

# Catch the Bus

Catching the bus in High Wycombe couldn't be easier. All routes call at the Bus Station in the town centre within Eden Shopping Centre, while many call at the Railway Station and Oxford Street too. Areas within High Wycombe town are served by the Rainbow Routes network [www.rainbowroutes.co.uk](http://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 wishing to travel further afield, with regular services to Amersham, Chesham, Aylesbury, Reading, Marlow, Uxbridge, Heathrow Airport, Watford and Slough.

Timetables for all High Wycombe's services can be found on: [www.buckscc.gov.uk/travelinfo](http://www.buckscc.gov.uk/travelinfo)

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](http://www.nextbus.travel) or on your mobile [www.nextbuses.mobi](http://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.

For information on cycle routes, cycle safety, the latest events and cycle training, visit [www.buckscc.gov.uk/cycling](http://www.buckscc.gov.uk/cycling)

The following websites will also give you inspiration:

- [www.sustrans.org.uk](http://www.sustrans.org.uk)
- [www.britishcycling.co.uk](http://www.britishcycling.co.uk)
- [www.goskyride.com](http://www.goskyride.com)

*It's better by bike!*

Map

# 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](http://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.

## Simply Walk

Fancy walking and improving your health, or maybe just getting out in the fresh air among friends? Sounds like you need Simply Walk! Simply Walk offers free, organised walks at over 40 locations around the County.

Visit [www.buckscc.gov.uk/simplywalk](http://www.buckscc.gov.uk/simplywalk) or call 01494 475367 for more information on where to go and how to join.

# 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.bucksccarshare.co.uk](http://www.bucksccarshare.co.uk)

With lots of 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%!

## 3 For Free parking!

Why not car share to your station? Chiltern Railway offer free parking when three people share a car and arrive at their stations (see website [www.chilternrailways.co.uk](http://www.chilternrailways.co.uk) for details) Monday - Friday between 06.00 and 09.00. Just ask the attendant for your car share voucher when driving into the car park.

