

Travel to Aylesbury Town Centre



Catch the Bus

Catching the bus in Aylesbury couldn't be easier. All routes call at the Bus Station in the centre of town, while many call at the Railway Station and High Street too. Areas within Aylesbury town are served by the Rainbow Routes network www.rainbowroutes.co.uk This is a colour coded network of buses running on average every 15-20 minutes between the town's estates and the town centre.

There are also great links for those wishing to travel further afield, with services every 20 to 30 minutes to Oxford, Milton Keynes, High Wycombe, Watford and Wendover.

Timetables for all Aylesbury services can be found on www.buckscc.gov.uk/transport

Alternatively why not track your bus's journey in real time. Live departure times can be accessed via sms, mobile internet or online. Go to www.nextbus.travel to find out more.



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. Get your 30 minutes of exercise a day wherever you are.

- Why not:**
- Park in a car park outside of town and walk a bit further into the office
 - Stretch your legs during your lunch hour
 - Get off the bus (or train) one stop early and walk the last part of your journey
 - Join your local walking group

Walking can help to improve the environment. Visit www.walkit.com the urban walking route planner - get a route map between any two points. This information will include your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

Car Sharing

Sharing your car journey will save you money, help relieve the stress of driving, and also help to reduce congestion on the county's roads.

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 on www.bucksarshare.co.uk With over 1,600 members already signed up to car sharing there are plenty of partners available to be matched with.

Sharing your car just once a week will help to reduce your carbon footprint by 20%!

Cycling

Don't live life behind a window, get on your bike and seek out a side of Aylesbury that you would never have seen by car.

The Gemstone cycle routes are safe, mostly off road and easy to cycle with family and friends, on the commute or for leisure. The routes connect residential areas in Aylesbury with the town centre, attractions and amenities, and there is plenty of cycle parking available.

Cycling is fun and a great way to stay fit and healthy so why not get on your bike and discover some of Aylesbury's hidden treasures along the way!

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



Catch the Train

Aylesbury has two railway stations: Aylesbury Station, located in the town centre, and Aylesbury Vale Parkway to the north west of the town. Frequent trains operate between these stations and the centre of London, stopping at several locations along the way, including Stoke Mandeville, Wendover, Great Missenden and Amersham.

Trains are also available from Aylesbury Station to Princes Risborough where you can connect with services going to High Wycombe, Bicester North and Birmingham.

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.

Remote Working

You could save yourself some valuable time, money and also help the environment by trying alternatives to travel.

Think about whether it is actually necessary to make your journey by considering other options such as working from home, teleconferencing, or shopping online.

If any of these options are possible for you, why not give them a try!



Bus Frequencies

All bus frequencies and routes up to date from 1st October 2011

silverrider 1 Fairford Leys - Aylesbury	blue route 2 Haydon Hill - Aylesbury	orange route 3 Haydon Hill - Aylesbury	green route 4 The Coppice - Aylesbury - Walton Court
5 Haydon Hill - Tesco Broadfields - Aylesbury	6 Watermead - Aylesbury	7 Buckingham Park - Aylesbury - The Willows	8 Aylesbury - Waddesdon - Bicester
9 Bedgrove - Aylesbury - Stoke Mandeville Hospital	10 Aylesbury - Worminghall	11 Aylesbury - Oakley/Upper Winchendon	12 Aylesbury - Great Horwood
13 Aylesbury - Walton Court	14 Aylesbury - Newton Longville	15 Aylesbury - Leighton Buzzard	16 Aylesbury - Milton Keynes

17 Aylesbury - High Wycombe	18 Aylesbury - Watford	19 Aylesbury - Chesham	20 Aylesbury - Oxford
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21 Aylesbury - Watford	22 Aylesbury - Watford	23 Aylesbury - Watford	24 Aylesbury - Watford
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Transport for Buckinghamshire
Buckinghamshire County Council
County Hall, Walton Street, Aylesbury
Bucks HP20 1UY
t: 0845 230 2882 w: www.buckscc.gov.uk/transport

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

