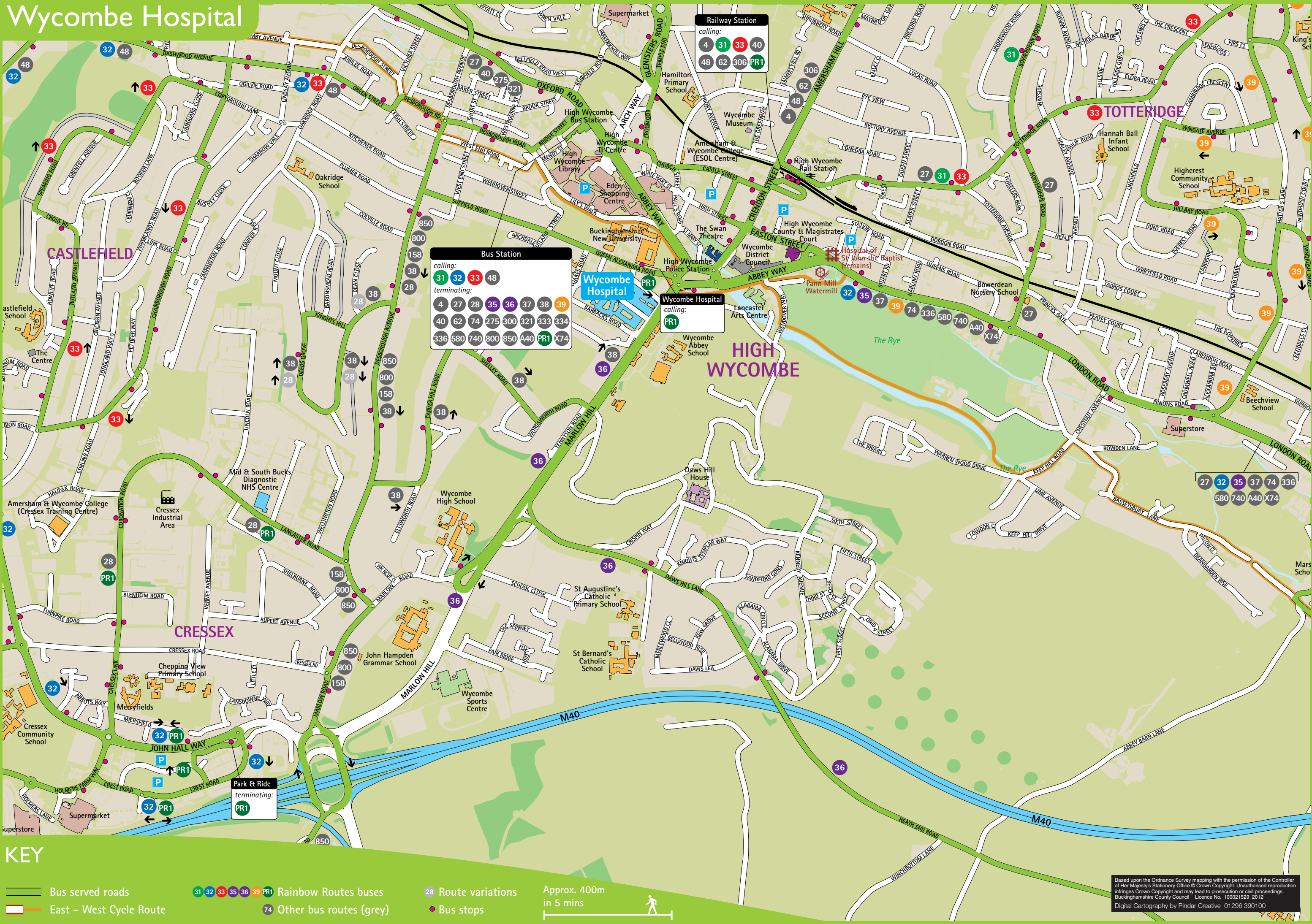


Wycombe Hospital



Railway Station
calling:
4 31 33 40
48 62 306 PR1

Bus Station
calling:
31 32 33 48
terminating:
4 27 28 35 36 37 38 39
40 62 74 275 300 321 333 334
336 580 740 800 850 A40 PR1 X74

Wycombe Hospital
calling:
PR1

Park & Ride
terminating:
PR1

KEY

- Bus served roads
- East - West Cycle Route
- 31 32 33 35 36 39 PR1 Rainbow Routes buses
- 74 Other bus routes (grey)
- 28 Route variations
- Bus stops

Approx. 400m
in 5 mins

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Catch the Bus



Catching the bus is a great way of getting to Wycombe Hospital. The Park & Ride offers free parking and the buses run up to every 20 minutes between the car park at Cressex, Wycombe Hospital and the bus station. The Park & Ride bus stops directly outside the hospital on Queen Alexandra Road.

All other bus routes in High Wycombe serve the bus station which is a 10-15 minute walk away from the hospital.

Areas within High Wycombe town are served by the Rainbow Routes network www.rainbowroutes.co.uk This is a colour coded network of regular bus services running between the town's estates and the town centre.

