



2025 Travel Plan Update Report

Edgehill Park, Whitehaven
STORY HOMES

November 2025

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1. INTRODUCTION

BACKGROUND

- 1.1 TPS Transport Consultants Ltd (TPS) has been appointed by Story Homes to act as the Travel Plan Coordinator (TPC) at the Edgehill Park residential development, Whitehaven.
- 1.2 Edgehill Park is a development of 477 new homes (507 including the neighbouring Wilson Howe development), which once complete will take its primary access at two points from Wilson Pit Road. Separate Travel Plans for different phases of the development have been prepared by TPS, with the most recent version prepared in August 2023 for Phase 4.
- 1.3 A Travel Plan is a general term for a package of measures tailored to the needs of an individual site and aimed at promoting greener, cleaner travel choices and reducing reliance on the car. It involves the development of a package of support, initiatives, and targets that together can enable individuals on a site such as this to reduce the impact their travel has upon the local environment.
- 1.4 This Annual Update Report has been prepared to reflect the findings of the 9th annual monitoring exercise to be undertaken at the site. It provides an overview of the Travel Plan monitoring methodology adopted, the data captured, and a summary of the findings. More generally, the notes also provides a summary of the Travel Plan measures delivered at the development, in compliance with the requirements of the Travel Plan
- 1.5 At the time of preparing this report 377 homes were built and occupied at Edgehill Park, across Phases 1 - 4.



2. TRAVEL PLAN IMPLEMENTATION UPDATE

- 2.1 Story Homes has appointed TPS to implement the Travel Choices programme at the Edgehill Park development. Travel Choices is a tailored package of measures, delivered in pursuit of the visions, aims and objectives of the approved Travel Plan strategy.
- 2.2 The programme is structured around the following themes, which will be expanded upon below:
- Engagement on Travel Choices
 - Support for Sustainable Travel Choices
 - Management of the Travel Choices Programme

MANAGEMENT OF THE TRAVEL CHOICES PROGRAMME

- 2.3 Story Homes have appointed TPS to fulfil the role of Travel Plan Coordinator at the development. Our team are responsible for the ongoing management of the travel plan throughout the delivery period, including:
- Acting as the main point of contact for residents' travel queries;
 - Engaging with residents on the travel choices available to them, including the updating of information within the engagement materials identified below;
 - Fulfilling the developer's responsibilities with respect to Travel Plan monitoring.

ENGAGEMENT ON TRAVEL CHOICES

- 2.4 One of the key aims of the Travel Choices programme is to ensure that those who live at the site are fully aware of their local travel options, and the benefits of making a switch away from habitual use of the car.
- 2.5 For many journeys the car can provide a convenient or practical travel option and may continue, therefore, to be used through choice or need by some. There are also, however, many occasions where the car is used purely due to familiarity or habit, and where people may be inclined to travel differently if made aware of the choices available to them.
- 2.6 Through the Travel Choices programme residents are, therefore, provided with information on their local travel options. This information is presented in an engaging and professional format, helping to ensure that it is appealing to the widest possible audience. At Edgehill Park, the following Travel Choices materials have been prepared:



Sustainable Travel Website

- 2.7 A sustainable travel website has been set up by TPS to provide the residents of Edgehill Park with access to advice and information on their local travel options.
- 2.8 The website contains a wide range of site specific travel information and advice and, where appropriate, provides direct links to external sources of information, including but not limited to:
- The provision of public transport timetables and maps for download;
 - Links to journey planning software;
 - Information and advice on car sharing, with a link to the Liftshare car share scheme;
 - Cycle maps to download;
 - Advice on walking and cycling in the local community;
 - A map illustrating the key local travel options and key local trip destinations.
- 2.9 This website is promoted within the sustainable travel guide and sustainable travel newsletter (see below) and maintained/updated by the TPC as required. The website can be found at www.edgehillpark-travel.co.uk.

