

THE GATEWAY, BEXHILL-ON-SEA

NEWSLETTER



Welcome to the Spring edition of The Gateway Sustainable Travel Newsletter!

Read on to find out what is happening in your local area and to find out about the various travel options available to you.

If you would like to contribute to future issues or provide us with any feedback, please email us at: travelplans@stuartmichael.co.uk.

The **Hastings Parkrun** event takes place every Saturday at 9am and you can register for free! Whether you complete the 5k, volunteer or spectate, it is the perfect way to enjoy the outdoors and improve your mental and physical wellbeing.

For more information, visit:

www.parkrun.org.uk/hastings/

● ENJOYING THE OUTDOORS THIS SPRING

As the cold winter air begins to give way for milder, longer days, there are plenty of opportunities to enjoy the outdoors in Bexhill-on-Sea.

The **Bexhill-on-Sea to Hastings** out-and-back trail is a 20.9km route stretching along the coast. It takes approximately 4 hours and 15 minutes to complete, but a train service between Bexhill-on-Sea and Hastings is available if you fancy a shorter walk or run along this picturesque route.

Alternatively, the **Egerton Park and Channel View Circular** is an easier route, a 3.2km loop through Egerton Park in the heart of Bexhill-on-Sea and along the promenade. The loop takes approximately 40 minutes to complete and is suitable for all ages.

For more information, and for other walking routes in Bexhill-on-Sea, visit:

www.alltrails.com/en-gb/trail/england/

● PUBLIC TRANSPORT

The nearest bus stop to your home is **Glovers House Bus Stop** on the A2691, Mount View Street, approximately 750m from your home. This bus stop is served by bus services operated by Stagecoach Buses and provide regular services around Bexhill-on-Sea and to surrounding areas such as Hastings and Eastbourne.

For the latest timetables, please visit:

www.stagecoachbus.com/

You can buy mobile tickets, plan your journey and receives service updates by downloading the Stagecoach Bus App, available on Android and iOS.

Your nearest station is **Bexhill Railway Station**, which is , approximately a 30 minute walk or 10 minute cycle from your home. Bexhill Railway Station offers regular services to Ashford International, Eastbourne, Brighton, Ore, London Victoria and more.

For more information visit:

<https://www.nationalrail.co.uk/stations/>

WHY NOT SHARE YOUR CAR JOURNEY?

Car-sharing is an efficient, eco-friendly alternative way of travelling. **East Sussex Car Share** (powered by **Liftshare**) provides a website and mobile app to share your car journeys and view others. This allows you to save money and avoid hassle, as well as helping cut down greenhouse gas emissions.

For more information visit:

www.liftshare.com/uk/search/ or

www.liftshare.com/uk/community/eastsussex/carshare



● CYCLING THIS SPRING

Check your bike: Give it a check over to make sure everything is still screwed tightly and that the tread on the tyres aren't too worn. Pump them up to the correct pressure so you're prepared for whatever comes your way.

Get your gear on and light up: People may see your bike by now but they might not see you. Accessorise yourself, put on your reflective gear, helmet, appropriate shoes, sunglasses and gloves. Make sure your bike has appropriate lights and reflectors when riding in the dark.

The **Bexhill Wheelers & Classic Cycle Group** are a small, social cycling group, and run weekly rides for people of all ages and abilities.

For more information, visit:

www.bexhillwheelers.org.uk

