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In Your Area 2023

**Your Guide to Local Amenities and
Walking, Cycling and Public Transport in Your Area**



Spring Acres, Sittingbourne

Live, relax, step outside

What is In Your Area?

This In Your Area guide contains information about your nearby amenities and helps you to make local journeys on foot and by bike, together with information about bus and rail travel, car sharing, tips on greener car use and information about travel to your local schools.

DHA Planning prepared this booklet on behalf of Hyde, as part of their ongoing commitment to encourage greener journeys to and from Spring Acres

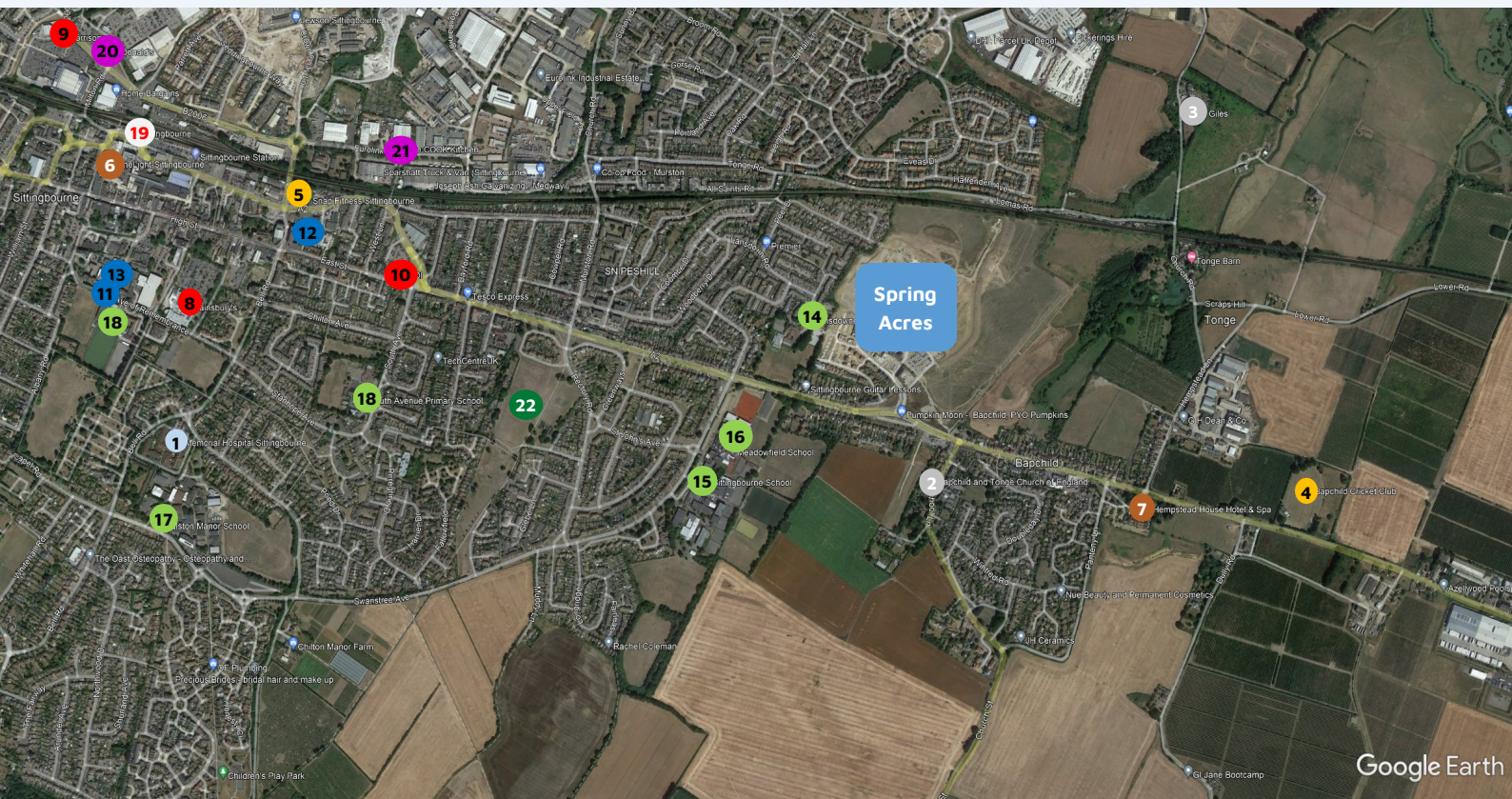
Their aim is to reduce the number of trips made by car through a number of green initiatives, and to encourage residents to walk and cycle more and to use public transport.