# Bus Frequencies

<p><b>1</b> Chesham - High Wycombe</p> <p>Chesham Grammar/Pond Park - Chesham - Amersham - Holmer Green - Hazlemere - Terriers - High Wycombe</p> <p>Monday to Saturday up to every 15 minutes. Sunday, hourly.</p> <p>Operated by Arriva/Carousel Buses</p>	<p><b>74</b> Slough - High Wycombe</p> <p>Slough - Salt Hill - Farnham Common - Beaconsfield - Holtspur - Wycombe Marsh - High Wycombe</p> <p>Monday to Saturday up to every 30 minutes. Sunday up to every 2 hours.</p> <p>Operated by Arriva/Carousel Buses</p>
<p><b>27</b> Lance Way - High Wycombe - Cotswold Way</p> <p>Lance Way - Orchard Road - Robinson Road - Wycombe Marsh - Bowerdean - Bus Station - Cotswold Way</p> <p>5 return journeys, on weekdays. Saturday hourly between Cotswold Way and Town only.</p> <p>Operated by Vale Travel Monday to Friday Operated by Carousel Buses on Saturday</p>	<p><b>158</b> Marlow - High Wycombe</p> <p>Marlow - Marlow Bottom - Cressex - High Wycombe</p> <p>1 return journey, Monday, Tuesday, Thursday and Friday only.</p> <p>Operated by Red Eagle</p>
<p><b>28</b> Lane End - High Wycombe</p> <p>Lane End - Clayhill - Booker - Cressex - High Wycombe</p> <p>5-6 return journeys on weekdays. No service at weekends.</p> <p>Operated by Carousel Buses</p>	<p><b>275</b> Oxford - High Wycombe</p> <p>Oxford - Headington - Wheatley - Tetsworth - Aston Rowant - Chinnor - Bledlow Ridge - West Wycombe - High Wycombe</p> <p>3-4 return journeys on weekdays. No service at weekends.</p> <p>Operated by Red Rose</p>
<p><b>pinkroute 30</b> Downley - High Wycombe</p> <p>Downley - The Pastures - Hughenden Avenue, Student Village - Bus Station</p> <p>Monday to Saturday up to every 20 minutes. Sunday up to every hour.</p> <p>Operated by Arriva</p>	<p><b>300</b> Aylesbury - High Wycombe</p> <p>Aylesbury - Stoke Mandeville - Little Kimble - Princes Risborough - Walters Ash - Naphill - Hughenden Valley - High Wycombe</p> <p>Monday to Friday up to every 15 minutes. Saturday up to every 20 minutes. Sunday up to every hour.</p> <p>Operated by Arriva</p>
<p><b>greenroute 31</b> High Wycombe - Penn</p> <p>Bus Station - Rail Station - Terriers - Hazlemere - Penn</p> <p>Monday to Friday up to every 15 minutes. Saturday up to every 20 minutes. Sunday up to every hour.</p> <p>Operated by Arriva</p>	<p><b>306</b> Totteridge Drive - High Wycombe</p> <p>Totteridge Drive - High Wycombe</p> <p>2 return journeys Monday to Friday. No service at weekends.</p> <p>Operated by Carousel Buses</p>
<p><b>blueroute 32</b> Booker - High Wycombe - Mickelfield</p> <p>Booker - Sands - Dashwood Avenue - Bus Station - Wycombe Marsh - Mickelfield</p> <p>Monday to Saturday up to every 15 minutes. Sunday up to every 30 minutes.</p> <p>Operated by Arriva</p>	<p><b>321</b> Aylesbury - High Wycombe</p> <p>Aylesbury - Stoke Mandeville - Butlers Cross - Princes Risborough - Saunderton - Bradenham - High Wycombe</p> <p>Monday to Friday up to every 2 hours. No service at weekends.</p> <p>Operated by Redline</p>
<p><b>redroute 33</b> Castlefield - High Wycombe - Totteridge</p> <p>Castlefield - Dashwood Avenue - Bus Station - Rail Station - Bowerdean - Totteridge</p> <p>Monday to Friday up to every 12 minutes. Saturday up to every 15 minutes. Sunday up to every 30 minutes.</p> <p>Operated by Arriva</p>	<p><b>333 334</b> Speen - High Wycombe</p> <p>Speen - Great Hampden - Bryant's Bottom - Hughenden Valley - High Wycombe</p> <p>1-2 return journeys on weekdays. No service at weekends.</p> <p>Operated by Red Eagle</p>
