

Sustainable Travel Information Pack



Anglia Innovation Partnership

The science park management company for Norwich Research Park.

Centrum, NR4 7UG

April 2024



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Norwich Research Park

This travel information booklet includes information on local facilities, walking & cycling routes, public transport services and more.

We hope this information will encourage you to consider travelling to work in more sustainable ways.

Contact Us

www.norwichresearchpark.com

enquiries@norwichresearchpark.com

Feedback

If you've any suggestions to support sustainable travel please contact the travel plan coordinator on the email above.

Park Map and Key Buildings



Norwich Research Park is a large science park situated on the outskirts of Norwich.

The park is home to four research institutes, a hospital, a university and over 40 companies.

Some of the buildings shown below and can be located more easily by looking at the [larger version of the park map on our website](#).

Centrum pictured top left provides a large open 120 seat café serving coffee, sandwiches and hot food at lunch. It also provides laboratory and office spaces for businesses. The Innovation Centre (bottom middle) is also a home for businesses.

The Earlham Institute (top middle), the John Innes Centre (top right), Quadram Institute (bottom left) and The Sainsbury Laboratory (bottom right), are leading science research institutes focusing on food, health and genomics research.



Local Bus Services

The Norwich Research Park is well served by bus services, with bus stops within approximately 300-400m of all buildings.

A searchable map of [Norfolk Bus Stops](#) is available from the Norfolk County Council maintained [website](#). Local bus stops to the Norwich Research Park are shown in Figure 7, the main stops are on Colney Lane and at the Norfolk and Norwich University Hospital.

