Swansea Bay ALTERNATIVE TRAVEL MAP

for Sustainable Transport

MAP SYMBOLS KEY

Swansea Institute of Higher Education
1 Mount Pleasant Campus
2 Townhill Campus
3 Dynevor
4 Alexander Road & BBC Building

University of Wales Swansea
5 Singleton Campus
6 Hendrefoilan Student Village
7 Beck Halls

Swansea College
8 Tycoch Campus & Broadway
9 Llwyn-y-bryn
10 Sketty Hall
11 Kingsway Centre
12 Stadium House
13 Skills Centre, Cefn Hengoed
14 Business College
15 Morriston College

Swansea NHS Trust
16 Morriston Hospital (A&E)
17 Singleton Hospital
18 Cefn Coed

Swansea Council
19 County Hall
20 Guildhall

Quadrant Bus Station

High Street Train Station

PARK & RIDE
1 Landore
2 Fabian Way
3 Camarthen Road Opening Autumn '06

82 Bus Routes to sites shown (from Quadrant)

Wales National Pool

National Waterfront Museum

To Clydach

4 43 4A 144 24 145

16

PANT LASAU RD.

HEOL MAES EGLWYS

YNYSFORGAN

CLYDACH RD.

A4067

M4 MOTORWAY

45

LLANELLIENWEN RD.

46

A48

DVLA

MORRISTON

B4489

LONG VIEW RD.

VICARAGE RD.

144

14

143 145 43

4 36 42 4A 36A 43 24 41

15

CLYDACH ST.

A48

UPPER FFOREST WAY

LLANSAMLET

MYNYDD-GARN-LWYD RD.

LLANGYFELACH RD.

CONWAY ST.

HEATH RD.

A48

110 X11 111 X12 112 X13

Tesco & Fforestfach Retail Park

PENTREGETHIN RD.

MYNYDD NEWYDD RD.

Swansea

PENLAN

HEOL GWYRGOSTOD

PHOENIX WAY

A4067

SILIKEN WAY

SIEMENS WAY

CARMEL RD.

MANSEL RD.

JERSEY RD.

144

13

CEFN HENGOED

Open Autumn 2006

Pub

STATION RD.

CARMARTHEN RD.

LANDORE

THE NEW STADIUM

4 120 132 4A 122 43 125

12

P+R 1

B5444

A4217

PENTREGETHIN RD.

MANSELTON

COCKETT

LLANGYFELACH ST.

HEATH RD.

43

WAUNARLWYDD RD.

55

COCKETT RD.

GORS AVENUE

TOWNHILL

MAYHILL

TOWNHILL RD.

DYFATTY TRAFFIC LIGHTS

NEW CUT RD.

Kilvey Hill

18

12 TOWNHILL RD. 13

11 13 12 81

1

29 29A 29B 8 55 43 VIVIAN RD. 81 2

PEN-Y-GRAIG RD.

PENLAN CRESC.

ST. THOMAS

6 82 82A

TY COCH RD.

18 22 29A 55 20 29 29B 118

PENTREGUINEA RD.

A483

A4067

To Port Talbot

FABIAN WAY

P+R 2

4

GOWER RD.

SKETTY

GLANMOR RD.

MANSEL ST.

3 4 11

WALTER RD.

7

SKETTY RD.

UPLANDS

9

WIND STREET

QUAY PARADE

Sail Bridge

SA1

PARKWAY

SKETTY PARK DRIVE

DE-LA-BECHE RD.

BRYNMILL LA.

PARK PLACE

ST. HELENS RD.

OXFORD ST.

WEST WAY

82 82A 37 37

10

20

Marina

KING EDWARD'S RD.

BRYN RD.

OYSTERMOUTH RD.

19

8 9 10

To Gowerton

37

SKETTY LANE

17

5

BRYNMILL

RIVER TAWE

SWANSEA TO CORK FERRY

2 3A 14A 39 82 2A 14 37 43 82A

2A 2B 3A 14A 43 82 82A

4

DERWEN FAWR RD.