<p><b>purpleroute 35 36</b> Bourne End/Flackwell Heath - High Wycombe</p> <p>35 (Wooburn Green - Bourne End evenings and Sundays only) - Flackwell Heath - Wycombe Marsh - Bus Station</p> <p>36 Bourne End - Flackwell Heath - Amersham &amp; Wycombe College - Bus Station</p> <p>Monday to Saturday up to every 30 minutes. Sunday up to every hour.</p> <p>Operated by Carousel Buses on Monday to Saturday daytime Operated by Arriva on evenings and Sunday</p>	<p><b>336</b> Watford - High Wycombe</p> <p>Watford - Croxley Green - Rickmansworth - Chorleywood - Amersham - Beaconsfield - Holtspur - Wycombe Marsh - High Wycombe</p> <p>Monday to Saturday up to every hour. No service on Sunday.</p> <p>Operated by Carousel Buses</p>
<p><b>37</b> Maidenhead/Bourne End - High Wycombe</p> <p>Maidenhead - Furze Platt - Cookham Rise - Bourne End - Wooburn Green - Loudwater - Wycombe Marsh - High Wycombe</p> <p>Monday to Saturday up to every 30 minutes from Bourne End, hourly from Maidenhead. No service on Sunday.</p> <p>Operated by Arriva</p>	<p><b>740 440</b> Heathrow Airport/Uxbridge - High Wycombe</p> <p>Heathrow Airport - Uxbridge - Denham - Gerrards Cross - Beaconsfield - Holtspur - Wycombe Marsh - High Wycombe</p> <p>Monday to Friday up to every 20 minutes from Uxbridge, hourly from Heathrow Airport. Saturday up to every 30 minutes from Uxbridge, hourly from Heathrow Airport. Sunday up to every hour.</p> <p>Operated by Carousel Buses</p>
<p><b>38</b> High Wycombe - Deeds Grove</p> <p>Bus Station - Deeds Grove - Shelley Road - Kingsley Crescent - Bus Station</p> <p>5/6 journeys on Monday to Saturday.</p> <p>Operated by Carousel Buses</p>	<p><b>800 850</b> Reading - High Wycombe</p> <p>Reading - Twyford (850 only) - Shiplake (800 only) - Henley-on-Thames - Medmenham - Danesfield - Marlow - Cressex - High Wycombe</p> <p>Monday to Friday up to every 20 minutes. Saturday up to every 30 minutes. Sunday up to every hour (800 only).</p> <p>Operated by Arriva</p>
<p><b>orange route 39</b> High Wycombe - Hicks Farm Rise</p> <p>Bus Station - Hatters Lane - Hicks Farm Rise - Hillary Road</p> <p>Monday to Friday up to every 20 minutes. Saturday up to every 30 minutes. No service on Sunday.</p> <p>Operated by Carousel Buses</p>	<p><b>park&amp;ride PR1</b> Cressex Park&amp;Ride - High Wycombe</p> <p>Cressex Park &amp; Ride site - Cressex Business Park - Wycombe Hospital - Rail Station - Bus Station</p> <p>Monday to Saturday up to every 20 minutes. No service on Sundays.</p> <p>Operated by Arriva</p>
<p><b>40</b> Thame - High Wycombe</p> <p>Thame - Towersey - Chinnor - Stokenchurch - Studley Green - Piddington - West Wycombe - High Wycombe</p> <p>Monday to Saturday up to every hour. No service on Sunday.</p> <p>Operated by Arriva</p>	<p><b>X9</b> Maidenhead - High Wycombe</p> <p>Maidenhead - St Marks Hospital - Alwyn Road - Marlow Road - High Wycombe</p> <p>Monday to Saturday up to every hour. Sunday up to every 2 hours.</p> <p>Operated by First</p>
<p><b>48 48A</b> Great Missenden - High Wycombe - Lane End</p> <p>Great Missenden - Prestwood - Great Kingshill - Widmer End - Hazlemere - High Wycombe - Sands - Lane End/Clayhill - (Stokenchurch) Sundays only</p> <p>Monday to Saturday up to every hour (48 only). 3/4 return journeys on Sunday.</p> <p>Operated by Arriva on Monday to Saturday Operated by Vale Travel on Sunday</p>	<p><b>X74</b> Slough - High Wycombe</p> <p>Slough - Salt Hill - Farnham Common - Loudwater - Wycombe Marsh - High Wycombe</p> <p>Monday to Saturday up to every hour. Sunday up to every 2 hours.</p> <p>Operated by First</p>