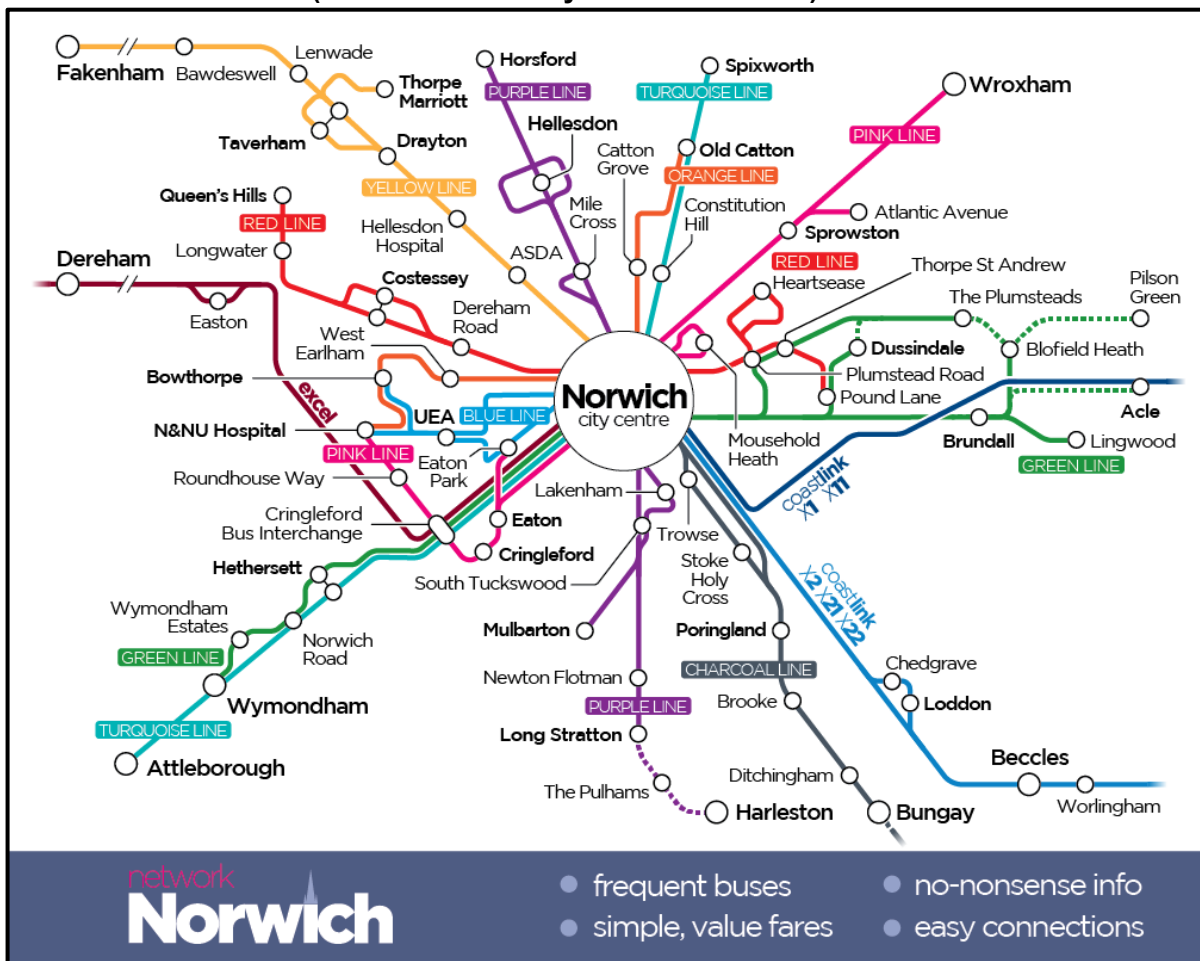


The nearest bus stops are located on Colney Lane. The closest, labelled as Colney Lane 1, is approximately 200m from main buildings within the park, including those surrounding the Innovation Centre and Centrum. The main NNUH bus interchange, labelled NNUH, is located within 400 metres walking distance of the Quadram Institute and can be accessed using the existing high quality pedestrian routes surrounding the NNUH, and a pedestrian and cycle connection to Centrum and neighbouring research institutes. At the NNUH bus interchange, two bus stops are provided, Stand A and Stand B. Both stops comprise bus shelters to protect waiting

passengers from inclement weather, seating, and timetable information. The Colney Lane (outbound) bus stop also has a shelter.

The NNUH and NRP generally is well served by public transport links. The local bus routes serving the area surrounding Norwich Park are shown below for [First Bus](#) and [Konectbus](#) (see the following network maps below). The proximity of both the University of East Anglia and Norfolk and Norwich University Hospital, means the park is well served with bus stops within good walking distance. The site is well served with a total of nine frequent bus services stopping at the NNUH bus interchange, located at the [NNUH concourse East Outpatients](#).

First Bus local routes (services to Colney Lane and NNUH).



Summary of direct bus services from Norwich City Centre, airport and south and west Norfolk, and indirect services to Cringleford Bus Interchange with connections to NNUH.