MUMBLES RD.

Swansea Bay

2A 2B 3A 43 82 82A

Clyne Valley Country Park

2 2A 3 3A 37

BLACKPILL

MUMBLES

N W E S

CYCLE ROUTES KEY

NCN Routes 4 and 43

Pedestrian/cycle path

Pedestrian zone

Recommended on-road cycle route

Busy road cycle link

Planned cycle route

Car share with a friend, colleague or fellow student

Car sharing is when two or more people travel in the same car together. There is a free to use South West Wales wide internet based car sharing scheme available for everyone to use (over 18's only). If everybody car shared just once a week congestion would be cut by 20%. The benefits of car sharing include:

- **Reduced costs, both petrol and parking - so saves you money**
- **Meet new people**
- **Reduces stress thus improves your health**
- **You will help to reduce congestion and pollution**
- **You don't have to own a car - you can log on as a passenger**

Log onto ***www.swswitch2share.com*** and start sharing today. Car sharing can be used for your daily commutes, even just sharing on day a week can make a positive difference, for long trips and weekends away, for all your leisure and shopping activities and to get home and back at the end and start of term.

Park Your Car at the Park and Ride

You can reduce your stress by avoiding traffic congestion and the hassle of parking. Swansea now has two Park & Ride sites conveniently located at Landore and Fabian Way. Both are open from Mondays to Saturdays 7.00am - 7.00pm with buses every 12 minutes between 8.00am - 7.00pm and every 15 minutes between 7.00am - 8.00am into the City Centre. Parking, including transport into the City Centre for up to 4 people per car **is only £1.50 per day.** Multi- ride tickets which entitle you to 12 journeys can be purchased for £15 from the P&R sites. During the Christmas period both sites are also open on Sundays. Both sites have been awarded "Secured Car Park" status with attendants and CCTV. All Park and Ride buses are wheelchair accessible with low floor easy access buses and disabled toilet facilities in the waiting areas.

There is a third site set to open autumn 2006 on Carmarthen Road, Fforestfach.

Walk

Walking is the most popular way to get around and is healthy exercise. Use common sense when selecting your route, and wear appropriate footwear. Take care when walking at night - choose well-lit roads and paths - and walk with a friend.

Cycle

Cycle with consideration for others. Never cycle towards other path users without warning them of your presence. Keep your bike secured to a solid object with a good quality lock when not in use. Park it where it is visible to passing pedestrians.

Good bicycle access to Swansea is provided by the National Cycle Network Routes 4 and 43 that cross the city from Gowerton in the west via Swansea Bay to the east and the Maritime Quarter in Clydach in the north. These are marked, together with suggested routes, on the central map. Along the NCN routes there are destination signs giving distances (in miles). Look for these on the blue rectangular NCN 4 & 43 signs located on strategic posts. Cyclists may also use bus lanes but keep on eye out for buses and taxis!

Lockers and showers are available on most campuses and sites. Your organisation may have a Bicycle User Group, or you could set up one yourself (advice from Swansea Council's Walking and Cycling Officer - see Contacts overleaf.)

Motor Bike

Motor bikes are far more environmentally friendly than cars, use less fuel and are usually quicker in congested traffic. There is safety information available for motorists and motorcyclists from the Department for Transport "Think!" campaign. See ***www.thinkroadsafety.gov.uk***

Use the Bus, Coach or the Train

There is a comprehensive network of bus services reaching virtually every part of the City, most of which are operated by First buses. On main routes, buses run at least every 10 - 15 minutes during the weekdays in the daytime. There is also a network of 'Unibus' services centred on the University of Wales, which provide valuable links to the campuses. For frequent travellers there is a range of value for money unlimited travel tickets or for students attending the University and Institute there are termly and annual tickets giving even better value. Please see the Unibus leaflet for fares and availability, and the First Cymru web site.

