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ON BEHALF OF



Staff Travel Information Pack 2025

Your Guide to Local Amenities and Walking, Cycling and Public Transport



**Keady Construction, Dalefield Way,
Dalefield Industrial Park, Gravesend**

What is a Travel Information Pack?

This Travel Information Pack contains useful information about the area near your workplace and supports you if you wish to walk and cycle to work, take the bus or train or car share with your colleagues.

DHA Planning has prepared this booklet on behalf of Keady Construction as part of their ongoing commitment to encourage greener journeys to and from Dalefield Industrial Park.

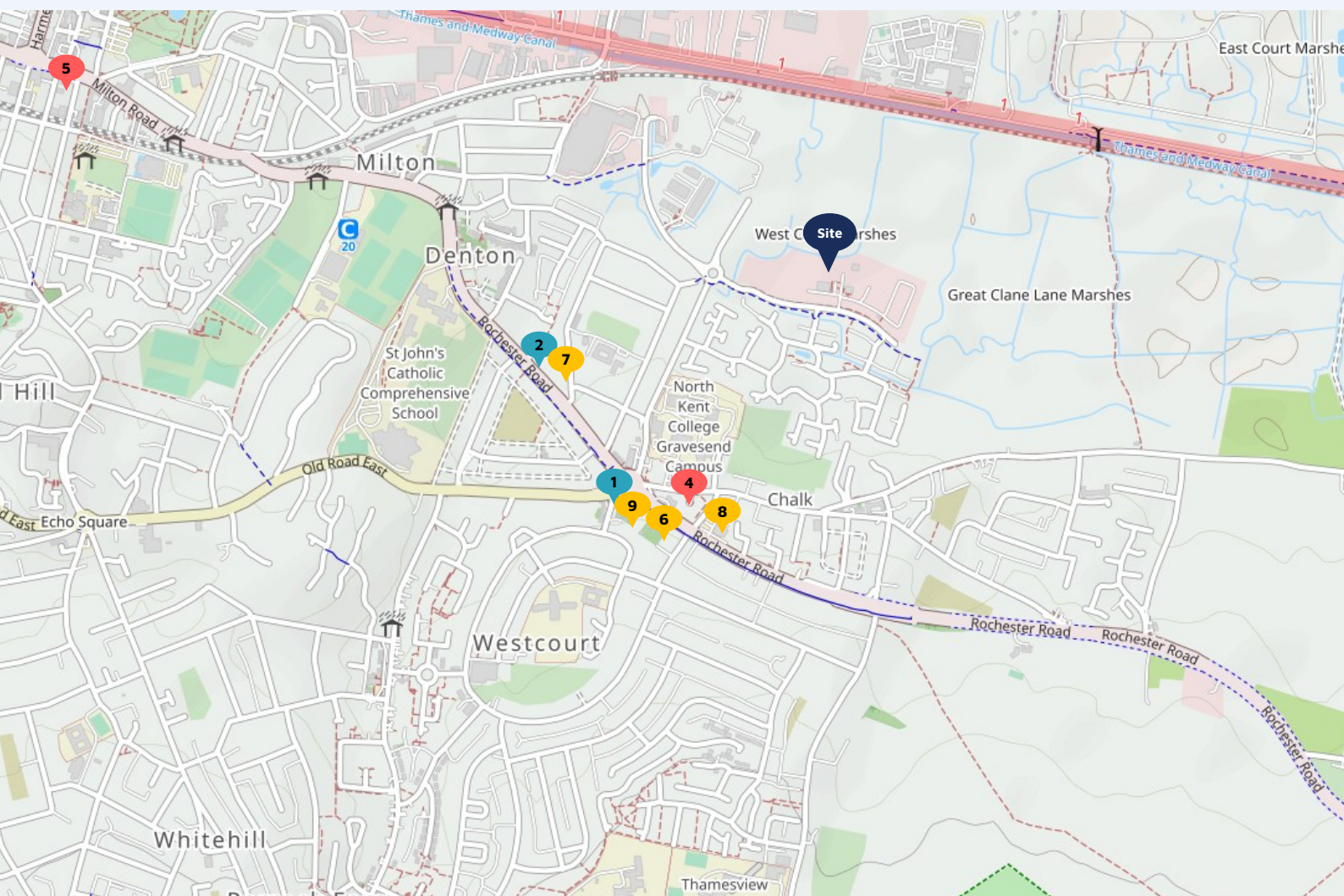
Objectives of the Travel Information Pack

