

Capitol Park Leeds



Travel Guide

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WELCOME TO CAPITOL PARK LEEDS

This Travel Guide has been produced to show you how to get around Capitol Park and the surrounding area by walking, cycling and using public transport.



The idea is to give you information that will help you to use forms of transport that are cheaper, healthier and more beneficial to the environment than driving on your own to work every day.

Further information is here:

www.capitolparkleeds.co.uk

WHY THE NEED TO CHANGE?

The unnecessary use of the private car has an effect on the environment in terms of congestion, air quality and road traffic accidents. In addition, walking and cycling is good for your health!

If every car commuter used an alternative to the car on just one day a week, car usage levels for commuting would be reduced by 20 per cent with immediate effect.

Sedentary lifestyles and a lack of physical activity are causing an epidemic of obesity and increasing the risk of a range of health problems including diabetes,

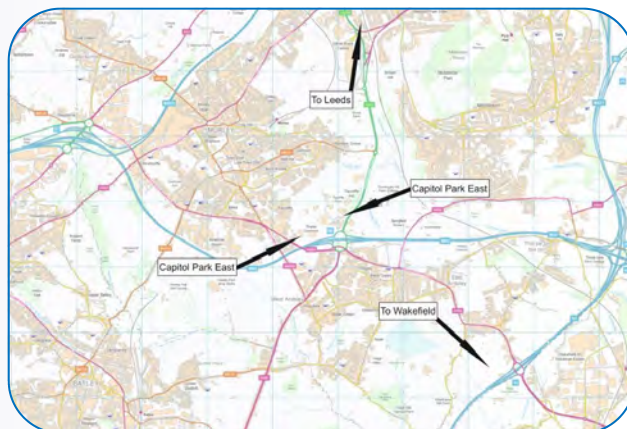


heart disease, stroke, cancers and osteoporosis.

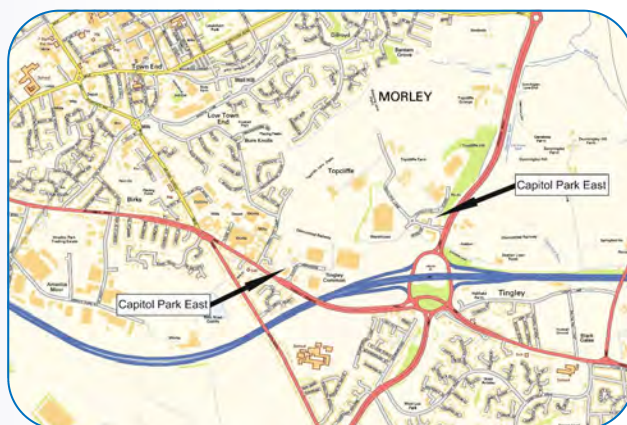
Experts recommend you take at least 30 minutes of exercise each day. Walking or cycling to work, or perhaps just walking to the bus stop can contribute towards your '30 minutes'.

CAPITOL PARK LEEDS: LOCATION

Capitol Park is located approximately one mile southeast of the centre of Morley, five miles southwest of the centre of Leeds and six miles northwest of the centre of Wakefield.



Capitol Park East is accessed from Dewsbury Road and Capitol Park West is accessed from Tingley Common, although there is a link between the two parts of the site for pedestrians and cyclists.



THE OPTIONS: WALKING



Capitol Park is within easy walking distance if you live in Morley or Tingley. There are good quality footpaths within the site and connecting to Dewsbury Road, Tingley Common and Topcliffe Lane.

Signal controlled pedestrian crossings are provided on Dewsbury Road, Tingley Common and at Tingley roundabout to help you cross these roads.

Experts advise that 10,000 steps a day will help protect against a range of lifestyle-related illnesses, including diabetes, heart disease and some forms of cancer.

If you live within one mile of work, this is less than a 20 minute walk from home. A brisk walk will burn around 100 calories in 15 to 20 minutes.

Walking 15 minutes to work and home again each day can halve the risk of heart disease. For those living further away, the walk to public transport is helpful. Even if you have to drive to work, why not try parking further away and walk the last 15 minutes of the journey?

If you want some company on your walk, try using WalkBUDi.liftshare.com - it matches you up with other people who want to go the same way as you so you can walk together. It's easy and free to use.

See the 'Planning Your Journey' section for help with finding the best walking routes.