When riding the buses in Swansea you can purchase FirstDay tickets valid for unlimited travel all day in the whole of the Swansea city and Neath for £3.30 at peak times and £2.50 off peak (after 10.00am). The weekly equivalent costs only £13.20 adult and £10.00 child. The child daily fare of £2.00 is only available after 10.00am on schooldays and all day at weekends and in the school holidays. Family Day tickets are also available for £6.60 after 10.00am (a family can be two adults and two children or one adult and three children).

For Day Tickets to include the Gower Peninsula the peak fare ticket of £3.30 is required.

Arriva Trains Wales, First Great Western and National Express run the principal trunk services into the Swansea area. Student/Young person rail cards are available at stations for all under 26 year olds and full time students, these cost £20.00 and can save you 1/3 off travel. Coach cards are also available for under 26 year olds and give good discounts on long journeys. Generally, between 8.00am - 6.30pm on weekdays, buses link the bus and rail stations approximately every 5 minutes with buses every 15 - 20 minutes in the evenings and on Sundays. The Gower Bus Service provides easy access to the Gower beaches.

Taxis

Some people prefer to use a mixture of walking, cycling, public transport and taxis and find this cheaper than running a car. Taxi ranks are marked on the city centre map. Use licensed taxis; hackney taxis are black, have yellow circles on passenger doors and a white plate on the rear, and the Council regulates their fares; private hire taxis have green triangles on the doors and a yellow plate at the back. **Don't Get In** if your cab doesn't display these stickers and plate. Only black hackney cabs can use taxi ranks and be hailed on the street. It is illegal if you hail a white private hire cab which hasn't been pre-booked (and the insurance is void!)

Greening your Car fuel

There are a growing number of LPG suppliers in the Swansea area. See ***www.lpgu.co.uk***

