Haringey
LONDON



CRANWOOD, N10

Travel Information Guide

PAUL MEW ASSOCIATES
TRAFFIC CONSULTANTS

CRANWOOD
TRAVEL GUIDE

This guide has been put together for residents of Cranwood to help you get around Muswell Hill and beyond easily, cheaply and without always needing a car.

To help you choose the way that suits you best, it covers:

- local walking and cycling initiatives including free cycle training and where you can get your bike repaired,
- bus routes that operate in your area including where you can catch buses to a wide range of destinations and fare information,
- local underground and rail services, routes and timetable information,
- payment options and journey planning tools,
- local car club schemes and car club membership options available, and
- local car share schemes where you can find other people to share journeys and driving costs with.

There are also contact details and sources of further information relating to all the options set out.



WALKING & CYCLING

Walking and cycling are the cheapest and healthiest ways to get around locally, and often the quickest too, with no waiting and no parking. To build a little more walking into your day, why not get off the bus a stop early?

Example walking and cycling times from your front door:



- Muswell Hill Road Bus Stops: 1 minute walk
- Highgate Underground Station: 15 minute walk, 6 minute cycle
- Muswell Hill suburban district centre: 5 minute walk, 2 minute cycle
- Park Road Leisure Centre & Lido: 24 minute walk, 9 minute cycle
- The Muswell Hill Practice (NHS Services): 10 minute walk, 3 minute cycle
- St James C of E Primary School: 1 minute walk, 1 minute cycle

There are secure cycle storerooms located within the development providing parking space for 70 bicycles for residents. Ground floor dwellings have bike storage facilities in their private gardens.



No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

Active 10' and 'Couch to 5K' are two initiatives developed to give you the tools and motivation to get active and are an easy way to improve your health and wellbeing. For information visit www.nhs.uk/better-health/get-active/ You can also download the Active 10 and Couch to 5K mobile phone apps.