This image (from left to right)
Computer generated image of Spring Acres
showing The Campton, The Foxglove and
The Violet house types, indicative only

Local Amenities & Attractions

Bapchild is situated in a great location for a variety of amenities and attractions, making it easy to reach everything you need via walking, cycling or public transport. Below is a list of local services and amenities, with a map displaying their locations.



- | | | |
|---|---|---|
| 1 Sittingbourne Memorial Hospital
Bell Road, Sittingbourne, ME10 4HG | 9 Morrisons
Mill Way, Sittingbourne, ME10 3EX | 17 Fulston Manor School
Brenchley Road, Sittingbourne, ME10 4EG |
| 2 Bapchild and Tonge Church of England
School Lane, Bapchild, Sittingbourne ME9 9NL | 10 Aldi
East Street, Sittingbourne, ME10 4BL | 18 Borden Grammar School
Ave of Remembrance, Sittingbourne, ME10 4DB |
| 3 St Giles
Church Road, Tonge, Sittingbourne ME9 9AR | 11 Kent County Council - Swale Office
Ave of Remembrance, Sittingbourne, ME10 4DD | 19 Sittingbourne Train Station
St Michael's Road, Sittingbourne, ME10 3ED |
| 4 Bapchild Cricket Club
London Road, Bapchild, Sittingbourne, ME9 9PP | 12 Swale Borough Council
East Street, Sittingbourne, ME10 3HT | 20 McDonald's
Mill Way, Sittingbourne, ME10 2XD |
| 5 Snap Fitness Sittingbourne
Grid House, St Michael's Rd, S'bourne, ME10 3DN | 13 Sittingbourne Police Station
Central Avenue, Sittingbourne, ME10 4NR | 21 The COOK Kitchen
Eurolink Way, Sittingbourne, ME10 3HH |
| 6 The Light Cinema -Sittingbourne
Bourne Place, Sittingbourne, ME10 3JY | 14 Lansdowne Primary School
Gladstone Drive, Sittingbourne, ME10 3BH | 22 Rectory Playing Fields
Rectory Road, Sittingbourne, ME10 4UA |
| 7 Hempstead House Hotel & Spa
London Road, Bapchild, Sittingbourne, ME9 9PP | 15 The Sittingbourne School
Swanstreet Avenue, Sittingbourne, ME10 4NL | |
| 8 Sainsbury's
Ave of Remembrance, Sittingbourne, ME10 4DN | 16 Meadowfield School
Swanstreet Avenue, Sittingbourne, ME10 4NL | |
- Grocery Deliveries**
Co-ordinating delivery times with your neighbours is a great way of cutting down on trips and supporting sustainability in your area.
- Sainsbury's:** www.sainsburys.co.uk
Tesco: www.tesco.com
Asda: www.asda.com

Walking: What are the Health Benefits of Walking?

Walking is not only sustainable and eco-friendly, it is suitable for almost everyone and doesn't need any special equipment or clothing. It's also a great way to meet your neighbours or catch up with friends.

Government guidelines advise that:

Children (5-18)

Children should do at least 60 minutes (1 hour) of physical activity every day, which should range between moderate intensity activity, such as **cycling**, **walking** and **playground activities** and vigorous intensity activity, such as fast running and tennis. On three days a week, these activities should involve muscle strengthening activities, such as gymnastics or swimming, and bone strengthening activities, such as running.

Adults (19-64)

To stay fit and healthy, adults are advised to do at least 150 minutes (2 hours and 30 minutes) of moderate intensity aerobic activity such as **cycling** or **fast walking** every week, and muscle strengthening activities on 2 or more days a week that work major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

More info is available at: **www.nhs.uk/livewell/fitness**

These recommendation can be hard to meet in a busy lifestyle, but one way you can stay fit and incorporate exercise into your daily routine is by walking or cycling instead of travelling by car.

Walking at a moderate rate (5km/h) uses around 99 calories over 30 minutes, based on a 60kg person.



