

MY mode choice



# Heyford Park, Bicester

## Travel Plan Welcome Pack

Your travel options. Your sustainable community.





# CONGRATULATIONS ON MOVING INTO YOUR NEW HOME!

**// Welcome to your new home. We hope that you will settle in quickly and soon feel at home in your new surroundings.**

Your new home is part of a new sustainable community.

We have worked hard to design your local area in a way that encourages the creation of a strong sense of community and that will allow you to make your own contribution to reducing climate change (and saving money) by making use of the excellent non-car travel options that exist on your doorstep.

We want you to know about your travel options and the various benefits that changing your daily travel choices, even just for one day a week, can have on your local environment and community. We have therefore prepared this document to introduce you to the various options available, and to show just how easy it is to make a contribution to your sustainable community.

To help you, we have made available a dedicated Travel Co-ordinator who can assist with any queries you may have. //

[TPC@dorchestergrp.com](mailto:TPC@dorchestergrp.com)



WILLIAMS ROAD

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**Heyford Park Site Layout**

# 1. Welcome

**Welcome to your new home at Heyford Park, Bicester. We do hope that you are able to settle in quickly and that you are able to familiarise yourself with your new surroundings.**

Your new home is part of a sustainable community and is located approximately 9-kilometres west of Bicester. Once the development is completed you will be within walking distance of a number of shops, schools, and leisure facilities.

Heyford Park Free School, an inclusive all-through school that takes children from 3 through to 18 is within walking distance of your new home.

The nearest bus stops are located within a 4-minute walk of your new home, on Camp Road in the centre of the Village. From here you can access regular bus services that can get you to both Bicester and Oxford.

We want to help you become familiar with the various opportunities you have available to you to leave the car at home, save money, improve your health and support your local community, so please familiarise yourself with this document.

Your Welcome Pack can also be accessed at any time via the following link:-

[bit.ly/DG\\_HeyfordPark](https://bit.ly/DG_HeyfordPark)



## 2. Walking

One of the easiest and cheapest ways to travel is to walk, particularly if your destination is within 2-kilometres of your new home. Walking is also a versatile mode of travel -there's no waiting around, no congestion and it's free!

Walking has other benefits too. It not only makes you feel good but provides genuine health benefits: for adults, just 30 minutes of walking, five times a week, dramatically cuts the risk of developing heart disease, diabetes and obesity.

The need to walk more is promoted by the NHS via their 10,000 steps a day challenge. The aim is to improve the nation's health and to change our increasingly sedentary lifestyles. The NHS say:

**// research shows that walking 10,000 steps a day (8 kilometers) will significantly improve your health. Putting one foot in front of the other can build stamina, burn excess calories and give you a healthier heart. //**

Walking more, whether it is for work or leisure, is an easy way of being more active without trying too hard and is a great way to spend more time with your family.

Setting yourself a target of walking 10,000 steps a day can be a fun way of increasing the amount of physical activity you do.