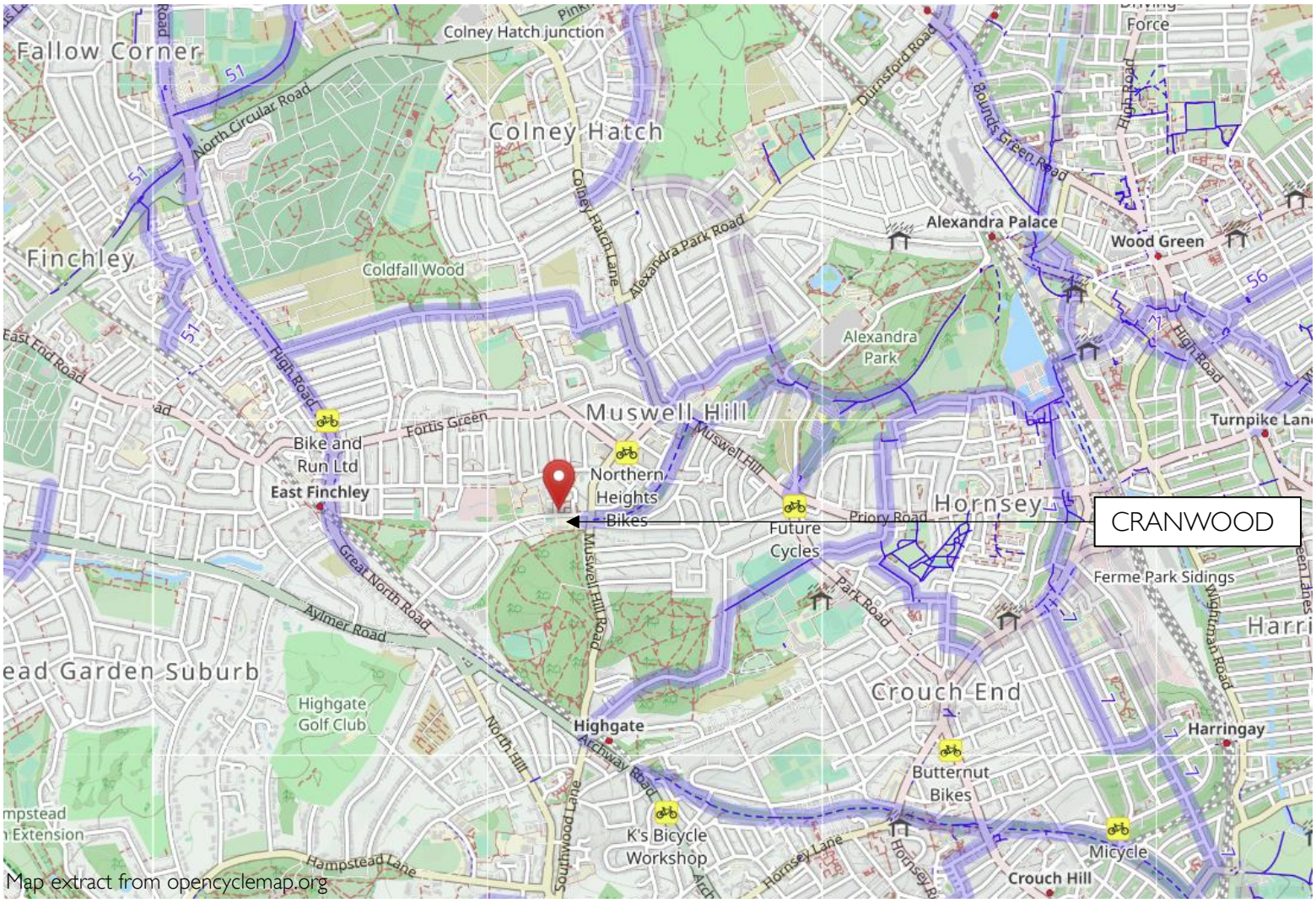
cyclinginstructor.com

Haringey Council offers free cycle training for adults, families, and children through its training partner 'Cycling Instructor'.

Training is available to anybody who lives, works or studies in the borough of Haringey, giving you the skills you need to cycle. To book visit the website:

https://www.cyclinginstructor.com/haringey

WALKING & CYCLING



There are a range of cycle lanes both on and off road in the wider area with links from the site being available on local residential roads. An extract of the local cycle route map is shown above.

There are local cycle routes near the site including Parkland Walk which is an off-road footpath and cycle route which extends to Muswell Hill. In addition, on High Road to the west there is an on-road local cycleway leading to Finchley and North Finchley.

Need to find a local cycle shop for sales, repairs and servicing? Your nearest shop is Northern Heights Bikes at 22-24 Muswell Hill Broadway, N10 3RT

Check out the British Cycling website to find your local cycle club. Also, become a member and benefit from retail discounts, advice, and additional perks – https://www.britishcycling.org.uk/

Northern Heights

BRITISH CYCLING

WALKING & CYCLING

Sustrans is a sustainable transport charity and its flagship project is the National Cycle Network, which has created over 14,000 miles of signed cycle routes throughout the UK.

Sustrans works with communities across the UK to make walking and cycling safer and easier, for people and for the environment.

The Sustrans website has details of cycle routes, local events, and advice on safer cycling and buying a bike. For more information visit www.sustrans.org.uk

THE CYCLE TO WORK SCHEME

The Government-backed Cycle to Work Scheme helps you save on a new bike by spreading the cost over 12 tax-free monthly instalments through your employer. Over a million people have already used it.

There are lots of scheme providers each with their own variations, but the basic idea is the same. It's a simple process:

- Your workplace registers with a scheme provider.
- You choose the bike you want.
- Your employer pays for it.
- You pay your employer back through 12 monthly instalments taken through payroll.

Ask your employer if they're already signed up and if not suggest they register with one of the scheme providers. For more information visit www.cycletoworkalliance.org.uk

The London Cycling Campaign is an independent membership charity lobbying for better conditions for cycling in London. It aims to make London a world-class cycling city.

You can sign up as a member and get discounts on bikes, equipment, and insurance and find details of local rides, events, and route planning. For more information visit www.lcc.org.uk

BUS

The map extract opposite shows the location of the nearest bus stops for bus services in your area detailed below.

