Cycling
Cycling is a great way to get your recommended 30 minutes of daily exercise. The West Sussex Cycle Journey Planner will help you find a fast, balanced, or quiet route to your destination including a turn-by-turn route plan. It will also tell you how many calories you will burn and how much carbon dioxide you will save by cycling instead of driving. To plan your journey visit www.westsussex.gov.uk/cycling.

West Sussex County Council offers one-to-one adult cycle training to national standards up to Bikeability Level 3 (advanced). Bikeability gives you the skills and confidence to cycle in modern road conditions, enabling you to make more journeys by bike. For further details or to book online visit www.westsussex.gov.uk/cycletraining alternatively you can email cycle.training@westsussex.gov.uk.

Walking
Walking is an activity that can be enjoyed by everyone, it’s a free and green way to increase your fitness levels, with a low risk of injury.

Walking for just 30 minutes a day during the working week means reaching the Government’s recommended level of daily activity to improve your health. Regular exercise will improve your mood, relieve depression and increase your feeling of well-being.

Benefits:
• Walking one mile in 15 minutes burns about the same amount of calories as running a mile in 8½ minutes;
• A single step uses up to 200 calories as running a mile in 8½ minutes;
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Carsharing
Commuters that regularly share their car journeys save around £700 per year on average in fuel costs and cut their mileage by almost 3,000 miles. To find a car sharing partner living near you or on your route to work, visit www.westsussexcarshare.com. Hundreds of people have already registered on the web site, which is free to use, so there is a good chance that you will find someone who makes similar journeys to you.

Car Club
The Chichester Car Club, operated by Co-wheels, gives you access to a car without the costs of owning one. You literally pay for what you use. With your own car, you have to have an insurance policy, keep the car taxed, serviced, maintained and it loses value. People who don’t need a car everyday can therefore save money by giving up (or not buying) their own car and using Co-wheels instead. People who drive less than 8,000 miles a year and young drivers who face high insurance costs, can find belonging to a Car Club particularly beneficial.

The cars are available to club members only and can be booked hourly in fifteen minute increments. Membership is open to anyone holding a full DVLA licence from the age of 19 (providing they have held their licence for 12 months). The Club has four cars located across the city in designated parking bays. Access to the vehicle is by swipe card and the cars can be booked online.

There is a one-off joining fee of £25 with a £15 charge for each additional member of the household. Employers wishing to use the cars for business journeys pay £12 per employee. Mileage is then charged at just 13p per mile plus an hourly hire charge of either £4.50 or £5.25 depending on the size of the car. Alternative rates are available for longer hire periods (e.g. daily or weekends).

For full details visit www.co-wheels.org.uk/chichester.

Travel Fares
Travel Fares

46/47 Chichester - East B移oly - Chichester
Mon-Sat
47 Chichester, Bus Station ➔ Cathedral - East B移oly clockwise via St Paul’s Road, Sherborne Road, Neville Road, Carleton Road, Worcester Road, Little Breach, St Paul’s Road returns Chichester. 46 runs same route to East B移oly anti-clockwise.
Monday to Saturday daytime every 30 minutes.

50 Chichester - Greyfield Park
Chichester, Bus Station ➔ Cathedral - Chichester University - Bloomfield Drive
returns Chichester
Monday to Sunday daytime and evenings every 30 minutes.

51 Chichester - Selbye the Link
Chichester, Bus Station ➔ Cathedral - Hurston - Sadsley - Selsley, Church, Seal Road*
Monday to Saturday daytime every 15 minutes, early evenings 30 minutes and late evenings 60 minutes. Sunday daytime 30 minutes.

52/53 Chichester - East/West Witteringston The Circuit
SZ - Chichester, Cathedral and Bus Station ➔ Birdham circular service to Bracklesham Bay - East Wittering - West Wittering then returns to Birdham - Chichester
SZ operates same route except circular service runs West Wittering - East Wittering - Bracklesham Bay
Monday to Saturday daytime every 15 minutes, evenings and Sunday 30 minutes.

55 Chichester - Tangmere Hearts
Chichester, Cathedral and Bus Station ➔ St Richard’s Hospital - Westhampnett - Halnaker - Tangmere
Monday to Saturday daytime and early evenings every 30 minutes.

56 Chichester - Arundel Park
Chichester, The Link ➔ St Richard’s Hospital - Westhampnett - Halnaker - Tangmere - Rotton Park
Monday to Saturday daytime and early evenings every 30 minutes.

Midhurst/Summersdale - Chichester - Bogner Regis
Midhurst - Cocking - Mid Lavant/Summersdale - Chichester, Cathedral and Bus Station ➔ North Mundham - Nytelmer - Pagham - Willenhall - Rose Green - Bogner Regis
Monday to Saturday daytime to/from Midhurst/Summersdale 30 minutes and to/from Bogner Regis 15 minutes. Evenings 2 journeys. Sunday daytime 60 minutes.

99 Chichester - Petworth Flexible Service
Chichester, Westgate and Cathedral ➔ St Richard’s Hospital - Halnaker - Upwaltham - Duncton - Sizergh - Petworth
Monday to Saturday daytime 6 journeys, Friday evening 3 journeys.
Pre-booking required. Other destinations available - contact operator 01803 264776.

700 Portsmouth - Chichester - Brighton Coastliner
Portsmouth - Havant - Chichester, Cathedral and Bus Station ➔ Bogner Regis - Littlehampton - Worthing - Brighton
Monday to Saturday and Sunday evenings 10/20 minutes. Sunday daytime 30 minutes.

173 Tesco Store - Chichester University - Bogner Regis
Chichester, Tesco Store ➔ Westgate - Chichester University - Merton - South Bersted - Bogner Regis
Monday to Friday daytime 80-90 minutes. Evenings (term times only) every 70 minutes via North Bersted. 1 late journey Saturday night/Sunday morning.

All buses are wheelchair accessible. Services are run by Stagecoach South, except 99 which is run by Compass Travel. Infrequent bus services, National Express and school/local services/routes are not shown in this leaflet.

Catch the Train
Travel by train can often work out to be cheaper than driving, particularly for longer journeys. To plan your journey visit www.nationalrail.co.uk to find out about advance tickets, GroupSave tickets, and details of the latest special offers.

Catch the Bus
To find out when your next bus is due visit nextbuses.mobi or www.traveline.info Real time information, which enables you to track the expected arrival time of your bus, is available on an increasing number of services in West Sussex. A Text-for-Times service is also available in parts of the county where you can obtain the arrival times of the next three buses by texting the busstop code to 84268 (charges apply). For further information about real time bus information visit www.westsussex.gov.uk/publictransport.

West Sussex County Council
Get around Chichester

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