All bus frequencies and routes up to date from 27th April 2014  
For full timetables please see the buses and trains page at [www.buckscc.gov.uk/travelinfo](http://www.buckscc.gov.uk/travelinfo)



Travel to High Wycombe Town Centre  
April 2014

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

**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](http://www.travelinesoutheast.org.uk)

\* Calls cost 10p

[www.traveline.info](http://www.traveline.info)  
**traveline 0871 200 22 33**  
public transport info Calls cost 10p per minute plus network extras

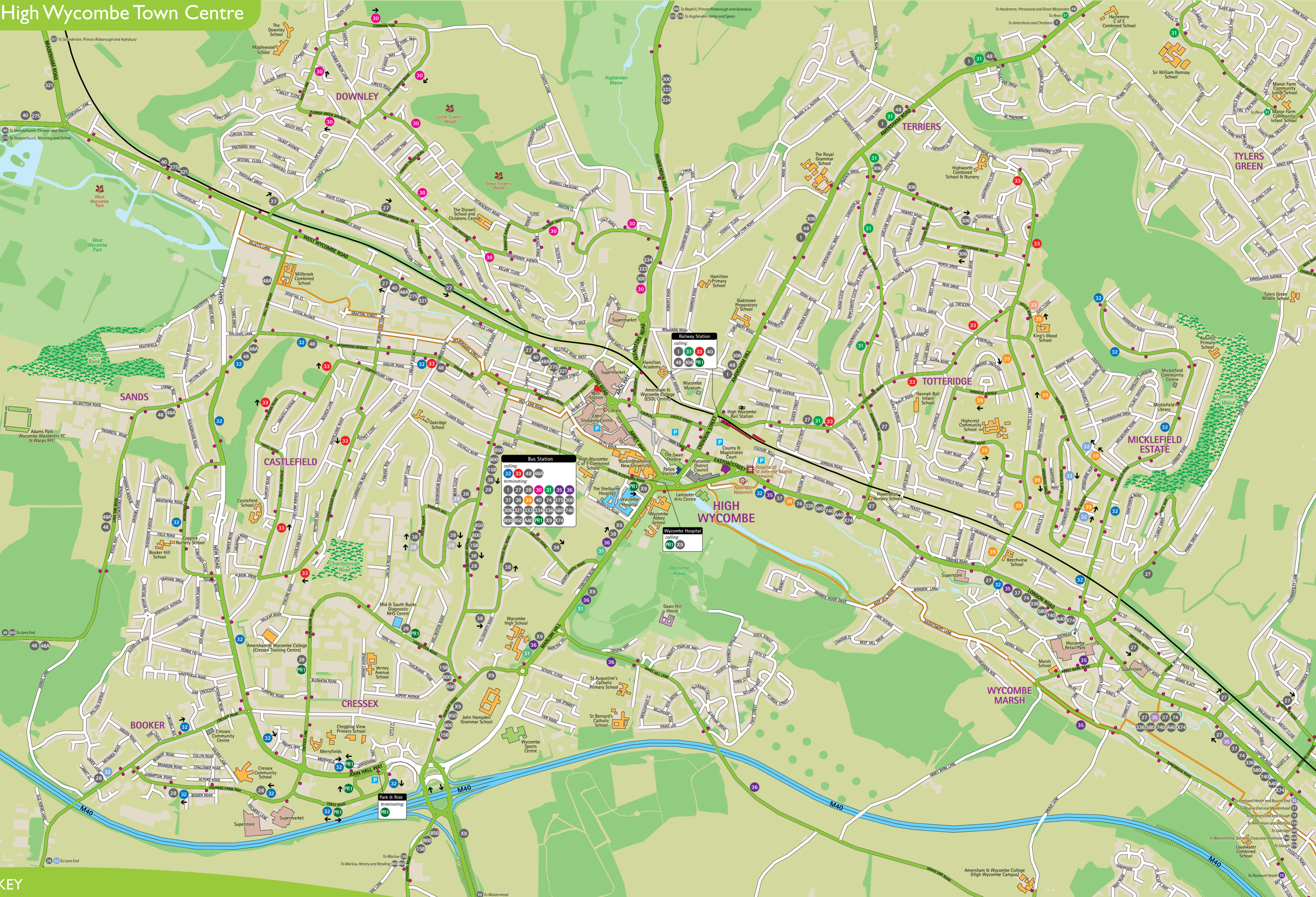
For further information contact traveline or visit [www.buckscc.gov.uk/transport](http://www.buckscc.gov.uk/transport)

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# High Wycombe Town Centre



## KEY

- Bus served roads
- ● ● ● ● ● ● ● Rainbow Routes buses
- ↕ ↕ ↕ ↕ ↕ ↕ Route variations
- — — — — — — — Other bus routes (grey)
- ● ● ● ● ● ● ● Bus stops

Approx. 400m  
in 5 mins