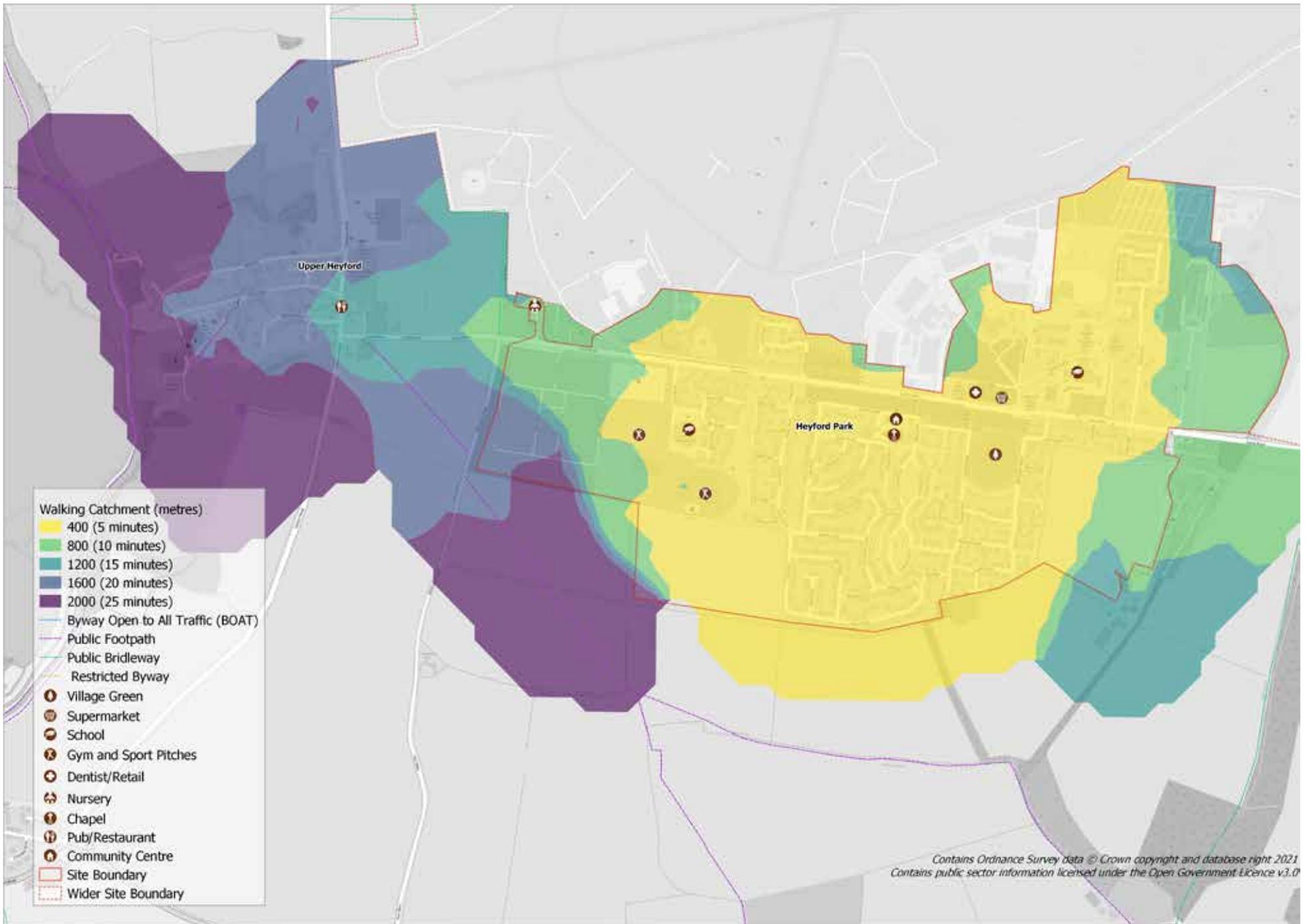
### Help to Plan Your Journey

There are a number of online journey planners and smartphone apps available to help you plan your walking trip. Googlemaps is a particularly useful resource, freely available on all platforms including iPhone, Android and Windows. These mapping tools will provide you with a route map between any two points, providing detailed turn-by-turn directions tailored for pedestrian journeys.



There are also a number of free smartphone apps that will help you to monitor your walk and calorie consumption through the use of GPS tracking. Why not try the MapMyWalk app or the NHS Active 10 App to see how far you walk each month, or even challenge other members of your family or community by setting up a group.

Further to this there are a number of activity trackers available on the market, allowing you keep track of your activity, calories and even sleep patterns.



## 2. Walking

### What Facilities are Within Walking Distance?

The Heyford Park Free School (ages 3-19) is within a 10-minute walk of your home,

You live within walking distance of a number of new facilities including a Sainsbury's food store.

If you want to go for a walk further afield and don't fancy walking the whole way, why not combine it with a bus. Most journeys can be undertaken at least in part by bus. Bus services are available on Camp Road, adjacent to your community. Find out more about the bus services available at Section 4.

To help you to familiarise yourself with the local services and facilities within an easy walk of your home, we have provided you with a local area walking map on the adjacent page.

Some useful numbers and address are provided opposite.

### Useful Contacts

#### Heyford Park Management Company

01869 238200

#### Heyford Park Free School

01869 232203

#### Heyford Park Community Centre

01869 233976





## 3. Cycling

Cycling is fast, convenient, healthy and cost-effective, and is a realistic way to travel from your new home, especially if your destination lies within 5-kilometres. Of course cycling can still be a viable option for longer journeys, particularly for experienced cyclists who may choose to incorporate their cycle journey as part of their daily fitness routine.

### How to Plan Your Journey

There are a number of online journey planners and smartphone apps available to help you plan and evaluate your journey by bike. Googlemaps is a particularly helpful application, freely available on all platforms including iPhone, Android and Windows. These tools will provide you with a route map between any two points and provide you with turn-by-turn directions, tailored for cycle journeys.