See ***www.est.org.uk***

Run your car on BIODIESEL

see: ***www.sundancerenewables.org.uk***

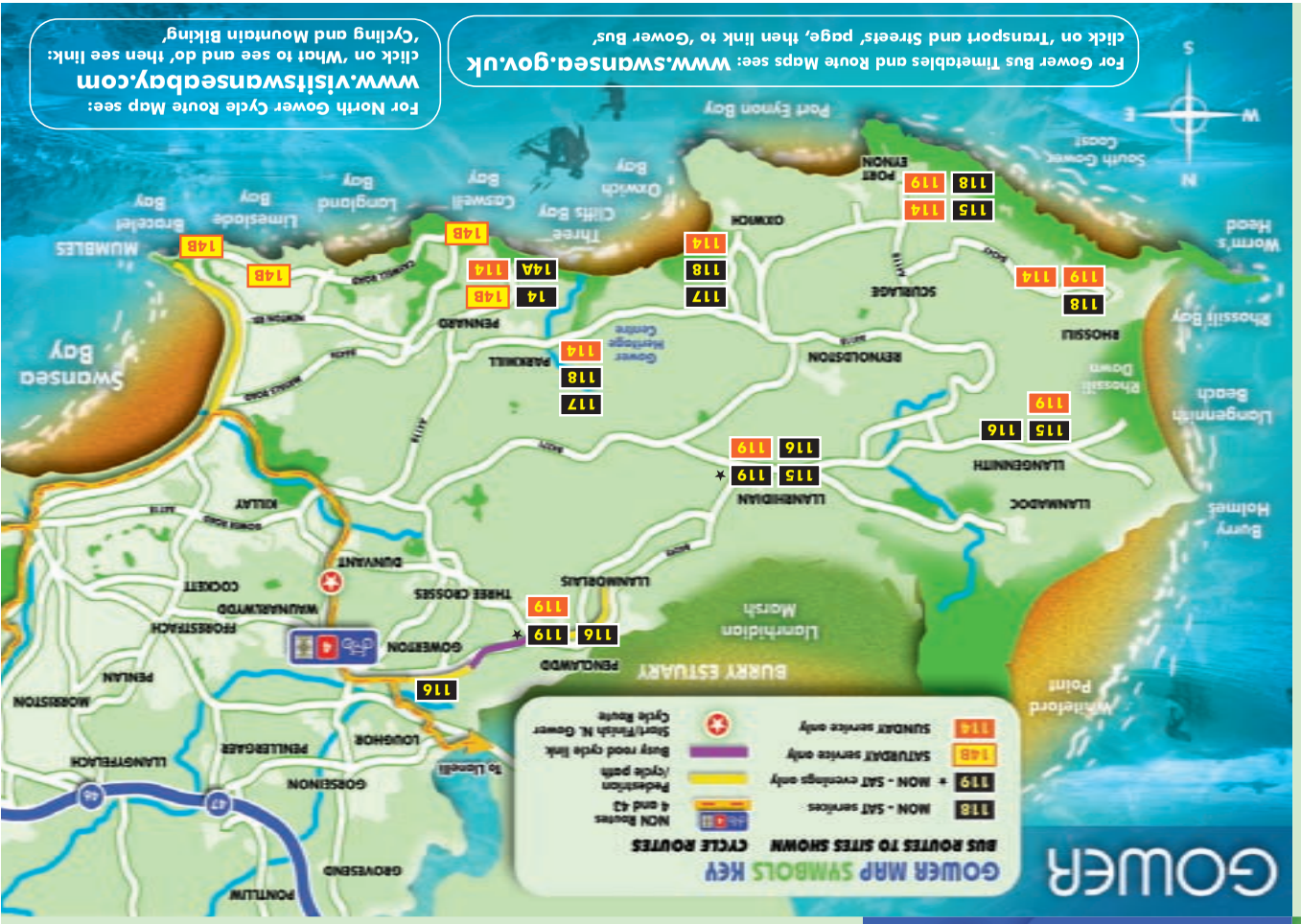
Air Travel

Air travel is one of the fastest growing unsustainable industries in the World. It is a massive contributor to global warming through CO2 production and has been linked to increased rates of cancers in people living close to airports through the production of Volatile Organic Compound's. To put it in perspective one single short haul flight produces roughly the same amount of the global warming gases as 3 months worth of driving a 1.4 l car, and we are all flying more.

What can you do?

- Avoid flying and instead use ferries and trains for short haul trips to Europe, Ireland and within the UK
- Take one long holiday annually rather than several short trips
- Add the cost of offsetting the CO_2 created by your air travel onto the cost of your flight (Businesses can do this for business miles). See web links below:

www.climatecare.org ***www.futureforests.com***
www.growforest.com ***www.mytrimate.org***



Why should you travel in an environmentally-friendly way?

- You'll save money.
- It's healthier to walk or cycle; cycling or walking for half an hour a day can halve your risk of heart disease, help burn up calories and remove the stress of driving.
- It's becoming increasingly difficult and costly to park your car.
- It will reduce traffic congestion and air pollution.
- Less carbon dioxide will be produced, the main 'greenhouse' gas which contributes to global warming. So you'll be improving your local environment.

What can you do?

We're not asking you to change your lifestyle completely. If everyone, just once a week, car shared, walked, cycled or used public transport this would significantly improve our local and global environment.

Who are Swansea Bay Alternative Travel Forum?

Swansea Bay Alternative Travel Forum has produced this third edition of the first alternative transport leaflet in Britain. The Forum works together to promote sustainable transport in Swansea and consists of Swansea Institute; Swansea University; Swansea College; the City and County of Swansea; Swansea NHS Trust; Wheelrights; SWWITCH and First Cymru. The leaflet has been designed for the staff, students and users of its member organisations.

