



# TRAVEL PLAN

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# The Travel Plan

**The SportPark Travel Plan sets out to encourage staff to use alternatives to single-occupancy car-use and encourage greener, cleaner and healthier travel choices. Travel Plans are not intended to be anti-car, but simply to provide greater travel options.**

The benefits to the employer will include a healthier, more productive workforce; less pressure for parking; reduced congestion around sites; strengthened environmental performance; reduction of car and parking-related costs. The benefits to employees will include cheaper travel through sharing schemes; improved choice and flexibility; healthier lifestyle; reduced stress levels; general improvement in quality of life.





# Objectives

**The main objective of the Travel Plan, and which is required by the Council, is to ensure that, by the year 2015, a minimum of 20% of staff will travel to and from SportPark by means other than the private car.**

Other measurable objectives include a 'year on year' reduction in car parking demand and associated increases in walking, cycling, use of public transport and car sharing for the journey to work.

It's not just about your journey to work. For example you can walk or cycle to the centre of campus at lunch time - here there's a good variety of facilities which are available for everyone to use, including shops, a bank, and places to eat.

The planning permission for SportPark requires all tenants to implement a Travel Plan. To assist with this, Loughborough University has appointed Jo Hasbury as the SportPark Travel Plan Manager. Jo can be contacted by Email at: [J.Hasbury@lboro.ac.uk](mailto:J.Hasbury@lboro.ac.uk) and by Telephone on: 01509 222110.

Further Travel Plan information is available on the University's website at:  
[www.lboro.ac.uk/sustainability/travel/](http://www.lboro.ac.uk/sustainability/travel/)

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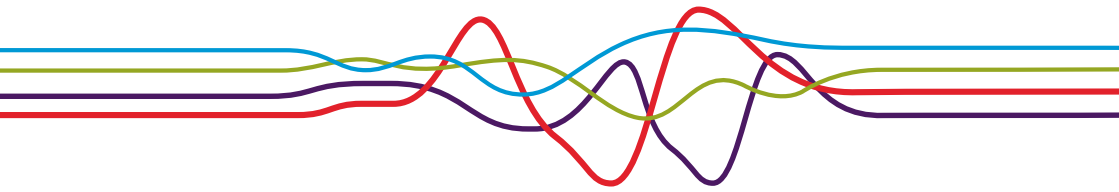
# Walking

**If you live within one mile of SportPark, your office is less than a 20 minute walk from home. Pick up maps showing the walking routes in and around the University and SportPark from reception.**

Shower and changing facilities are available for all walkers, free of charge. If it's raining and you've forgotten your umbrella, you can borrow one from reception. If you'd prefer some company on your walk, try WalkBUDi - it matches you up with other people who want to go the same way as you so you can walk together. It's as easy as that, and totally free to use.

**If you want any advice or further information, talk to Jo.**





## Cycling

**If you live within three miles of SportPark, your office is less than a 15 minute cycle from home. Cycling can be quicker than driving, particularly for shorter journeys. Pick up a map showing Loughborough's cycle network from reception.**

Covered secure parking, shower and changing facilities are available for all cyclists, free of charge. There's an excellent bike shop on campus (Cogz) where you can buy new or reconditioned bikes. If you don't want to commit to buying, try hiring one for a week or so. Try BikeBUDi - its really easy and totally free to use. If you want some company on your bike ride (whether that's to work or just for fun), the system matches you up with others going the same route, so you can ride together.

**Talk to Jo about obtaining a discount on new bikes.**



cogz

**Call: 01509 223887**

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## Buses

**Buses can help overcome congestion, reduce carbon emissions, offer far higher fuel efficiency per passenger mile than the average car journey and provides a socially inclusive form of transport.**

**Pick up maps and timetables for all your local bus services at reception.**

There's a good variety of buses which operate close to SportPark and provide frequent services to the surrounding area:

- **Sprint** (University-Town Centre-Railway Station) - every 10 mins Term Time.
- **4** (Loughborough-Shepshed (Bullring)) - every 30 mins.
- **5** (Loughborough Town Service-Hazel Road Estate) - every 30 mins.
- **126** (Coalville-Whitwick-Shepshed-Loughborough-Leicester) - every 20 mins.
- **127** (Leicester-Rothley-Mountsorrel-Loughborough-Shepshed) - every 20 mins.
- **X9** (Loughborough University - Bunny - Nottingham) - every 60 mins.

Ask at reception to get 6 months free bus travel!

## Trains

**The Sprint bus provides a frequent and fast service between SportPark and Loughborough Railway Station. Travelling by train is the perfect opportunity to catch up on the news, read a good book or listen to your latest downloads.**

From Loughborough Railway Station you can travel to local villages, towns and cities such as Melton Mowbray, Beeston, Barrow-upon-Soar, Derby, Leicester and Nottingham. You can also catch frequent trains to many more distant cities, including London, Birmingham, Leeds, and Sheffield.

**Ask at reception if you need any train timetables.**



## Car Sharing

**Sometimes, because of where you live or family commitments, driving to work is the only option. Or you might need the use of a car during the day. But you can still help with the Travel Plan Objectives. Travelling with other people by car is an easy way to cut your CO2 emissions, reduce the numbers of cars on the road, and save money!**

Even if you don't drive you can still Car Share, as 60 per cent of car drivers would be willing to share a car to work if there was someone suitable to travel with. Splitting costs with your fellow passengers will save on fuel and maintenance costs. The Loughborough share website can help you find a Car Share partner and it's free! See link below or pick up a leaflet from reception.

**For further information about Car Sharing go to [www.lboro.ac.uk/carshare](http://www.lboro.ac.uk/carshare) or talk to Jo.**



## Useful Links

**Transport Direct journey planner, live travel information, and much more!:**

[www.transportdirect.info/web2/default.aspx](http://www.transportdirect.info/web2/default.aspx)

**County Council bus information:**

[www.leics.gov.uk/index/highways/public\\_transport/transport\\_downloads.htm](http://www.leics.gov.uk/index/highways/public_transport/transport_downloads.htm)

**Check on train arrivals and departures:**

<http://realtime.nationalrail.co.uk/ldb/sumdep.aspx?T=LBO>

**Your local bike shop:**

<http://campuslife.lboro.ac.uk/extras/cogz/>

**Find a WalkBUDi:**

<https://walkbudi.liftshare.com/default.asp>

**Find a BikeBUDi:**

<https://bikebudi.liftshare.com/>

**Kinchbus bus information:**

[www.kinchbus.co.uk/timetables.aspx](http://www.kinchbus.co.uk/timetables.aspx)

**Find someone to Car Share with:**

[www.lboro.ac.uk/carshare](http://www.lboro.ac.uk/carshare)

**Check for road congestion:**

[www.highways.gov.uk/traffic/traffic.aspx](http://www.highways.gov.uk/traffic/traffic.aspx)



This leaflet is printed  
on recycled paper

SHARE  
ACHIEVE  
NURTURE