This Travel Information Pack has been created with the following objectives:

- To highlight to staff the wide array of services and facilities that are located within a short distance to their workplace;
- To encourage cycling, walking and the use of public transport;
- To reduce the number of single occupancy commuter trips; and
- To raise staff awareness of travel issues and stimulate change in



Local Amenities



- 1 Newsbox Express**
186 Rochester Rd, Gravesend DA12 4TY
- 2 Costcutter**
127 Rochester Rd, Gravesend DA12 2HU
- 3 Premier**
71 Lower Higham Rd, Chalk,
Gravesend DA12 2NQ
- 4 Asda Refuelling Station**
Rochester Rd, Gravesend DA12 4TN
- 5 Esso Refuelling Station**
133-139 Milton Rd, Gravesend DA12

- 6 Kenny's Café**
200 Rochester Rd, Gravesend DA12 4TY
- 7 Dominos**
125 Rochester Rd, Gravesend DA12 2HU
- 8 Harvester**
Rochester Rd, Chalk, Gravesend
DA12 4TN
- 9 Masum's**
196 Rochester Rd, Gravesend DA12 4TY

Walking: What are the Health Benefits of Walking?

Walking is not only sustainable and eco-friendly, it is suitable for almost everyone and doesn't need any special equipment or clothing. It's also a great way to meet your neighbours or catch up with friends.

Government guidelines advise that:

Children (5-18)

Children should do at least 60 minutes (1 hour) of physical activity every day, which should range between moderate-intensity activity, such as **cycling**, **walking** and **playground activities** and vigorous-intensity activity, such as fast running and tennis. On three days a week, these activities should involve muscle-strengthening activities, such as gymnastics or swimming, and bone-strengthening activities, such as running.

Adults (19-64)

To stay fit and healthy, adults are advised to do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity such as **cycling** or **fast walking** every week, and muscle-strengthening activities on 2 or more days a week that work major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

More info is available at: **www.nhs.uk/livewell/fitness**

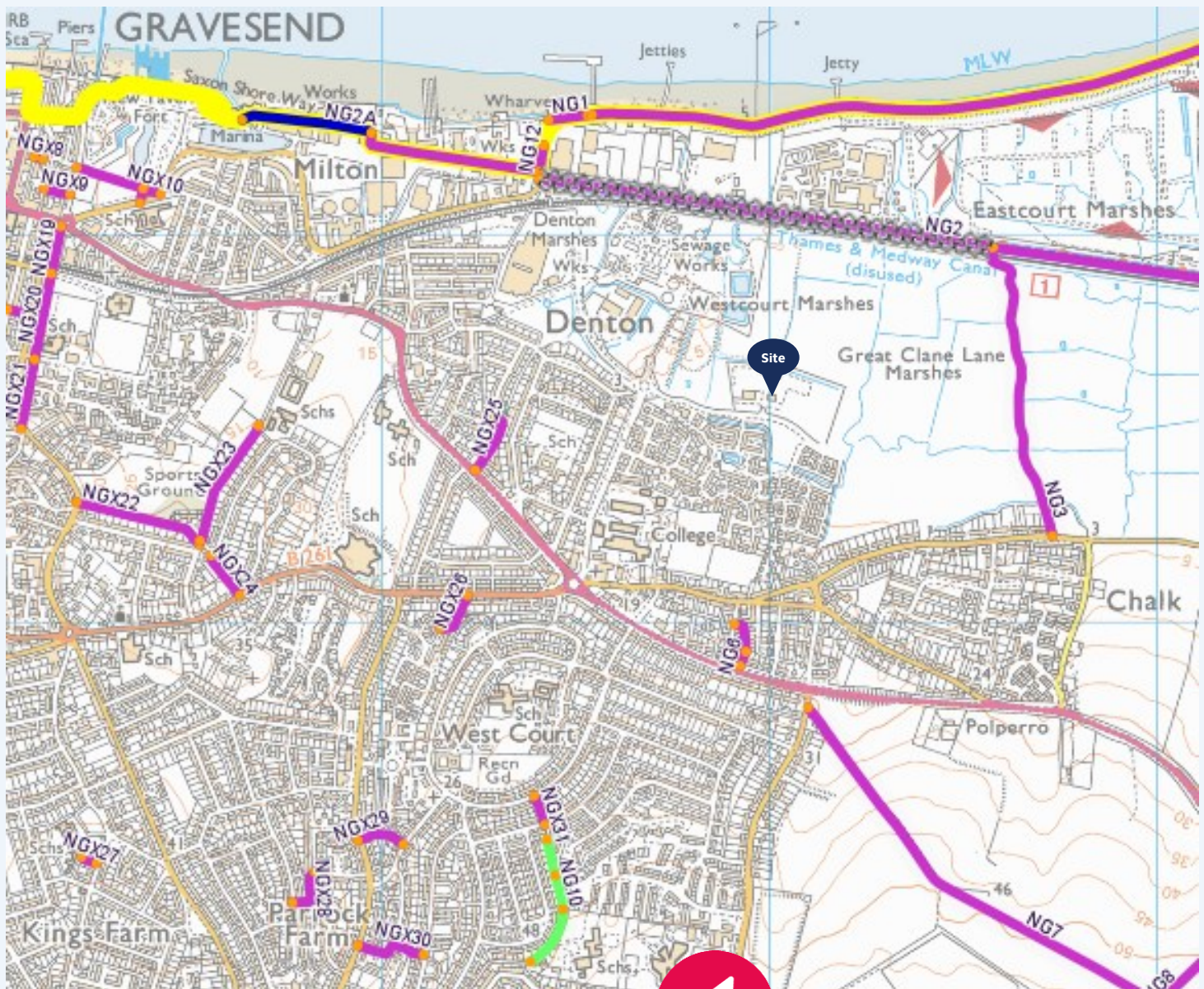
These recommendations can be hard to meet in a busy lifestyle, but one way you can stay fit and incorporate exercise into your daily routine is by walking or cycling instead of travelling by car.

