

## Newtownabbey



## About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make everyday.

It's time we all began making smarter travel choices.

Make your move and support Sustrans today.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

## Good reasons to get around by foot, bike, bus or train

## For health

Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. As well as getting you from A to B, regular walking and cycling can help you burn calories, reduce cholesterol and lower blood pressure. If you take the bus, walking to the next bus stop along is a really simple way of fitting a little more activity into your daily commute.

## For the environment

We all know that our environment is under threat from the things we do. Cars currently make up 13% of the UK's total carbon dioxide emissions but on average if you take a train or coach you'll contribute six to eight times less than this and, if you walk or cycle... nothing at all! Fewer cars on the road also means a safer environment for children and a more pleasant place for everyone to enjoy.

## For you

One of the best things about getting around under your own steam is that it's really cheap. There's no car tax to pay, no need for an MOT and you don't have to worry about petrol prices. If you walk or

cycle regularly you'll save a fortune, so there'll be more cash to spend on fun things, like you!

Regular physical activity also helps improve your mood, is good for your sense of well-being and can help to improve your confidence and boost self-esteem.

By letting someone else do the driving and taking the bus or train, you'll be able to spend more time enjoying the journey, whether you're listening to music, reading a good book or having a chat with a friend, you'll be saving money and giving your own vehicle a well-deserved rest.

## Want to get around under your own steam? Sustrans can help

Visit [www.sustrans.org.uk](http://www.sustrans.org.uk) to find detailed travel maps of your local area that include walking and cycling paths, bus stops, train stations and connections to local destinations such as shops, schools, GP surgeries and sports facilities. You can also plot your own journeys to share with friends and family.

The Sustrans website also has some great tips if you're thinking about getting back on your bike or would like to go cycling with your children. Take a look at the easy rides section to find simple, safe and enjoyable cycling routes in your area, or order a free cycling information pack highlighting all the National Cycle Network routes near you.

## Newtownabbey Travel Map

This map has been developed to help you travel around Newtownabbey by foot, bike and public transport. Each grid on the map overleaf represents an average 10 minute walk or four minute cycle, showing just how quick it is to get around under your own steam.

Newtownabbey has a growing network of walking and cycling routes enabling people easier and safer access in and around the Borough by both foot and bike.

The Newtownabbey Way, part of National Cycle Network Route 93 runs from Global Point at Corr's Corner to the shores of Belfast Lough. Linking Mossley, Monkstown and Whiteabbey the greenway passes through the grounds of the Council offices at Mossley Mill and continues through Three Mile Water Park to the Monkstown shops. From here it winds its way down hill passing beneath the imposing Bleach Green Railway Viaducts and arriving at the lough shore at Whiteabbey Village.

Once at Whiteabbey the traffic free Loughshore path links to Hazelbank Park, Gideon's Green and beyond to the south and to Jordanstown Loughshore Park and its facilities to the north.

## Connecting your journey



**Sustrans.** Browse, download and create online maps of local walking and cycling routes.

[www.sustrans.org.uk](http://www.sustrans.org.uk) Tel: 0845 113 0065



Translink.

For details of local train and Ulsterbus services including timetables.

[www.translink.co.uk](http://www.translink.co.uk)

Tel: 028 9066 6630

Newtownabbey Borough Council:

Cycling:

<http://www.newtownabbey.gov.uk/pursuits/cycling>

Walking

<http://www.newtownabbey.gov.uk/pursuits/walking>

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LOTTERY FUNDED



Newtownabbey  
BOROUGH COUNCIL



sustrans  
JOIN THE MOVEMENT

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# Newtownabbey



	New route for 2012		Public toilets		Train station
	Traffic-free cycle route		Post office		Level crossing
	Advisory cycle route		Library		Bus stop
	Bus route		Café		Museum
	Footpath		Bike shop		National Cycle Network route number
	One way		Hospital		
	School		Toucan crossing		
	GP Surgery		Pedestrian crossing		

This map has been designed to fold and fit in your pocket.

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Each grid square on this map represents 1km (0.6 miles)

Approximately 10 minutes

Approximately 4 minutes

To Belfast