Local Walks

Not only is walking a useful way to get around and great for your health, it can also be a fun day out and a way to enjoy time with friends or family.

For information on local walks, go to the Swale Borough Council website (www.swale.gov.uk - see under 'Tourist Information'), or by going to Swale Visitor Information Centre (12 Market Place, Faversham, ME13 7AE) where there are leaflets on local walks and attractions.

Oare Marshes - a tranquil nature reserve of over 200 acres with freshwater dykes, open water 'scrapes', sea-wall and saltmarshes. The reserve is managed by the Kent Wildlife Trust, being free to all visitors and features various species of cows as well as Konik horses. There is a network of walking and cycle paths which are wheelchair accessible.

The North Downs - south of Sittingbourne lie the North Downs, featuring quiet lanes, quaint villages and a network of footpaths and bridleways, as well as the North Downs Way National Trail.

Milton Creek Country Park - an attractive 'green heart' in Sittingbourne that links the town centre and the creek, Milton Country Park is a thriving habitat for a wide variety of wildlife, featuring an extensive network of paths through areas of different meadow, scrub and aquatic habitats.

Faversham Town Walks: A History Trail - visit the oldest market town in Kent, where the walk begins at the Fleur de Lis Heritage Centre before giving you the freedom to explore the rich history of the town.

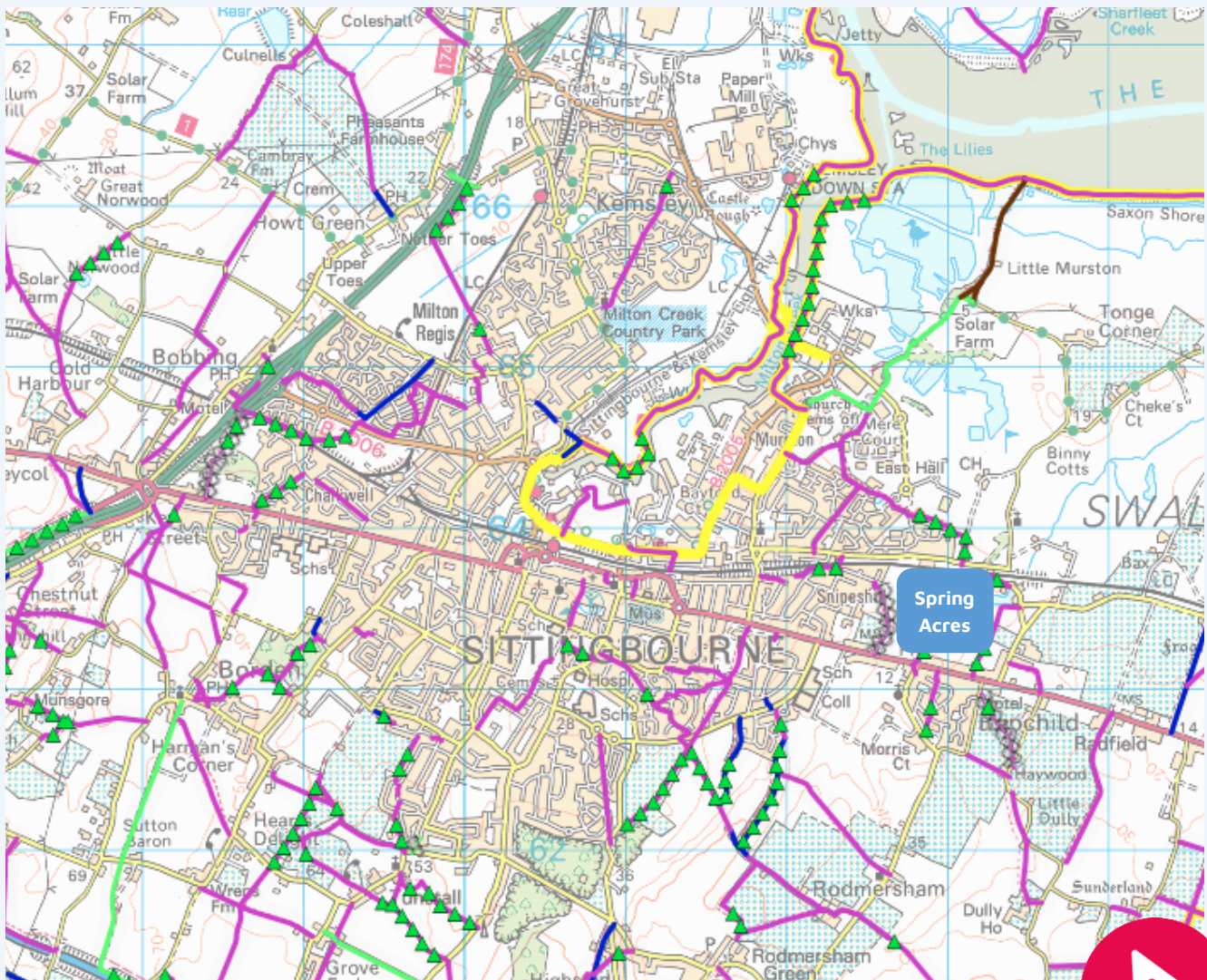
Perry Wood - enjoyable for horse riders, cyclists and walkers alike, there are fantastic views of the coast and countryside from The Mount, with easy and more challenging walking routes through this corner of the Kent Downs.

