

good going newsletter Issue 17: Feb 2009

Welcome to the latest *good going* newsletter. Firstly let us wish you a happy new year from all of us here at Travelchoice. As part of our new year's resolution we are committed to promoting the *good going* message and helping it go from strength to strength. With that in mind in this edition we announce a host of new patrons, the launch of adult cycle training and information about the new Peterborough Cycle Map.

Ride away the New Year blues!

There's never been a better time to be a cyclist in Peterborough. Whether you are a veteran who cycles daily, someone who wants to get back into shape after the Christmas period or a complete novice who thinks handlebars are a facial feature, now is the time to cycle!

Peterborough's cycle shops show their support for good going

Every independent cycle shop in the Peterborough area has agreed to provide *good going* members with a variety of discounts, ranging from 5-10%. Peter Lumb, Sustainable Travel Officer, said 'We are delighted that cycle shops all across the city have pledged their support for the *good going* scheme, and we hope that this will give residents of Peterborough even more motivation to travel sustainably.'



All cycle shops now members of *good going* (picture courtesy of the Evening Telegraph)

Launch of the new cycle map

The official Peterborough Cycle Map is due to be released shortly. The new map will show all the Primary Cycle Network routes and include recent changes to the Hamptons and the Ortons. In addition more information and detail will be added to the rural areas, particularly the Green Wheel.



Nick Randall 1000th member of carsharepeterborough.com

Car sharing: what and why?

Over the winter period you may have seen the billboards or heard our adverts on the radio encouraging people to car share. Car sharing allows people to benefit from the convenience of the car, whilst alleviating the associated problems of congestion and pollution. It also helps save you money - travelling with others could reduce your transport costs by up to £1000 a year. Reducing the number of cars on the roads provides a real solution to the transport problems of rural areas and gives employees and employers more transport options. There are currently over 1000 people on the database and our congratulations go to Nick Randall who was the 1000th member to sign up. For more information visit: www.carsharepeterborough.com

Bus Walks

Why not join a Sunday afternoon Bus Walk and combine two ways to enjoy sustainable travel as you explore Peterborough's attractive countryside?

Fortnightly walks, with an experienced leader, leave Queensgate on Local Link service 404 (bay 9) at 12.15pm on February 22, March 8, March 22 and onwards. Buses return to Queensgate at 5.10pm.

Walks are at a relaxed pace, usually 4 to 5 miles, and mostly on public footpaths. Remember to wear sturdy footwear, clothing to match the weather, and bring a small picnic. Try this healthy, low-carbon way to relax with friends or family!

For further information contact Rohan on 01733 331393 or rohan@ntlworld.com



Adult Cycle Training

Travelchoice are now offering adult cycle training; available to anyone who is secondary school age or above and is a Peterborough resident. The training will be to national standard and based on these three levels:

1. Level 1 is taught in a traffic-free environment. Pupils learn the basics of how to control their bike and make an off-road trip, for example on cycle paths.
2. Level 2 is covered on quiet roads but in real traffic conditions. Pupils achieving Level 2 will be able to make a trip to the shops or elsewhere on quieter roads.
3. Level 3 incorporates busy roads, traffic lights, roundabouts and other advanced road features.

The first lesson (up to 90 mins) will be free of charge and then if you enjoy it and would like to receive further training, you will be able to book further lessons, at a charge of £15 per hour for individual lessons and £10 per hour if part of a group. Lessons can take place in a location to suit you and group sizes will not exceed more than five people (of similar ability). Private one-to-one lessons can be provided.

In addition, our fully accredited trainers can offer personalised travel planning — cycling to specific locations with you, highlighting the on and off road routes available. Furthermore, best practice information will be available on types of bikes, locks, lights and more.

For more information, please e-mail the Travelchoice team on:

Travelchoice@peterborough.gov.uk

A Place to Cycle

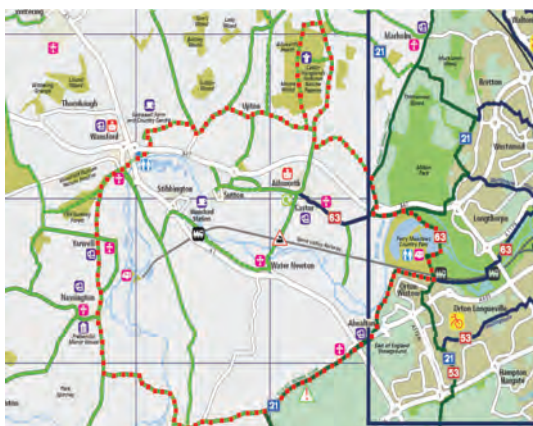
This cycle route takes you around some of Peterborough's landscape and villages; the route is roughly 30km and will take 2-3 hours at a leisurely pace with plenty of places to stop along the way.