Other free smartphone apps allow you to keep track of your cycle journeys and help you to stay motivated. Apps such as Strava and MapMyRide can track your journeys by GPS, and provide you with useful stats and goals.



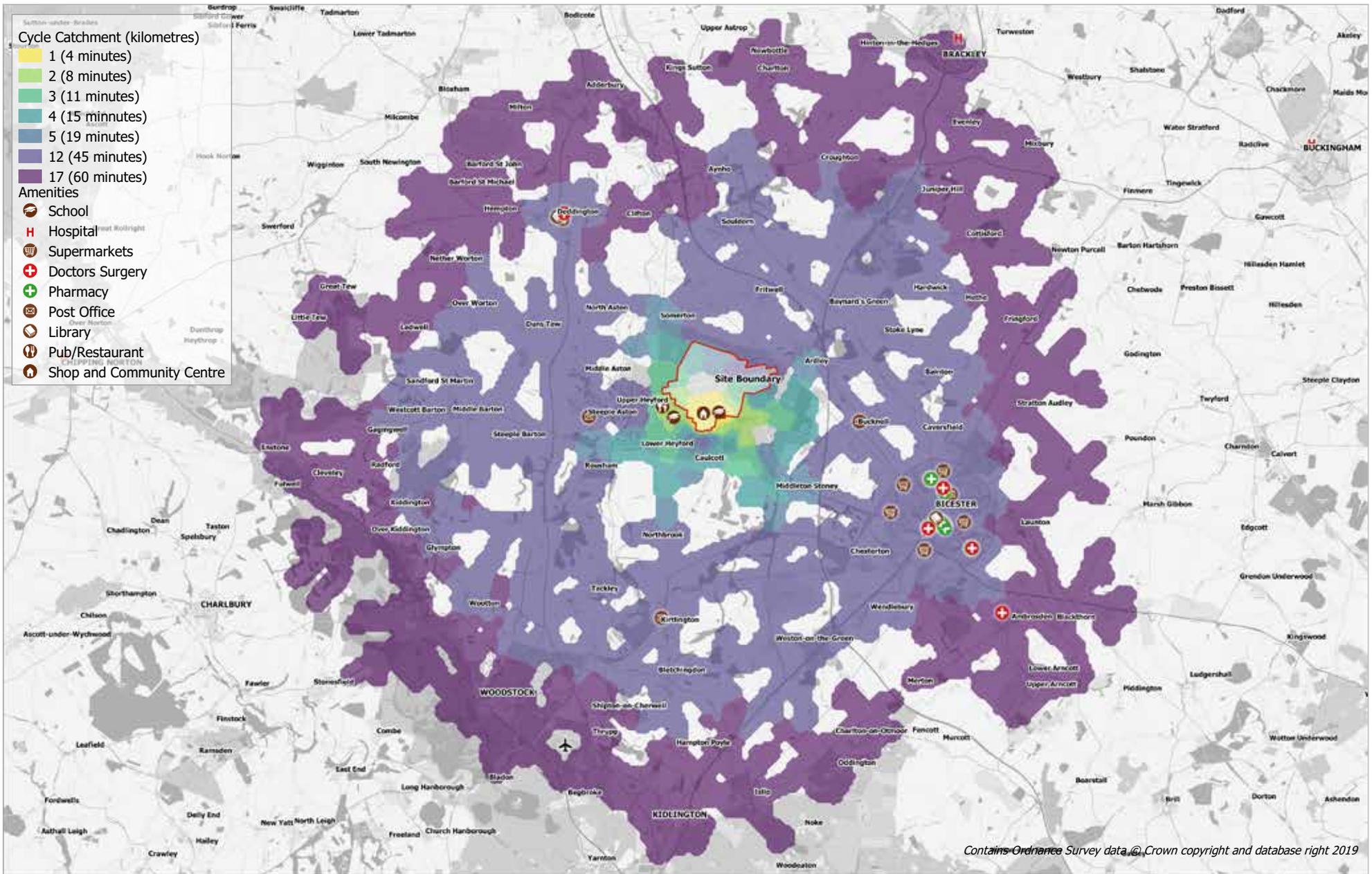
### Want to Give it a Go?

Don't forget to look out for our sustainable travel events throughout the year where you can access cycle training and bike maintenance workshops.