Walking at a moderate rate (5km/h) burns around 99 calories over 30 minutes, based on a 60kg person.



Where Can I Walk?

Walking is a great way to get around and is an enjoyable leisure activity too. Make sure you keep to paths that are designated as a 'Public Right of Way', and not trespassing on private land. Anywhere you see a signpost that says 'Public Footpath' you know you are fine. Below is a map from kent.gov.uk, showing the Public Rights of Way in your area.



- Footpath
- Restricted Byway
- Bridleway
- Byway (BOAT)
- Parish Boundary
- District Boundary
- Promoted Routes
- Path Closures
- Vegetation Clearance

Download the free OS Maps App by Ordnance Survey and discover hundreds of thousands of ready-made routes at your fingertips. Simply open the OS Maps app and

(correct at November 2025)

Cycling: What are the Health Benefits of Cycling?

As well as being a great form of sustainable transport, cycling is another way of meeting the Government Guidelines on Exercise (see page 4 of this booklet).

NHS Choices suggests that:

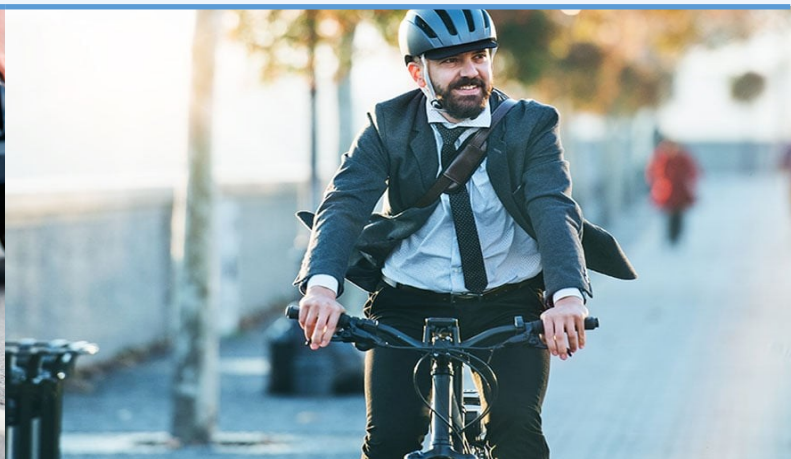
Someone who weighs 80kg (12st 9lb) will burn more than 650 calories with an hour's riding, and tone their legs and bottom. If you ride up hills or off-road, you'll also work your upper body.