Direct Services	Operator	Closest Bus Stop	Route	Weekday Frequency	First Bus	Last Bus
3	Konectbus	Colney Lane 1 and NNUH	Watton - Hingham - Wymondham - Hethersett - Colney - NNUH	Hourly	Departs Watton 05:45 arrives 06:47 NNUH	Departs NNUH 21:00 arrives 21:32 Watton
4/4A	Konectbus	Colney Lane 1 and NNUH	Dereham - Mattishall - Easton - Colney - NNUH - (UEA) - City Bus Station	Hourly	Departs Dereham 06:00 arrives 06:42 NNUH	Departs NNUH 21:25 arrives 22:10 Dereham
512	Konectbus	Colney Lane 1 and NNUH	Airport Park & Ride - Hellesdon - UEA - Colney - NNUH	Hourly	Departs Airport Park & Ride 06:15 arrives 06:42 NNUH	Departs NNUH 19:45 arrives 20:10 Airport Park & Ride
21 (Orange)	First Bus	Colney Lane 1 and NNUH	Old Catton - City Centre - West Earlham - Bowthorpe - Colney - NNUH	Every 20 min (Peak); 30min (after 18:20); 60min (after 19:45)	Departs Old Catton 06:10 arrives 07:10 NNUH	Departs NNUH 23:15 arrives 00:14 Old Catton
26 (Blue)	First Bus	Colney Lane 1 and NNUH	Rail Station - City Centre - UEA - Colney - NNUH	Every 20min (up to 08:50) then 30min	Departs Rail Station 06:45 arrives 07:15 NNUH	Departs NNUH 19:40 arrives 20:15 Rail Station
510	First Bus	Colney Lane 1 and NNUH	Costessey Park & Ride - Colney - NNUH	15min (Peak) 30min (0925-1455)	Costessey P&R 06:30 arrives 06:40 NNUH	Departs NNUH 20:45 arrives 20:55 Costessey P&R
11/11A (Pink)	First Bus	NNUH	Sprowston - City Centre - Eaton/Cringleford - NNUH	Every 10min (Peak); 20min (before 07:00 after 17:15)	Departs Sprowston 05:20 arrives 06:06 NNUH	Departs NNUH 22:45 arrives 23:30 Sprowston
11A (Pink)	First Bus	NNUH	Hethersett - Wymondham - NNUH	Every 30min (Peak) 60min (after 07:51)	Departs Hethersett 06:56 arrives 07:15 NNUH	Departs NNUH 23:13 arrives 23:24 Hethersett
12 (Pink)	First Bus	NNUH	Hoveton - Wroxham - Sprowston - City Centre - Eaton/Cringleford - NNUH	Every 30min AM; Every 30-40min PM	Departs Hoveton 07:07 arrives 08:10 NNUH	Departs NNUH 18:15 arrives 19:14 Hoveton
Indirect Services	Operator	Closest Bus Stop	Route	Weekday Frequency	First Bus	Last Bus
14/15/15A/16 (Green)	First Bus	NNUH (via Pink)	Silfield - Wymondham - Hethersett - Cringleford Bus Interchange (Pink) - NNUH	Every 30min (Peak) 60 (Off Peak)	Departs Wymondham 06:20 arrives 06:44 Cringleford	Departs Cringleford 23:00 arrives 23:25 Wymondham
13/X13 (Turquoise)	First Bus	NNUH (via Pink)	Attleborough - Wymondham - Hethersett - Cringleford Bus Interchange (Pink) - NNUH	Every 20-30min	Departs Attleborough 06:30 arrives 07:14 Cringleford	Departs Cringleford 23:30 arrives 23:57 Attleborough

Rail Services

The closest mainline railway station to Norwich Research Park is Norwich (NRW) Station Approach, Thorpe Rd, Norwich NR1 1EF, nine kilometres to the east. Users can travel to and from the station using a direct bus service 26 with journey times of approximately 15 minutes to the University of East Anglia (service 26). The station can also be accessed by bicycle with a journey time of 25 minutes.