### Find out about the Cycle to Work Scheme

If there are more members of your family that want to give cycling a go, why not ask your employer if they are part of the Government's Cycle-to-Work initiative, which would allow you to make savings of up to 40% off a brand-new bike and safety accessories costing up to £1,000.

Find out more information about the scheme via:  
[bit.ly/cycle2work-initiative](https://bit.ly/cycle2work-initiative)



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## 3. Cycling

Cycling from your new home gives you the potential to access jobs, shops and leisure activities in a sustainably conscious way. The roads around Heyford Park are generally quite quiet and suitable for cycling.

Within 5-kilometres (3.1 miles) of your home (roughly 19-minutes at an average pace), you could get to the surrounding villages of Middleton Stoney, Caulcott and Ardley.

If you're willing to travel a little further, you could get Bicester in approximately 30 minutes (9.5-kilometres).

### Useful Contacts

#### **Broadribbs Cycles Bicester**

83-85 Sheep Street, Bicester, OX26 6JS 01869 253170

[www.broadribbcyclesbicester.co.uk](http://www.broadribbcyclesbicester.co.uk)

#### **Beelines Bicycles**

205 Cowley Road Oxford OX4 1XA  
01865 246615

[www.beelinebicycles.co.uk](http://www.beelinebicycles.co.uk)

#### **Halfords 4**

Launton Road Retail Park, Launton Road, Bicester, OX25 4JQ  
01869 3247723

[www.halfords.com/locations/bicester-store](http://www.halfords.com/locations/bicester-store)

#### **Summertown Cycles**

28-32 St Michael's Street, OX1 2EB, 01865 728877

[www.bike-zone.co.uk](http://www.bike-zone.co.uk)

#### **Warlands Cycles**

63 Botley Road, Oxford, OX2 0BS, 01865 723100

[www.warlands-cycles.co.uk](http://www.warlands-cycles.co.uk)



## 4. Bus Services

You can access the bus service through Heyford Park, within a short walk of your new home, on Camp Road. To help, we have highlighted the locations of the bus stops on the adjacent page.

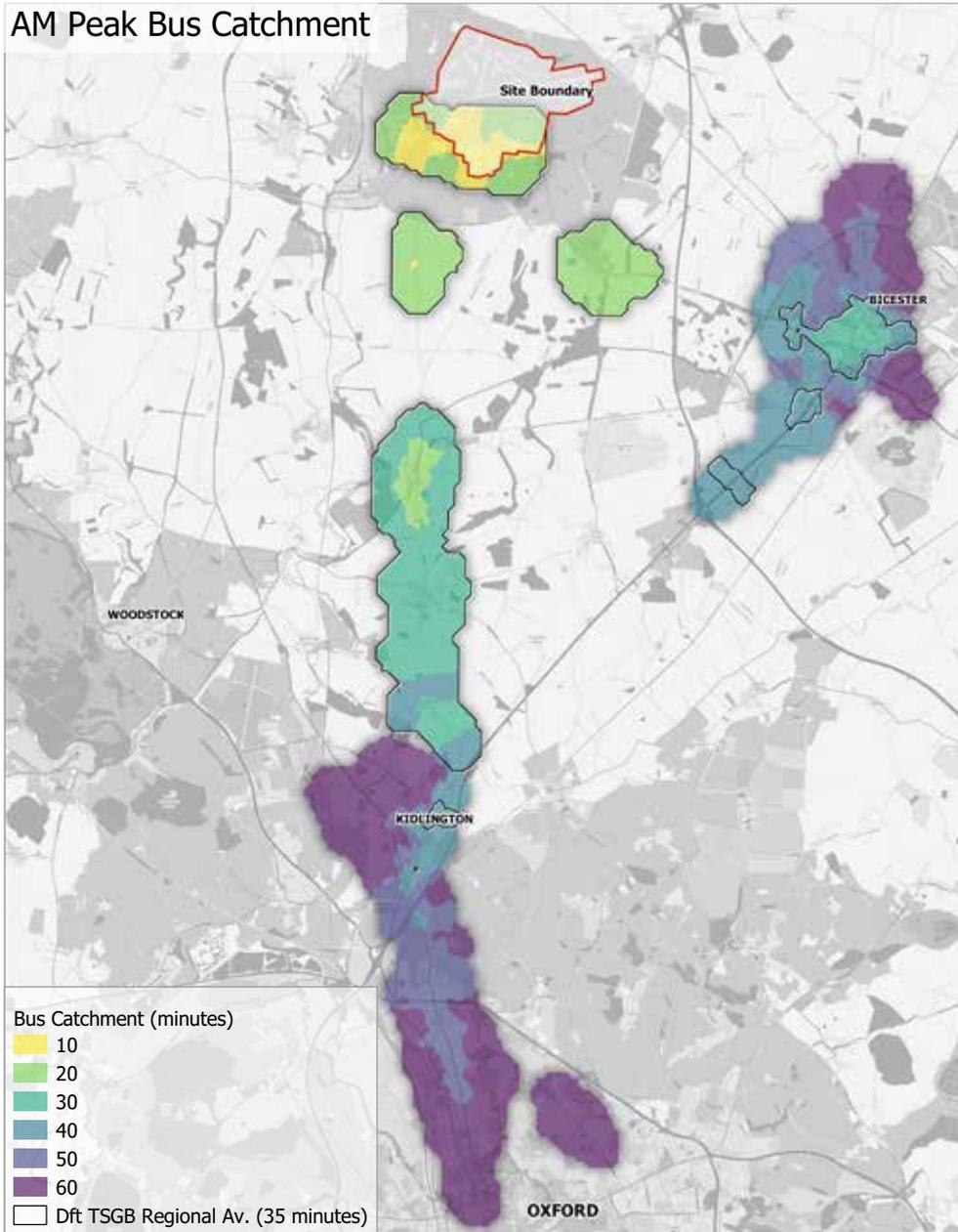
As a guide we have provided a summary below of the available bus services and their typical frequencies.

