



Upper Lea Valley

Good reasons to get around by foot, bike, bus or train

For health

Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. As well as getting you from A to B, regular walking and cycling can help you burn calories, reduce cholesterol and lower blood pressure. If you take the bus, walking to the next bus stop along is a really simple way of fitting a little more activity into your daily commute.

For the environment

We all know that our environment is under threat from the things we do. Cars currently make up 13% of the UK's total carbon dioxide emissions but on average if you take a train or coach you'll contribute six to eight times less than this and, if you walk or cycle... nothing at all! Fewer cars on the road also means a safer environment for children and a more pleasant place for everyone to enjoy.

For you

One of the best things about getting around under your own steam is that it's really cheap. There's no road tax to pay, no need for an MOT and you don't have to worry about petrol prices. If you walk or



cycle regularly you'll save a fortune, so there'll be more cash to spend on fun things, like you!

Regular physical activity also helps improve your mood, is good for your sense of well-being and can help to improve your mood and boost self-esteem.

By letting someone else do the driving and taking the bus or train, you'll be able to spend more time enjoying the journey, whether you're listening to music, reading a good book or having a chat with a friend, you'll be saving money and giving your own vehicle a well-deserved rest.

Want to get around under your own steam? Sustrans can help

Visit www.sustrans.org.uk to find detailed travel maps of your local area that include walking and cycling paths, bus stops, train stations and connections to local destinations such as shops, schools, GP surgeries and sports facilities. You can also plot your own journeys to share with friends and family.

The Sustrans website also has some great tips if you're thinking about getting back on your bike or would like to go cycling with your children. Take a look at the easy rides section to find simple, safe and enjoyable cycling routes in your area, or order a free cycling information pack highlighting all the National Cycle Network routes near you.

Upper Lea Valley walking and cycling network

This map has been developed to help you travel around Luton and Harpenden by foot, bike and public transport. Each grid on the map overleaf represents an average 10-minute walk or 4-minute cycle ride, showing just how quick it is to get around under your own steam.

Luton and Harpenden are home to a wealth of amenities, leisure facilities, entertainment, retail and history within a relatively short radius of the town centres.

The fantastic route follows a disused railway line through the Lea Valley taking in the East Hyde County Wildlife Site creating a walking and cycling route between Luton Parkway Station to the centre of Harpenden. The new network links into existing cycling and walking routes that allows you to travel around the town quickly, safely and pleasantly.

The route also forms part of the National Cycle Network Route 6 which continues on to St Albans. It also connects to route 57 which runs south west to Hemel Hempstead along the Nickey Line and east to Wheathampstead.

Connecting your journey

Walking and cycling



Sustrans Online Mapping

Search 14,000 miles of the National Cycle Network on the Sustrans online mapping. You can also find:

- Bike shops
- Places of interest
- Places to eat and drink
- Accommodation

Visit www.sustrans.org.uk

Bus and coach



Traveline South East.

For details of local bus services including stops, routes and timetables.

www.travelinesoutheast.org.uk

Tel: 0871 200 22 33

Train



National Rail Enquiries.

For details of local train services including timetables.

www.nationalrail.co.uk

Tel: 08457 48 49 50

New routes for 2013 are part of the National Cycle Network



About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make everyday.

It's time we all began making smarter travel choices.