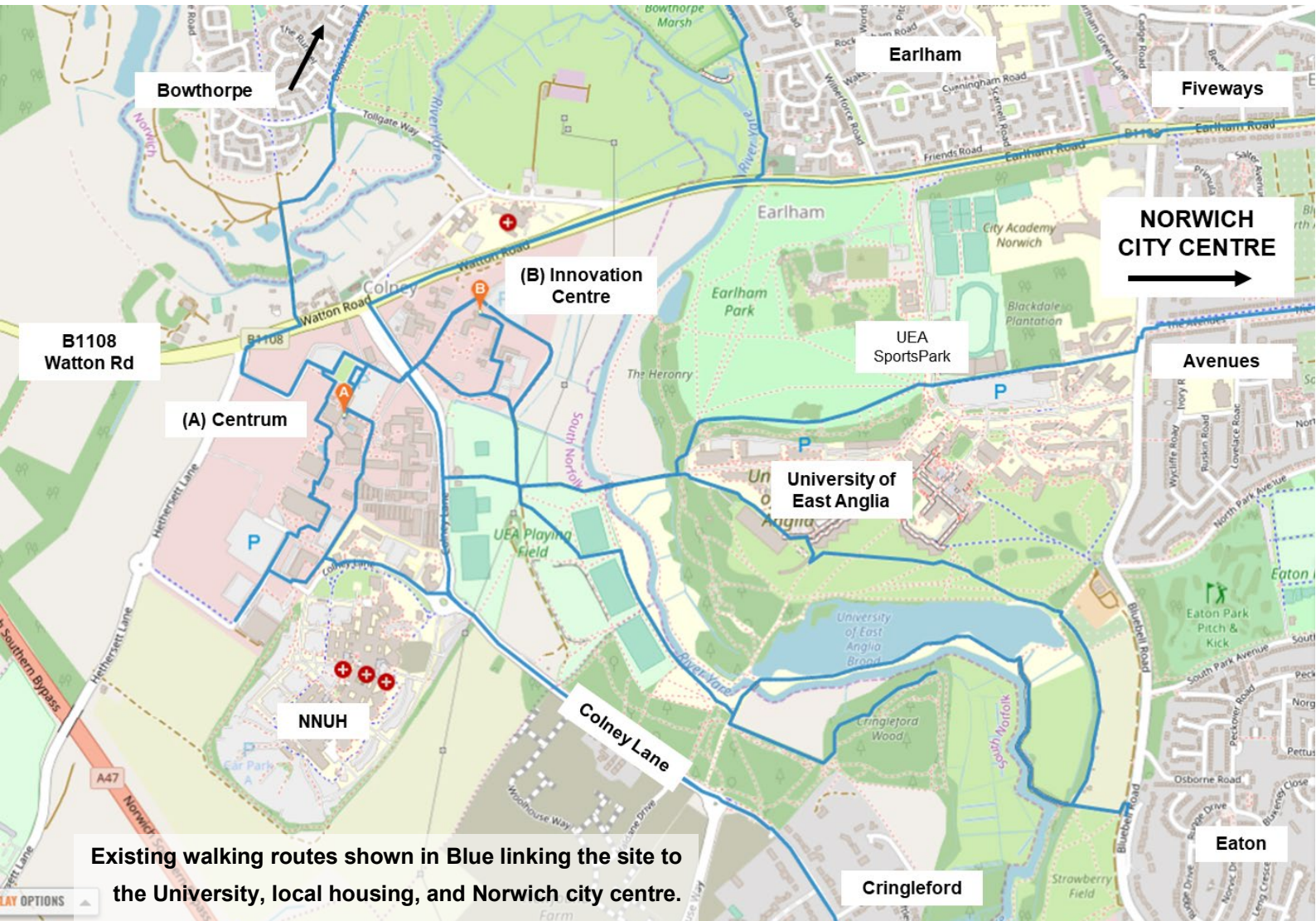
Services from the station provide connections to several destinations locally and nationally, including Sheringham, Great Yarmouth, Wymondham, Diss, Lowestoft, Cambridge, Peterborough, Nottingham, Sheffield, Manchester, Liverpool, London, and Stansted Airport. An hourly rail service is operated to Central London via Ipswich and Colchester by Greater Anglia whilst East Midlands Trains operates services to the Midlands, the North and the Northwest.

For latest Information to plan journeys and find fare and timetable information visit:

National Rail Enquiries <https://www.nationalrail.co.uk/>

Greater Anglia <https://www.greateranglia.co.uk/>





Existing walking routes shown in Blue linking the site to the University, local housing, and Norwich city centre.