If you have any comments or suggestions please contact one of the Forum officers listed below:

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elizabeth.may@sihe.ac.uk

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travel@sihe.ac.uk

USEFUL CONTACTS

For all your Public Transport queries

- For public transport enquiries: Call **0870 608 2 608** or visit ***www.traveline-cymru.org.uk***

Car Share

- ***www.swwitch2share.com***
- swwitch2share is part of the national car share scheme: ***www.liftshare.com***

Cycle

- For all local cycle information visit ***www.swansea.gov.uk/cycling*** or contact Swansea's Walking and Cycling Officer: **01792 637145** E-mail: tsreception@swansea.gov.uk
- Sustrans in Swansea: **01792 467954.** National: **0845 113 0065** (local rate).
- Sustrans Cycle Network maps: ***www.sustrans.org.uk***
- ***www.tourism.wales.gov.uk*** Click the link to "Cycling"

USEFUL CONTACTS continued...

- To book a bike onto the train ring national rail enquiries **08457 484950** to check availability. For information about taking your bike on the train visit ***www.nationalrail.co.uk*** click "passenger services" then "cyclists".
- Road safety information for cars and bikes: ***www.thinkroadsafety.gov.uk***

Walking

- ***www.tourism.wales.gov.uk*** Click the link to "walking".

Rail

- National Rail enquiries: **08457 484950**
- ***www.nationalrail.co.uk*** Click on "Links" for a list of links to all train operators.
- To purchase online tickets visit ***www.thetrainline.com***
- ***www.firstgroup.com*** for First Cymru bus and rail enquiries. (See First Great Western links)

Local Buses

- Call Traveline Cymru on **0870 608 2 608** or visit ***www.traveline-cymru.org.uk***
- Traveline TXT. On bus stops across Wales you will be able to see green stickers with a unique seven letter code e.g. SWAMWPG. Send the code of the bus stop you are standing at to **84268** and receive a free text to your phone of the next 4 buses due at that stop and their destinations all within 30 seconds. If your local bus stop is not yet marked find the code on this web site: ***www.welsh-maps.kizoom.co.uk*** and save it to your phone.
- For First Cymru bus information visit ***www.firstgroup.com***
- For for exploring the Gower Peninsula, an area of outstanding natural beauty, using Gower buses see ***www.swansea.gov.uk*** where timetables can be downloaded from the Transport and Streets pages.

Park and Ride

- Landore **01792 641238**
- Fabian Way **01792 474592**
- For information visit ***www.swansea.gov.uk*** click on "Park and Ride" or E-mail: tsreception@swansea.gov.uk

Coach

- National Express **08705 808080, *www.nationalexpress.com***

This Travel Map has been developed in partnership with Sustainable Swansea. There is also a Swansea Green Map available providing you with information on local sites, projects and facilities that will help you choose more sustainable ways of living.
Interactive version available soon at www.sustainableswansea.net

The Travel Map is available in Welsh upon request.

