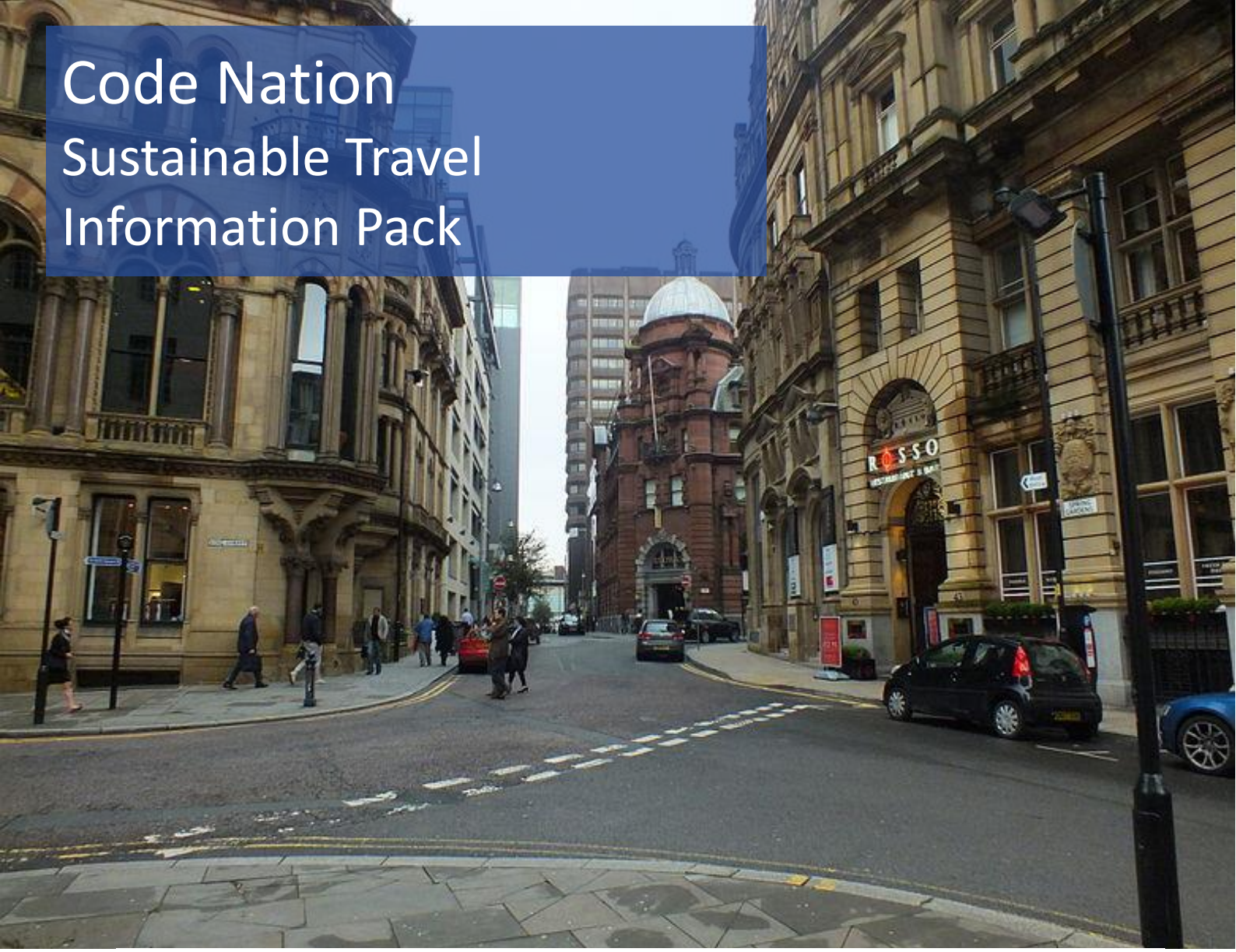
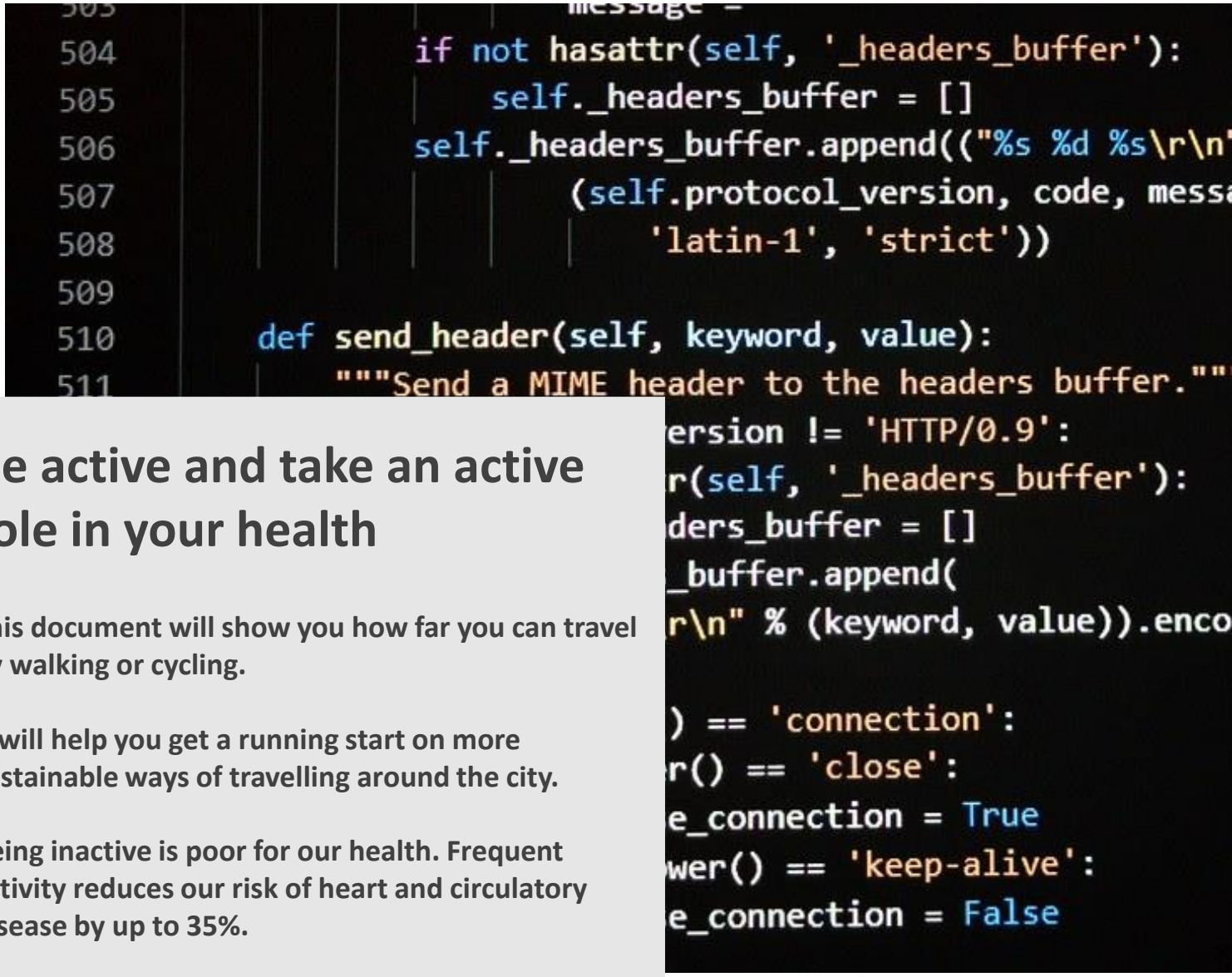
Code Nation
Sustainable Travel Information Pack