More information on the benefits of cycling can be found at : www.nhs.uk/livewell/fitness/pages/cycling.aspx

The British Cycling Federation explains some of the other health benefits:

- **Ten Years Younger** - studies have shown that regular cyclists enjoy the general health of someone approximately ten years younger.
- **Low Impact** - cycling is a low impact exercise—kinder to your joints than running and other high impact aerobic activities.
- **No Stress** - many cyclists report that cycling regularly reduces their perceived levels of stress and promotes relaxation.
- **Tune In** - while cycling, levels of exertion can be much more finely tuned than any other form of exercise. Using speed, wind resistance, gearing, gradient or 'hyper gravity training' (i.e. carrying extra weight), you can tailor the level of exertion to suit your current fitness level or goals.
- **All Body Exercise** - mountain biking or 'out of the saddle' riding (e.g. climbing) is an excellent full-body exercise. When mountain biking, you're constantly shifting your weight, sometimes carrying your bike, working your arms, chest, abs and improving core stability.
- **Balance** - regular cycling improves balance and co-ordination.

More information can be found at: www.britishcycling.org.uk



Where Can I Cycle?

Just like walking, there are specific places you can and can't cycle. Cycling is very safe when you follow the rules of the road, and cycle only where you are allowed. For safety tips, information, and to find out more about cycling etiquette, see:

www.nhs.uk/livewell/roadsafety/pages/cyclists.aspx.

It's against the law for cyclists to:

- Cycle through red lights, including lights at pedestrian crossings.
- Cycle on pavements, unless there is a sign showing that the pavement has been converted to a cycle path.
- Cycle the wrong way up a one-way street, unless there's a sign showing that cyclists can do so.
- Ride across pedestrian crossings, unless it's a toucan crossing with a sign saying that cyclists can do so.

Local Cycle Routes

National Cycle Route 1 can be accessed to the north of the site and runs along the northern boundary of Gravesend. The route is just over 2,000km in length, with the route starting in Dover and ending in Scotland. Locally, the route provides access to the Medway towns, Sittingbourne, Canterbury, Dartford and Bexley.

Travelling by Bike:

From your place of work, you can reach the following locations by bike:

Asda - 900m (approx. 4 minutes)

Co-Op Food - 1.2km (approx. 4 minutes)

Gravesend Railway Station - 2.9km (approx. 12 minutes)

CYCLE TO WORK SCHEME

The Cycle to Work scheme was introduced by the Government to encourage people to cycle to work through saving them money on a brand-new bike and accessories