The Isle of Sheppey - located off the north Kent coast, the Isle has a fantastic variety of landscapes and places to explore, including the busy market town of Sheerness-on-Sea, the historic town of Queenborough with its excellent harbour, the village of Minster with a beautiful abbey and stretch of coastline, and finally Leysdown-on-Sea, which includes a seaside resort and uninterrupted views across the Thames estuary.



Where Can I Walk?

Walking is a great way to get around and is an enjoyable leisure activity too. Make sure you are only walking on paths designated as a 'Public Right of Way', rather than trespassing across someone's private land. Anywhere you see a signpost that says 'Public Footpath', you know you are fine. Below is a map from kent.gov.uk, showing the public rights of way in your area (correct at October 2023).



Legend

Footpath	
Restricted Byway	
Bridleway	
Byway (BOAT)	
Parish Boundary	
District Boundary	
Promoted Routes	
Path Closures	
Vegetation Clearance	

Download the free OS Maps App by Ordnance Survey and discover hundreds of thousands of ready-made routes at your fingertips. Simply open the OS Maps app and instantly start finding local routes nearby.



Local Walking Groups

One way to find great walks and meet people who love walking is to join a local walking group. There are a number of these organisations around your area, with members who walk to improve health and fitness, while others simply love exploring the local countryside. The groups organise different walks for varying levels of ability, so there is something for everyone.

The Medway Ramblers

The Medway Ramblers are one of the groups that makes up the Kent Ramblers Organisation, covering Medway and Swale. They encourage walking 'whether you are walking to improve your health or simply for the pleasure of exploring your local area on foot'.



The Ramblers have a weekly programme of walks throughout the year. They walk on Sundays and occasional Wednesdays, distances varying from 5 to 15 miles, mostly with a pub stop for lunch on the longer walks. There is often a choice of shorter and longer walks on Sundays. There is a small fee for membership, but they offer up to three weeks free to see if you like it! Membership gives access to an online database of all the ramblers walks.

Find out more at www.ramblers.org.uk.

Swale Footpaths Group:

Established in 1970, the Swale Footpaths Group is an independent club. They walk twice a week on Tuesdays and Sundays, ranging from longer (up to 12 miles) walks or more leisurely walks (up to 5 miles) in the Swale district, renowned for some outstandingly beautiful areas that remain relatively unknown. They welcome walkers of all ages and from all walks of life. There is only a small membership fee, to join.

More information at: <https://sites.google.com/site/swalefootpathsgroup>



Explore Kent

Explore Kent is a Kent County Council led partnership initiative with public, private and voluntary sector partners that promote and actively encourage Kent's residents to access, enjoy and benefit from the great natural resources that Kent has to offer.

Find out more by visiting

<https://explorekent.org/about-explore-kent/> or downloading the app at <https://kentconnected.org/our-app/>.

Cycling: What are the Health Benefits of Cycling?

As well as being a great form of sustainable transport, cycling is another way of meeting the Government Guidelines on Exercise (see page 4 of this booklet).

NHS Choices suggests that:

Someone who weighs 80kg (12st 9lb) will burn more than 650 calories with an hour's riding, and tone their legs and bottom. If you ride up hills or off-road, you'll also work your upper body.

