

LIBERTY PLACE, HAILSHAM

NEWSLETTER



Welcome to the Autumn edition of the Liberty Place 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.



● WHAT'S ON THIS AUTUMN

There is loads on for all the family this Autumn in and around Hailsham. Whether you have a passion for arts and crafts, exercise, coffee mornings, food or dogs there is something for you. Hailsham FM have compiled a list of upcoming events which can be accessed via the following link:

<https://www.hailshamfm.com/events>

Drop by the **Market and Car Boot Sale** every FRIDAY at **Hailsham Cattle Market** to pick-up a variety of items looking for a new home.

As the leaves turn orange explore the woodland trails, spot some wildlife, and take take in the scenery at **Abbots Wood** nature reserve. They even host a parkrun every Saturday! To register please visit:

<https://www.parkrun.org.uk/abbotswood/>

● STAYING ACTIVE THIS AUTUMN

There are plenty of walks in and around Abbots Wood, including a 12.2km circular walking route that starts and ends at South Road Car Park. The route takes approximately 3 hours to complete and joins the Cuckoo Trail.

The Cuckoo Trail is part of the National Cycle Network (route 21) and is a former railway that is now a 16.8km footpath and cycleway. The route takes you through woodland, open grassland and pasture, with plenty of wildlife to spot along the way!

For more information and other walks, visit:
www.alltrails.com/en-gb/england

The Eastbourne Rovers Cycling Club welcomes people of all abilities to their social, racing and touring group rides around the Sussex countryside. For more information visit:
www.eastbournrovers.club/



● PUBLIC TRANSPORT

Your nearest bus stop is the **Greenwich Road Bus Stop**, on Greenwich Road. On Mondays, Wednesdays, Fridays and Saturdays, hop on the H1 bus to Berwick Station via Hailsham High Street. The bus stops located along Hailsham High Street are operated by Stagecoach South East, Cuckmere Buses and Brighton & Hove Buses, and provide services to Brighton, Eastbourne, Berwick, Lewes and more - offering an easy and fun day out!

Your nearest railway station is **Polegate Train Station**, a 22 minute cycle ride away along the National Cycle Network Route 21. The station offers services to Hastings, Brighton, Eastbourne, London Victoria and London Gatwick Airport.

For more information on train times and ticketing visit:
www.nationalrail.co.uk/stations/polegate/

Visit your Travel Plan Coordination Hub for up-to-date public transport information, walking and cycling routes and much more!



WHY NOT SHARE YOUR JOURNEY?

Car-sharing is an efficient, eco-friendly alternative way of travelling. **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/community/eastsussexcarshare

In addition, **Flexibus** covers 90% of East Sussex, connecting you with your local area and the wider transport network. This on-demand service can take you anywhere you need to go along routes not already served by public transport within a 14-mile radius of your pick-up point.

For more information, go to:
www.eastsussex.gov.uk/roads-transport/public/buses/flexibus