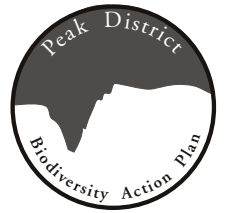


*Make no unnecessary noise. Leave gates as you find them.*

# Use Public Transport

**ACTION SHEET 3/7**



Are you a wildlife friend? Use this sheet to support the Peak District Biodiversity Action Plan -and help ensure the Peak District remains a special place.

If you walk, cycle or use public transport instead of using the car, you will be helping the Peak District's wildlife by cutting down on greenhouse gas emissions and fumes, and improving tranquillity. Taking more exercise will also help you to feel healthier and avoid the stresses and strains of driving and parking.

## *Walking*

Check OS Maps Outdoor Leisure 1 The Dark Peak and Outdoor Leisure 2 The White Peak for walking or cycling routes. There are also numerous local walking and cycling guides. Sustrans can provide further details of cycling networks on Tel: 0117 926 8893 or at [www.sustrans.org.uk](http://www.sustrans.org.uk)

## *Cycling*

National Park Cycle Hire Centres: Ashbourne Tel: & Fax: 01335 343156; Derwent Tel: & Fax: 01433 651261; Parsley Hay Tel: & Fax: 01298 84493; Waterhouses Tel: & Fax: 01538 308609; Middleton Top Tel: 01629 823204 Fax: 01629 825 336; Hayfield Tel: 01663 746222, Fax: 01663 741581

## *Buses and Trains*

For bus and train services, and community transport opportunities see Derbyshire County Council's complete public transport guide to the Peak District, price 60p and updated every 6 months, or visit [www.derbybus.net](http://www.derbybus.net) for an interactive journey planner and a range of information about bus, train and coach services

For bus and train to the Hope Valley - check the free Hope Valley Leisure Guide - Tel: 01663 746377 or visit [www.hvhptp.org.uk](http://www.hvhptp.org.uk)

National bus coach and rail information, Tel: 0870 608 2 608 or at [www.traveline.org.uk](http://www.traveline.org.uk)

National Rail Enquiry Bureau, Tel: 08457 48 49 50, 0845 60 50 600 for the deaf or hard-of-hearing or visit [www.thetrainline.com](http://www.thetrainline.com)

National Express, Tel: 08705 808080 between 0800 and 2200 daily or visit [www.gobycoach.com](http://www.gobycoach.com)

Peak District Biodiversity Action Plan sets the agenda for wildlife conservation in the Peak District. These action sheets have been developed by a range of organisations working together to promote biodiversity. If you would like to know more about the BAP go to: [www.peakdistrict-nationalpark.info](http://www.peakdistrict-nationalpark.info) or if you have any comments about this action sheet then please contact the Peak District National Park Authority on **01629 816200**

*Help keep all water clean. Use gates and stiles. Take your litter home. Protect wildlife, plants and trees.*

*Enjoy the countryside and respect its life and work. Leave livestock, crops and machinery alone.*

*Guard against fire. Keep to public footpaths. Take care on country roads.*