More information on the benefits of cycling can be found at : www.nhs.gov.uk/livewell/fitness/pages/cycling.aspx

The British Cycling Federation explains some of the other health benefits:

- **Ten Years Younger** - studies have shown that regular cyclists enjoy the general health of someone approximately ten years younger.
- **Low Impact** - cycling is a low impact exercise—kinder to your joints than running and other high impact aerobic activities.
- **No Stress** - many cyclists report that cycling regularly reduces their perceived levels of stress and promotes relaxation.
- **Tune In** - while cycling, levels of exertion can be much more finely tuned than any other form of exercise. Using speed, wind resistance, gearing, gradient or 'hyper gravity training' (i.e. carrying extra weight), you can tailor the level of exertion to suit your current fitness level or goals.
- **All Body Exercise** - mountain biking or 'out of the saddle' riding (e.g. climbing) is an excellent full-body exercise. When mountain biking, you're constantly shifting your weight, sometimes carrying your bike, working your arms, chest, abs and improving core stability.
- **Balance** - regular cycling improves balance and co-ordination.

More information can be found at: www.britishcycling.org.uk



Cycling in Your Area

Travelling by Bike:

Travelling by bike is quick and convenient, and you can usually park your bike at your destination. From your home, you can quickly reach the following locations by bike:

Sittingbourne Station - 3.3km (approx. 11 minutes)

Sittingbourne Station has a total of 98 sheltered cycle parking spaces, located at the front of the station by the main car park.

Sittingbourne Memorial Hospital - 1.6km (approx. 7 minutes)

There are several bike racks at the front of the hospital, where you can securely lock your bike

Westlands Secondary School - 5.3km (approx. 17 minutes)

There are 45 cycling parking spaces located next to Cryalls canteen and near the Westlands Avenue entrance (as of 2020)

Aldi (Sittingbourne) - 1.7km (approx. 6 minutes)

Aldi (Sittingbourne) contains a number of cycle racks, where you can securely lock your bike, while you do your shopping

Faversham - 9.6km (approx. 30 minutes)

The neighbouring town of Faversham can be reached by the quiet country lanes lying between the A2 and the Thames Estuary. You can also follow the signed National Cycle Route 1, which runs to Faversham via Oare and onwards to Dover.

Local Cycling Clubs:

CTC Swale

A member of Cycling UK, CTC Swale encourages riders of all ages and abilities, including family rides. They cover the whole of Swale, Canterbury, Maidstone, the Medway towns and Thanet. More information can be found at: www.ctcswale.org.uk

Quick Release Cycling Club

Affiliated with British Cycling, the club caters for all abilities and experience levels. The club is based in Sittingbourne. More information can be found at: www.britishcycling.org.uk.

Stop Press....

There is a direct pedestrian/cycle link from Spring Acres into Gladstone Drive, and a second link between the site and Peel Drive will open at some point in the future. Both of these offer quieter alternative walking and cycling routes into Sittingbourne, and there is also a useful link under the railway line onto Tonge Road and the local lanes



Where Can I Cycle?

Just like walking, there are specific places you can and can't cycle. Cycling is very safe when you follow the rules of the road, and cycle only where you are allowed. For safety tips, information, and to find out more about cycling etiquette, see: www.nhs.uk/livewell/roadsafety/pages/cyclists.aspx.

It's against the law for cyclists to:

- Cycle through red lights, including lights at pedestrian crossings.
- Cycle on pavements, unless there is a sign showing that the pavement has been converted to a cycle path.
- Cycle the wrong way up a one-way street, unless there's a sign showing that cyclists can do so.
- Ride across pedestrian crossings, unless it's a toucan crossing with a sign saying that cyclists can do so.

Cycle Routes in East Kent

National Cycle Route 1 is a long-distance route between Dover and the north of Scotland. Locally, the route follows the North Kent coast, connecting Gravesend, the Medway towns, Sittingbourne, Faversham and Canterbury, before heading to the East Kent coast at Sandwich and Deal and onto Dover. National Cycle Route 174 connects across to the Isle of Sheppey. Below is a map of these national cycle routes local to Spring Acres.