The Number 250 provides a fantastic link between the centre of Oxford, Bicester and Upper Heyford. If a direct route on the 250 isn't feasible, there a number of connecting routes in both Bicester and Oxford that can take you to your home.

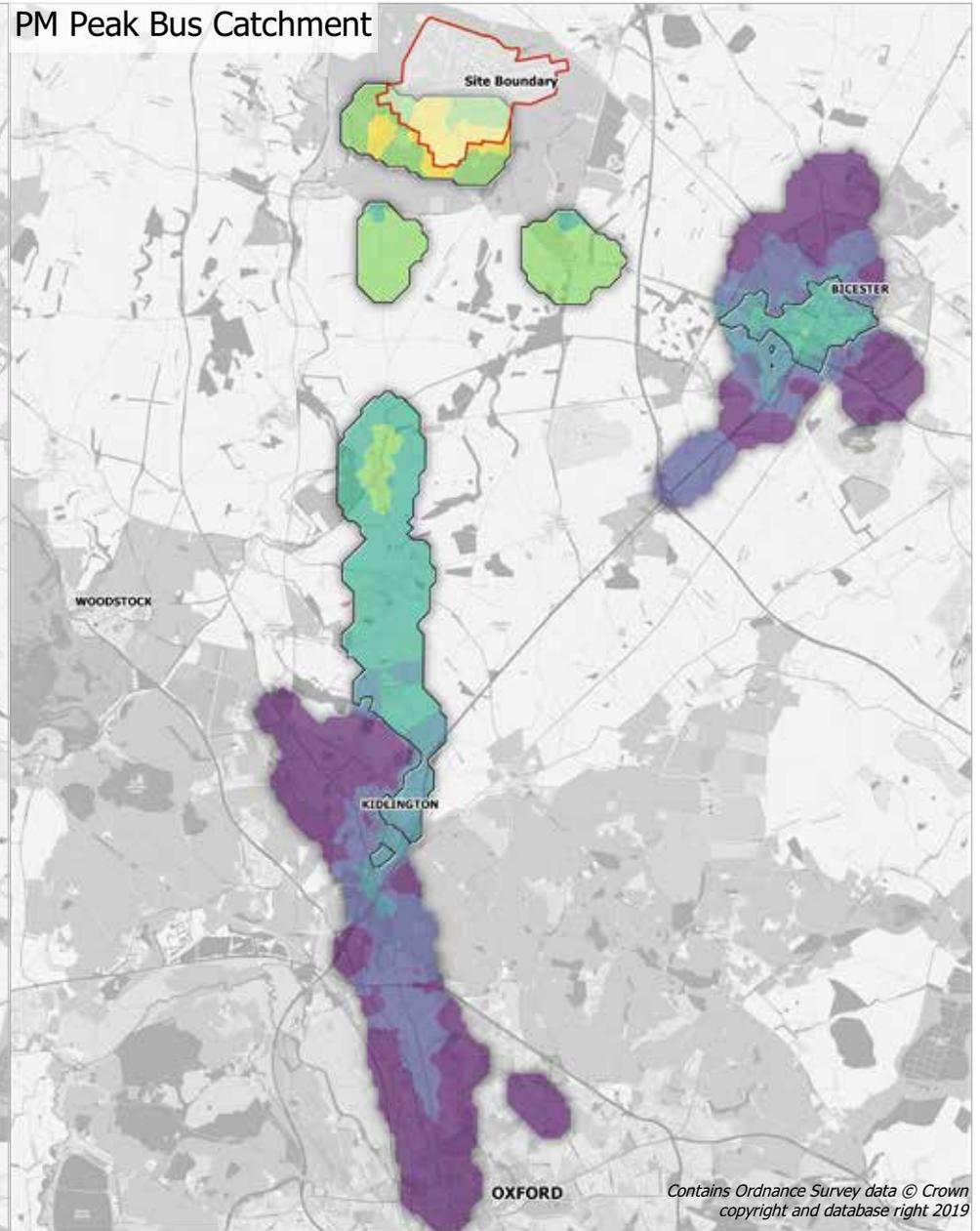
Both Bicester North and Bicester Village railway stations can be reached within 30 minutes. Further information about rail services is provided in Section 5.

