



East Gloucester 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.

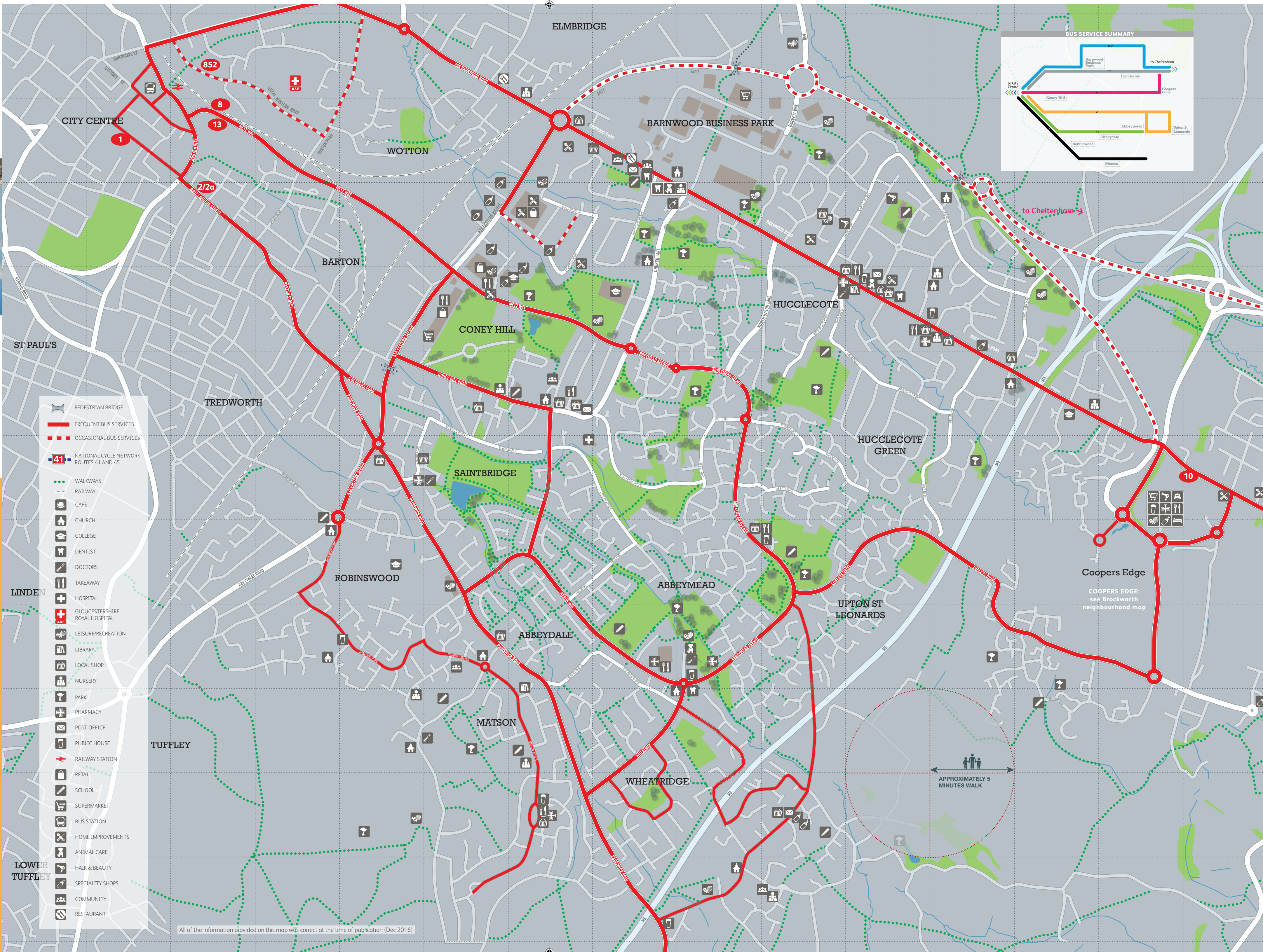
The website will also keep you up to date on sustainable travel news in Gloucestershire and also provides information on community events that may be coming to your local area.