Journey times from Bapchild:

Sittingbourne (3.2km) - **11m**

Faversham (9.65km) - **30m**

Canterbury (33.7km) - **1hr 49m**

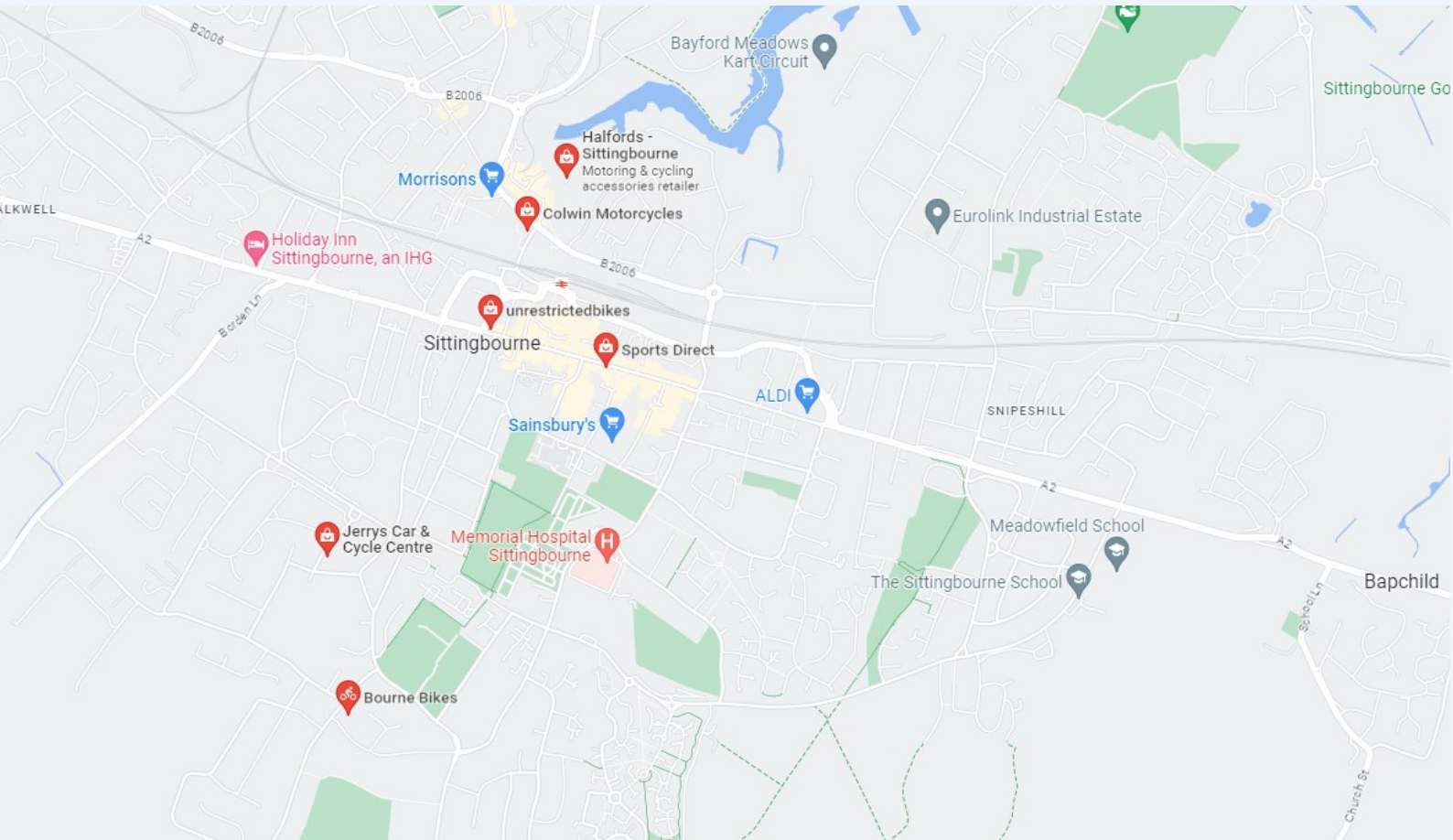
Rochester (29.7km) - **1hr 35m**

Chatham (28.6km) - **1hr 37m**



Local Cycle Shops

Below is a map that shows the nearest bike shops to Spring Acres, with further contact details beneath.