For more information, speak to your employer or visit:-

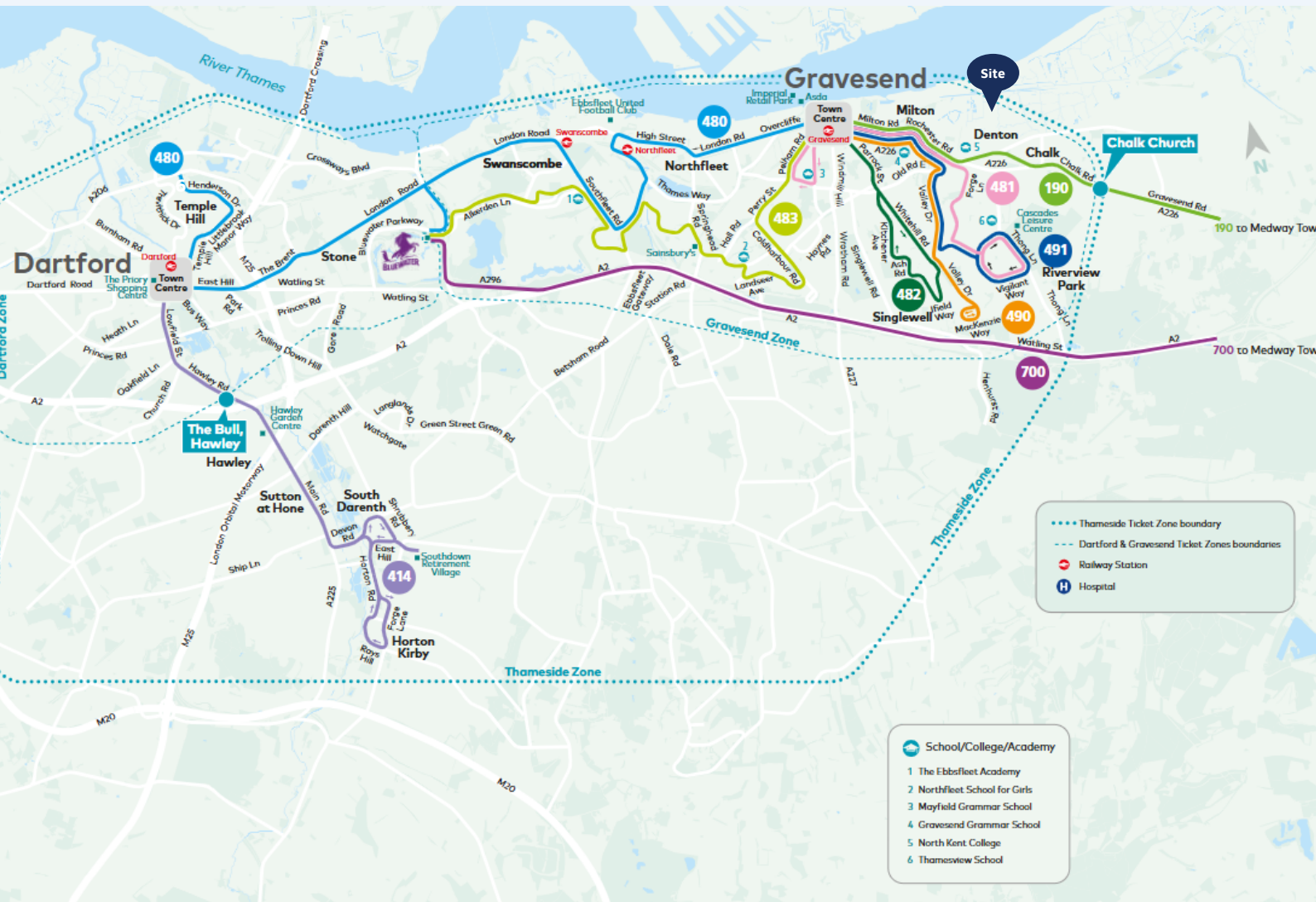
www.cyclescheme.co.uk/

Public Transport - By Bus

Where to get on the bus:

The nearest bus stop to your place of work is located on Lower Higham Road, which is served by the number 190 and 668 bus services. The number 190 services operates at a frequency of one service every 30 minutes and the 668 is a school service.

In addition to the above, it is noted that the 416, 417, 481, 735 and 736 services can be accessed from the bus stops located on Rochester Road.



Make use of the Arriva Bus App to purchase daily, weekly, monthly and seasonal tickets, track live bus times and timetables. Arriva offer group fares at a discounted rate.

Alternatively, you can use Arriva's website, or give them a call:

Tel: 0344 800 44 11

Website: www.arrivabus.co.uk

Public Transport - By Train

Your nearest railway station is **Gravesend Station** and can be reached by bus or by bicycle in less than 15 minutes. This station provides 94 car parking spaces and 280 cycle parking spaces.



Where can you go by train?

National Rail has a great journey planner found at: www.nationalrail.co.uk with live updates on delays or changes to services.

Southeastern has introduced many new initiatives to make using the train more convenient for passengers:

Digital train tickets - avoid queues and save time by buying your digital ticket on the Southeastern app at any time. You can then have the e-ticket emailed to your inbox or loaded onto your Southeastern contactless smartcard 'The Key'.

Flexi Season Ticket - gives you 8 days of travel in 28 days - any time between two stations.



The Key

The Key smartcard is the alternative to paper tickets for Southeastern services, providing customers with quicker and easier travel. Tickets can be loaded onto The Key using the Southeastern app.

The Key can be used to buy single, return and season tickets, and is used simply by tapping it on the card reader.

Car Usage

Whilst we want to encourage travel by means other than the car, we appreciate that for many people this simply is not practical. Nevertheless, there are ways in which you can make travel by car greener and more efficient.