Service	Route	Frequency (buses per hour)				Bus Stop Code	Bus Stop Ref.
		Weekday Peak	Weekday Off Peak	Sat	Sun		
43	Halliwick Park to London Bridge Station	7.5	7.5	6.5	5.5	56658	Woodside Avenue
						76739	Cranley Gardens
134	North Finchley Bus Station to UCH, Euston Road	7.5	7.5	7	6	56658	Woodside Avenue
						76739	Cranley Gardens
102	Edmonton Green Bus Station to Brent Cross Shopping Centre	7.5	7.5	5.5	5	73373	K
						50877	L
234	The Spires to Archway Station	5	5	5	3	73373	K
						50877	L

Source: Transport for London (July 2026)

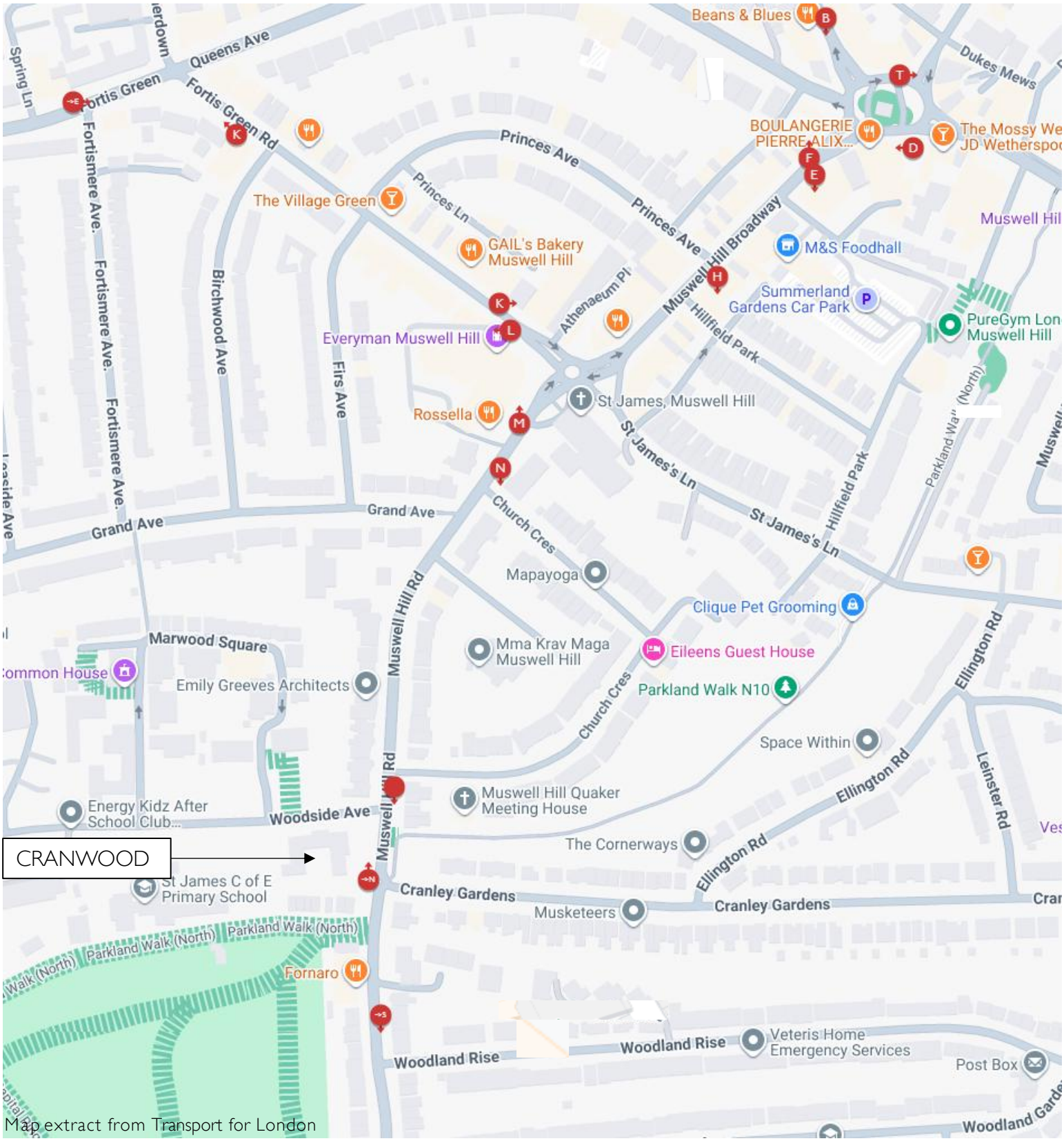
All London Buses are wheelchair accessible and are able to kneel to provide low-floor access

