Welcome to Bournemouth University

BU is passionate about encouraging students, staff and visitors to think about their travel habits. This map is designed to encourage sustainable Active Travel (walking/running/cycling) to/from Bournemouth University.

**Active Travel initiatives at BU:**

- Hire a bike through the Beryl Bike bike share scheme. Go to beryl.cc for more information
- Loan of a refurbished bike with D lock for a small annual subscription fee
- Free monthly Dr Bike maintenance sessions at both campuses
- Keep your bike secure – subsidised D locks available from the SUBU shop – Talbot Campus
- Secure cycle storage, locker and shower facilities for walkers/runners/cyclists at both campuses
- For further information on cycling initiatives see: www.bournemouth.ac.uk/students/services-campus/cycling or e-mail: TPlanGroup@bournemouth.ac.uk

**Useful Active Travel contacts:**

- BU Bicycle User Group (BUBUG). Sign up for useful information including cycle news, events and promotions by e-mailing: bubug@bournemouth.ac.uk
- BU Walking User Group (BUWUG) – Join the BUWUG. Sign up for useful information about walking events, promotions and news by e-mailing: buwug@bournemouth.ac.uk
- For more information on the different active travel choices, plus free advice, guidance and support, please contact TPlanGroup@bournemouth.ac.uk

**Benefits of Active Travel:**

| Healthier: | Improves physical and mental health and wellbeing |
| Cheaper: | Reduces local pollution levels |
| Cheaper: | Lower running costs than driving |
| Smarter: | Reduces CO2 emissions, a key cause of climate change |
| Smarter: | It can be quicker to travel by bike during the rush hour |
| Sustainable: | Doesn’t burn fossil fuels |

**Active Travel Map**

Amenities Key

- Electric vehicle charging
- Cycle pump
- BU secure bicycle parking
- Residents’ secure bicycle parking
- Beryl Bike parking
- Bicycle parking hoops
- Bus stop
- Coach drop off/collection
- Bicycle access
- Dr Bike sessions
- Cycle pump
- Beryl Bike parking
- Bicycle parking hoops
- Car park entry barrier
- Parking
- Defibrillator
- Changing places facility
- Nursery
- SportBU reception
- SportBU shower facilities
- Staff shower facilities
- Ramp
- Pedestrian path
- Main reception
- Reception
- Nursery
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**Why choose to walk/run/cycle?**

Active travel is a simple, cost effective way to travel whilst simultaneously keeping fit and helping the environment. At Bournemouth University, we want to encourage and support active travel in as many ways as possible. If you live within a reasonable walking/running/cycling distance of the campus sites, why not give it a try one day a week or more?

"Taking a brisk walk (as if you are late for an appointment) for just 30 minutes a day on at least 5 days per week can help you; feel good (you will feel fitter and feel better about yourself); have more energy, reduce stress, reduce your blood pressure, manage your weight and sleep better." (NHS Inform 2020).

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**Journey planning travel in the local area**

Further routes can be found on the Bournemouth, Christchurch and Poole Cycle Map. Go to www.bournemouth.gov.uk/travelandtransport/Cycle/Area-cycle-map.pdf to download a copy. Planning your journey is easy with a range of online door-to-door route planners whether you walk, run or cycle:

- Google Maps - www.google.co.uk/maps
- Cycle Streets - www.cyclestreets.net

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**Be Safe, Be Seen**

When you are walking/running/cycling, it is important that you can be seen by drivers, cyclists and pedestrians. You should wear reflective clothing or accessories. Cyclists must have both white front and red rear lights lit in the dark.

BU encourages walkers/runners/cyclists to be aware of and courteous to other footpath/road users.

**Dr. Bike**

The university provides students and staff with a Bike Doctor Service to assist you with any bike related problems. The Bike Doctor service operates between 8.30am and 4pm on both Talbot and Lansdowne campuses on a monthly basis.

Just take your bike and student/staff ID with you. The labour is free, but any replacement parts will need to be paid for by individuals.

For more information go to: www.bournemouth.ac.uk/students/services-campus/cycling

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