Travel Choices Guide

- 2.10 A bespoke Travel Choices guide has been prepared for the site, a copy of which can be found within **Appendix A**.
- 2.11 Within the Travel Choices guide, residents are presented with a range of information, including:
- An overview of the purpose of the Travel Choices programme;
 - A map, illustrating the location of key local destinations relative to the site;
 - An overview of local active travel options and infrastructure, with typical walking and cycling times to key local destinations;
 - Links to key sources of further information which can assist in the planning of a local journey by foot or by bike;
 - An overview of local public transport options, including key information on the route and frequency of local services, with typical journey times to key local destinations;
 - Advice on the most appropriate sources of further information on public transport options, including details of relevant smart phone apps and journey planning tools;
 - A summary of timetables, which will also point future residents to the location of online timetables which can be viewed and downloaded;



- Details of local car share schemes, which can be used to connect with others undertaking a similar journey by car;
- Advice on making the switch to an electric or hybrid vehicle, with links to key sources of further information;
- Details of a range of offers, discounts and savings, which can be made through the Travel Choices programme (further details provided below);
- Advice on the support available from the Travel Choices team, including the offer of a Personal Journey Plan.

2.12 The Travel Choices guide is made available through the sales office, to both prospective purchasers and new homeowners. The content of the guide is reviewed at least annually, to ensure that the information provided to residents is up to date. As required, updated copies of the guide are provided to the sales team.

Annual Travel Choices Newsletter

- 2.13 Having provided residents with information on their local travel choices at first occupation, it is important to follow this up with further engagement throughout the first years of living at the site.
- 2.14 This helps to remind people of the benefits of making sustainable travel choices, reminds them of the options available to them, and in some cases provides an update on any changes to local travel options, or new related tools and initiatives such as local cycle training or bike marking events. The newsletter also provides an opportunity to engage with second occupants of any homes at the development that are sold on, or tenants of any homes at the development that are rented.
- 2.15 For this reason, all occupied homes at the development have in 2025 been sent a Travel Choices newsletter, a copy of which can be found within **Appendix B**. This newsletter will continue to be published annually, throughout the delivery of Travel Choices programme.

SUPPORT FOR SUSTAINABLE TRAVEL CHOICES

- 2.16 Whilst in some cases, the provision of information alone can be enough to influence an individual's travel behaviour, in other cases there can be a need to offer additional support or incentive. For this reason, a number of further measures have been delivered through the Travel Choices programme at Edgehill Park.



Travel Choices Offers, Discounts and Savings

- 2.17 Those living at Edgehill Park can access a range of offers and discounts on sustainable transport related services and products, alongside advice on ways to make savings when travelling by public transport.
- 2.18 These offers, which are promoted through the engagement materials include:
- Halfords: 8% off bikes, cycle accessories and cycle servicing;
 - Bike Dock Solutions: 10% off home bike storage and security solutions
 - Bikmo: 5% off the cost of bike insurance;
 - Frog Bikes: 10% off the cost of kids bikes from Frog Bikes;
 - EO: £50 off home EV charging solutions;
 - BikeRegister: Discounts on bike marking solutions

Personal Journey Planning Support

- 2.19 Where residents remain unsure of their travel options, the Travel Choices team are on-hand to help. Promoted through the Travel Choices engagement materials is the offer of a free 'personal journey plan', which can help to inform residents of the journey options available for a regular journey of their choice.
- 2.20 Based upon the journeys start and end point, and the intended time of travel, the Travel Choices team can present the residents with details of the travel options available. This will include details such as journey time, route and even the exact location of the bus stops / services to use if travelling by public transport.



3. TARGETS & MONITORING METHODOLOGY

TRAVEL PLAN TARGETS

- 3.1 Targets set out within the approved Travel Plans were based upon a 'baseline' vehicular trip rate, taken from the Transport Assessment which accompanied the outline planning application. The target for the Travel Plan was to reduce the number of vehicular trips generated by the development, within the AM and PM peak periods, by 10%.
- 3.2 Vehicle trip rates are used to estimate the number of car trips likely to be generated by the proposed residential development. Multiplying the vehicular trip rate by the number of occupied homes, allows you to predict the number of vehicle trips expected within the peak period.
- 3.3 This allows the TPC to easily determine progress at any given point by simply multiplying the number of occupied dwellings by the vehicle trip rate per dwelling and comparing this with vehicular trip counts. **Table 3.1** identifies the target vehicular trip rates per dwelling for the AM and PM peak hours.

