



Introduction

This map has been produced as part of the Thinktravel programme. The programme aims to help people make greener travel choices especially for short trips. Making these changes can cut congestion, help support the local economy, reduce carbon emissions as well as improve people's health.

i For more information about thinktravel, please contact:
e: enquiries@thinktravel.info
i: www.thinktravel.info
w: <http://www.thinktravel.info/>

Useful Contacts

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

Gloucestershire Car Share
www.carsharegloucestershire.com
 08700 111 119

Cheltenham Borough Council Shopmobility
 01242 255333

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

Lift Training
 01242 527631
www.liftproject.co.uk

Tourist Information Centre
www.visitcheltenham.com

National Rail
www.nationalrail.co.uk

Stagecoach
www.stagecoachbus.com

National Traveline
www.traveline.info

Transport Direct
www.transportdirect.info

The Bicycle Hub
www.bicycle-hub.co.uk

24/7 Bike Rental
www.baintonbikes.com



Cycling

UP TO 1 MILE CYCLING FROM TOWN CENTRE

St Pauls – 0.6 miles
 Fairview – 0.6 miles
 Pittville – 0.8 miles
 Tivoli – 1.0 miles

UP TO 2 MILES

Battledown – 1.3 miles
 Cheltenham Station – 1.5 miles
 Leckhampton – 1.9 miles
 Warden Hill – 2.0 miles
 Prestbury – 2.0 miles

UP TO 3 MILES

Charlton Kings – 2.2 miles
 Swindon Village – 2.3 miles
 Benhall – 2.4 miles
 Up Hatherley – 2.6 miles
 Hester's Way – 2.6 miles
 Fiddler's Green – 2.7 miles
 Springbank – 2.8 miles
 Shurdington – 3.0 miles

UP TO 4 MILES

The Reddings – 3.2 miles
 Bishop's Cleeve – 3.5 miles

UP TO 5 MILES

Staverton – 4.1 miles



How long to cycle a mile?

at speed 3 minutes

at moderate pace 5 minutes

at leisure 10 minutes



Your area has bus connections to a number of local destinations. The most frequent routes in Cheltenham are listed here.

Destinations (all routes start/terminate in Cheltenham town centre)	Bus services	Frequency (Mon-Fri, daytime)*
Bath Road	F**	every 30 mins
Charlton Kings	B	every 30 mins
Cheltenham Railway Station & Cheltenham Racecourse P&R	D	every 15 mins
Coronation Square	A	every 10 mins
Gallagher Retail Park	41/42	every 20 mins
	H	every 30 mins
GCHQ Benhall	A/94	every 10 mins
General Hospital	99**/F**	every 30 mins
Gloucester	10/94	every 10 mins
	94U/ 97/98/ 99**	every 30 mins
Gloucestershire College, Cheltenham	A	every 10 mins
Hatherley/Up Hatherley	D	every 15 mins
Leckhampton	F**	every 30 mins
Rowanfield	A	every 10 mins
	F	every 30 mins
Springbank	C	every 15 mins
Shurdington	10	every 10 mins
The Reddings	97/98	every 30 mins
University of Gloucestershire, Park Campus	10	every 10 mins
	94U	every 30 mins
Warden Hill	D	every 15 mins

*for buses running every 30 minutes or more often only.

** changes expected on routes F and 99 - see www.traveline.info








Walking

Try walking for work or leisure

You may be surprised how much exercise you could get just by walking to your local shops from where you live or taking the bike to work.

Why not try using one of our recommended routes?

-  1 mile, 20 minutes, 85 calories
-  1 mile, 20 minutes, 85 calories
-  1.5 miles, 30 minutes, 170 calories
-  2.2 miles, 43 minutes, 187 calories
-  2.2 miles, 43 minutes, 187 calories

