



Hempsted Locality Map and Guide



Introduction

Thinktravel provides you with information about sustainable travel choices in your local area.

Making a few simple changes to your travel patterns can help create a more sustainable community for all; economically, socially and environmentally.

The Thinktravel website allows you to view cycle and walking routes in Gloucestershire, the latest bus routes and plenty of useful tips on how you can save money through making small changes on your journeys around where you live.

The website will also keep you up to date on sustainable travel news in Gloucestershire and also provides information on community events that may be coming to your local area.

For more information about Thinktravel, please contact:

e: enquiries@thinktravel.info

i: www.thinktravel.info

Project sponsored by

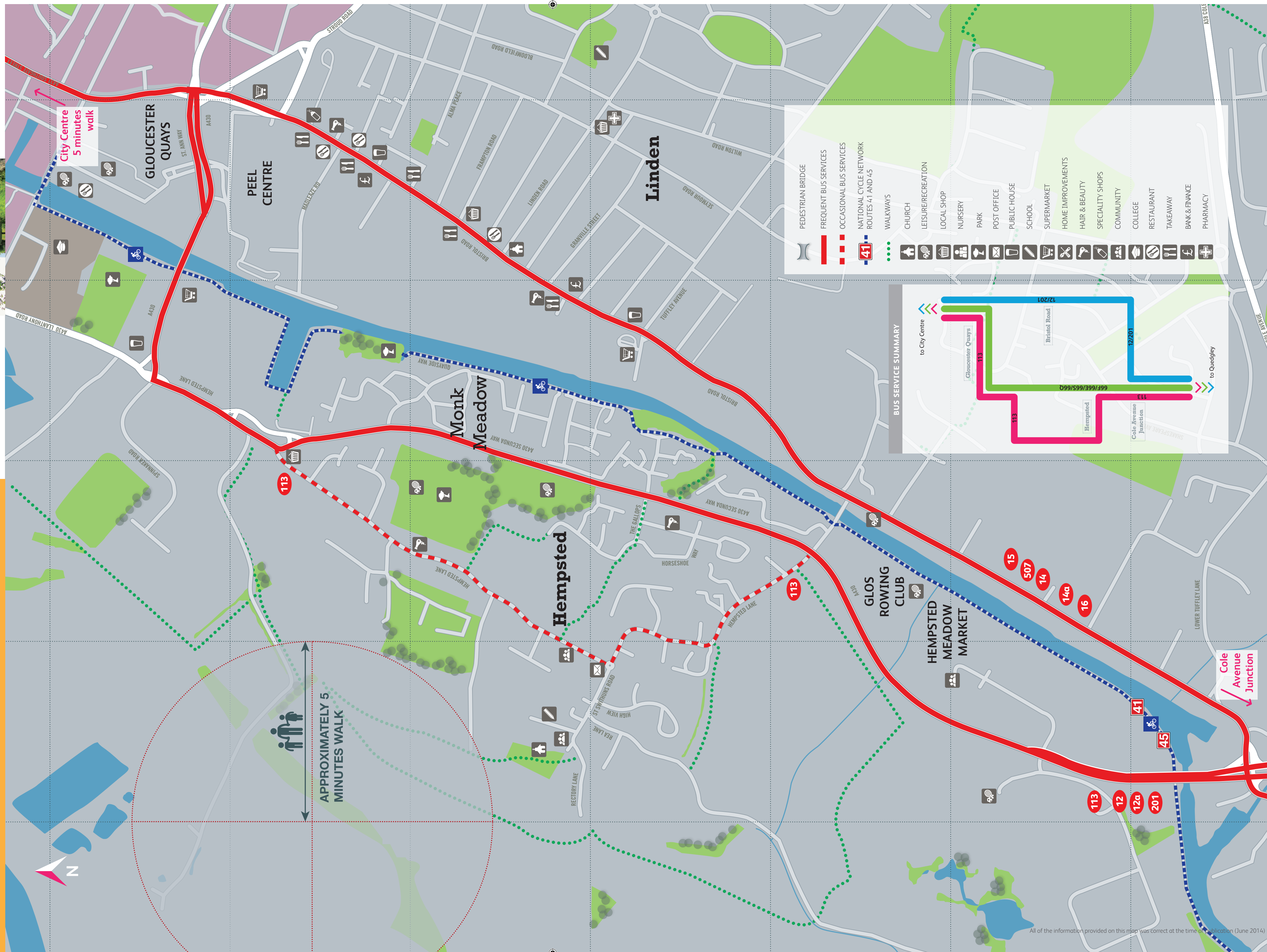


Department
for Transport



Gloucestershire
COUNTY COUNCIL

Revised December 2016



Think about the way you travel. A small change makes a big difference.