Table 3.1: Target Vehicle Trip Rate

Assessment Period	Target Trip Rate per Dwelling		
	Entry	Exit	Two-Way
AM Peak	0.146	0.425	0.571
PM Peak	0.407	0.221	0.628

- 3.4 Based upon the above, at the current occupation level (377 dwellings), the target number of two-way trips in the AM peak is 216 and in the PM peak is 237. Targets will be considered to be met if the actual number of counted 2-way vehicle trips per dwellings is less than or equal to the target, averaged across the peak hours.
- 3.5 In order to monitor progress against targets, a peak hour vehicle trip count was undertaken at the sites only currently open vehicular access point on Clarendon Drive, on 23rd of October 2025. Within the peak hours all vehicle trips (in and out) were recorded and used to calculate the resultant vehicle trip rate (number of vehicle trips / number of occupied homes).



4. MONITORING RESULTS

TRAFFIC COUNT RESULTS

- 4.1 During the AM peak hour (07:45 – 08:45), there were 41 inbound vehicle trips and 163 outbound vehicle trips; giving a total number of 204 two-way vehicle trips during the AM peak period. This equates to a two-way vehicle trip rate per dwelling of 0.541.
- 4.2 During the PM peak hour (17:00 – 18:00), there were 161 inbound vehicle trips and 97 outbound vehicle trips; giving a total number of 258 two-way vehicle trips during the PM peak period. This equates to a two-way vehicle trip rate per dwelling of 0.684.
- 4.3 **Table 4.1** shows the 2025 vehicular trip rate compared with the targets set out within the Travel Plan.

Table 4.1: 2025 and Target Vehicle Trip Rates

Peak Hour	Target Trip Rates	2025 Trip Rates
AM	0.571	0.541
PM	0.628	0.684
Average	0.600	0.613

- 4.4 On this basis, the Travel Plan target was met in the AM peak period, however, was not being met in the PM peak period at the time of the 2025 monitoring exercise. The current trip rates are, however, below the baseline expected number of trips which were forecast at the time of the planning application.

FUTURE MONITORING

- 4.5 The requirement set out within the Travel Plan is for the measures to be delivered throughout the period of occupations, and therefore another monitoring exercise will be undertaken at Edgehill Park in 12 months' time.



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REPORT APPENDICES

Appendix A

Sustainable Travel Guide



Explore your

TRAVEL CHOICES @EDGEHILL PARK

WHITEHAVEN



FREE
OFFERS FOR
RESIDENTS

See inside

WELCOME

MOVING HOME IS AN EXCITING TIME THAT CAN MEAN CHANGES TO YOUR LIFESTYLE AND DAILY ROUTINES.

Whether you are thinking about moving to Edgehill Park or you are already settling into your new home, you may be wondering what local travel options are available to you. This guide provides a summary of the travel choices you could make, with a focus on more sustainable and environmentally friendly options.

Story Homes recognises our responsibility to reduce the impact of our developments upon the local community and the environment, and

by publishing this guide we hope to minimise the amount of unnecessary car journeys made.

Complementing this guide we have published a Travel Choices website, providing access to some really useful information and resources. Plan a journey by public transport, explore local cycle maps, read up on the benefits of electric vehicles and much more.

edgehillpark-travel.co.uk







LET'S GET ACTIVE

We all know that regular physical activity is incredibly beneficial to us. On a personal level it can, therefore, make a lot of sense to walk, cycle or run when we can rather than getting in the car.

Beyond the health benefits, we should not overlook the wider benefits that riding a bike or walking more regularly can have on our local community and the wider environment.

Undertaking local journeys on foot or by bike can help contribute towards reduced local congestion, fewer parking pressures, and improved air quality, making the streets around your home more pleasant and safe for all.

Not to mention the fact that active travel choices are extremely cheap (or even free!) when compared to other options!

APPROX TIME TO TRAVEL ON FOOT





Cycling is a great way to get around, and there has never been a better time to get out on your bike whether you're alone, with friends or with your family.

Many local amenities are around 10 minutes away by bike including shops, pubs, the post office and the train station. The closest primary schools are also less than 10 minutes away, making the school run doable by bike too.

As you can see from the map at the start of this guide, National Cycle Network (NCN) route 72 is only 5 minutes away

and offers a mostly off-road route into Whitehaven town centre to the north. When considering traffic and the time it can take to park, cycling may be quicker than a journey by car!