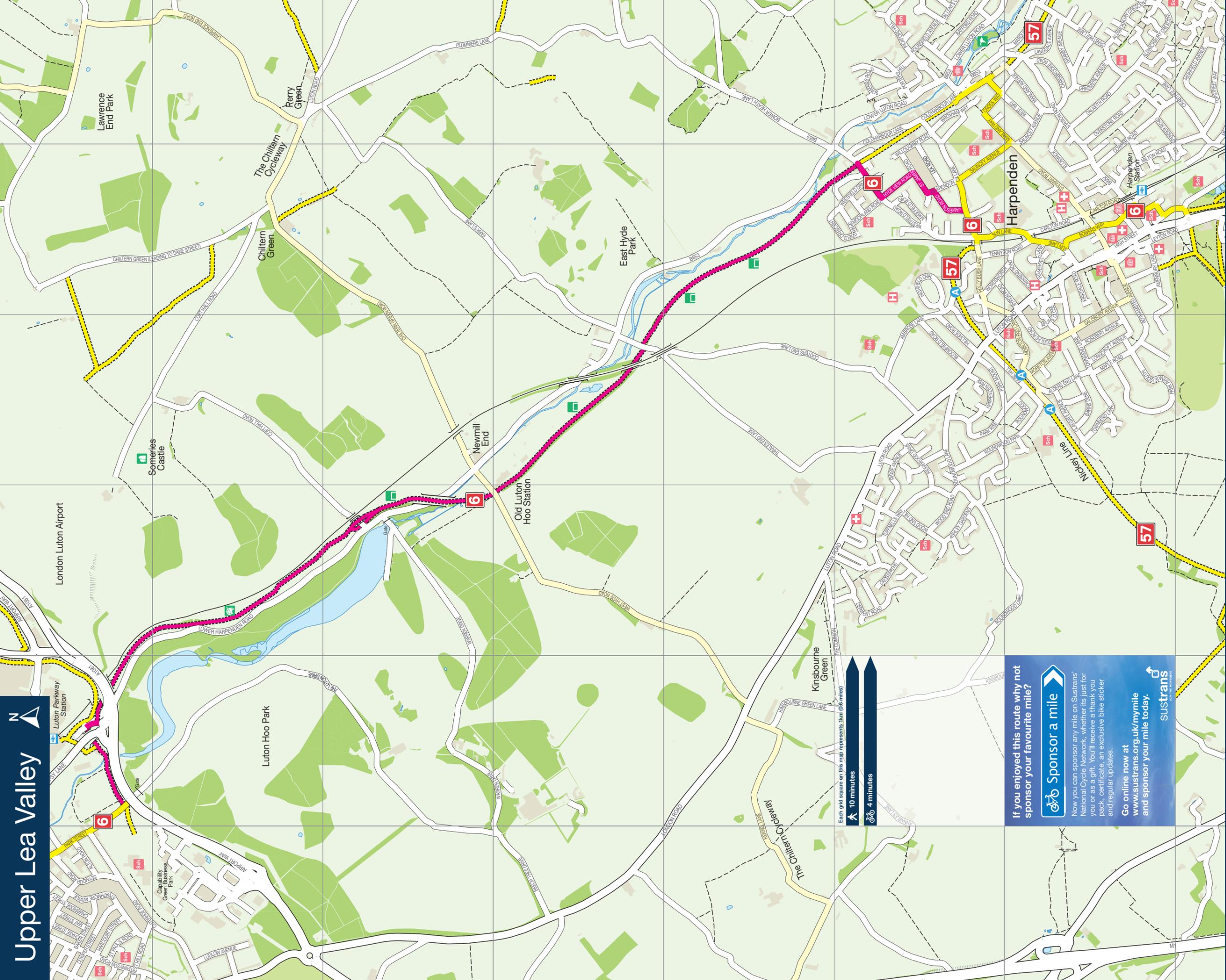
Make your move and support Sustrans today.

www.sustrans.org.uk

In Upper Lea Valley Sustrans' Connect2 is a partnership between



Upper Lea Valley



If you enjoyed this route why not sponsor your favourite mile?

Sponsor a mile

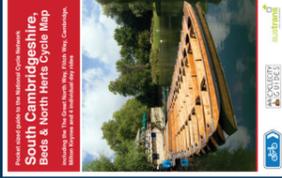
Now you can sponsor any mile on Sustrans' National Cycle Network, whether its just for you or as a gift. You'll receive a thank you pack, certificate, an exclusive bike sticker and regular updates.

Go online now at www.sustrans.org.uk/mymile and sponsor your mile today.



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|---|-------------------------------------|
| New routes for 2013 | Access point |
| On Road / Traffic Free | National Cycle Network Route number |
| National Cycle Network On Road / Traffic Free | GP surgery |
| Cycle Route Advisory / Traffic Free | Library |
| Footpath | Ancient monument |
| School | Nature reserve |
| Hospital | Bench |
| Supermarket | Portrait bench |
| | Train station |

Each grid square on this map represents 1km (0.6 miles)
 10 minutes
 4 minutes



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