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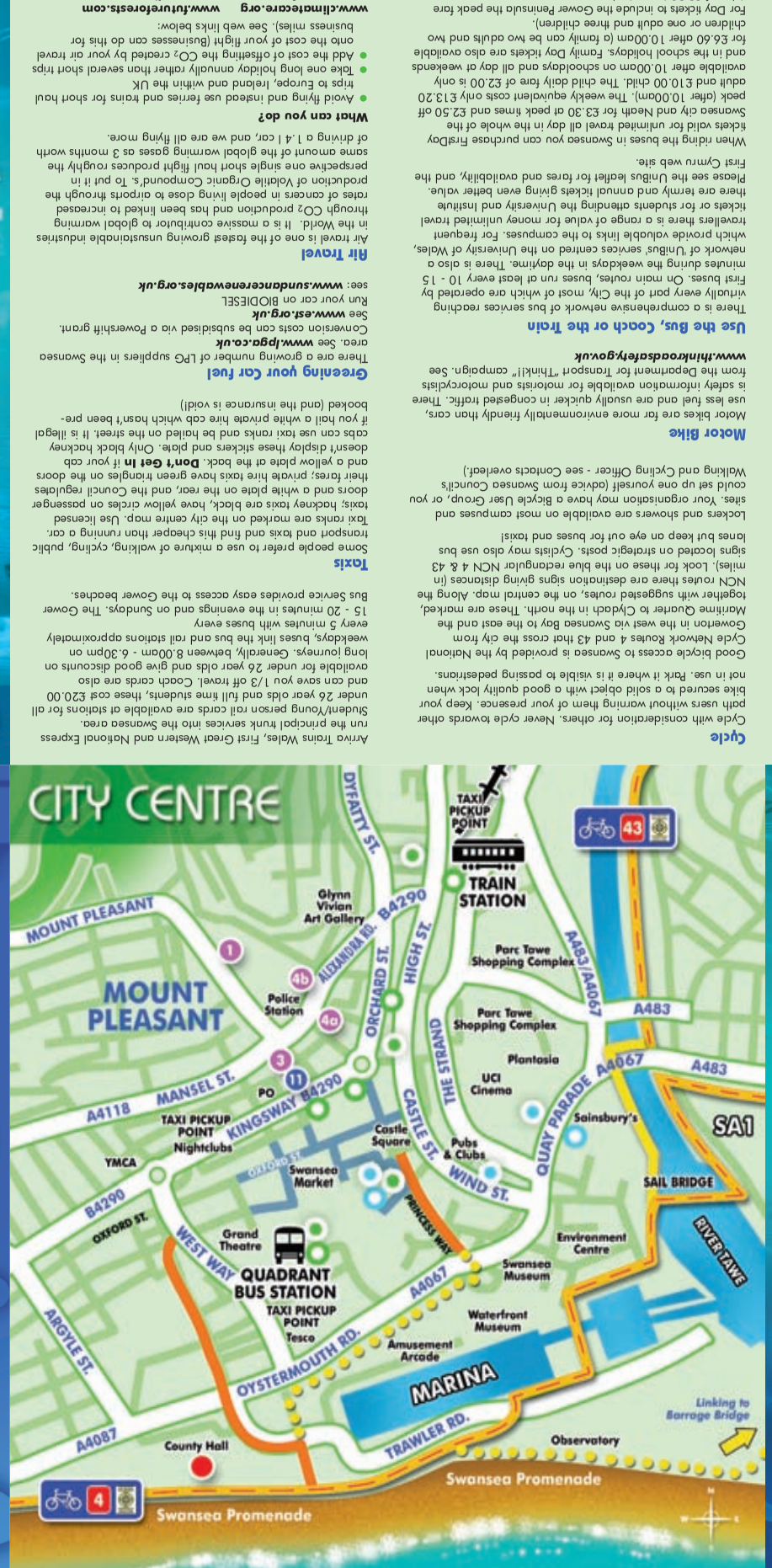
Swansea Bay ALTERNATIVE TRAVEL MAP for Sustainable Transport

Produced in partnership between:
City and County of Swansea • First Cymru • Sustainable Swansea • Sustrans Swansea College • Swansea Institute • Swansea Green Map • Swansea NHS Trust Swwitch • Traveline Cymru • University of Wales Swansea • Wheelrights



CITY CENTRE MAP SYMBOLS KEY

Swansea Institute of Higher Education
1 Mount Pleasant Campus
3 Dynevor
4a Alexander Road
4b BBC Building

Swansea College
11 Kingsway Centre

PARK & RIDE BUS STOPS

- LANDORE - *where to get OFF*
- LANDORE - *where to get ON*
- FABIAN WAY - *where to get OFF*
- LANDORE - *where to get ON*

CYCLE ROUTES

- NCN Routes 4 and 43
- Pedestrian/cycle path
- Pedestrian zone
- Recommended on-road cycle route
- Planned cycle route

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