

MONTEM SQUARE

NEWSLETTER



Welcome to the Summer edition of the Montem Square 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.



● ENJOYING THE OUTDOORS THIS SUMMER

The **Black Park Circular** is a 5.8km walking route, which takes approximately 1 hour 30 minutes to complete and is suitable for all ages. The route contains a café, a park and toilets.

For more information and other walks, visit:

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

Alternatively, **Windsor Castle** is just a 15 minute cycle from your home. Widely believed to be the oldest castle in the world, its rich history and idyllic setting makes it a brilliant family day out.

In addition, you can register for free for the **Upton Court Parkrun** every Saturday morning at Upton Court Park, SL3 7LX. Whether you walk, run, volunteer or spectate, this is the perfect way to take part in some physical activity and improve your overall wellbeing.

For more information, go to:

www.parkrun.org.uk/uptoncourt

● PUBLIC TRANSPORT

Your nearest bus stop is **Windmill Road Bus Stop**, on the A4 Bath Road, just a 3 minute walk from your home. These bus stops are served by several bus services operated by First Bus, Carousel Buses and Thames Valley Buses, with regular services around Slough and to Cippenham, Heathrow Airport, Maidenhead, High Wycombe and London Blagrove Street.

For the latest timetables, please visit:

www.firstbus.co.uk

www.carouselbuses.co.uk

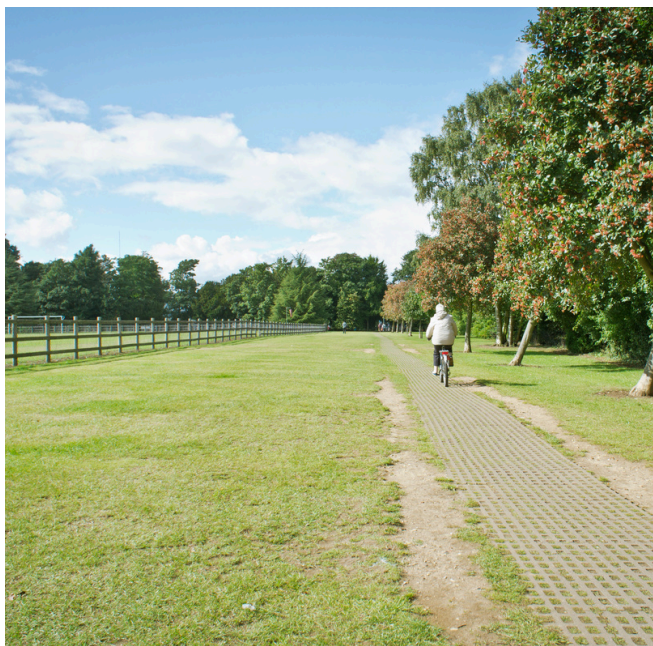
www.thamesvalleybuses.com

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

Your nearest railway station is **Slough Railway Station**, which is a 20 minute walk or 6 minute cycle east of your home. Slough Railway Station offers regular services to Reading, Abbey Wood, Didcot Parkway, Windsor & Eton Central, London Paddington and Maidenhead.

For more information visit:

www.nationalrail.co.uk/stations/slough



CYCLING THIS SUMMER

There are many places in Slough where you can buy new and used bicycles, often for very reasonable prices. Initiatives like Sue Ryder, Freecycle and Gumtree often stock second hand bikes, whereas Halfords and Decathlon provide new bikes.

For further information, go to:

www.slough.gov.uk/cycling

If you wanted to find some local cycling routes, the **Cyclers** app is a great place to start. Slough has a huge cycling route network, spanning 1820km and boasting diverse landscapes including 539km through natural areas, 139km along waterways, and 7km through hilly terrains. Altitudes vary from 13 to 115m, offering a variety of challenging routes and scenic views. To find a route, download the free Cyclers app!