Live Travel Information

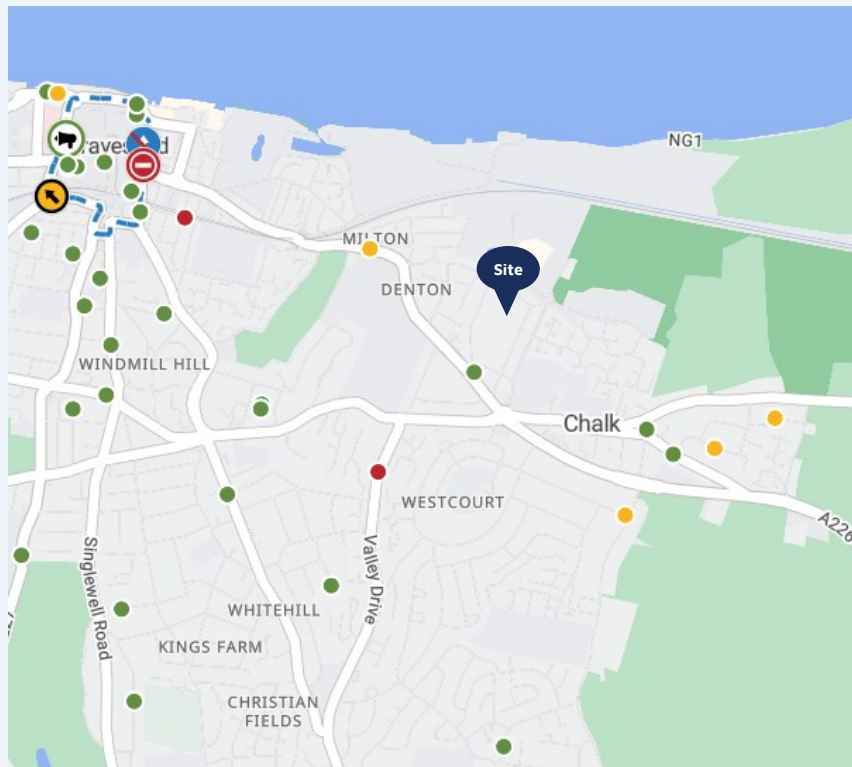
Planning your route ahead of time is a great way to increase the efficiency of your journey to or from your place of work, whether that be by avoiding or focusing on motorway driving, selecting the fastest route to work, or by avoiding areas of congestion.

There is a multitude of tools that can be used by drivers to plan their journeys to and from their place of work. Two examples are Apple and Google Maps, which both provide real-time journey planning, highlighting areas of congestion and providing in some cases multiple options for routes of travel.

Roadworks Information

Another good way of increasing the efficiency of your journey to or from work, and tying in with the live travel information described above, is planning ahead around roadworks. Roadworks can take the form of planned or unplanned, and in both cases can cause disruption to your journey to and from work.

An interactive map of roadworks within Kent is accessible on the Kent County Council website (<https://one.network/uk/kent>), with this tool displaying all roadworks that are either ongoing or about to begin and providing estimated end dates for the works. The works are also colour coded, with green dots denoting works that are unlikely to cause delays, yellow denoting possible delays and red dots denoting those that are likely to cause delays.



Eco Driver Training and Driving Aids

Driving more economically involves (among other things):-

- Anticipating traffic movements further down the road and braking and accelerating smoothly in response to any changes in traffic conditions;
- Changing to a higher gear as soon as possible and maintaining low RPM;
- Checking tyre pressures regularly to ensure the safest and most fuel-efficient pressures are being maintained; and
- Turning off the engine when static for more than 60 seconds.

Further information on efficient driving can be found at www.advanced-driving.co.uk/eco-driver-training/.

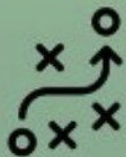
Aftermarket driver aids such as Lightfoot are also available, which encourage fuel-efficient driving habits by rewarding those who drive in an economical way. Rewards include discounts from certain car insurance providers, electronic goods and track day experiences. More information on this incentive can be found at www.lightfoot.co.uk/drivers.

Are you eco-driving yet?

You're probably a good driver already, but here are some tips that could make you even better.

Plan Ahead

Use a traffic app like Waze to avoid congested routes and adjust your travel times when possible.



Reduce Weight

Don't use your trunk as an extra closet! Additional weight makes your engine work harder.