Keep fit
Save money
Travel actively

We encourage you to enjoy active travel. Make your journeys easy, enjoyable, healthier and save time.



Be active and take an active role in your health

This document will show you how far you can travel by walking or cycling.

It will help you get a running start on more sustainable ways of travelling around the city.

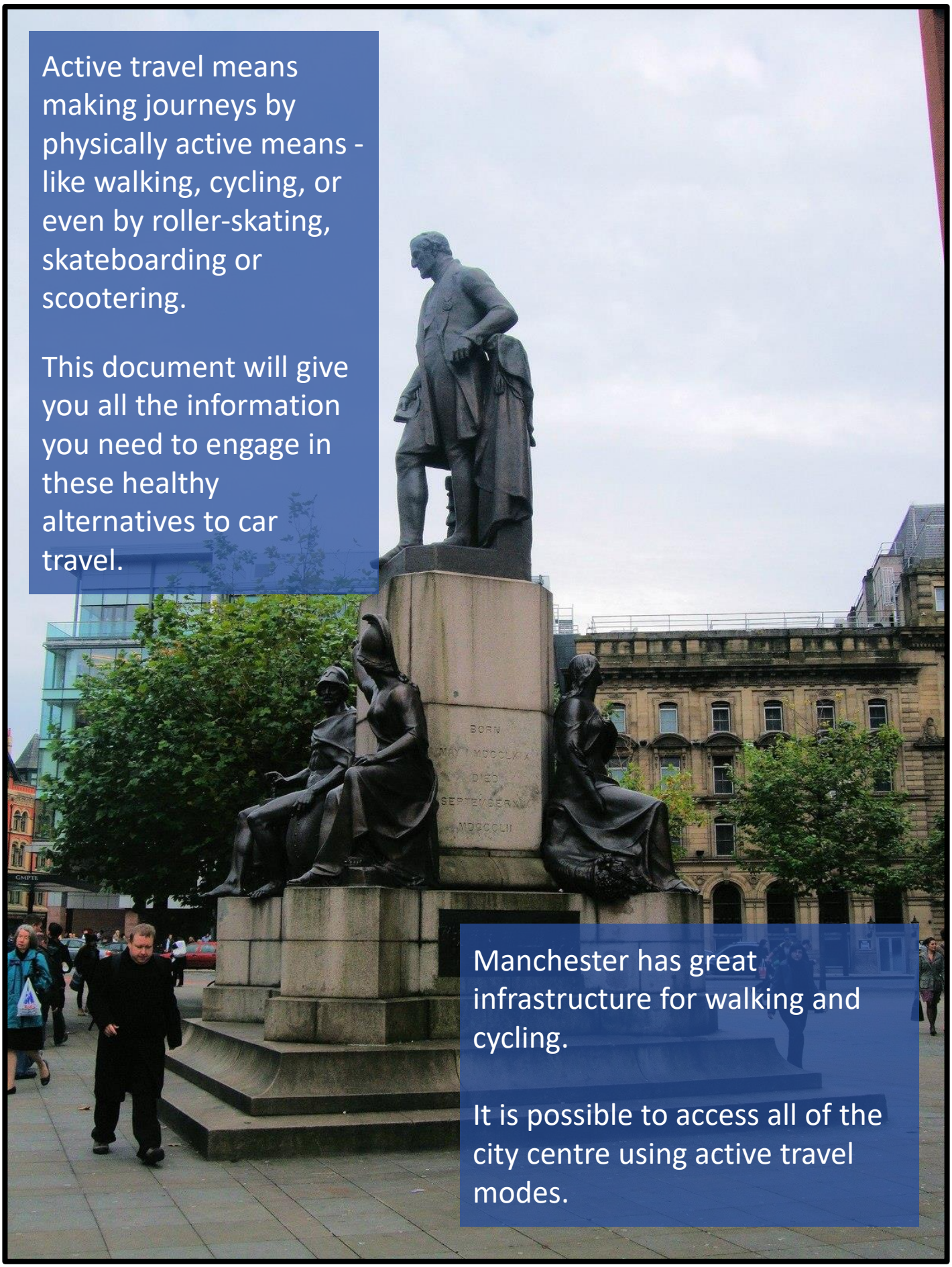
Being inactive is poor for our health. Frequent activity reduces our risk of heart and circulatory disease by up to 35%.