For more information on bus travel and journey planning contact Transport for London. Tel: 0343 222 1234 or visit www.tfl.gov.uk



For real time bus arrivals, text the Bus Stop Code shown on the table above to 87287, or online go to www.tfl.gov.uk and click on 'plan a journey'.

LOCAL BUS STOPS



Map extract from Transport for London

- Bus stops in your area are in Fare Zone 3.
- Just tap on with any contactless card or phone. A single bus is £1.75, you'll never pay more than £5.25 in a day, and bus travel is capped at £24.70 a week.
- Catch as many buses as you like within an hour of tapping on the first time and the extra journeys are free (this is the 'Hopper' fare).
- There are free or discounted travel schemes for the elderly, children, students, job seekers and disabled people.
- Ask your employer about interest free loans for public transport season tickets.

UNDERGROUND

Highgate Station

Around a 15 minute walk or 6 minute cycle from your front door.

Fare Zone 3.

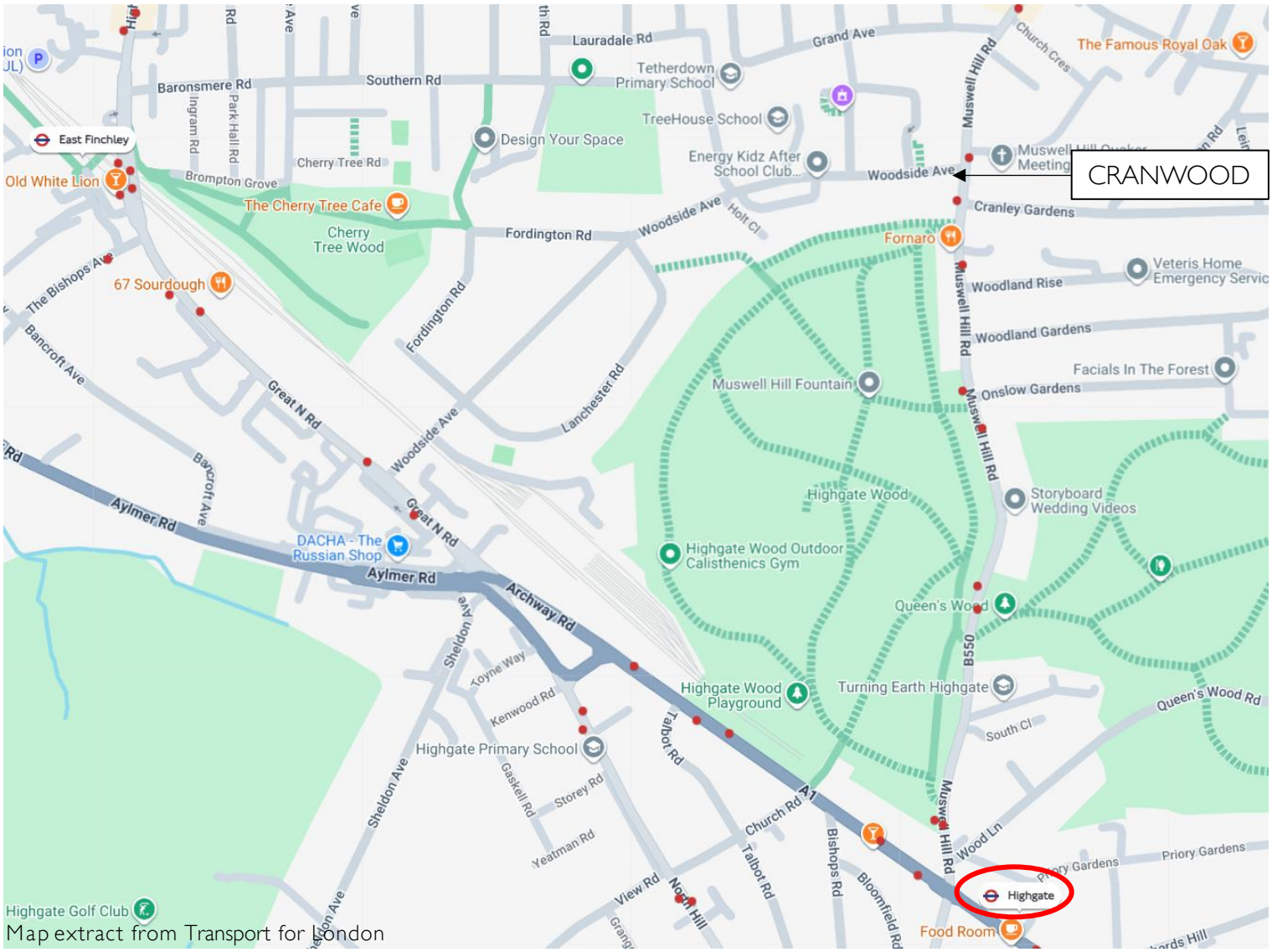
The station does not have step-free access. Check tfl.gov.uk for the latest on accessible journeys.