Minimize Idling

Whenever you idle, your MPG is zero. Avoid long lines at the drive thru by parking and going inside.



Slow Down

Slow down a little! Vehicles differ, but MPG declines sharply for most cars when they go above 60 MPH.



Car Sharing

Another great way of cutting down on the journeys by car from your new place of work is to get involved in car shares. There are a number of secure and easy to use websites that can help to promote car sharing in Kent.

Finding a Car Share

Kent County Council promotes **kentjourneyshare**, a scheme which is part of the national **liftshare** independent organisation (www.liftshare.com/uk). They have a great website, and you can sign up for free! It includes some useful tools, such as a calculator to see how much you could be saving on your commute if you shared the journey.

Website: www.liftshare.com/uk/community/kent Email: kentjourneyshare@kent.gov.uk

National Car Share is the UK's longest established free national car sharing service and is a great way of finding people if you are looking to make a longer trip.

Website: www.nationalcarshare.co.uk Email: contact@nationalcarshare.co.uk

BlaBlaCar is a Europe wide car sharing service. They have 2 million uses every month, and operate across web and mobile devices, with features like a 'Ladies Only' setting

Website: www.blablacar.co.uk

Sharing Safely—Advice from Kent County Council

- Avoid exchanging home addresses with your travelling companion before you meet them;
- Arrange to meet in a public space;
- Make sure a friend or family member knows with whom you will be travelling, when and to where;
- Make sure you show each other your identification so you know you're travelling with the right person; and
- You are under no obligation to go ahead with any journey share; If you have any doubts about your travelling companion, for any reason, you should avoid travelling with them.

Local Taxi Firms

Saturn Taxis - 01474 353535 <https://saturntaxisltd.co.uk/>

Apollo Taxis - 01474 333 888 <https://www.apollo-taxis.co.uk/>

Executive Travel Kent - 07377 230999 www.executivetravelkent.co.uk

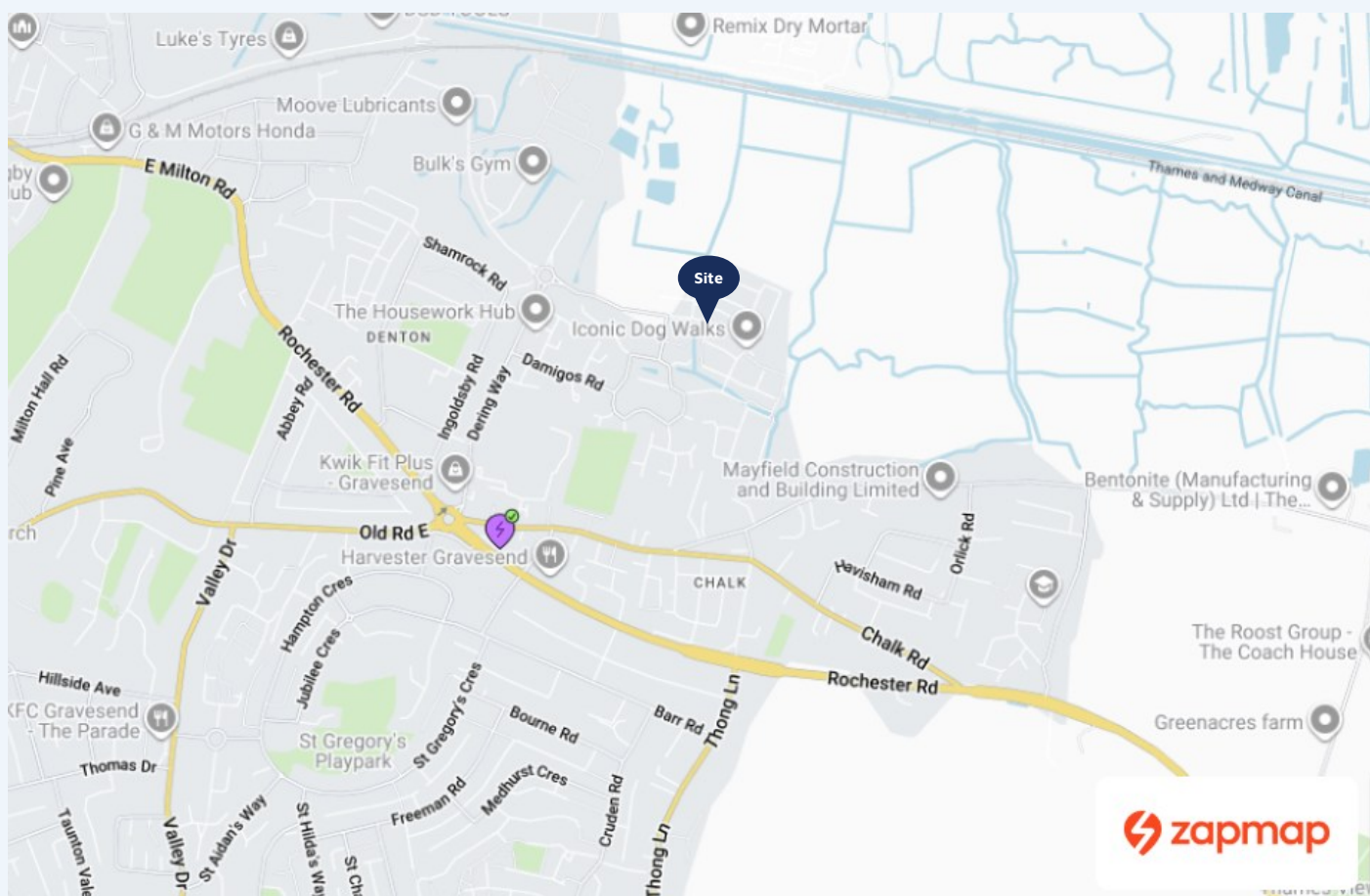
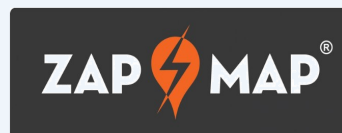
Express Cabs & Couriers Ltd - 01622 222222 www.expresscabs.co.uk