Making the Most Out of Your Local Neighbourhood.

This map has been produced as part of the **Thinktravel** programme. The programme aims to help people make more sustainable travel journeys especially for short local trips.

To get the most out of your community, this map provides an overview of amenities that are easily accessible and close to your home or workplace. It can be used to highlight destinations in your local area, their proximity via sustainable travel routes and provide the information to better plan your journeys in the area to save you time and money.

This map includes the villages of **Hempsted** and **Monk Meadow**.

There is a comprehensive and frequent public transport network linking the locality map area to the centre of Gloucester. To find out more information please go to the **Thinktravel** website to view the latest bus route maps.

www.thinktravel.info/public-transport

Useful Contacts

Gloucestershire County Council Transport
www.gloucestershire.gov.uk/transport

Gloucestershire Car Share
08700 111 119
www.carsharegloucestershire.com

Gloucester City Council Shopmobility
01452 302 871

Cheltenham Borough Council Shopmobility
01242 255 333

Road Safety Gloucestershire
www.roadsafety-gloucestershire.org.uk

Lift Training
01242 527 631
www.liftproject.co.uk

National Rail
www.nationalrail.co.uk

First Great Western
www.firstgreatwestern.co.uk

Stagecoach Gloucester Area
www.stagecoachbus.com/gloucester

National Traveline
www.traveline.info

Transport Direct
www.transportdirect.info

Dial-A-Ride
01452 502 100
www.glosdar.plus.com

Key Shops and Services

Hempsted

Georges Gym
a: Gordon League Sports Ground, Hempsted Lane, Hempsted, Gloucester, GL2 6JN
t: 01452 305 500
e: getfit@georgesgym.com

Opening Hours
Monday to Thursday 10:00 – 21:00
Friday 10:00 – 20:00
Saturday & Sunday 10:00 – 13:00

Barn Owl Centre
a: Netheridge Farm, Hempsted, Gloucester, GL2 5LE
t: 01452 383 999
i: www.barnowl.co.uk

Open to the public on Saturdays

Hempsted Post Office
a: Hempsted Lane, Gloucester, GL2 5JU
t: 01452 304 660

Opening Hours
Monday to Friday 09:00 – 17:30
Saturday 09:00 – 12:30

Monk’s Corner Sandwich Shop
a: Hempsted Lane, Gloucester, GL2 5JN
t: 01452 411 414

Opening Hours
Monday to Friday 06:00 – 15:00

Sainsbury’s
a: St Ann Way, Gloucester, GL2 5SA
t: 01452 368 300

Opening Hours
Monday to Friday 07:00 – 23:00
Saturday 07:00 – 22:00
Sunday 11:00 – 17:00

High Orchard Pub
a: St Ann Way, Gloucester, GL2 5FZ
t: 01452 306 357

Opening Hours
Monday to Saturday 11:30 – 22:30
Sunday 12:00 – 22:00

Orchid Nails & Beauty
a: 22 Horseshoe Way, Hempsted, Gloucester, GL2 5GD
t: 07999 581 605
e: orchidnails1@gmail.com

Hempsted Meadow market
t: 01452 528 796
e: markets@gloucester.gov.uk

Opening Hours
Wednesdays (April - Oct) 06:30 – 14:00
Sundays (Nov -March) 07:30 – 14:00 pm

Access for All

Thinktravel has produced a series of easy, accessible walks to help people of all abilities to access their local area and amenities. Visit the Thinktravel website for maps of these routes and additional information on walking in the county.

Most services already have low floor easy access buses. This is likely to be available on all services soon. There is also a range of Community Transport, Dial-A-Ride and Voluntary Car Schemes available in Gloucestershire to meet local needs.

Do you feel unsure or need help and confidence building to use buses so that you can access services, education, training or employment? Gloucestershire encourages independent travel training through bespoke projects and organisations who specialise in providing support to disabled, disadvantaged, vulnerable young adults and older people.

To find out more about these projects and services visit <http://www.thinktravel.info/my-community>.

Cheltenham and Gloucester also provide **Shopmobility** services in the town and city centres for those that have limited mobility.

The service is available from

Monday to Saturday 09:30 – 17:00

For more information visit our **Thinktravel** website to find the link to **Shopmobility** or call:

Gloucester – 01452 302 871

Cheltenham – 01242 255 333

Be sure to book in advance to avoid disappointment

Walking and Cycling

Why not try walking or cycling for work and leisure trips?

