

Travel Guide

Welcome to teamvalleylinks.com Community Interest Company (CIC) - for those who work, learn, visit or shop on Team Valley, the Team Valley Community. We aim to provide information of real value and interest, ranging from sustainable and discounted travel to community forums and interest groups - with some excellent benefits and great local offers.

Visit our Travel Centre in the Axis Building at Maingate - pick up travel information and discuss your travel options. You can also visit our website at www.teamvalleylinks.com

How did you travel to Team Valley today?

Walking



Walking is a great way to improve health, save money and relieve stress. Visit teamvalleylinks.com walking pages to plan your journey using walkit.com. The journey planner offers you route options, and estimated walking time.

Cycling



Cycling offers a healthy and cheap alternative to the daily commute by car. If you live within 5 miles of Team Valley, you could cycle to work in less than 30 minutes. The cycling pages on teamvalleylinks.com offers links to local, regional and national cycling maps and organisations.

Bus



At peak times 45 buses per hour serve Team Valley, including the teamvalleylinks.com CIC branded Loop Service. Visit Travel Options on teamvalleylinks.com and use the Journey Planning links to find out which bus will take you to and from Team Valley.

Metro



The Metro is a fast, frequent option for your daily commute. The nearest Metro Station to Team Valley is Gateshead Interchange. From there you can easily get to Team Valley by bus.

National Rail



The nearest mainline rail station to Team Valley is Newcastle Central. From there, you can reach Team Valley by Metro and/or bus. There is a direct bus from Team Valley to the MetroCentre railway station. Visit our Travel Options on teamvalleylinks.com to help plan your journey.

Travel Tickets



Transport operators provide big discounts for regular travellers. Most operators offer their own weekly, monthly and annual tickets. Visit the Travel Options, Public Transport pages on teamvalleylinks.com to learn about saving money as you travel.

Car Sharing



Car Sharing is where 2 or more people share a car for the journey to work. Typically, sharers divide the cost of the fuel between the number of people in the vehicle, or drive on alternate days. Visit teamvalleylinks.com Car Share to sign up.

Motorcycles, Scooters and Mopeds



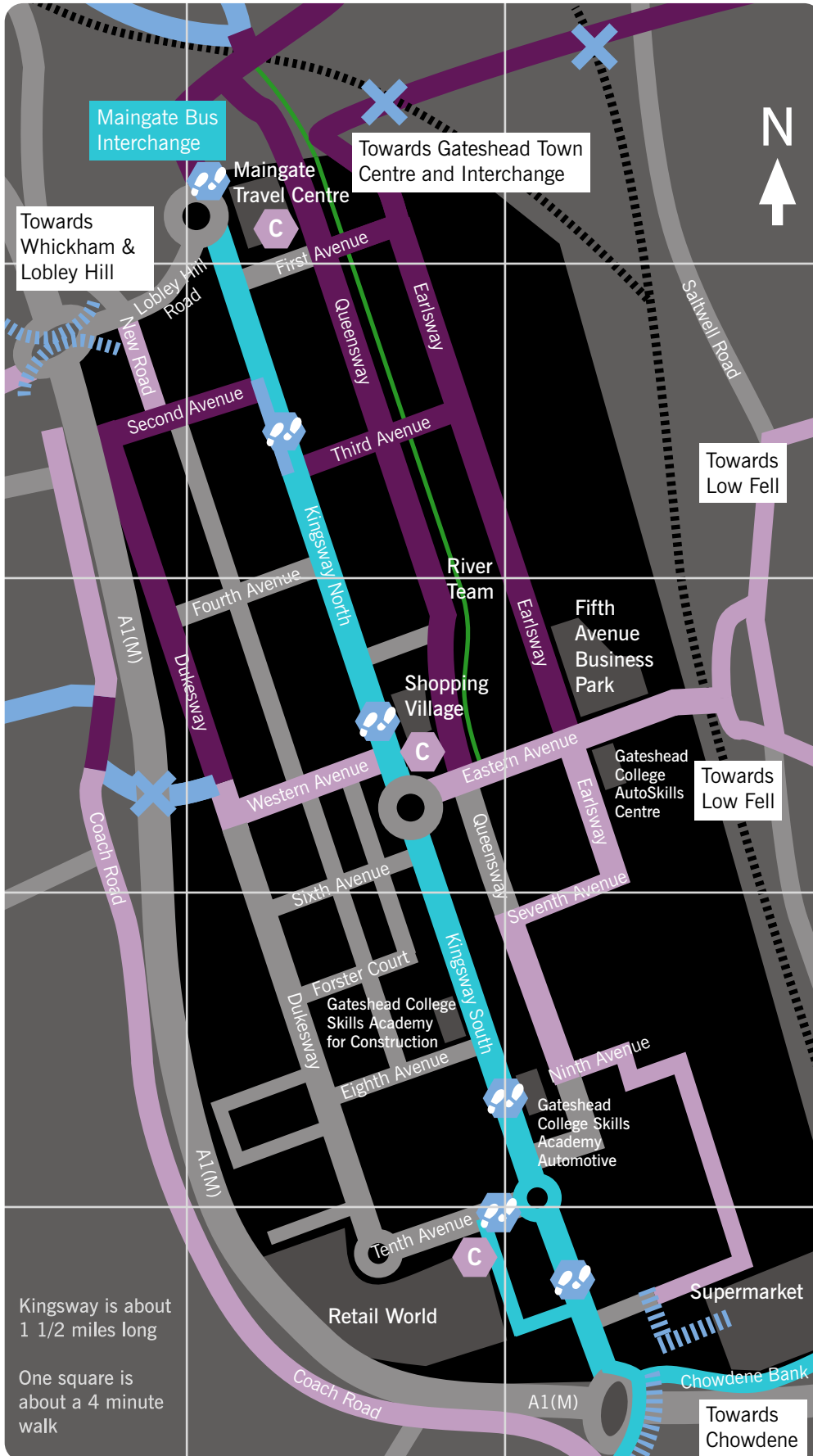
As a mode of travel, these powered 2 wheeled vehicles offer a number of benefits. They are an affordable alternative to the car, providing independence and mobility and can provide quicker travel in town and city congestion.

Air



Newcastle International Airport is located 10 miles north of Team Valley. It is served by its own Metro Station from where you can travel directly to Gateshead Interchange and on to Team Valley by bus.

A Practical Guide to Travelling on Team Valley



Key to Map

- Team Valley
- Traffic free cycle and walking path
- On road signed cycle route
- Advisory on-road cycle route
- Pedestrian and cyclist walking only route
- Pedestrian and cycle route only
- Pedestrian crossings
- Public cycle parking
- Bus route
- Railway line
- Other roads

This map is intended to show access routes for pedestrians to Team Valley. The majority of roads on Team Valley have footpaths along side.

Dropped kerbs have been installed at many crossing points and there are light controlled crossings on Kingsway and at the Maingate Bus Interchange.

The speed limit on Kingsway is 40mph. Cyclists are advised to use routes other than Kingsway on Team Valley (where speed limits are 30mph).

Kingsway is about 1 1/2 miles long

One square is about a 4 minute walk

Staff wishing to plan their journeys to work by any method of travel can visit www.teamvalleylinks.com to use an electronic journey planning service, or follow the link to various local and regional maps.

For other advice on any form of transport please contact info@teamvalleylinks.com



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