



## Cross and Bury Green Cheshunt, Waltham



### 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](http://www.sustrans.org.uk)

In Hertfordshire Sustrans' Connect2 is a partnership between



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## 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](http://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.

## Cheshunt, Waltham Cross and Bury Green walking and cycling network

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

Cheshunt, Waltham Cross and Bury Green are home to a wealth of amenities, leisure facilities, entertainment, retail and history within a relatively short distance. The new routes are part of a greater network of cycling and walking routes that allows you to travel around the area safely and pleasantly. This map also displays bus routes and stops to enable you to link into journeys where you need to travel further afield.

The Paul Cully bridge and linking new walking and cycling paths form a vital link re-connecting the three communities of Cheshunt, Bury Green and Waltham Cross while also providing an essential safe passage for students attending St Mary's High School. The busy A10 stopped people from cycling and walking from one side of the borough to the other. Opening up the new routes now provides a safe and attractive environment for people to walk and cycle for their everyday journeys.

## Connecting your journey

### Walking and cycling



**Sustrans.** Browse, download and create online maps of local walking and cycling routes. Also find out more about the Connect2 project.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

Tel: 0845 113 0065

**Herts County Council.** The Council's dedicated information page for cycling in your county.

[www.hertsdirect.org.uk/cycleweb](http://www.hertsdirect.org.uk/cycleweb)

**Broxbourne Borough Council.** Information on public rights of way in the Borough and the A10 footbridge project, which aims to encourage walking and cycling [http://www.broxbourne.gov.uk/transport\\_and\\_streets.aspx](http://www.broxbourne.gov.uk/transport_and_streets.aspx)

### Bus and coach



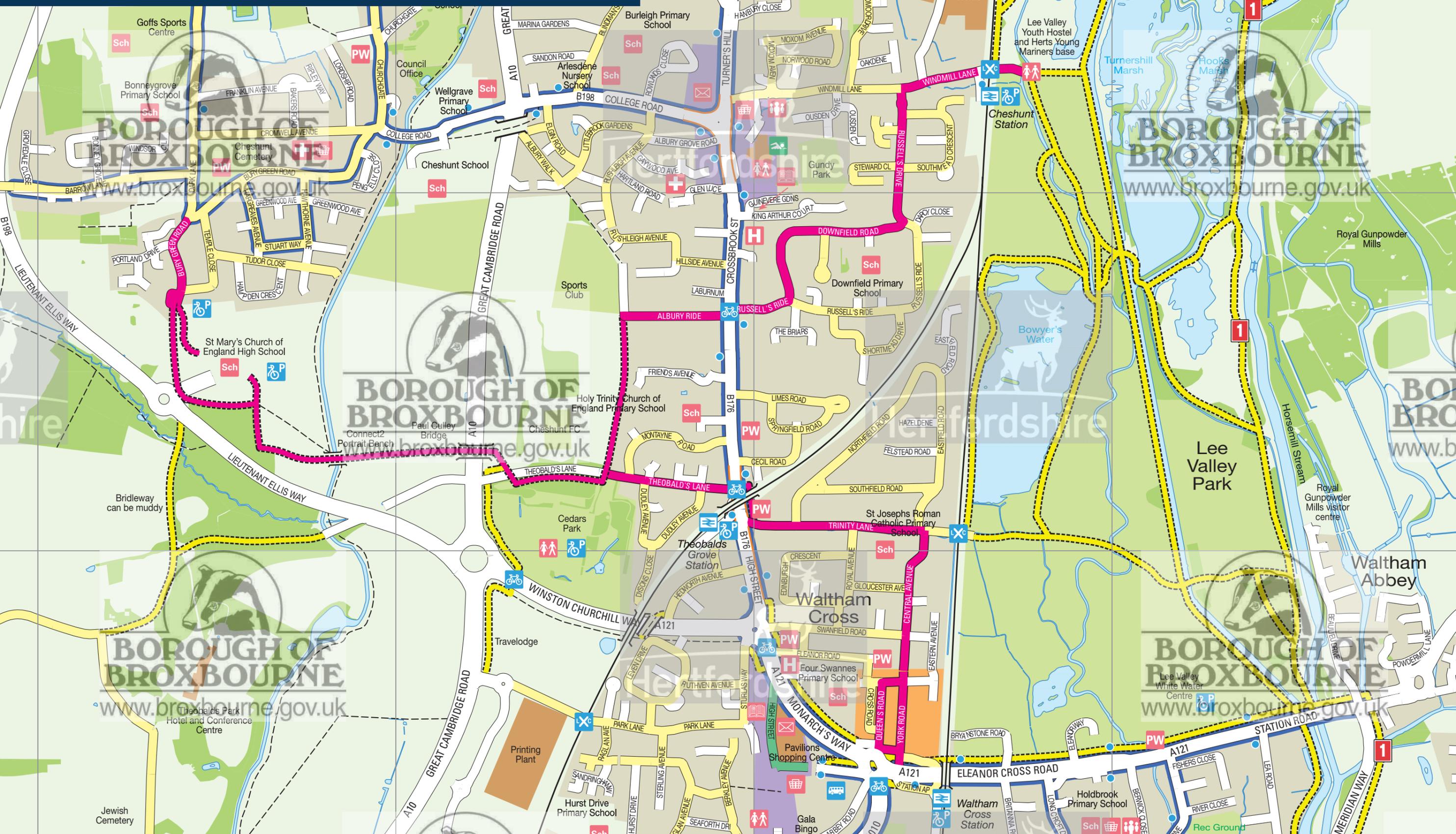
**Bus timetables** <http://www.intalink.org.uk/>

### Train



**Rail timetables** <http://www.nationalrail.co.uk/>

# Cheshunt, Waltham Cross and Bury Green



	New route for 2011		Pedestrianised area		Hospital (non A&E)		Bus station
	Traffic-free cycle route		School		Library		Level crossing
	Advisory cycle route		Shops		Post office		Leisure centre
	Bus route		Place of Worship		Cycle parking		National Cycle Network route numbers
	Footpath		Community Centre		Train station		Toucan crossing
	20 mph zone		GP Surgery		Bus stop		
	Town centre area		Public toilets				

This map has been designed to fold and fit in your pocket.



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