We've packed the Edgehill Park Travel Choices website with a range of information, tools and resources relating to local active travel options. Plan a journey, explore more of the NCN, view a cycle map, and much more.

edgehillpark-travel.co.uk

APPROX TIME TO TRAVEL BY BIKE



EXPLORE YOUR PUBLIC TRANSPORT OPTIONS

Edgehill Park is well-connected to the surrounding area by public transport. Your nearest bus stops are located on **Meadow Road** and **Woodhouse Road**, both a short walk away, with services towards Whitehaven town centre.

If you're travelling further afield, travel by rail is a great option!

Corkickle station is your nearest station and can be reached in around 20 minutes by bike. Whitehaven rail station is a 25-minute bike ride away. Both stations offer services to Carlisle, Barrow In Furness and Lancaster.

Key local bus services include:

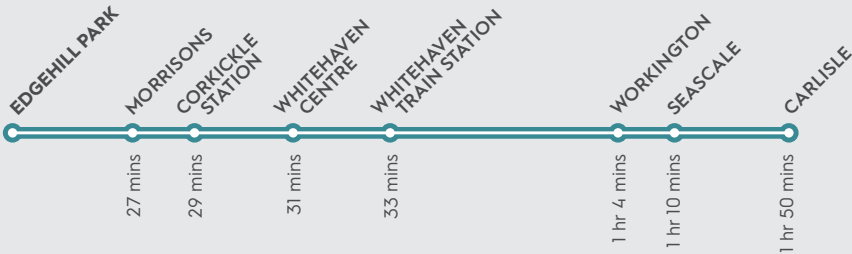
Service 2/2A:
Whitehaven – Kells Circular
(Available from Woodhouse Road)

Service runs every 30 minutes Monday to Saturday, and hourly on Sundays.

Service 3/3A:
Whitehaven – Mirehouse Circular
(Available from Meadow Road)

Service runs every 30 minutes Monday to Saturday, and hourly on Sunday.

APPROX. PUBLIC TRANSPORT JOURNEY TIMES



MAKE THE MOST OF BUS OPERATOR APPS

The way that we plan and pay for bus journeys is changing. Gone are the days of flicking through printed timetables, standing at the bus stop in the hope that your bus is around the corner, or fumbling around for loose change.

Bus operators have been embracing the technology now available. Handy apps show the location of your bus on a real-time map, allow you to easily plan a journey between A and B, and even let you buy and store your tickets for easy and safe access.



Visit the [Edgehill Park Travel Choices](https://edgehillpark-travel.co.uk) website for further information and resources to help plan a journey by public transport, including online route planners, downloadable timetables and more.

edgehillpark-travel.co.uk

Still unsure about your public transport options? Get in touch with our team who will be happy to help.

SUSTAINABLE CAR USE

Whilst there are times when it is easy enough to walk, cycle or hop on public transport, for some people and some trips, the only realistic option is to travel by car. That is not to say, however, that you couldn't still save money and do your bit for the environment, even when travelling by car.

Have you considered whether you could share your journey by car, reducing the number of vehicles on the road? Or could you switch to an electric or hybrid vehicle, helping to reduce transport related CO₂ emissions?

FIND A CAR SHARE COMPANION

Do you often drive alone in your car, maybe to work on a daily basis? If you share the ride with just one other person you could halve the costs of your journey, by splitting the cost of petrol and parking.

Whilst a lot of car sharing is arranged informally, with friends, family or colleagues, there are now ways of identifying other people undertaking a similar journey. The **Liftshare** scheme is easy to use and allows you to see if there is anyone else you could share a car journey with. Simply enter your journey details and some basic preferences, and let the system do the rest.

liftshare.com





JOIN THE EV REVOLUTION

Electric vehicles (EVs) are the future of driving. With an ever-increasing number of charging points available, as well as new and exciting vehicles on the market, drivers now have greater choices and flexibility when it comes to choosing an EV.

Whilst EVs can initially be more expensive to buy or lease, reduced running costs and exemptions mean whole-life costs can work out much lower. So, whilst you are doing your bit to help the environment, you could also be saving money!

The EV market can seem like a minefield, with lots of questions about the best options and practicalities of owning an EV. To try and help out we've pulled together some useful information, resources and tools on the Edgehill Park Travel Choices website. Find out more about vehicle options, how to charge and how much money you could stand to save.