Unrestrictedbikes - E-Bike manufacturer

36a West Street, Sittingbourne, ME10 1AP (Tel: 07710 619485)

www.unrestrictedbikes.com

Halfords - Sittingbourne

Unit 8, Sittingbourne Retail Park, Mill Way,
Sittingbourne, ME10 2XD www.halfords.com

Jerry's Car & Cycle Centre

23 Chaucer Road, Sittingbourne, ME10 1EZ
www.jerryscarandcyclecentre.com

Bourne Bikes - E-Bike rentals

21 Bradley Drive, Sittingbourne, ME10 1RB
(Tel: 07963 734237) www.bournebikes.co.uk

CYCLE TO WORK SCHEME

The Cycle to Work scheme was introduced by the Government to encourage people to cycle to work through saving them money on a brand-new bike and accessories

For more information, speak to your employer or visit:-

www.cyclescheme.co.uk/

Public Transport - By Bus

Where to get on the bus:

The nearest bus stops to your home are located on the A2 near the site entrance, and there is a signalled pedestrian crossing to help you across the A2. These stops are served by the X3 and 355 services. The X3 service runs every hour between Maidstone and Canterbury. The 355 is a school service between Sittingbourne and Faversham.

X3—Canterbury-Sittingbourne-Maidstone (Mondays to Saturdays Only)



The full timetable can be found at:

<https://www.stagecoachbus.com/routes/south-east/3/maidstone-canterbury/xfbo003.i>



Chalkwell is a family-run business that operates bus services between the Medway towns, Sittingbourne and the Isle of Sheppey.

Further information can be found at:

Chalkwell Coaches - Tel: 01795 423982

Website: www.chalkwell.co.uk



The good news is that most bus services are part of the Government's £2 bus fare cap scheme, which means you only pay £2 for a single bus journey between now and 31st December 2024.

Public Transport - By Train

Your nearest stations are **Teynham Station (3 km)** and **Sittingbourne Station (3.3 km)**. Sittingbourne Station has plenty of car parking and more frequent services, including High Speed services. Teynham Station is convenient to cycle to and provides local services.



Where can you go by train?

National Rail has a great journey planner found at: www.nationalrail.co.uk with live updates on delays or changes to services.

Southeastern has introduced many new initiatives to make using the train more convenient for passengers:

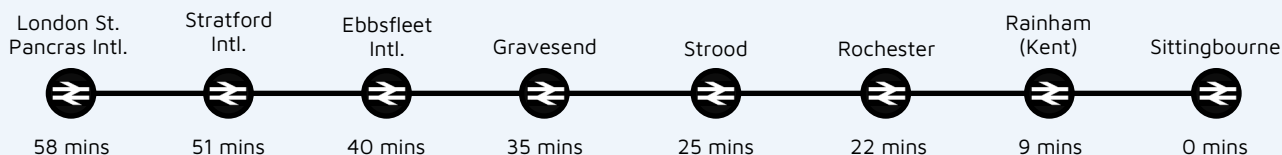
Digital train tickets - avoid queues and save time by buying your digital ticket on the Southeastern app at anytime. You can then have the e-ticket emailed to your inbox or loaded onto your Southeastern contactless smartcard The Key.

Flexi Season ticket - gives you 8 days of travel in 28 days - any time between two stations.

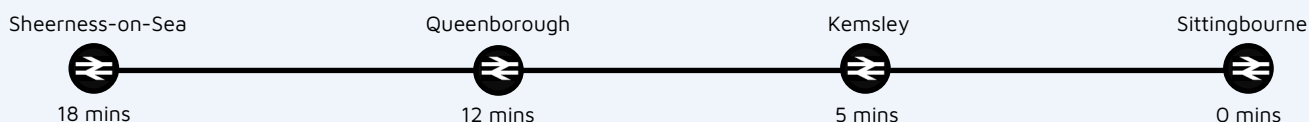
Sittingbourne to London Victoria



Sittingbourne to London St. Pancras



Sittingbourne to Sheerness-on-Sea



Sittingbourne to Dover Priory



Sittingbourne to Ramsgate



Car Sharing

Another great way of cutting down on the journeys by car from your new home is to get involved in car shares. There are a number of secure and easy to use websites that can help to promote car sharing in Kent.

Finding a Car Share

Kent County Council promotes **kentjourneyshare**, a scheme which is part of the national **liftshare** independent organisation (www.liftshare.com/uk). They have a great website, and you can sign up for free! It includes some useful tools, such as a calculator to see how much you could be saving on your commute if you shared the journey.