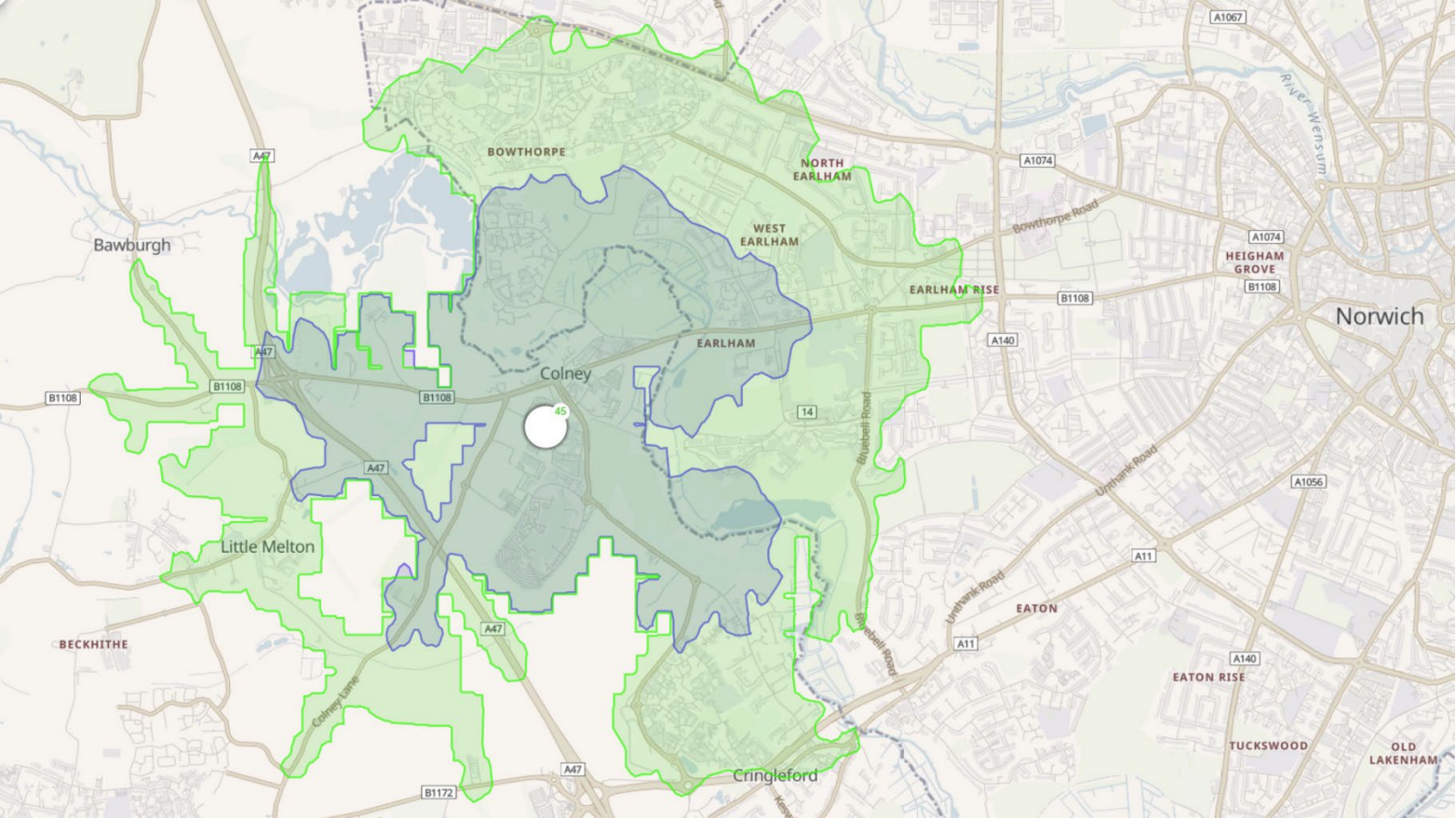
Walking

Pedestrian facilities within the vicinity of the site are of good quality. Footways are located along the northern entry from B1108 Watton Rd at Colney connecting to a north-south walkway along the full extent of Colney Lane linking the Institutes and hospital to Cringleford. This includes dropped kerbs and tactile paving at junctions and the site access points.

Bowthorpe, Earham, Cringleford, and Eaton all fall within a 3.6km walking distance. The pedestrian connections to the Norwich Research Park and within the site will be excellent as new developments enable improved connections to public transport hubs and we enable permeability across field boundaries.

A footway is also provided between the University of East Anglia, across the River Yare towards the UEA Sports Pavilion, and a pedestrian crossing that connects to the Institutes. Main walking routes are typically well lit and well used.

The local walking routes pass through wonderful landscape and amenity spaces: University campus, [Earham Park](#) and [River Yare valley](#) and [Eaton Park](#)



Walking catchment zones from Centrum (NR4 7UG).

