



## Active Travel Map Cheltenham

### 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](http://www.thinktravel.info/walk) or [www.sparkpeople.com/resource/calories\\_burned.asp](http://www.sparkpeople.com/resource/calories_burned.asp)

funded by  
Department for Transport

thinktravel  
New sense of direction

### Useful Contacts

**Gloucestershire County Council Transport**  
[www.goucestershire.gov.uk/transport](http://www.goucestershire.gov.uk/transport)

**Gloucestershire Car Share**  
[www.carsharegloucestershire.com](http://www.carsharegloucestershire.com)  
08700 111 119

**Cheltenham Borough Council Shopmobility**  
01242 255333

**Road Safety Gloucestershire**  
[www.roadsafety-gloucestershire.org.uk](http://www.roadsafety-gloucestershire.org.uk)

**Lift Training**  
01242 527631  
[www.liftproject.co.uk](http://www.liftproject.co.uk)

**Tourist Information Centre**  
[www.visitcheltenham.com](http://www.visitcheltenham.com)

**National Rail**  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**Stagecoach**  
[www.stagecoachbus.com](http://www.stagecoachbus.com)

**National Traveline**  
[www.traveline.info](http://www.traveline.info)

**Transport Direct**  
[www.transportdirect.info](http://www.transportdirect.info)

**The Bicycle Hub**  
[www.bicycle-hub.co.uk](http://www.bicycle-hub.co.uk)

**24/7 Bike Rental**  
[www.baintonbikes.com](http://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

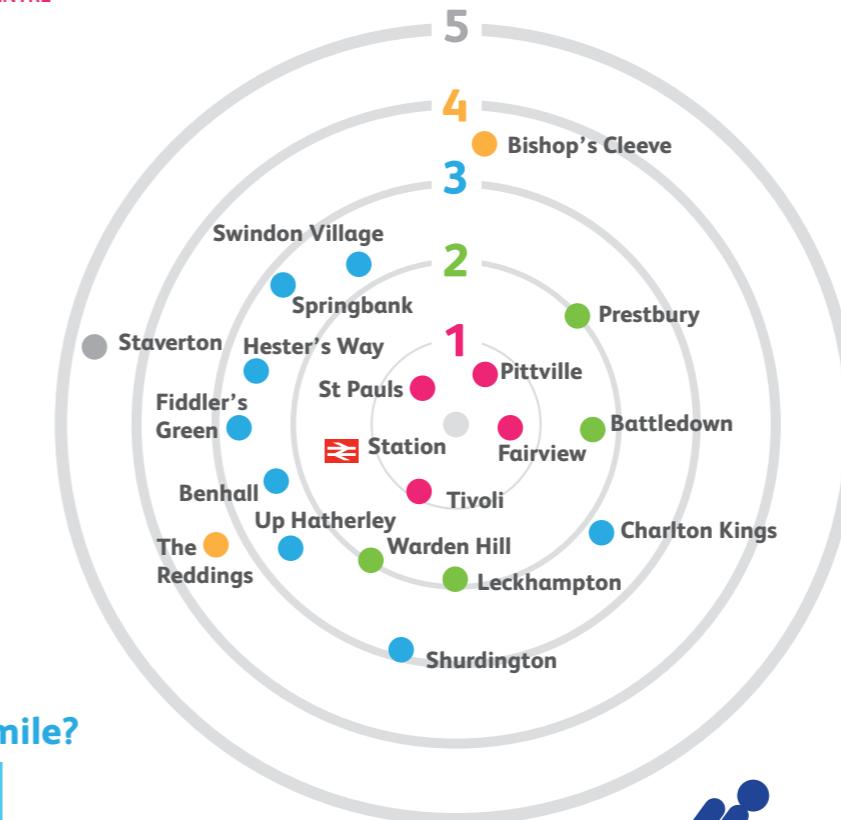
Charlton Kings – 2.2 miles  
Swindon Village – 2.3 miles  
Benhall – 2.4 miles  
Up Hatherley – 2.6 miles  
Hester's Way – 2.6 miles  
Fiddler's Green – 2.7 miles  
Springbank – 2.8 miles  
Shurdington – 3.0 miles