Visit the Edgehill Park Travel Choices website for further information on sustainable car use: edgehillpark-travel.co.uk

OFFERS, DISCOUNTS & SAVINGS

To help minimise the cost of your sustainable transport choices we have arranged a range of discounts and offers which Edgehill Park residents can take advantage of. We've also identified a number of further opportunities to save on the cost of your journeys:



HALFORDS: Save 8% on the cost of a new bike, accessories and servicing at the UK's leading cycle retailer.



BIKE REGISTER: Save 10% on the cost of Membership Plus Kits, Permanent Marking Kits, and UV Convert Kits with Bike Register, the National Cycle Database helping to reduce bike theft.



EO CHARGING POINTS: Save on the cost of an electric vehicle charging point for your new home with £50 off.



BIKMO: Recently purchased a new bike? Cycling more than you used to? Save on the cost of cycle insurance with Bikmo.



TALIO E-BIKES: Save 25% on the cost of a new e-bike from Talio.



BIKEDOCK SOLUTIONS: Save 10% on the cost of home bike storage and security solutions, including stands, lockers and wall hanging products.

Find out more about these and other savings at
edgehillpark-travel.co.uk



FURTHER INFORMATION AND ADVICE

FIND US ONLINE

edgehillpark-travel.co.uk

The Edgehill Park Travel Choices website is packed full of further information, advice, and tools to help you explore and plan your daily or one-off journeys.

EMAIL US

info@travelchoices.uk

REQUEST A PERSONAL JOURNEY PLAN (PJP)

If you are unsure about your local travel choices, we are here to help!

We can provide you with a PJP for a journey of your choice- simply let us know where you are travelling to, when, and if you have any journey preferences. Our team will help advise on the different options available to you, with a focus on sustainable choice.

Simply email us or complete the form on the Travel Choices website.



CONTACT US

If you would like information or further advice regarding the travel options available to you please email us at: info@travelchoices.uk

edgehillpark-travel.co.uk



Appendix B

2025 Sustainable Travel Newsletter



EDGEHILL PARK

2025 NEWSLETTER

TRAVEL

CHOICES

TURNING HEADS
& WHEELS



TRAVEL
CHOICES



P5

Exclusive
Offers

P8

Busting
EV Myths

P10

Gear Up Your
Bike Knowledge



WELCOME

TO THE EDGEHILL PARK TRAVEL CHOICES NEWSLETTER

At Travel Choices we're all about encouraging sustainable travel choices that fit seamlessly into everyday life. In this edition of our newsletter, we're excited to bring you fresh insights; from busting common EV myths to exploring the perfect bicycle for every journey.

The Edgehill Park Travel Choices programme is focused on helping residents find practical, sustainable travel solutions that benefit our local community, our health and wellbeing, and the environment. While cars are sometimes necessary, many local journeys present perfect opportunities to explore alternatives.

TWO WHEELS, MANY STYLES!

CAN YOU IDENTIFY THE DIFFERENT BIKES?

With bikes available in all shapes and sizes, designed for everything from smooth city commutes to rugged trails, you'll have no trouble finding an option that will turn heads when riding past! Whether you're a casual rider or a cycling enthusiast, there's a perfect bike for every adventure. Here, we've highlighted a few different types, but can you guess which is which?

1. FOLDING BIKE

2. ROAD BIKE

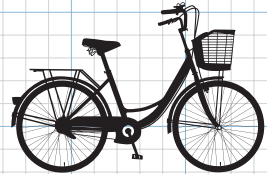
3. STEP THROUGH

4. PENNY FARTHING

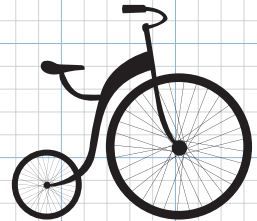
5. CARGO BIKE

6. RECUMBENT

A



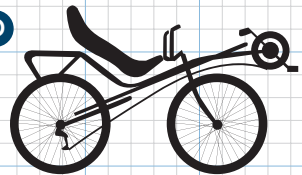
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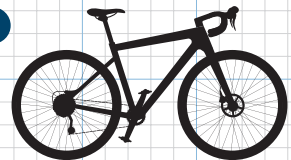
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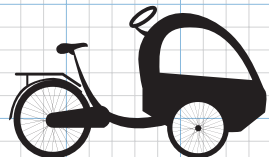
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E



F



You'll find the correct answers on page 10!