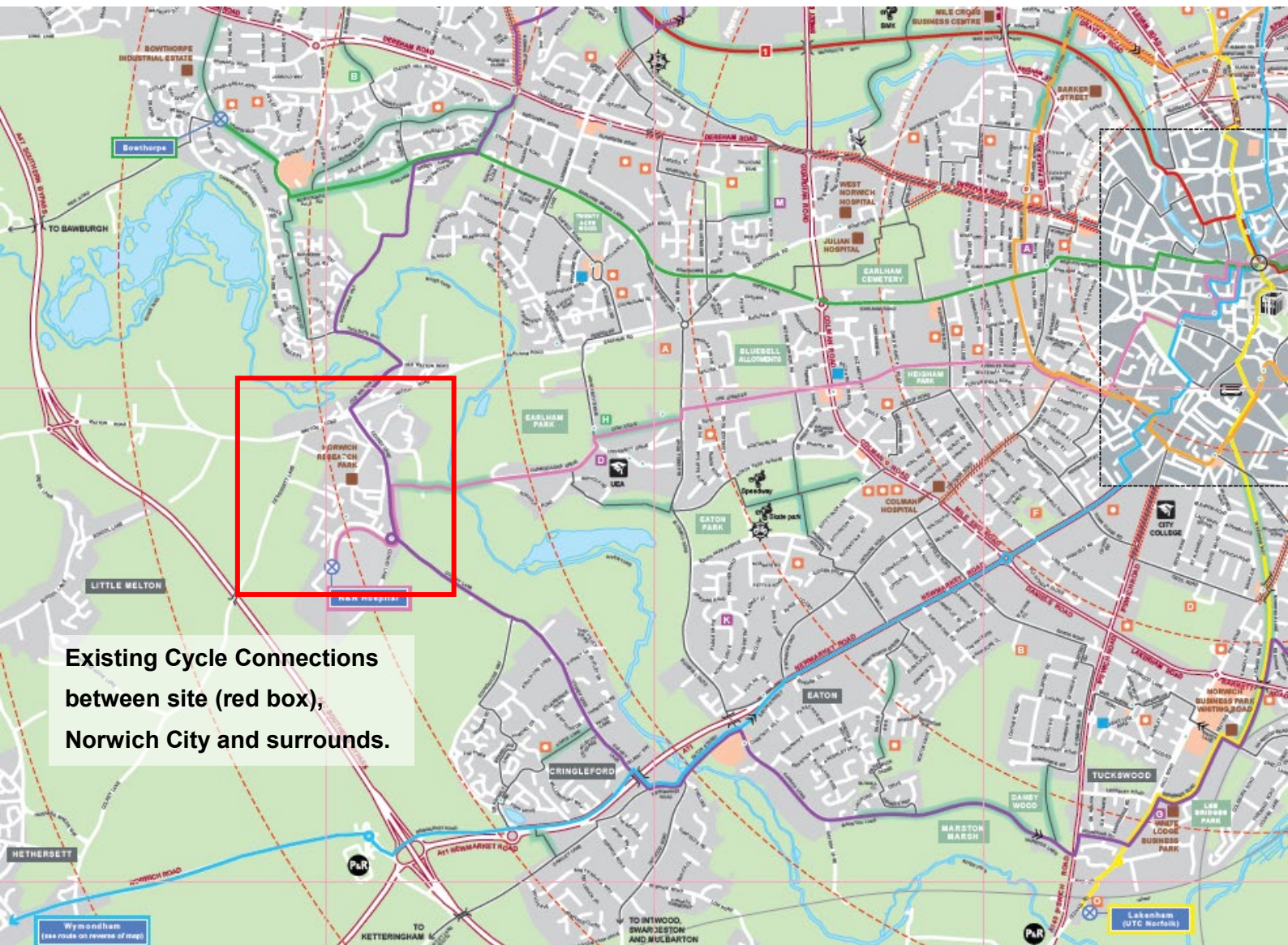
- Blue zone represents an approx. 20min walking area.
- Green represents an approx. 45min walking area.

Cycling

The attractiveness of cycling as a mainstream form of transport is growing rapidly in the UK, fuelled by many factors including health awareness, improving facilities, social image, environmental responsibility, and critical mass. A 5km commute will take less than 20 minutes at a leisurely average cycle speed of 15km/hour, about 15 minutes at a comfortable speed of 20km/h, and about 12 minutes at a fast pace of 25km/h. A 30min – 45 min journey would take a cyclist about 8km – 12km at a leisurely pace, and 13km – 19km at a fast pace.

The proximity to Norwich City, open parkland and links to formal cycleways is conducive to pleasant cycling and is often used as such for recreational cycling. The site connects with the Pink Pedalway in Norwich.