Keeping active makes us physically strong but it also keeps us in good mental health.

This document intends to help you to plan trips using sustainable travel, trips that you might normally have undertaken by car.

The information we are providing to you is tailored to the travel options available in our area and will allow you to make the best travel decisions possible.

ACTIVE TRAVEL



Active travel means making journeys by physically active means - like walking, cycling, or even by roller-skating, skateboarding or scootering.

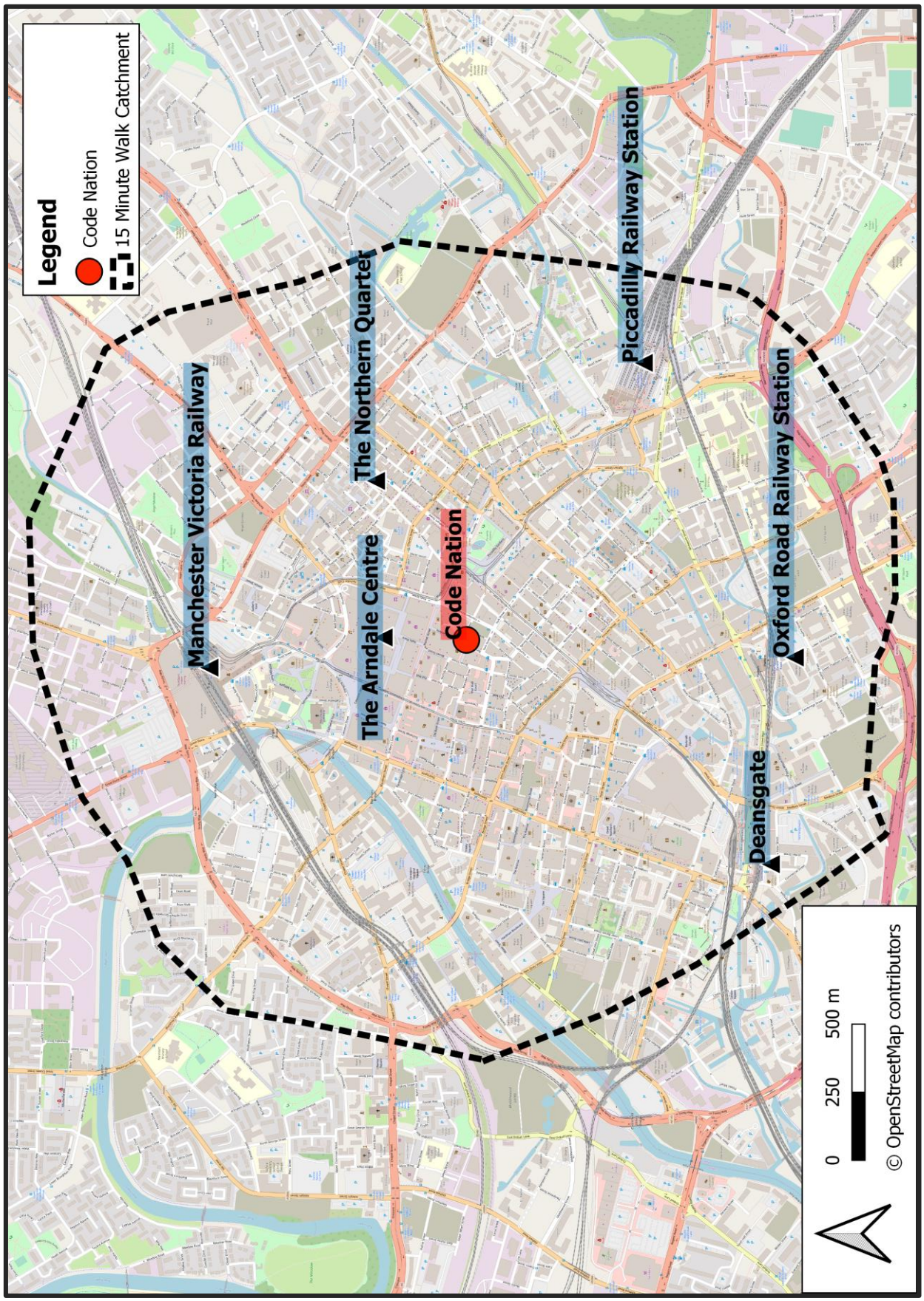
This document will give you all the information you need to engage in these healthy alternatives to car travel.