For more information about Thinktravel, please contact:

e: enquiries@thinktravel.info

i: www.thinktravel.info

Project sponsored by



All of the information provided on this map was correct at the time of publication (Dec 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 neighbourhoods of **Abbeydale, Abbeymead, Coney Hill, Hucclecote & Painswick Road**. There is also a guide for the adjacent **Brockworth** area (to the east).

There is a comprehensive and frequent public transport network linking the locality map area to the centres of Gloucester & Cheltenham. 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

Hucclecote

- Lloyds Pharmacy**
a: 5 Brookfield Rd
Hucclecote, Gloucestershire GL3 3HA
t: 01452 618377
- Opening Hours**
Monday to Friday 08:30 – 18:30
Saturday 09:00 – 13:00
Sunday Closed
- Hucclecote Post Office**
a: 1-3 Silverdale Parade,
Gloucester GL3 3LA
t: 01452 616642
- Opening Hours**
Monday to Saturday 06:30 am – 19:00 pm
Sunday 07:30 – 13:00
- Co-operative Food**
a: 39 Hucclecote Rd, Town Centre,
Gloucester, GL3 3TL
t: 01452 616600
- Opening Hours**
Monday to Saturday 07:00 – 23:00
Sunday 08:00 – 23:00

Coney Hill & Saintbridge

- Saintbridge Sport Centre**
a: Painswick Rd, Gloucester, GL4 4QX
t: 01452 303768
i: www.saintbridgesportscentre.co.uk
- McColls Martin Convenience Store**
a: 4 Askwith Rd, Town Centre,
Gloucester, GL4 4PP
t: 01452 527876
- Opening Hours**
Monday to Saturday 07:00 – 2100
Sunday 07:00 – 20:00
- The Vibe Youth Centre**
a: Druid’s Lane, Stanway Road,
Coney Hill, GL4 4RE
t: 01452 415 707
- Tesco Express**
a: Eastern Avenue, Gloucester, GL4 6QS
t: 0845 026 9869
- Opening Hours**
Monday to Sunday 06:00 – 24:00

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.

- 01242 527 631**
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 302871**
Cheltenham – 01242 255333
Be sure to book in advance to avoid disappointment

Walking and Cycling

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

East Gloucester benefits from a number of traffic free paths available for safer travel around the local area for both cyclists and pedestrians, especially around Abbeymead with traffic free routes spanning from Abbeydale all the way up to Barnwood Road.

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

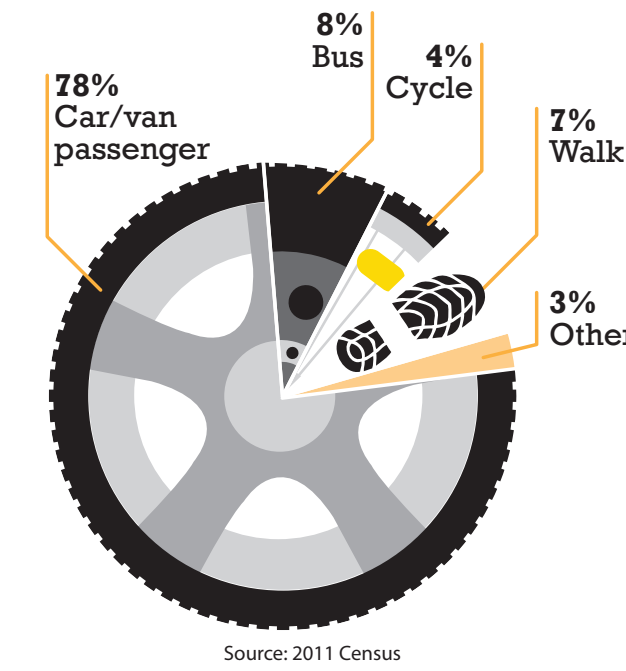
Cycling is one of the cheapest ways of getting around. You can cover more than 2 miles in 15 minutes. It’s also a great way to keep fit and healthy too. Did you know that cycling for 20 minutes a day at 10mph burns 90 calories?