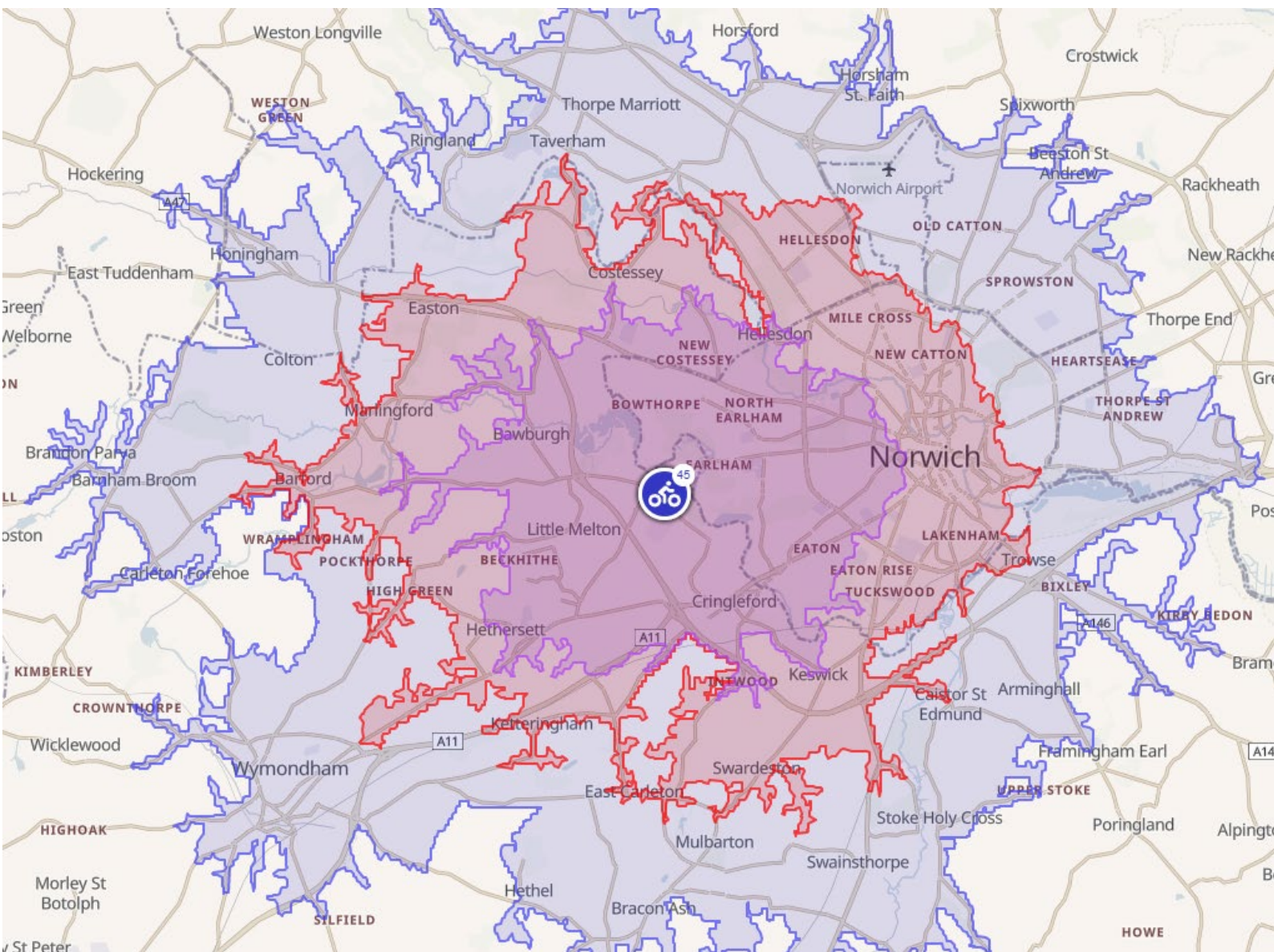
Norwich generally offers excellent opportunities for medium and long-distance cycling from the city through local countryside, [The Broads National Park](#), and the coast.



National Cycle Route 1, the 18.4mile, 29.6km section along Marriott's Way, connects villages of Taverham, Thorpe Marriot, New Costessey to the northwest with central Norwich. A new spur at Earlham running south connects to the cycleway off road east-west along the B1108 Watton Rd to connect with the park to the southwest, and University of East Anglia in east. Roads surrounding the site are typically adequate for confident cyclists.