Manchester has great infrastructure for walking and cycling.

It is possible to access all of the city centre using active travel modes.

Walk

This map shows how far you can walk from our office, out into Manchester within 15 minutes. There are lots of places that you could go.



Why walk?

Walking has many advantages. Not just for you but the environment too.

Health:



- Physical
- Mental

Finance:



- Save

Environment:



- No pollution
- Fewer cars

Within a 15 minutes walk:

Manchester Victoria and Piccadilly Station
If you're travelling from further afield, why not use the train rather than a car? Both stations are just a short walk away.

The Northern Quarter
Manchester's trendiest shops and numerous eateries are just a stones throw away. Why not head out for a walk at lunch?

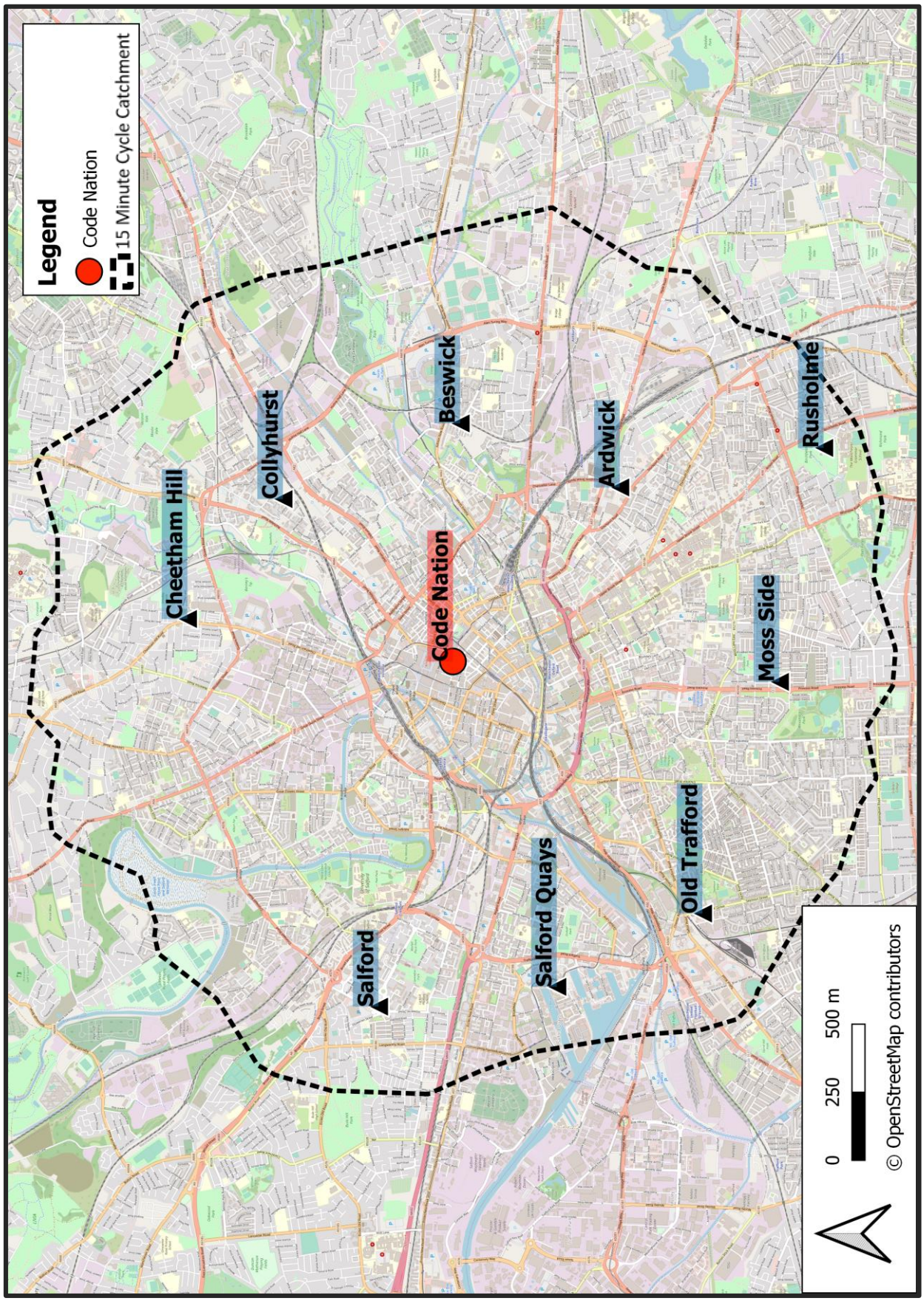
The Arndale Centre
The Arndale is the place to go for all your shopping needs. If you need to do the food shopping after work or pick up a present for a birthday then you can take a stroll down to The Arndale in no time at all.