Service	Route	Weekday			Saturday	Sunday
		Start	Freq. (Mins)	End	Freq. (Mins)	Freq. (Mins)
250	Bicester - Heyford - Oxford	0541	60	1953	60	-
	Oxford - Heyford - Bicester	0608	60	2018	60	-

AM Peak Bus Catchment



PM Peak Bus Catchment



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## 5. Rail Services

Bicester Village and Bicester North railway stations are located some 9 and 9.6-kilometres away. Bicester Village can be reached within a 15-minute journey via the Number 250 bus.

The Bicester stations provide high frequency rail services that get you to London Paddington, London Marylebone, Didcot Parkway, Reading, and Southampton, among other local, regional and national destinations.

Heyford Railway Station is 4-kilometres away and is situated on the Cherwell Valley Line which runs between Banbury and Didcot Parkway. From here you can reach Oxford Station directly within 15-minutes.

If you have a rail card you save up to 1/3 on the cost of train travel. There are a variety of rail cards available: 16-25 Railcard, 26-30 Railcard, Disabled persons Railcard, Senior Railcard, Family & Friends Railcard.

### Bicester North and Bicester Village Station Facilities



**Ticket Machine**



**Car Park**



**Cycle Storage Availability**



**Step Free Access**



**Toilets**



**WiFi**



**Coffee shop**

(only at Bicester North Railway Station)

### Useful Contacts

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

**Great Western Rail**  
[www.gwr.com](http://www.gwr.com)

**The Train Line**  
[www.thetrainline.com](http://www.thetrainline.com)

**Chiltern Railways**  
[www.chilternrailways.co.uk](http://www.chilternrailways.co.uk)



## 6. Car Sharing

Car sharing is when two or more people travel together in the same car for all or part of their journey and it provides users a wide range of benefits. The main advantages are as follows:

-  Saving money on fuel, parking and wear & tear
-  Helping to reduce congestion
-  Helping to reduce your environmental impact
-  Sharing the stress of driving

You can register for free with Oxfordshire Liftshare to be paired with people that have compatible journey requirements.

The registration process is quick and easy, and you can select whether you want to travel with people of the same gender if that makes you feel safer. Only those people with matching criteria will be shown.

Access the database here:  
[bit.ly/liftshare-oxfordshire](https://bit.ly/liftshare-oxfordshire)

If you are driving, there are 7 useful eco-driving tips that can really make a difference:

-  Service your car regularly to maintain engine efficiency.
-  Check your tyre pressures regularly (and before long journeys) as under inflated tyres increase rolling resistance and use more fuel.
-  Don't carry any unnecessary baggage as extra weight means extra fuel.
-  Combine your trips. Fuel efficiency is poorest when the engine is cold so combine your errands into one trip.
-  Drive smoothly, accelerate gently and look ahead to avoid unnecessary braking.
-  Cut down on the air-con, which increases fuel consumption at low speeds.
-  Stick to the speed limits. The faster you go the greater the fuel consumption (cruising at 80mph can use up to 25% more fuel than travelling at 70mph).

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For further information and advice regarding travel opportunities from your new home, please contact your Travel Plan Coordinator: [TPC@dorchestergrp.com](mailto:TPC@dorchestergrp.com)

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