Hempsted benefits from close links to the town centre, making easy access for residents walking and cycling to work or to the shops. There are a number of traffic free cycle routes and walking paths to use that can take you into town. National Cycle Network Routes 41 & 45 are easy to get to from both Hempsted and Monk Meadows. There are also a number of circular walks shown in the inset map for all abilities

You may be surprised how much exercise you could get just by walking or cycling to your local shops or to work.

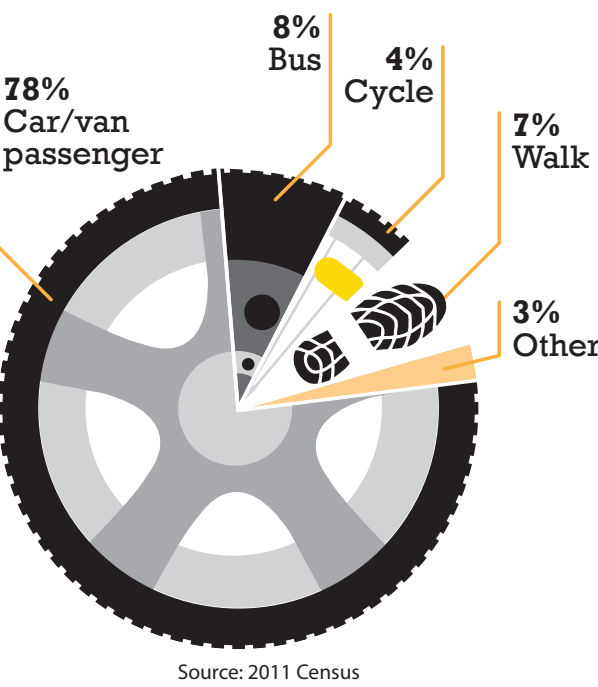
Cycling is one of the cheapest ways of getting around. You can cover more than 2 miles in 15 minutes. It’s also a great way to keep fit and healthy. Did you know that cycling for 20 minutes a day at 10mph burns 90 calories?

You can plan your cycle route on the **Thinktravel** website, using the new downloadable Gloucester Cycle Map and compare the cost of cycling to other modes of transport using the **Thinktravel My Journey** Calculator.

With the Cotswolds right on your doorstep there are plenty of great cycling and walking routes to try. The new **Cotswold Discover Ticket** lets you combine walking with public transport. So you can use the bus or train to take you so far, and then walk or cycle the rest of the way.

Did you know?

How people within the local area travel to work



65% of people on average within the local area work within 5km of where they live

Source: 2001 Census

Community facilities

In the centre of Hempsted, very near to the Post Office lies the Village Hall. It offers a great event space for anyone in the community to access and holds a number of local community events.



Hempsted also offers a number of clubs for people of all ages to join:

- **Playgroup and Toddlers**
- **Little Treasures Baby & Toddler Group**
- **Hempsted Brownies**
- **Youth Club**
- **Women’s Institute**

For further information on any of these groups and for the latest contact details please visit:
i: www.hempsted.info/ourservices

The village is also supported by the local Primary School:

Hempsted C of E Primary School
a: Hempsted C of E Primary School, St Swithuns Road, Hempsted, GL2 5LH
t: 01452 523 567
i: www.hempsted.gloucs.sch.uk

Lysons Hall, Hempsted
a: St Swithuns Church, St Swithuns Road, Hempsted, GL2 5LH
t: 01452 501 881

Car Sharing & Saving

£1000 The average commuter car sharer can save £1000 a year on the cost of driving alone

Car sharing spreads the cost and reduces congestion. Drive to work with a colleague one day and then they can drive you the next day.

You don’t even have to own a car or have a driving license to join.

For lots more information visit
www.carsharegloucestershire.com

Or how about reducing your fuel costs with ecodriving?

Ecodriving is the most energy-efficient form of driving; it will reduce your fuel cost and make your journey to work safer. A few simple actions will help you in saving fuel, such as making sure your tyres are the right pressure and removing any excess weight from your vehicle.

Visit the **Thinktravel** website to find some more simple **ecodriving** techniques you could use.

You can also calculate the cost of your car journey and compare it with other modes of transport on the **Thinktravel** website using the **My Journey** calculator.

For a PDF copy of this map and to see other maps in our range please go to www.thinktravel.info/communities

Public Transport

Travelling by bus in Gloucestershire is easy, there are a range of routes and community transport services that connect towns, villages and rural areas with urban centres.