Electric Vehicle Charging

Electric vehicles (EVs) bring many benefits to the environment and the individual, allowing those who require a personal vehicle to still cut their emissions by a significant amount — a new battery-electric car has just a third of the lifetime greenhouse gas emissions of an equivalent petrol car!

Local Charging Points

ZapMap is a free to download app that helps EV drivers to search for charging points of different speeds across the UK, including those that are local to Dalefield Industrial Park. Below is a snapshot displaying the charging points that are located closest to your place of work.



Travel Plan

What is a Travel Plan?

A travel plan is a long-term strategy for encouraging residents of new developments to choose modes of transport other than the private car.

The aims of the Travel Plan are:

- **To encourage the use of public transport, walking and cycling;**
- **To thereby reduce overall dependence on travel by the private car;**
- **To reduce the number of motorised journeys from the site; and**
- **To reduce the environmental effects of transport by the provision of more sustainable modes.**

How does the Travel Plan work?

Alex Jalea has been appointed to act as your **Travel Plan Co-ordinator** and will take responsibility for the development and management of the Travel Plan and to ensure its delivery.

Alex will work with you to keep you informed of useful travel information, local services that might help to reduce your need to travel, and special offers that will help to travel sustainably.

Contacting Alex:

Email: **alexj@ohob.co.uk**

If you have any questions about the travel guide, please get in touch and we will be happy to help you.

Useful Websites

For Travel Information:

Traveline South East: www.travelinesoutheast.org.uk

For Information on Cycling:

British Cycling: www.britishcycling.org.uk

Bike Hub: www.bikehub.co.uk

Taking Bikes on Trains: www.nationalrail.co.uk/stations_destinations/cyclists.aspx

For Information on Buses:

Timetables and information: <https://www.arrivabus.co.uk/>

For Journey Planning by Car:

AA Driving Journey Planner: www.theaa.com/route-planner

RAC Driving Journey Planner: www.rac.co.uk/route-planner

For Information on Trains:

National Rail: www.nationalrail.co.uk

Transport for London: www.tfl.gov.uk

South Eastern Rail: www.southeasternrailway.co.uk

For Information on Healthy and Active Living:

NHS Choices: www.nhs.uk/livewell/Pages/Livewellhub.aspx

Live it Well (KCC): www.liveitwell.org.uk

For Information on Gravesend:

Gravesham Borough Council Website: <https://www.gravesham.gov.uk/>