#### 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?

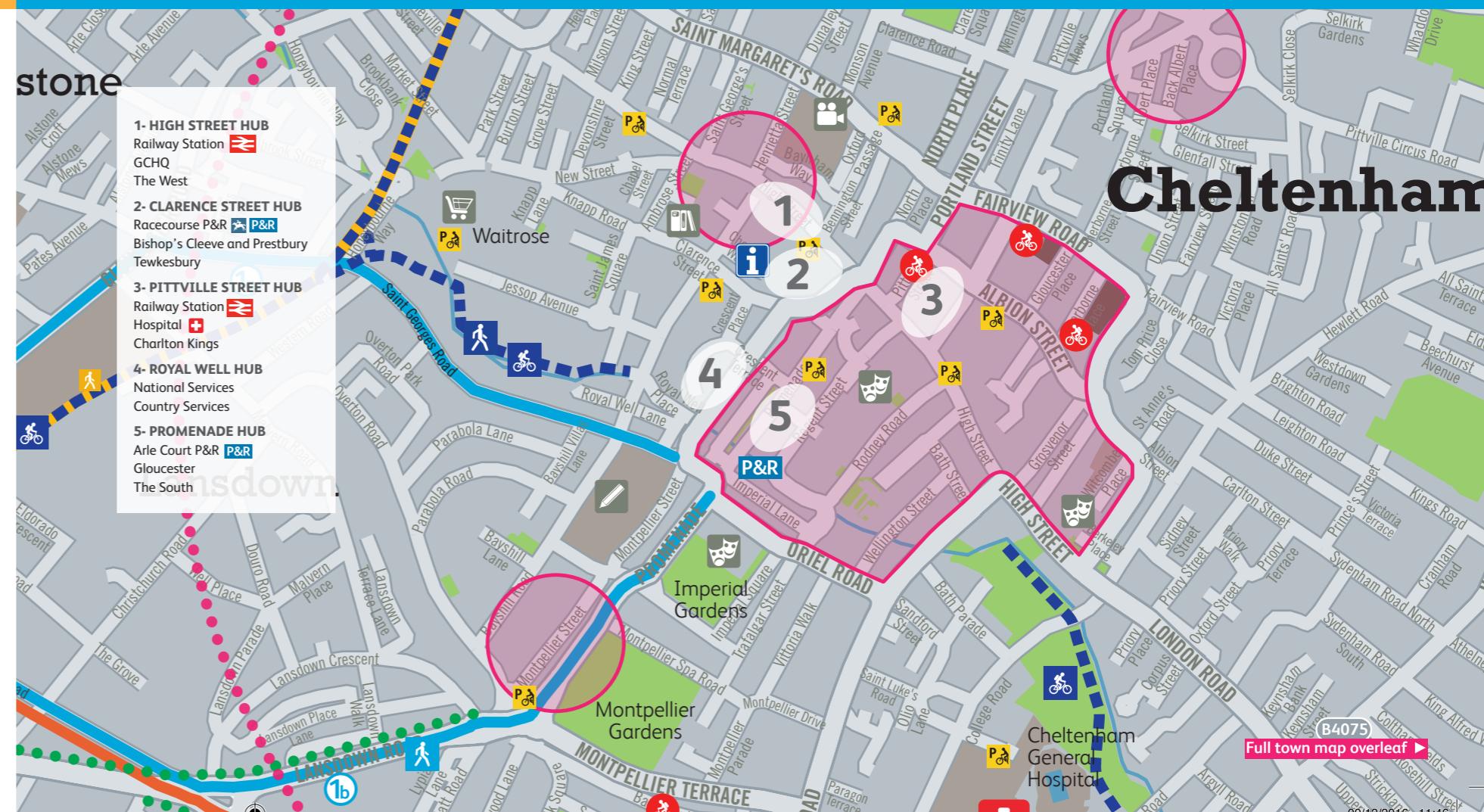
at speed 3 minutes

at moderate pace 5 minutes

at leisure



### Bus hubs - Cheltenham town centre



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	B	every 30 mins
Gallagher Retail Park	A	every 10 mins
GCHQ Benhall	41/42	every 20 mins
General Hospital	H	every 30 mins
Gloucester	10/94	every 10 mins
Hatherley/Up Hatherley	94U/ 97/98/ 99**	every 30 mins
Gloucestershire College, Cheltenham	10	every 10 mins
Leckhampton	D	every 15 mins
Rowanfield	F	every 10 mins
Shurdington	A	every 10 mins
The Reddings	C	every 15 mins
University of Gloucestershire, Park Campus	10	every 10 mins
Warden Hill	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](http://www.traveline.info)

### 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](mailto:enquiries@thinktravel.info)  
i: [www.thinktravel.info](http://www.thinktravel.info)  
w: <http://www.thinktravel.info/>

funded by  
Department for Transport

thinktravel  
New sense of direction

