

Sturt Farm



Summer 2024

Welcome to the Winter edition of the Sturt Farm 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.

Adapting your travel behaviours

Our Newsletters are here to provide you with information regarding what is going on in your local area, how you can reduce your impact on the environment through travel adaptations, and how you can get out to do some physical exercise! This Summer edition provides up-to-date information on your local public bus services and train services and also gives you some ideas for having fun outdoors even in the cold.

In the UK, we have become very reliant on our cars for getting around. Green House Gas emissions from transport accounts for 27% of the UK's total emissions. That is more than any other sector! Reducing your travel by car, and instead, increasing your travel on foot, by bicycle or public transport, you can do your part to reduce the country's environmental impact.

On your feet

Walking and Cycling are great ways to boost your health, fitness and well-being. It is recommended that the average adult should do 30 minutes of exercise 5 times per week. Walking or cycling to work, the shops or school is an easy way to achieve this target.

Walking and cycling also offer a cheaper alternative to a monthly gym membership!

Alternatively, Healthy Walks are free-led walks which aim to encourage all ages to get outdoors and increase activity. To find out about walks taking place in your local area, visit: <https://www.haslemere.com/vic/walks.html>.

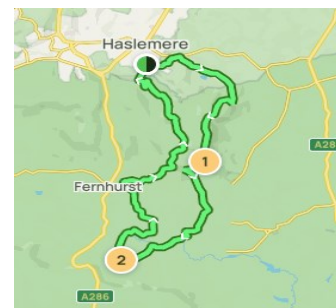
Walking and Cycling have great personal health and fitness benefits:

- Lower risk of heart disease, high blood pressure and diabetes
- Stronger bones
- A strengthened immune system
- Better weight management
- Increase energy levels
- Enhanced self-esteem
- Better sleep



Haslemere via Barfold and Verdley Woods Circular

This 20.9-km circular trail near Haslemere, Surrey offers really lovely panoramic views, steady trail and woodlands galore taking in a variety of natural and historic sights. While exploring the forest, explorers will have the opportunity to interact with local fauna and flora, enjoying the benefits of reconnecting with nature. The views are breathtaking, and there is a little something for everyone.



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Public Transport:

Bus services in your local area are operated by Hoppa. The 504 bus service operates 2 services on Tuesday and Thursday from Sun Brow road Bus Stop, an approximate 5-minute walk from your home, providing connections to Shottermill and Beacon Hill for your next day out.



Real time bus information can be accessed on the 'My Trip' Mobile app. It is also possible to download mobile tickets and view timetables from the app. Download from the App Store on Apple or Android by searching 'My Trip'.



New to the app? Head to <https://mytrip.today/> for information on how to download and use app.



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The government £2 bus fare cap is extended until December 2024 on selected bus services and routes as announced by the Prime Minister on 4th October 2023. For more information and guidance visit: <https://www.gov.uk/>

Keep Cycling in the Summer:

As the weather starts to get warmer, it is the perfect time to get on your bike! You'll continue to save money every time you choose your bike over alternative transport. You'll still travel quicker and more efficiently in urban areas than other commuters, and have more predictable journey times.

Use websites such as 'Map My Ride' and 'CycleStreets' to plan your route. Whether it's a weekday commute or a weekend leisurely cycle, there are lots of beautiful rides on offer.



Getting outside in the fresh air regularly is good for your mental health too. Plus you'll experience the slow change of the seasons first hand. As well as gloomy days there will be crisp, clear sky ones that beg to be experienced by bike.

Being a safe cyclist

This is the perfect opportunity to get back on your bike, or to start riding. To be a safe cyclist, there are a few key things that you should remember;



- Make sure you have water with you. Cycling is a great form of exercise but can be tiring, so make sure to carry fluids with you.
- Check your bike regularly for signs of wear and get it fixed if needed. Most bicycles are easily maintainable at home and some basic checks, such as making sure tyres are pumped up and the brakes work properly, will keep your bike in good condition.
- Read up on cycle safety. If you are cycling on the road, you need to use the appropriate hand signals and stick to the correct side of the road. Make sure your bike has reflectors and/or lights and that you have a helmet.

For further advice on how to stay safe why cycling, why not visit: <https://www.think.gov.uk/cycle-safety/>

For those who are looking for other people to cycle with, make sure you check out the local club finder at: www.britishcycling.org.uk/clubfinder

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