The journey begins at Ferry Meadows where you pick up national route number 63 (also a part of the Green Wheel). Follow the route over Milton Ferry Bridge. Ride up Ferry Hill and at the T-junction turn right to cross over the A47 and then take a left onto Marholm Road. Continue for about 1km before turning off to the left by some farm buildings, off the road and onto an off road cycle route. At the end of the cycle track you'll meet another T-junction, this time with Helpston Road. Turn right and ride along the side of Castor Hanglands, before turning left and coming back down through the middle of the Hanglands.



As you emerge from the Hanglands, take a right before following this through the village of Upton and on through Sacrewell Farm and Country Centre. Leaving Sacrewell farm you cross over the A47 before riding under the A1 and skirt past the village of Wansford and along Wansford Road. Then join Nassington Road and ride through the villages of Yarwell and Nassington, either of which are great places to stop and have a bite to eat.

Carry on along the road out of Nassington for about 5 minutes before turning left and following the signs for Elton. Leave Elton along Oundle Road and take a leisurely ride back through Alwalton and onto the start/finish point at Ferry Meadows.



Stagecoach ticket price changes

Please note that as of the 4 January the following rates apply for all Stagecoach multi-trip tickets.

Dayrider — £3
Dayrider plus — £5
Family Dayrider Plus — £5.50

Weekly Megarider — £11
4 week Megarider — £42
13 week Megarider — £126
Annual Megarider — £483

Weekly Megarider Plus — £20
4 week Megarider — £78
13 week Megarider Plus — £234
Annual Megarider Plus — £897

SchoolRider — £160 per term
Weekly Megarider Gold — £23
4 Week Megarider Gold — £90

Single and return fares will also increase by 8% from the 1 February.

Park and Ride

Over the Christmas period Peterborough City Council ran park & ride from two sites outside of the city centre. The scheme ran on Saturdays from the 1 November and Sundays from the 30 November. Over the 13 total days 3780 cars used the car parks and 7149 passengers took advantage of this service. Cathy Summers from Peterborough City Council was delighted at being able to keep almost 4,000 cars out of the city centre. She said: "We had quite a good year, but it's very difficult to compare from last year, because it was shorter. We are always pleased with the park and ride. Keeping almost 4,000 cars out of the city during the busy Christmas period is great."

Travelchoice Centre

The Travelchoice Centre is currently selling National Express luggage labels for a bargain price of £1. Simply visit the Travelchoice Centre in Queensgate bus station to purchase your luggage label and at the same time find out about the tickets on sale for National Express, Peterborough Travel Consultants and Shaw's Coaches.

Save a tree!

Most people signed up for the *good going* card receive their newsletter by post. Maybe you would prefer to receive it by email? If so, then email travelchoice@peterborough.gov.uk with your details and help us reduce our paper use.

good going patrons

Activity World

£1 off child entry.
Tel: 01733 558774

A R Adams & Sons

10% off all parts and accessories
Tel: 01733 571022

Bristows Cycles

10% off purchases over £10 (excl. repairs)
Tel: 01733 231755

Exclusively Bikes

Up to 10% off Accessories
Tel: 01733 341408

First Choice

(Serpentine Green and Queensgate)

5% off all UK breaks, UK coach tours and worldwide cruises.

Tel: 01733 553303 Serpentine Green

Tel: 01733 890048 Queensgate

Flag Fen Archaeology Park

20% discount on standard entry
Tel: 0844 414 0646

Great Performance Ltd

10% off the world's most accurate pedometers

Tel: 0845 868 1886 or visit

Lakeside Bar & Café, Ferry Meadows

10% off all purchases.

Tel: 01733 370293

Millets

10% off all full priced merchandise.

Tel: 01733 341374

Motorsavers

10% off any bike or cycle accessories

Tel: 01733 565059

On Yer Bike

10% off all full priced accessories.

Tel: 01733 561550

Orton Meadows Pitch & Putt

10% off a round of Pitch and Putt.

Tel: 01733 237478

Railworld

1 free entry with 1 full adult ticket

Tel: 01733 344240

Richard Marson Cycles

10% off cycles and accessories

Tel: 01733 203159

Robertsons Cycle Centre

10% off accessories

Tel: 01733 562374

Stylistics Hairdressers

15% off all hair & beauty treatments (not to be used with any other offers)

Tel: 01733 565622

Sustrans On-line shop

20% off merchandise ordered by phone.

Visit www.sustransshop.co.uk

Tel: 0845 113 0065

Terry Wright Cycles

Up to 10% off accessories

Tel: 01778 344051

Wareley Motor Repairs

20% off CO₂ testing, services & repairs.

Tel: 01733 312384

Woodston Cycles

10% off accessories

Tel: 01733 563219