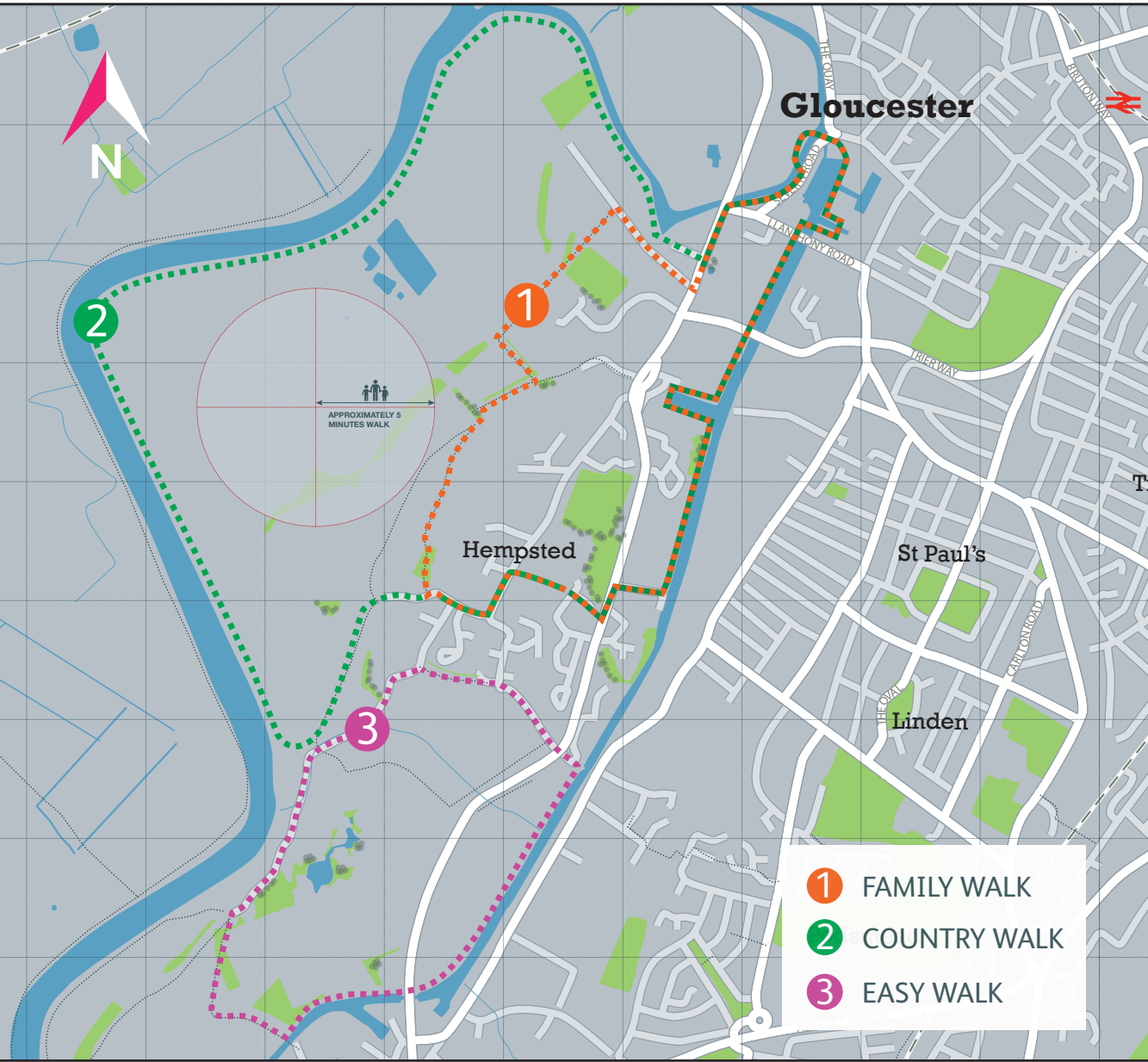
The bus service running directly through Hempsted is the 113 which passes through the village once or twice a day (Mon-Sat; 13:10 for Quedgeley and Frampton; 10:29 and 14:43 for Gloucester city centre). However just a short walk to Secunda Way there is access to the bus services 14/14A, 15 & 16.

SERVICE NO	MON-FRI	SATURDAY	SUNDAY
14	Hourly	Hourly	Every 2 hours
15	Every 30 minutes	Every 30 minutes	No service
16	No service	No service	Every 2 hours
113	1-2 Journeys	1-2 Journeys	No service
*507	Every 12 minutes	Every 12 minutes	No service

* 507 (Park and ride - Waterwells). Limited stops on this service

The **Thinktravel** website also provides lots of helpful information on other public transport such as Rail Travel and Park & Ride services. Or follow the links provided on the **Useful Contacts** list.

Local Walks Around Hempsted



All of the information provided on this map was correct at the time of publication (December 2016)