THE OPTIONS: CYCLING



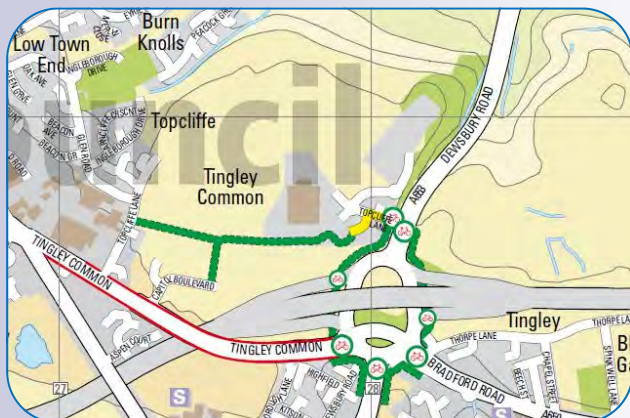
Capitol Park is ideally located for cycling, with a good range of facilities to assist cyclist being available nearby.

Cycling reduces the risk of serious conditions such as heart disease, high blood pressure, obesity and the most common form of diabetes.

The City of Leeds is covered by a series of cycling maps which are available for downloading from the Council's website:

www.leeds.gov.uk/Transport_and_streets/Walking_and_cycling/Cycling_maps_available_for_the_Leeds_area.aspx

The extract from the Leeds South cycling map below shows the recommended cycling routes in the vicinity of Capitol Park, with on-road routes in yellow, off-road routes in green and on-road cycle lanes in red:



On reasonably flat ground like that around Capitol Park you will be able to cover around ten miles in an hour, so if you live within three miles of work this is less than a 20 minute cycle from home.

Morley, Tingley and East Ardsley are all within easy cycling distance from the Capitol Park. Also, places such as Beeston, Middleton and Gildersome are within comfortable cycling distance.

Cycling can actually be quicker than driving, particularly for shorter journeys.

Cycle parking facilities are located throughout Capitol Park.

If you'd prefer some company on your cycle to work, try using BikeBUDi.liftshare.com - it's easy and free to use.

See the 'Planning Your Journey' section for help with finding the best cycling routes.

THE OPTIONS: BUSES



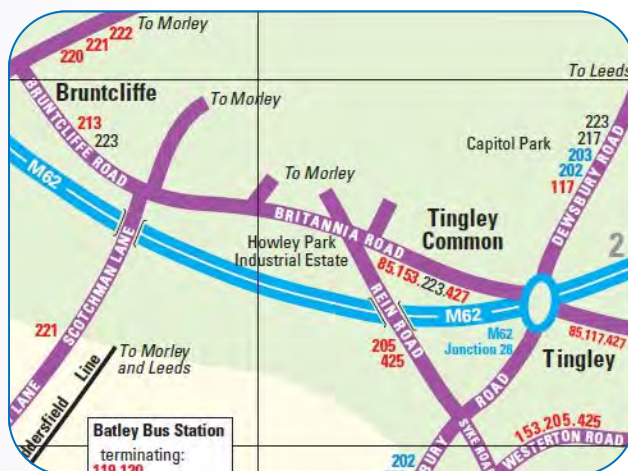
Bus stops are located on Dewsbury Road (outside Capitol Park East) and on Tingley Common and Topcliffe Lane Road (outside Capitol Park West) - these are accessible both sides using the footpath linking the two parts of the site.

Buses and trains can help overcome congestion, reduce carbon emissions and offer far higher fuel efficiency per passenger mile than the average car journey.

Various bus maps are also available for downloading from West Yorkshire Metro's website:

www.wymetro.com/BusTravel/MapsAndGuides

Here's an extract showing the bus routes near Capitol Park:



Bus timetable information is available from Metro's website here:

www.wymetro.com/BusTravel/BusTimetables/

From the stops on Dewsbury Road you can catch the following buses:

- No. 117:** Leeds - White Rose Centre - **Capitol Park** - Ossett - Wakefield (every 60 minutes)
- No. 202/203:** Leeds - White Rose Centre - **Capitol Park** - Dewsbury - Huddersfield (every 15 minutes)

From the stops on Tingley Common you can catch the following buses:

- No. 153:** Morley - **Capitol Park** - East Ardsley - Middleton - Rothwell - Woodlesford - Castleford (every 120 minutes)
- No. 427:** Wakefield - East Ardsley - **Capitol Park** - Bradford (every 60 minutes)

Slightly further away, from the stops on Rein Road, you can catch the following buses:

- No. 205:** Pudsey - **Capitol Park** - Dewsbury (every 60 minutes)
- No. 425:** Wakefield - East Ardsley - **Capitol Park** - Bradford (every 60 minutes)

See the 'Planning Your Journey' section for help with finding which bus routes you should use.