YOUR PERSONAL JOURNEY PLAN



Have you ever wondered how you could undertake regular journeys from your home at Edgehill Park more sustainably?

Let us help you turn heads and wheels with advice on your regular journeys with our personal journey plans. These are designed to help you explore alternatives to the car, save money, and reduce your environmental impact.

How to claim your free journey plan:

1

Scan the QR code



2

Fill in the form:

Provide a few simple details about your daily journey and travel needs. This includes – your home postcode, your journey destination (e.g. work postcode) and the times you would like to travel.

3

Receive your plan:

We'll send you a personalised travel plan which will include information on local public transport options if available, cycling routes and links to useful resources.

Visit edgehillpark-travel.co.uk to find details of further ways to save on the cost of your sustainable travel journeys, through exclusive discounts, tips on ways to save and more.



TRAVEL CHOICES OFFERS

Whilst the benefits of making sustainable travel choices are often clear, we understand that adjusting our daily routines can be a significant change. Recognising that sometimes we all need a little nudge in the right direction, we've agreed a range of discounts that residents of Edgehill Park can take advantage of.



8% DISCOUNT

Through the Travel Choices programme you can receive 8% off the cycling range at Halfords.



10% DISCOUNT

Save 10% on the cost of Membership Plus Kits, Permanent Marking Kits, and UV Covert Kits with Bike Register, the National Cycle Database helping to reduce bike theft.



25% DISCOUNT

Residents of Edgehill Park can access an exclusive 25% discount when purchasing a new e-bike at Talio Bikes.

Head to **edgehillpark-travel.co.uk** to claim your discounts!

EXPLORE YOUR PUBLIC TRANSPORT OPTIONS

For both regular and one-off journeys public transport can offer a smart and sustainable travel choice - saving you money and helping to reduce carbon footprints.

TRAVEL BY BUS

Edgehill Park is well connected to the surrounding area by bus. The closest stops are located on Meadow Road and Woodhouse Road, just a short walk away from your home.

Service 2/2A

Whitehaven – Kells Haig Pit

Service runs every 30 minutes Monday to Saturday, and hourly on Sundays. Accessible from Woodhouse Road.

Operated by Stagecoach.

Service 3/3A

Whitehaven – Mirehouse

Services run every 30 minutes Monday to Saturday, and hourly on Sundays. Accessible from Meadow Road.

Operated by Stagecoach.

Explore all of your public transport options on the Travel Choices website: edgehillpark-travel.co.uk

£3.00

The Bus Fare Cap is still here! You won't pay more than £3.00 for a single journey in Cumbria.

Some handy bus apps and websites to help you on your bus journey:

stagecoachbus.com
plusbus.info/whitehaven



Download on the
App Store

GET IT ON
Google Play



TRAVEL BY TRAIN

When travelling further afield, a journey by train is a great option. The closest station to Edgehill Park is Corkickle, which can be reached in around 20 minutes by bike or 30 minutes when using the local bus services. In addition, Whitehaven rail station is a 25-minute bike ride from the site.

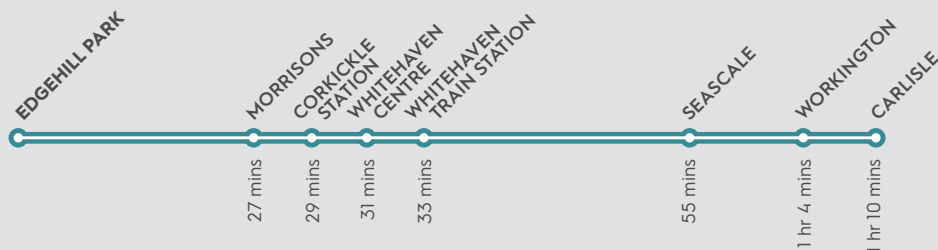
Both stations have regular services to local destinations such as Carlisle and Barrow-in-Furness, as well as frequent services to Lancaster.

With a journey to Carlisle by train taking just over an hour, when considering traffic and the time it can take to find parking, it may well be quicker than travelling by car.

nationalrail.co.uk
northernrailway.co.uk



APPROX TIME TO TRAVEL BY PUBLIC TRANSPORT



THE FUTURE'S ELECTRIC

With technology rapidly advancing, EVs are turning both heads and wheels, as they become a practical and sustainable choice for an increasing number of drivers across the UK. You've probably heard a lot of misconceptions about EVs, but they're often wrong! We've tried to myth bust some of the most common ones here...



