a 'D-Block' across several parts of the bike, making it difficult to smash open
- Point the keyhole to the ground so it is more difficult to pick
- Ensure your lock can't be manoeuvred onto the ground where it can be sledge-hammered
- Fit a basket



## 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](http://www.nhs.uk/change4life)



## Share the car, share the cost!

Central Beds and Luton liftshare provides a matching service for all those who live, work and travel in and around Bedfordshire as well as for longer journeys to London or other locations outside the county.

This site matches you up with potential partners as a driver or passenger. Once matched, you can choose to car share as little or often as you like, with whomever you like!

- Find drivers and passengers on-line instantly for FREE
- Reduce the costs of fuel and parking
- Choose parameters to define the kind of person you want to share with
- Cut congestion and pollution
- Reduce the stress of driving
- Access a variety of other travel information

Find your perfect liftshare partner here – register now at <https://centralbedsandluton.liftshare.com> to start generating potential matches.



## Catch the bus....

### Why not leave the car behind and get the bus? It can:

- Save you money – less petrol and wear and tear on your car
- Avoid parking and congestion problems – buses will drop and collect you from the centre of town and the station
- Lower your carbon footprint

### Plan your journey

Use the information on this map to check routes, access information on schedules and pin point local stops. You can also plan your journey online at [www.transportdirect.info](http://www.transportdirect.info).

### Catching the bus

Plan to get to a stop a few minutes before the bus is due. You can check whether the bus approaching your stop is the right one as it will have a route number and destination clearly visible on the front.

The bus driver will be looking out for you but it helps if you indicate by holding out your arm that you want like them to stop.

If you are worried about missing your stop just ask the driver, they will ensure you don't. And when you want the bus to stop, simply press the bell once and remain in your seat until the bus comes to a halt.

### Carrying luggage or travelling with children

Most buses now have little or no entrance step, so it's easy to get on even with a buggy or shopping trolley.

### Using the Buzzer Bus

Buzzer Buses provide a door to door transport service for people who need to travel within a six mile radius of Leighton Buzzard and who cannot access a regular bus service through reasons of disability, incapacity, old age or social exclusion.

The service operates on weekdays and can transport people to the shops, doctor, dentist, friends, etc. but not to local hospitals. Trips need to be pre-booked up to a week in advance with medical bookings getting priority. There is a small fee to register to use the service.

For more information ring 01525 853566, email [buzzerbuses@btconnect.com](mailto:buzzerbuses@btconnect.com) or visit [www.buzzerbuses.co.uk](http://www.buzzerbuses.co.uk)