Deansgate
A popular student centre. If you live nearby, why bother driving at all?

Specialist walk journey planning assistance is available at http://www.walkit.com. This service will let you know how many calories you can burn on your journeys and how much C02 you are saving by not using a vehicle.

Cycling

This map shows how far you can cycle from our office. It's a great way to travel.



Why cycle?

Cycling has many advantages that are similar to walking:

Health:



- Physical
- Mental

Finance:



- Save

Environment:



- No pollution
- Fewer cars

Love to cycle:

Cycling provides a good opportunity to exercise and maintain good all-round health.

As a low impact exercise, cycling a healthy form of exercise that doesn't put too much stress on your joints.

Cycling helps to prevent problems such as lung disease, obesity, type 2 diabetes and even alleviates depression.

Cycling regularly can help clear your head and keep your stress levels low.

It is an amazing new hobby that is easy to pick up and enjoy.



The AA estimate that an average car costs 41p per mile to run. Cycling is free to do and there are many cheap bikes for sale.

Cycling daily would save you a lot of money and could improve your health considerably.

Short term bicycle hire is available from Cycle Republic in the Northern Quarter and elsewhere. Look here for more information: https://tfgm.com/cycling/cycle-hire

PUBLIC TRANSPORT

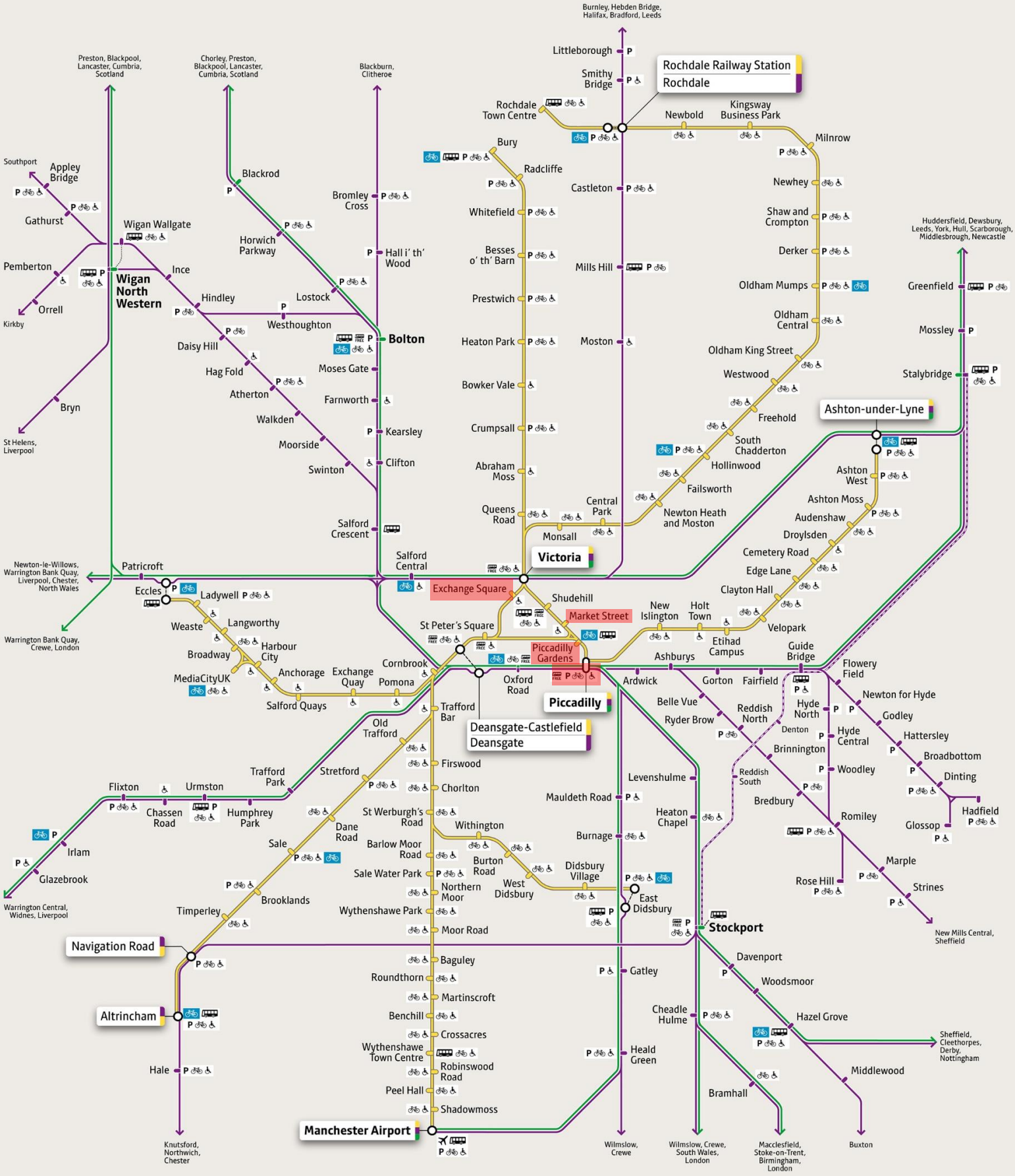
When you decide to take public transport instead of your car your are reducing the burden on the environment.