1.4 million

As of February 2025, there are over 1.4 million electric cars in the UK.

50%

Over 50% of new car sales in the UK are either fully electric or hybrid.

BUT...

"EVs don't have enough range"...

Did you know, **72% of car journeys are under 5 miles**? Modern EVs can travel between 150-400 miles on a single charge, depending on the model. With a growing UK charging network, longer journeys are easier than ever.

“EVs are expensive”...

While EVs used to be more expensive than petrol and diesel cars, this isn't necessarily the case anymore! There are some great deals on second hand EVs, and some new models entering the market at less than £30,000 too.

They are also cheaper to run than petrol or diesel vehicles, which helps to offset the upfront cost of buying an EV. Alternatively, if your workplace offers a salary sacrifice scheme, or an EV company car, you could save large amounts on income tax and national insurance.

“I'll be forced to have an EV anyway”...

Although the UK government have set the aim of **banning the sale of new petrol and diesel cars by 2030**, this doesn't mean that petrol and diesel cars will disappear completely. Used combustion engine cars will still be available. It is also expected that new hybrid vehicles will still be available to buy from 2030 with these then being phased out by 2035.



“There aren't enough chargers”...

The UK now has over

75,000

public charging points

with rapid chargers available at motorway services and urban locations. Home charging is also convenient, with special energy tariffs available to help keep costs down.



For more information and advice on electric vehicles, take a look at the following websites:

 [zap-map.com](https://www.zap-map.com)

 [green.car](https://www.green.car)

 [electrifying.com](https://www.electrifying.com)

FIND YOUR PERFECT RIDE!

How well did you identify the bikes on page 3?

1. FOLDING BIKE

Perfect for multi-modal travel, folding bikes are compact, easy to store, and convenient for public transport, making them ideal for urban dwellers with limited space.

2. ROAD BIKE

A very common bike type. Lightweight and fast, road bikes are ideal for long-distance rides on smooth, paved roads.

3. STEP THROUGH

Ideal for urban commuting and casual rides, these bikes offer an upright seating position and practical features like racks or baskets, perfect for smooth cycling.

4. PENNY FARTHING

Yes, these are still available with a modern twist! Popular in the late 1800s, their large front wheel enables faster speeds and guarantees head-turning rides.

5. CARGO BIKE

Need to carry groceries, kids, or gear? With a sturdy build and extra storage, cargo bikes are the top choice for families and professionals alike.

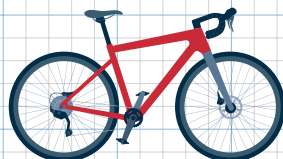
6. RECUMBENT

For a relaxed ride with better aerodynamics and comfort, a recumbent bike evenly distributes weight, making it a great choice for laid-back cycling.

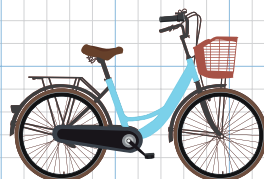
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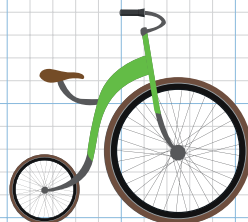
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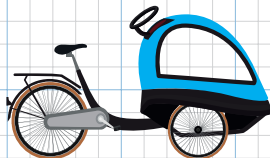
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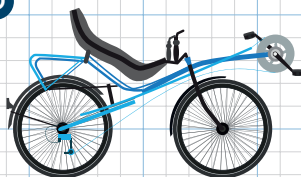
B



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D



With so many different types of bikes available, there's truly something for everyone, no matter your needs or riding style. Whether you're commuting through the city, exploring off-road trails, or simply enjoying a leisurely weekend ride, there's a bike designed to make your journey smoother and more enjoyable.

Cycling can open up a world of possibilities, and with today's diverse range of options and adaptations, almost anyone can find their perfect match. Taking the time to discover what suits you best will really enhance your cycling experience.

When choosing your ideal cycle, look for one that meets these essential criteria:

- ✓ You can mount and dismount with confidence
- ✓ You can maintain stability whether moving or stopped
- ✓ You can manage the pedalling effort comfortably
- ✓ The bike feels good during your rides and is suitable for your intended routes.