There are also great links for those travelling further afield, with regular services to Amersham, Chesham, Aylesbury, Reading, Marlow, Uxbridge, Hemel Hempstead, Watford and Slough. Timetables for all High Wycombe's services can be found on the buses and trains pages at www.buckscc.gov.uk/transport

Alternatively why not track your bus's journey in real time. nextBus tracks your bus's journey providing real time information to your pc or mobile phone. For live departure times via your pc please see www.nextbus.travel or on your mobile www.nextbuses.mobi



Cycling



Don't live life behind a window, get on your bike and seek out a side of Buckinghamshire that you would never see by car. Cycling is fun and a great way to stay fit and healthy so why not get on your bike and discover some of our hidden treasures along the way!

Buckinghamshire offers a huge variety of cycling opportunities within a tranquil, rural landscape. From the high spots of the Chilterns and the Icknield Way in the south, to the Vale of Aylesbury in the north, you will find picturesque villages, quiet lanes, steep climbs, peaceful canal towpaths, stately homes and also busy, cycle-friendly towns.

To download information on cycle routes, cycle safety, games, competitions and the latest events and cycle training log on to www.cycleaylesbury.co.uk

The following websites will also give you inspiration:

www.sustrans.org.uk www.britishcycling.co.uk www.goskyride.com

Catch the Train



High Wycombe Station is located in the town centre, a 10-15 minute walk from Wycombe Hospital. Frequent trains operate south to the centre of London, stopping at several towns along the way, including Beaconsfield and Gerrards Cross. Trains are also available north to Birmingham calling at towns along the way such as Princes Risborough, Bicester, Banbury and Warwick.

These trains are run by Chiltern Railways. To find out times or purchase tickets go to www.chilternrailways.co.uk

If you are planning a journey further afield please go to www.nationalrail.co.uk or call **08457 48 49 50**

Walking



Walking is a fantastic way to get, and stay, healthy. Because it's easy to fit into everyday life, people who walk tend to keep it up and therefore help to improve their health.

Walking is free and does not require any special equipment, just some comfortable shoes and perhaps an umbrella. Here are some tips to help include walking in your daily routine:

- Stretch your legs during your lunch hour
- Join your local walking group

High Wycombe has recently been mapped on the website www.walkit.com Using the site you will be able to get a route map between any two points in High Wycombe so why not plan your walking route to Wycombe Hospital? Information you will get about your journey includes journey time, calorie burn, step count and carbon saving.

Car Sharing



Car sharing refers to two or more people sharing their vehicle. It is a great way to help you:

- Save money on petrol, parking and wear and tear on your car
- Relieve the stress of driving
- Reduce congestion on the county's roads
- Reduce your carbon footprint

Why not find out if your friends, family or colleagues are making similar journeys to you? If none of them are, you could join Bucks CarShare at www.bucksarshare.co.uk

By joining Bucks CarShare you are able to register regular or one off journeys so why not register your journey to the hospital to see if there is anyone travelling the same way?

With over 1,700 members already signed up to car sharing there are plenty of partners available to be matched with.

Traveline

Whether travelling locally or further afield Traveline can help you plan your journey.

It has up-to-date details of every local bus, coach and train in the country just call **0871 200 22 33*** or go to www.travelinesoutheast.org.uk

*Calls cost 10p



Bus Frequencies

Bus serving Wycombe Hospital

park&ride PR1 Cressex Park & Ride - High Wycombe

Cressex Park & Ride site - Cressex Business Park - Wycombe Hospital - Rail Station - Bus Station

Monday to Saturday up to every 20 minutes.
No service on Sundays.

Operated by Arriva

High Wycombe to Amersham Hospital

4 High Wycombe - Chesham

High Wycombe - Terriers - Hazlemere - Holmer Green - Amersham - Chesham

Monday to Friday up to every 20 minutes.
Saturday up to every 30 minutes.
Sunday up to every 75 minutes.

Operated by Carousel Buses

62 High Wycombe - Pond Park

High Wycombe - Terriers - Hazlemere - Holmer Green - Amersham - Chesham - Pond Park

Monday to Friday up to every 20 minutes.
Saturday up to every 30 minutes. No service on Sunday.

Operated by Arriva

High Wycombe to Stoke Mandeville Hospital

300 High Wycombe - Aylesbury

High Wycombe - Hughenden Valley - Naphill - Walters Ash - Princes Risborough - Little Kimble - Stoke Mandeville - Aylesbury

Monday to Friday up to every 15 minutes.
Saturday up to every 20 minutes.
Sunday up to every hour.

Operated by Arriva

321 High Wycombe - Aylesbury

High Wycombe - Bradenham - Saunderton - Princes Risborough - Butlers Cross - Stoke Mandeville - Aylesbury

Monday to Friday up to every 2 hours. No service at weekends.

Operated by Redline

All bus frequencies and routes up to date from 31st July 2012
For full timetables please see the buses and trains page at www.buckscc.gov.uk/transport



Travel to Wycombe Hospital



Scan the code on the left using your phone's QR code reader to link straight to www.buckscc.gov.uk/transport for service information



For further information contact traveline or visit www.buckscc.gov.uk/transport

Transport for Buckinghamshire
Buckinghamshire County Council
County Hall, Walton Street, Aylesbury
Bucks HP20 1UY
t: 0845 230 2882 w: www.buckscc.gov.uk/transport