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.

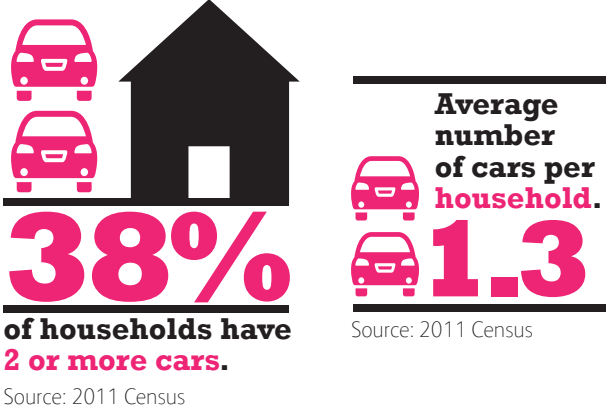
Did you know?

How people within the local area travel to work.



78% of people on average within the local area travel to work by car/van as either a driver or passenger

Source: 2011 Census



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

Source: 2001 Census

Abbeydale & Abbeymead Matson & Wheatridge

- Morrisons**
a: Glevum Shopping Centre,
Abbeydale, Gloucester GL4 4FF
t: 01452 330 877
- Opening Hours**
Monday to Saturday 07:00 – 22:00
Sunday 10:00 – 16:00
- Lloyds Pharmacy**
a: 5 Glevum Centre, Abbeydale,
Gloucester, GL4 4FF
t: 01452 417714
- Opening Hours**
Monday, Thursday & Friday 08:00 – 18:30
Tuesday & Wednesday 08:00 – 20:00
Saturday 09:00 – 17:30
- Hadwen Medical Practice**
a: Glevum Way, Gloucester, GL4 4BL
t: 01452 529933
- Opening Hours**
Monday, Thursday & Friday 08:00 0 – 18:30
Tuesday & Wednesday 08:00 – 20:00
Saturday 08:00 – 22:30

- Upton St Leonards Post Office**
a: 39 Churchfield Rd,
Gloucester, GL4 8BA
t: 01452 618189
- Opening Hours**
Monday to Friday 07:00 – 19:00
Saturday 07:00 – 18:00
Sunday 07:00 – 12:00
- Upton St Leonards Village Hall**
a: Bondend Road, Upton St Leonards
t: 01452 617 349
- Upton St Leonards Play Group**
a: Upton St Leonards Village Hall,
Bondend Road, GL4 8AG
t: 07833 973 122
- Matson Library**
a: Winsley Road, Gloucester, GL4 6NG
t: 0845 230 5420
- For opening hours visit:**
www.gloucestershire.gov.uk/libraries/matson
- Gloucester Ski & Snowboard Centre**
a: Matson Lane, Robinswood Hill,
Gloucester, GL4 6EA
t: 01452 501438
i: www.gloucesterski.com

Car Sharing & Saving

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.

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.

Bus services for the East Gloucester area include the 1, 2/2A, 8, 10 & 13. This map shows where the bus routes run and for further information on the timetables for these services please visit the Stagecoach website or refer to the back of the Gloucester Bus Map.

SERVICE NO	MON-FRI	SATURDAY	SUNDAY
1	Every 10 minutes	Every 10 minutes	Every 30 minutes
2/2A	Every 20 minutes	Every 30 minutes	Every 30 minutes
8	Every 15 minutes	Every 15 minutes	Hourly
10	Every 10 minutes	Every 10 minutes	Every 30 minutes
13	6 journeys	6 journeys	No 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.

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



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