Each person that uses public transport is one less person driving a car. This eases traffic and helps to keep our air clean.





Public transport modes is prolific in Manchester. It's cheap and easy to get to where you need to be. The highlighted hubs are close to our office.



Metrolink and stop
Northern Rail
Limited service (one train per week)
Rail/Metrolink interchange

Other trains:
Arriva Trains Wales
East Midlands Trains
TransPennine Express
Virgin Trains
Cross Country

Please refer to individual operators for specific routing and timetable information

Major bus interchange
Interchange with free bus
P Parking available
Cycle Hub
Membership required

Cycle parking or storage available
Within easy walking distance
Station or stop with step-free access to all platforms

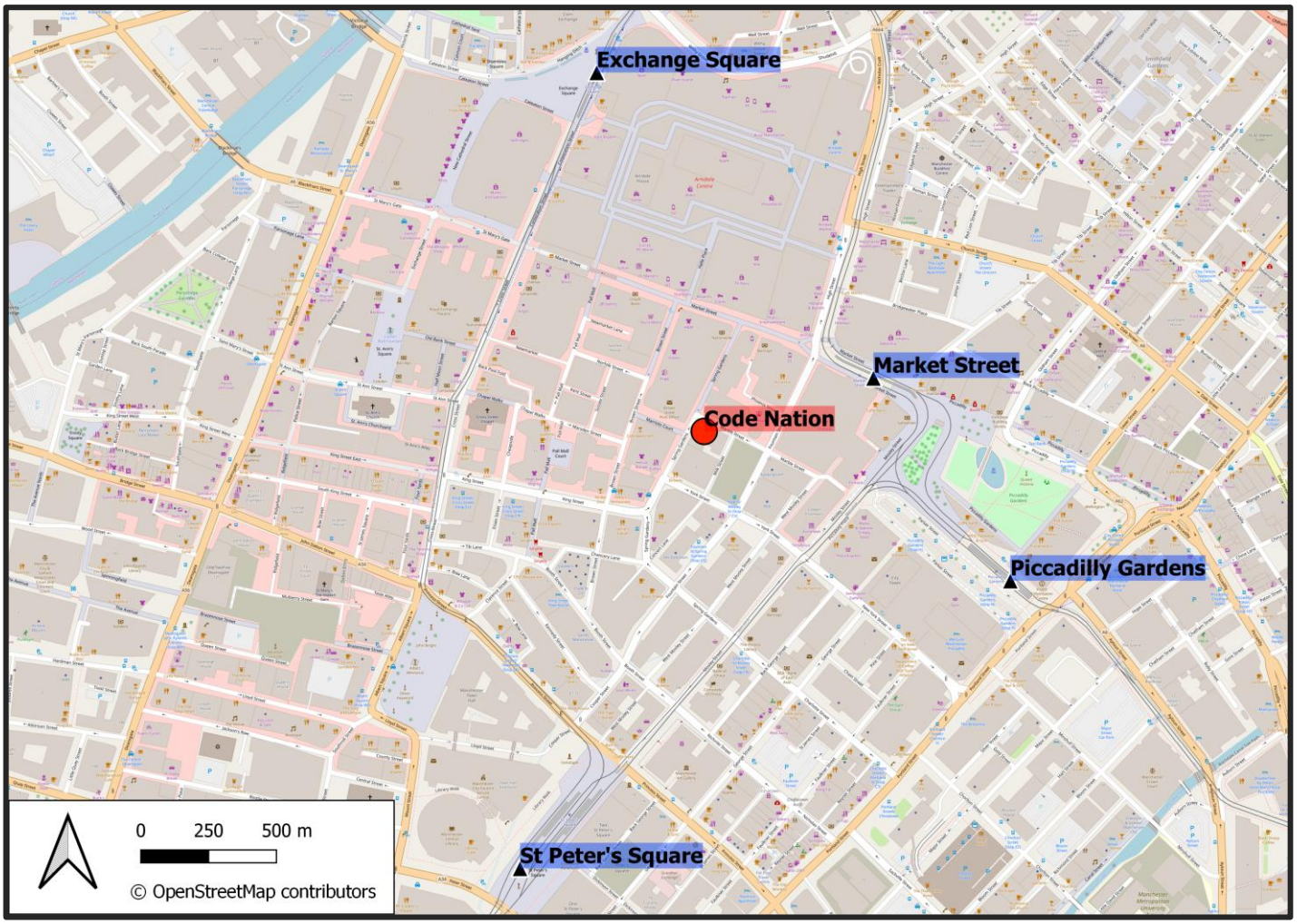
National Rail Enquiries
08457 48 49 50
@nationalrailenq