Remember, the ultimate measure of a great cycle is simple – it should bring you joy every time you ride!



Looking for more information on different bikes and struggling to decide which would best suit your needs? The Cycling UK website has plenty of great resources and information:



YOUR CARBON FOOTPRINT

A carbon footprint is the total amount of greenhouse gases, mainly carbon dioxide (CO₂), that are released into the atmosphere as a result of our actions.

It's easy to think it's all about how we travel, but it goes much further than that. From the food we eat to the energy we use at home, even the things we buy and throw away - everything we do has an impact on the environment.

Understanding your carbon footprint is a great first step toward making more sustainable choices. The WWF offers a quick and simple online tool that helps you calculate your personal carbon footprint based on your lifestyle. It only takes a few minutes and can highlight some easy changes you could make to reduce your impact. Small steps really do add up so why not give it a go?



In CA28 the average carbon footprint is
14.1 tonnes CO₂e per year,
 how do you compare?

Scan the QR code and see how your footprint measures up!



Small changes add up to make a big impact, but some actions can have a much bigger influence on your carbon footprint. Here is our guide to how beneficial simple swaps could be:

1. TRAVEL SMARTER

Walk, cycle, or use public transport instead of driving.



If you drive, could you share the car journey with other people?



2. USE LESS ENERGY

Switch off lights and unplug devices when not in use.



Use energy-efficient appliances and switch to a green energy provider.



3. EAT SUSTAINABLY

Eat more plant-based meals and less red meat.



Buy local and seasonal foods to cut down on transport emissions.



4. SHOP SMART & REDUCE WASTE

Buy second-hand and sell your unwanted items!



Reduce plastic use - carry a reusable water bottle, bags, and containers.





USEFUL WEBSITES & TOOLS

If you're looking for tips on travelling more sustainably or advice on your local options, we've handpicked some key resources to help out below.

PUBLIC TRANSPORT

STAGECOACH

Discover the gateway to public transport across Cumbria with the Stagecoach website. Here, you can plan your journey, download timetables, and discover day passes to explore more of the Lake District.

stagecoachbus.com

INFORMATION

EDGEHILL PARK TRAVEL CHOICES

When it comes to information on local travel choices, the Edgehill Park Travel Choices website is a great place to start.

edgehillpark-travel.co.uk

PUBLIC TRANSPORT

TRAVELINE

Traveline is a really handy online tool used to plan journeys by public transport. All you need to do is enter where you want to travel from and to and your preferred travel time - the journey planner will do the rest.

traveline.info

WALKING

SLOW WAYS - NATIONAL WALKING NETWORK

Slow Ways is a citizen-made national walking network, connecting all of Britain's towns, cities and national landscapes. A great website for discovering new local walks!

beta.slowways.org

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INFORMATION

ENERGY SAVING TRUST

A UK organisation that provides expert advice on energy efficiency, renewable energy, and sustainable transport, including EVs. They offer guidance on grants, government incentives, and ways to reduce carbon emissions.

energysavingtrust.org.uk

JOURNEY PLANNING

GOOGLE MAPS

Google offers real-time traffic updates, estimated travel times, and multiple route options. Whether you're walking, driving, cycling, or using public transport, Google Maps has you covered.

google.com/maps

CYCLING

BIKEABILITY

The UK's national cycle training program, helping children and adults develop the skills and confidence to ride safely on roads. It offers different levels of training, from basic bike handling to advanced road cycling.

bikeability.org.uk

DAYS OUT

GOOD JOURNEY

Helps you explore the UK sustainably by providing information on car-free travel to attractions, discounts for eco-friendly travel, and tips on using public transport, cycling, and walking. You can even receive discounts to popular attractions for travelling by sustainable modes!

goodjourney.org.uk



FOR FURTHER INFORMATION:

The Travel Choices website for Edgehill Park has been created exclusively for you! The website is jam-packed full of resources and information on how to travel more sustainably, including active travel, public transport, and sustainable car use. Head on over for information on getting around the local area by foot or bicycle, guides to bike maintenance, public transport ticket options and much, much, more!



edgehillpark-travel.co.uk

CONTACT US

If you would like further advice regarding the travel options available to you, please email us at:

info@travelchoices.uk

