

## Why not leave your car at home!

Now that restrictions are easing and we are all thinking about a time when we will be spending more of our working days on campus, could this be the time to think about leaving your car at home and trying an alternative mode of transport for your commute to the office?

Maybe you've had the chance to do more walking or cycling during lockdown and would like the opportunity to carry on with these healthy habits? So, if you live within Milton Keynes, why not walk or cycle to work for a couple of days a week? It will be great for your health and mental well-being as well as contribute towards the OUs carbon reduction targets!

To help you on your new commute options we have done some research to show how close you live to the campus. The Heat Map – Reflects Local Suburbs and their approximate distances from the University

The concentric circles around campus are spaced at ½ mile then 1 mile intervals so you can gauge how far you live from campus.



Table 1 below shows travel distances from campus and estimated walking and cycling times. We have based the figures on an average cycling speed of 10mph and a walking speed of 2.8mph. But remember, you may be a lot faster (or slower!) than you think.

TABLE 1

High density employee areas	Distance from Campus (miles)	Cycling time (mins) to OU	Walking time (mins) to OU
Monkston	1.2	6	21
Wavendon Gate	1.5	8	26
Middleton	2	9	34
Denbigh West	2.5	13	38
Brooklands	3.5	16	47
Old Bletchley	3.5	22	67
West Bletchley	3.8	24	71
Downhead Park	3.9	19	64
Knowlhill	4	20	66
Furzton	5.3	23	65
Shenley Church End	5.3	27	87
Newport Pagnell	5.3	32	102
Loughton	5.4	24	84
Great Linford	5.4	27	86
Tickford End	5.4	33	100
Bradville	5.5	34	99
Tattenhoe	6.7	31	90

For those not wishing to walk into campus, for example, from Monkston or Middleton, it would only take about 20 minutes or 35 minutes respectively.

Cycling to the campus would be a great fitness option for staff living in or close to Milton Keynes, with a cycling time of only 34 minutes from Bradville which is approximately 5.5miles from campus.

The University has a number of facilities on site to help with your cycling / walking commutes, these include secure bike shelters, bicycle maintenance stations and numerous showers / lockers around site.

If you do not own a bike yet, you could always take advantage of the salary sacrifice Cyclescheme (cycle loan scheme), details of the scheme can be found [here](#).

Go on, give it a go, let's see you walking or cycling to the office, you might like it!!