Public transport information
0161 244 1000
7am – 8pm Mon to Fri
8am – 8pm Sat, Sun & public holidays

TfGM–18-1642–November 2018

Metrolink

This map shows the Metrolink stops near to our office. Metrolink is a great way to travel further afield into Greater Manchester

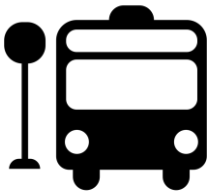


All Stops	
Destination	**Frequency**
Ashton line	Every 6 minutes
All other lines	Every 12 minutes
Airport early morning service	Every 20 minutes*

* Deansgate-Castlefield to Manchester Airport. 3am-6am Monday to Saturday, and 3am-7am Sunday and public holidays.

Timetable is indicative only. Further information and timetables can be found at: https://tfgm.com/public-transport/tram


Metrolink network
Rochdale
Rochdale Town Centre
Newbold
Milnrow
Rochdale Railway Station
Kingsway Business Park
Milnrow
Newhey
Bury
Bury
Shaw
Shaw and Crompton
Radcliffe
Middleton
Whitefield
Oldham King Street
Oldham Central
Derker
Besses o' th' Barn
Westwood
Oldham Mumps
Prestwich
Freehold
Oldham
Prestwich
Heaton Park
Bowker Vale
South Chadderton
Hollinwood
Crumpsall
Abraham Moss
Failsworth
Central Park
Failsworth
Monsall
Newton Heath and Moston
Queens Road
Manchester
Ashton-under-Lyne
Salford
Ashton West
Eccles
Victoria
Etihad Campus
Ashton Moss
Langworthy
Shudehill
Holt Town
Clayton Hall
Edge Lane
Ashton-under-Lyne
Weaste
Harbour City
Exchange Sq
Market St
Eccles
Deansgate-Castlefield
Piccadilly Gdns
Droylsden
Ladywell
New Islington
Velopark
Broadway
Anchorage
Piccadilly
Cemetery Road
Audenshaw
MediaCityUK
Salford Quays
Trafford Centre
Parkway
Village
Cornbrook
St. Peter's Sq
Exchange Quay
Imperial War Museum
Wharfside
Pomona
EventCity
Trafford Bar
Old Trafford
Firswood
Hyde
Stretford
Chorlton
St Werburgh's Road
Barlow Moor Road
Withington
Burton Road
Dane Road
Sale Water Park
Sale
West Didsbury
Sale
Brooklands
Northern Moor
Didsbury
Didsbury Village
Wythenshawe Park
East Didsbury
Timperley
Moor Road
Stockport
Baguley
Navigation Road
Roundthorn
Martinscroft
Benchill
Altrincham
Crossacres
Altrincham
Wythenshawe
Wythenshawe Town Centre
Robinswood Road
Peel Hall
Shadowmoss
Manchester Airport
M62
M66
M60
M61
M602
M67
M56
A627(M)
Existing Metrolink
Metrolink extension under construction
Some stop names subject to confirmation
Contains Ordnance Survey data © Crown copyright and database right 2010



Bus

The nearest bus stops to the office are at:

- Mosley Street (1, 36, 37)
- King Street (1, 36, 37)
- Market Street (1)
- St Mary's Gate (10, 97, 67 , 100, 8, 93, 2 free bus, 27)

Service	Route	Aproximate frequency
1 free bus	Piccadilly Station - Chinatown - Deansgate - Spinningfields - Albert Square	Every 10 minutes
2 free bus	Piccadilly Station - Oxford Road Station - Deansgate Station - Victoria Station	Every 10 minutes
8	Manchester - Pendleton - Pendlebury - Kearsley - Farnworth - Moses Gate - Bolton	Every 10 minutes
10	Manchester - Pendleton - Eccles - Peel Green - Brookhouse	Every 15 minutes
36	Bolton - Little Hulton - Walkden - Swinton - Pendleton - Manchester	Every 10 minutes
37	Bolton - Farnworth - Walkden - Swinton - Manchester	Every 10 minutes
67	Cadishead - Irlam - Eccles - Salford Royal - Pendelton - Manchester	Every 20 minutes
93	Bury - Unsworth - Prestwich - Carr Clough - Manchester	Every 15 minutes
97	Manchester - Prestwich - Whitefield - Radcliffe - Unsworth - Bury	Every 20 minutes
100	Manchester - Salford - Eccles - intu Trafford Centre - Irlam - Warrington	Every 15 minutes

Timetable is indicative only. Further information and timetables can be found at:
https://tfgm.com/public-transport/bus