Website: www.liftshare.com/uk/community/kent Email: kentjourneyshare@kent.gov.uk

National Car Share is the UK's longest established free national car sharing service and is a great way of finding people if you are looking to make a longer trip.

Website: www.nationalcarshare.co.uk Email: contact@nationalcarshare.co.uk

BlaBlaCar is a Europe wide car sharing service. They have 2 million uses every month, and operate across web and mobile devices, with features like a 'Ladies Only' setting

Website: www.blablacar.co.uk

Sharing Safely—Advice from Kent County Council

- Avoid exchanging home addresses with your travelling companion before you meet them;
- Arrange to meet in a public space;
- Make sure a friend or family member knows with whom you will be travelling, when and to where;
- Make sure you show each other your identification so you know you're travelling with the right person;
- You are under no obligation to go ahead with any journey share; If you have any doubts about your travelling companion, for any reason, you should avoid travelling with them.

Local Taxi Firms

Lets Go Green Cabs 01795 444444
letsgogreencabs.co.uk

The White Cab Company 01795 422222
whitecabsittingbourne.com

Home James Taxis Sittingbourne
01795 883670

Indy Cabs of Sittingbourne 01795 350035
indycabs.co.uk

Teynham Taxis 07593 511364

Pats Cab 01795 700774

Garry Gray Sittingbourne Cabs
07578 959693

Ef1taxi Sittingbourne
01795 555551

Grab A Cab Swale 01795 333999
grabacabswale.co.uk

Electric Vehicles

There are electric charging points in the local area and more are coming online every-day; their location can be found on google maps and on various apps like ZapMat.

Travel Plan

What is a Travel Plan?

A travel plan is a long-term strategy for encouraging residents of new developments to choose modes of transport other than the private car.

The aims of the Travel Plan are:

- **To encourage the use of public transport, walking and cycling;**
- **To thereby reduce overall dependence on travel by the private car;**
- **To reduce the number of motorised journeys from the site; and**
- **To reduce the environmental effects of transport by the provision of more sustainable modes.**

How does the Travel Plan work?

DHA Planning has been appointed to act as your **Travel Plan Co-ordinator** and we will take responsibility for the development and management of the Travel Plan and to ensure its delivery.

We will work with you to keep you informed of useful travel information, local services that might help to reduce your need to travel, and special offers that will help to travel sustainably.

Contacting DHA Planning:

Eclipse House, Eclipse Park,

Sittingbourne Road,

Maidstone,

Kent, ME14 3EN

Tel (Maidstone): 01622 776226

Email: travelplansupport@dhatransport.co.uk

If you have any questions about the travel plan, please get in touch and we will be happy to help you.



Useful Websites

For Travel Information:

Traveline South East: **www.travelinesoutheast.org.uk**

For Information on Cycling:

British Cycling: **www.britishcycling.org.uk**

Bike Hub: **www.bikehub.co.uk**

Taking Bikes on Trains: **www.nationalrail.co.uk/stations_destinations/cyclists.aspx**

For Information on Buses:

Timetables & Information (Stagecoach): **www.stagecoachbus.com/localdefault.aspx**

Timetables & Information (Chalkwell): **www.chalkwell.co.uk**

2 for 1 with Bus Tickets: **www.stagecoachbus.com/BigBusGuide.aspx**

Route Maps: **www.stagecoachbus.com/routemaps-east-kent.aspx**

For Journey Planning by Car:

AA Driving Journey Planner: **www.theaa.com/route-planner**

RAC Driving Journey Planner: **www.rac.co.uk/route-planner**

For Information on Trains:

National Rail: **www.nationalrail.co.uk**

Transport for London: **www.tfl.gov.uk**

South Eastern Rail: **www.southeasternrailway.co.uk**

For Information on Healthy and Active Living:

NHS Choices: **www.nhs.uk/livewell/Pages/Livewellhub.aspx**

Live it Well (KCC): **www.liveitwell.org.uk**

For Information on Sittingbourne

Swale Borough Council Website: **<https://swale.gov.uk/home>**

The Faversham Society independent information website):

<https://favershamsociety.org>

Visit Swale (independent information website): **www.visit-swale.co.uk**