THE OPTIONS: TRAINS



Morley Railway Station is located on the eastern side of Morley Town centre, approximately two miles from Capitol Park Leeds.

The distance from Capitol Park is perhaps too far for some to walk - it's a 40 minute walk - but it's very convenient if you were to cycle to and from the station. The trains which stop at Morley all allow cyclists to travel with their bikes.

Trains stopping at Morley operate every 30 minutes during the morning and evening peaks calling at Leeds - Cottingley - **Morley** - Batley - Dewsbury - Ravensthorpe - Mirfield - Deighton - Huddersfield.

Live arrival and departure times for Morley, and any other train station, can be found here:

www.nationalrail.co.uk/times_fares/ldb/?livedepartures.asp

At Leeds, Dewsbury and Huddersfield railway stations you can connect to an excellent range of local and long distance train services.

See the 'Planning Your Journey' section for help with finding which trains you should use.

THE OPTIONS: CAR SHARE



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 to cut CO2 emissions, reduce the numbers of cars on the road, and save money by Car Sharing!

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.

The following website has been set up to provide a free car sharing service for all those who live in Leeds:

wy.liftshare.com

THE OPTIONS: SMARTER WORKING



Why not ask your employer if you can work flexible hours? If this was adopted by enough companies it would 'stagger' the rush hour, spreading it out and making it less intense, reducing road congestion and overcrowding on public transport, reducing travel time and making it a less stressful part of the day for everyone.

You could also ask your employer about remote working. Working from home just once a fortnight reduces your commuting time by 10 per cent, saves office space and allows 'hot-desking'.

The website www.workwiseuk.org will provide you with further information about flexible and remote working and explains how you can work with your employer for the benefit of both of you.

PLANNING YOUR JOURNEY



A number of journey planners are available online to help you get to where you want to go by walking, cycling, using the bus or train, or a combination of these.

If you are going to walk or cycle you can use www.maps.google.co.uk to find the most direct route to your destination and then print off the map and directions to take with you.

If you want to cycle, you should refer to the Leeds cycle maps to find out if there is a recommended cycle route you can use.

Also for planning your cycle route you could try the website www.cyclestreets.net. CycleStreets is a UK-wide cycle journey planner system, which lets you plan routes from A to B by bike. It is designed by cyclists, for cyclists, and caters for the needs of both confident and less confident cyclists. The website is currently at a 'beta testing phase' so that cyclists around the country can test out routes and let them know about any problems they find on the site, before they launch officially.

Alternatively go to www.transportdirect.info - this website provides you with information on the best routes to cycle depending whether you want the quickest or the quietest route.



The transportdirect website is, also, probably the best journey planner for public transport.

The website www.traveline.org.uk helps you plan journeys using all kinds of public transport - buses, coaches, trains and trams. Alternatively you can telephone 0871 2002233. Traveline gives impartial advice, so you get the information you need to decide the best option for you.

USEFUL WEBSITE LINKS

Local Authorities

Leeds City Council: www.leeds.gov.uk

WY Metro: www.wymetro.com

Planning a Journey

Transport Direct: www.transportdirect.info

Cycle Journey Planner: www.cyclestreets.net

Maps

Google Maps: www.maps.google.co.uk

Bing Maps: www.bing.com/maps

Walking

Walking Your Way To Health: www.whi.org.uk

Walk It: www.walkit.com

Cycling

Cycling Information: www.sustrans.org.uk

Bike To Work: www.bike2work.info

Discounted bikes: www.cyclescheme.co.uk

Public Transport

Traveline: www.traveline.org.uk

National Rail: www.nationalrail.co.uk

Car Sharing

WY Carshare: wy.liftshare.com

Green Driving

Energy Saving Trust: www.energysavingtrust.org.uk

Smarter Choices

Smarter Choices: www.dft.gov.uk

Working from Home: www.workwiseuk.org

Travel Emissions Calculator

www.travelcalculator.org

Travel Information

Leeds: www.leedstravel.info

England: www.highways.gov.uk/traffic/traffic.aspx