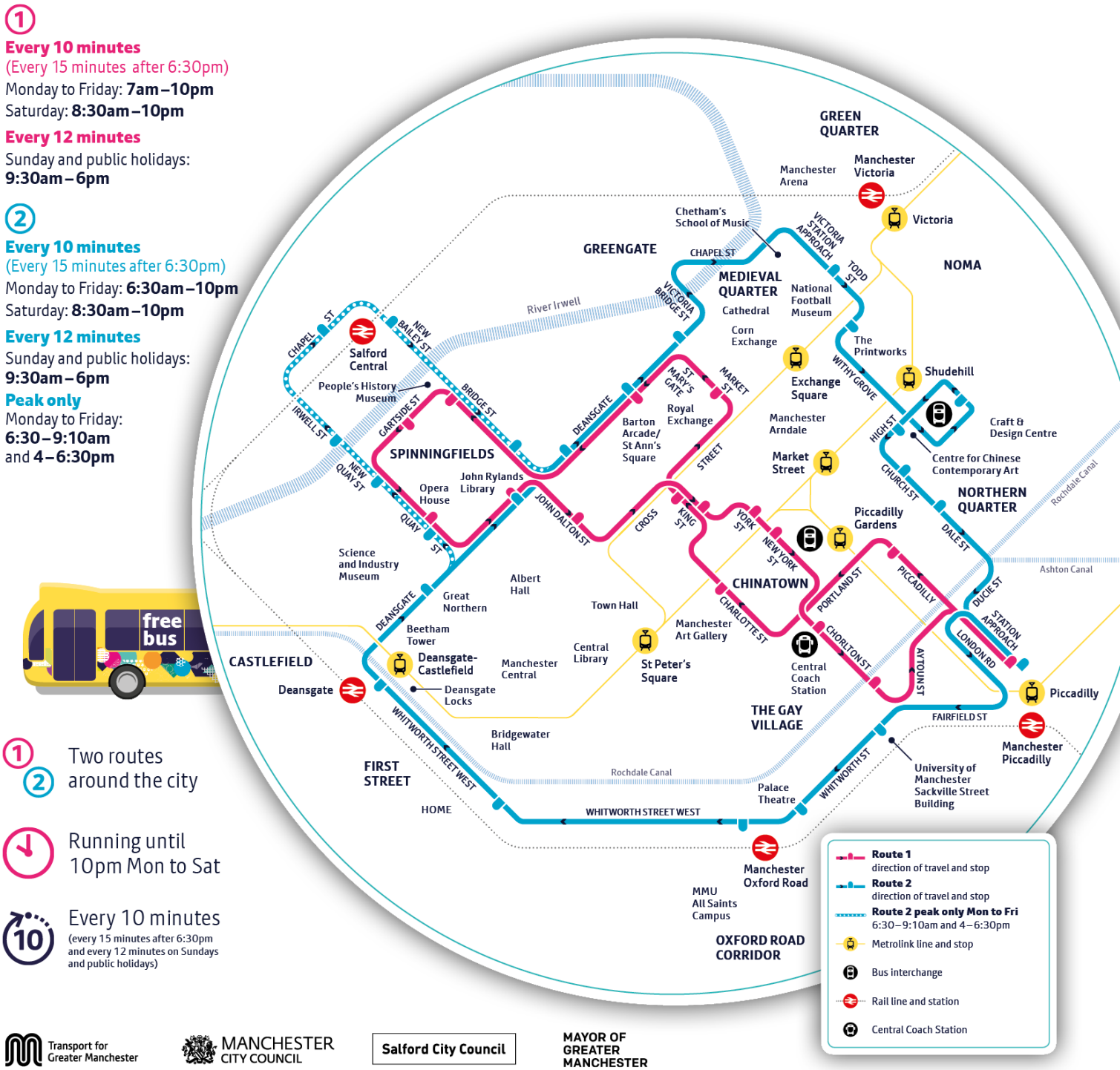
Free Bus Travel

Manchester operates a free bus service throughout the city centre.

Route 1 runs from Piccadilly Station to Albert Square and can be accessed from nearby Mosely Street, King Street or Market Street.

Route 2 runs from Piccadilly Station to Victoria Station and can be accessed from St Mary's Gate.

The bus offers a great, cost effective opportunity for anyone travelling to our office from either of the city centre train stations.



Transport for Greater Manchester · MANCHESTER CITY COUNCIL · Salford City Council · MAYOR OF GREATER MANCHESTER

Train

Manchester Piccadilly is one of the most well serviced train stations in the North. It provides transport across the entire UK. The journeys provided below are just some common examples of journeys possible from Manchester by train.

Destination	Journey time	Operator(s)	Frequency
London Euston	2hr 10min	Virgin	3 per hour
Crewe	50min	Northern, Transport for Wales, Virgin	4 per hour
Birmingham New Street	1hr 30min	Cross Country, Virgin,	4 per hour
Liverpool Lime Street	55min	Northern, Transpennine Express, East Midlands	5 per hour



Timetable is indicative only. Further information and timetables can be found at: https://tfgm.com/public-transport/train

Car Sharing



If it's not possible for you to avoid using a car you can still save money and help the environment by sharing a car.

Finance: £

- Save on petrol and parking fees

Environment:

- Less pollution
- Fewer cars

What is car sharing?

When two or more people are heading towards the same location they can share a single car. This reduces the number of cars on the road by removing the need for multiple cars.

You can sign up online to see if there are people that you could share a car with: www.liftshare.com/uk

You don't need to own your own car.

Driving a car on your own is one of the most unsustainable forms of transport and the cost of running your own car is probably higher than you think. To work out the true cost of running your car, visit http://www.thisismoney.co.uk/cost-of-your-car-calculator.