Cycling UK provides a handy journey planner that will show you cycling routes you can use to get to work. <https://www.cyclinguk.org/journey-planner>.

Norwich City council have a [cycle map you can download here](#).



Cycling catchment isochrones from Centrum (NR4 7UG).

- **Purple** 5km radius, approx. 20min cycle
- **Red** 12km radius approx. 30min cycle
- **Blue** 19km radius approx. 45min cycle

The cycleway that links Hethersett to Norwich Research Park is being extended (date to be agreed with Norfolk County Council) and land has become available, running the length of Hethersett Lane and into the Norwich Research Park (with the section crossing the A47 being the remaining section that is not off road).

There is a nearby [Halfords](#), [Go Outdoors](#) and several high-quality independent retailers in Norwich who sell and maintain bicycles and stock accessories and clothing.

The Park is also home to Beryl Bike stations and you can find out more about how to hire these bikes by visiting [the Beryl website](#), or downloading the app.

Car Club Schemes

Enterprise Car Club (Norfolk) is a membership car share scheme operated in Norwich and key location in Norfolk that allows residents to hire cars from a pool of cars and vans parked in reserved street bays. Bays are situated throughout Norwich including a bay at the University of East Anglia, Chancellor's Drive. This scheme also supports business and public sector accounts that may replace and avoid organisations maintaining their own pool cars on site.

Car clubs also provide a safety net for people receiving a lift to work or community by public transport who subsequently need to leave site early or to attend a meeting.

<https://www.enterpriseclub.co.uk/gb/en/programs/promotion/norfolkcarclub.html>



Electric Vehicle Charging

The site has three locations with electric vehicle charging points. The electric charging points on Norwich Research Park are [VendElectric](#). All three are available to the public situated within a mix of free visitor and paid for parking zones.

- Centrum Short Stay - Two dual Type 2 (7kW) providing four connections (Ref: <https://www.zap-map.com/location/tloahvp/>)
- Car Park 1 - Six dual Type 2 (7kW) providing 12 connections (Ref: <https://www.zap-map.com/location/jhl0vrw/>).
- NRP Public Car Park (Multi-Storey) – 24 Type 2 (22kW) connections (Ref: <https://www.zap-map.com/location/o5yjvm2/>)

Power is charged at competitive rates, either 30p/kWh or 35p/kWh. Normal parking charges apply in Car Park 1 and NRP Public Car Park. For more information on these charge points and those in the vicinity visit:

Zap-Map <https://www.zap-map.com/live/> use postcode NR4 7UG

Key Links - Summary

Norwich Research Park	www.norwichresearchpark.com
Travel Norfolk Journey Planner (All modes)	www.travelnorfolk.co.uk
Cycling UK (Plan your cycle to work)	www.cyclinguk.org/journey-planner
Traveline (Useful bus journey planner)	www.traveline.info
Zap-Map (Electric Vehicle Charging Stations)	www.zap-map.com/live
Enterprise Car Club (Car sharing scheme)	www.enterpriseclub.co.uk/gb/en/programs/promotion/norfolkcarclub.html
National Rail Enquiries (Rail services)	www.nationalrail.co.uk
Greater Anglia (Rail services)	www.greateranglia.co.uk

Useful Postcodes and Parking Locations

	Postcode	What3Words (parking)
Centrum	NR4 7UG	Short Stay w3w.co/silver.token.animal Long Stay w3w.co/shades.plants.glass
Earlham Institute	NR4 7UJ	w3w.co/silver.token.animal
Innovation Centre	NR4 7GJ	w3w.co/book.blend.moved
John Innes Centre	NR4 7UH	w3w.co/silver.token.animal
Quadram Institute	NR4 7UQ	w3w.co/rated.view.expert
The Sainsbury Laboratory	NR4 7UH	w3w.co/silver.token.animal
Norfolk and Norwich University Hospital	NR4 7UY	Outpatients w3w.co/grain.sailor.forced Inpatients w3w.co/models.ticket.policy
University of East Anglia	NR4 7TJ	w3w.co/slug.gloves.town
UEA Sportspark	NR4 7TJ	w3w.co/lame.bronze.flesh
NRP Public Car Park (paid)	NR4 7UQ	w3w.co/reader.humans.watch