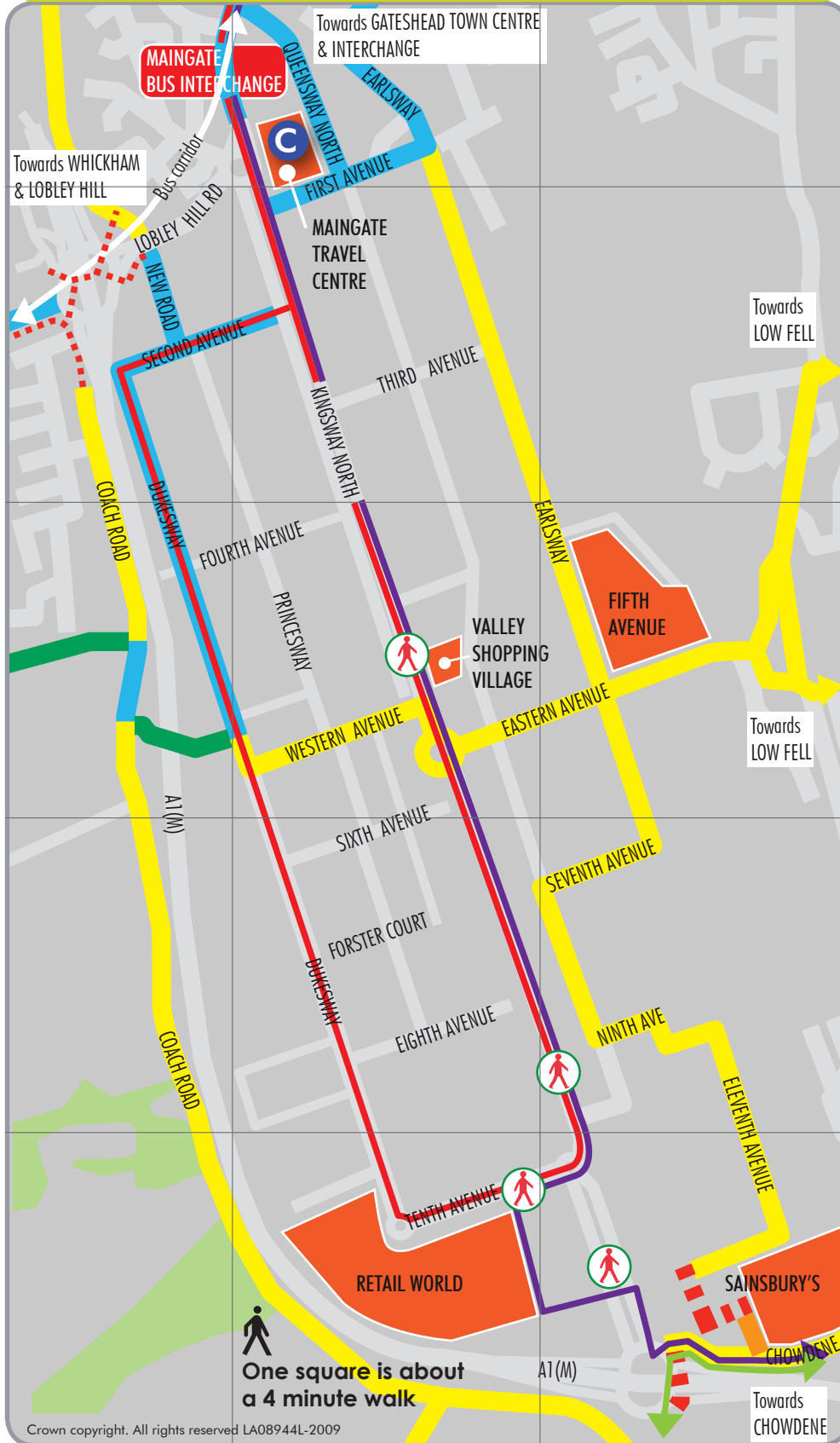


**Where is Team Valley?** Team Valley business park is in the south-west of Gateshead, just off the Lobley Hill Road, and east of the A1. This guide outlines your options for travelling to the park, but for further help click on [www.teamvalleylinks.com](http://www.teamvalleylinks.com)

## Team Valley site map and cycle routes



### Bus services to Team Valley

Service

**1** Kibblesworth - Team Valley - Gateshead - Newcastle - North Shields

**91/91A** Team Valley - Gateshead - Newcastle

**93/94** Team Valley - Gateshead - Heworth - QE Hospital - Team Valley

### Buses from Maingate Bus Interchange

Service

**69/69A** Wardley - Felling - Low Fell - Maingate - Blaydon - Winlaton(69) - Ryton(69A) - Chopwell(69A) - Blackhall Mill(69A)

**70/X70/X71** Newcastle - Gateshead - Maingate - Lobley Hill - Sunnyside - Leadgate - Consett

**95/96/97** Gateshead - Maingate - Dunston (95/96)/Whickham( 97) - Metrocentre

**X30/X31** Newcastle - Gateshead - Maingate - Lobley Hill - Sunnyside - Stanley - Lanchester



[www.traveline.info](http://www.traveline.info)

**traveline**  
public transport info

**0871 200 22 33**  
calls from landlines cost 10p per minute



### Key to map

- |                                     |                      |                |
|-------------------------------------|----------------------|----------------|
| Traffic free cycle and walking path | Walking route        | Bus routes     |
| On-road signed cycle route          | Public cycle parking | Service 1      |
| Advisory on-road cycle routes       | Pedestrian crossings | Service 91/91A |
|                                     |                      | Service 93/94  |

Routes and timetables subject to change, for up to date information please check with Nexus or the operator. See overleaf for details.



smarter choices  
FOR TRANSPORT IN TYNE AND WEAR

# Travel Guide

## Team Valley

May 2010



### Walking

Walking is a great way to improve health, save money and relieve stress. If you are not sure how to get from your home to work on foot, visit [teamvalleylinks.com](http://teamvalleylinks.com) walking pages and plan your journey using [walkit.com](http://walkit.com). The site gives you route options, an estimated walking time and advises on benefits to your health and the environment.

### Cycling

Cycling offers a healthy and cheap alternative to the daily commute by car. If you live within 5km of Team Valley, you could cycle to work in less than half an hour and burn up to 300 calories! The map shows all of the cycle routes feeding in to Team Valley while the cycling pages on [teamvalleylinks.com](http://teamvalleylinks.com) offers you links to local, regional and national cycling maps and organisations.

### Bus

Travelling by bus helps to reduce congestion and improve the environment. Over 34 buses per hour serve Team Valley, including the [teamvalleylinks.com](http://teamvalleylinks.com) branded Loop service, with connections to Newcastle, Gateshead and the wider area. Visit Travel Options on [teamvalleylinks.com](http://teamvalleylinks.com) and use the Journey Planning links to find out which bus will take you to and from Team Valley, or ring Traveline **0871 200 22 33**.

### 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 while reading your morning paper in the process.

### 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 Travel Options on [teamvalleylinks.com](http://teamvalleylinks.com) to better plan your train 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](http://teamvalleylinks.com) to learn about saving money while you travel.

### Motorcycles, Scooters and Mopeds

As a mode of travel these powered two 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.

### Car Sharing

Car Sharing is where two or more people share a car for the journey to work. Typically, sharers divide the cost of petrol between the number of people in the vehicle, or drive on alternate days. Visit [teamvalleylinks.com](http://teamvalleylinks.com) Car Share to sign up to the Share Smarter scheme which allows anyone with an email address to arrange shares for their journey to work.

### 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 by bus to Team Valley.