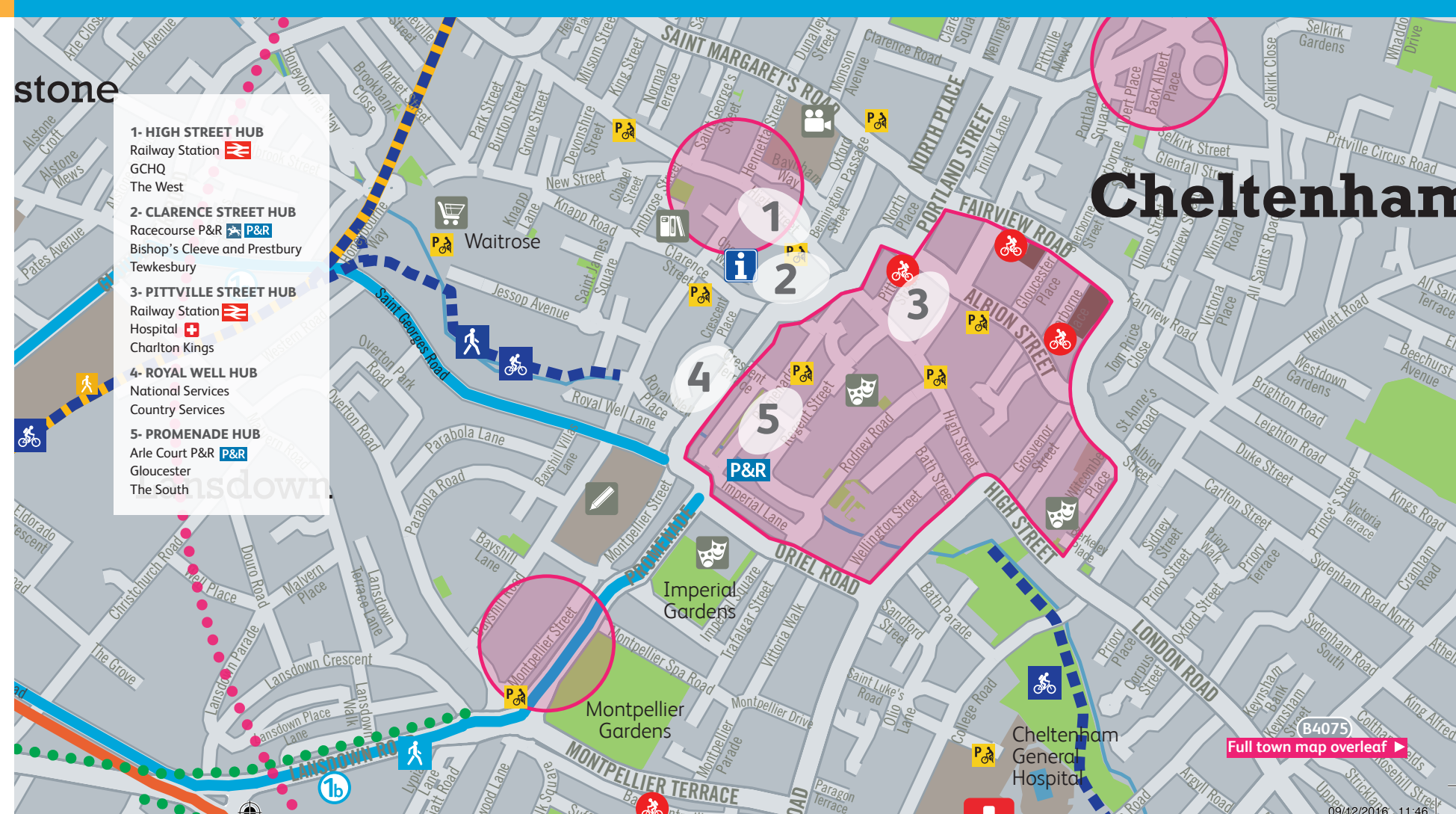
All calculations assume 3mph walking speed, for a body weight of 160 pounds (73 kilos).



For more information go to www.thinktravel.info/walk or www.sparkpeople.com/resource/calories_burned.asp



Bus hubs - Cheltenham town centre






Cheltenham

(B4075) Full town map overleaf

Key













Local Walks

-  Town Centre
-  University of Gloucestershire
-  GHCO
-  Gloucestershire College
-  Cheltenham Racecourse

Shared paths

-  Off-road walking and cycling routes
-  Shared use footway
-  Cycle parking
-  Cycle shop
-  Cycle hub, Cheltenham Station
-  Park and Ride
-  Cheltenham Station

Local amenities

-  Pitville Pump Room
-  Shopping areas
-  Education
-  Universities & colleges
-  Leisure
-  Theatre
-  Cinema
-  Library
-  Supermarkets
-  Racecourse
-  Tourist Information Centre
-  Hospital and A&E

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