Cycle parking is available at Highgate Station, as well as secure Spokesafe lockers.

www.tfl.gov.uk

NORTHERN

- A 7-day adult Travelcard on Oyster for use on trains, trams and buses across Zones 1 to 3 costs £52.50, a monthly Travelcard costs £201.60 and an annual Travelcard costs £2,100.
- There are free or discounted travel schemes for the elderly, children, students, job seekers and disabled people.

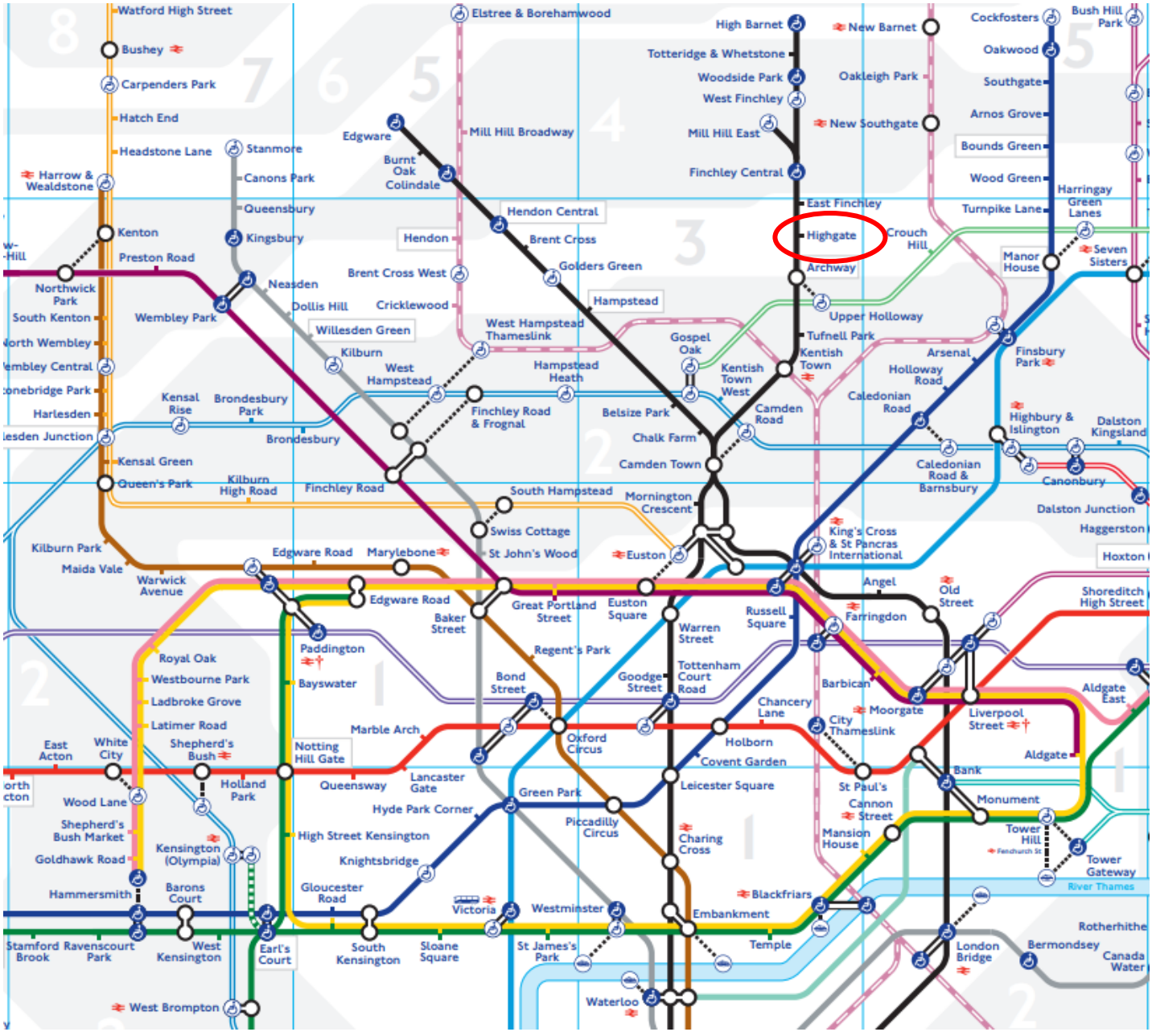


Map extract from Transport for London

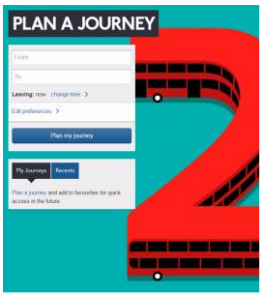
UNDERGROUND

Highgate Station

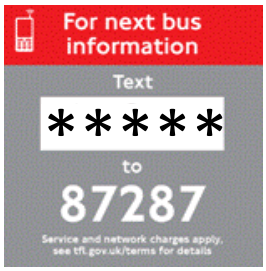
Station	Destination / Towards	Services Per Hour				Service (Weekday)	
		Weekday Service		Saturday Service	Sunday Service		
		AM Peak	Off Peak			First	Last
Highgate	High Barnet	17	16	16	13-16	05:59	00:59
	Mill Hill East	5	4	4	4	07:31	00:10
Highgate	Camden Town	24	20	20	17-20	05:37	00:15



JOURNEY PLANNING



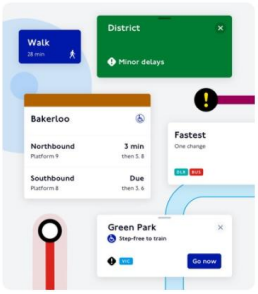
Transport for London's Journey Planner lets you find out the best and quickest way to get from A to B. You can specify whether you want to take a bus, a train, a tram, the tube or just walk or cycle. Contact Transport for London on: 0343 222 1234 or visit tfl.gov.uk



For live bus arrival time information, every bus stop has a Code Number (shown on bus stop timetables). Send a text to 87287 with the bus stop code and you'll get a reply with live bus arrival information for that stop. Texts cost the standard network rate, plus a 12p charge to receive the response.



You can also use Transport for London's free automated TravelBot service on Facebook Messenger to find out when your next bus is due. To check, type something like: 'When's the next bus' or 'next bus'. You will then be asked to share your phone's location or enter the bus stop code if you know it.



Transport for London's new TfL Go app is helping London to move again safely and sustainably. You can touch the map to plan your journey, check the latest train times for every station, choose from the fastest or step-free routes or explore alternatives to suit your needs, get live updates on all services, plan your walking or cycling journey and use step-free mode for planning accessible journeys. Available from app stores.

traveline

For journey planning outside London, try Traveline on Tel: 0871 200 22 33 or visit traveline.info

Paul Mew Associates is instructed by the London Borough of Haringey as Travel Plan Coordinator for the Cranwood development. Get in touch with us if you would like personalised journey planning:

- email: hello@pma-traffic.co.uk
- tel: 02087800426

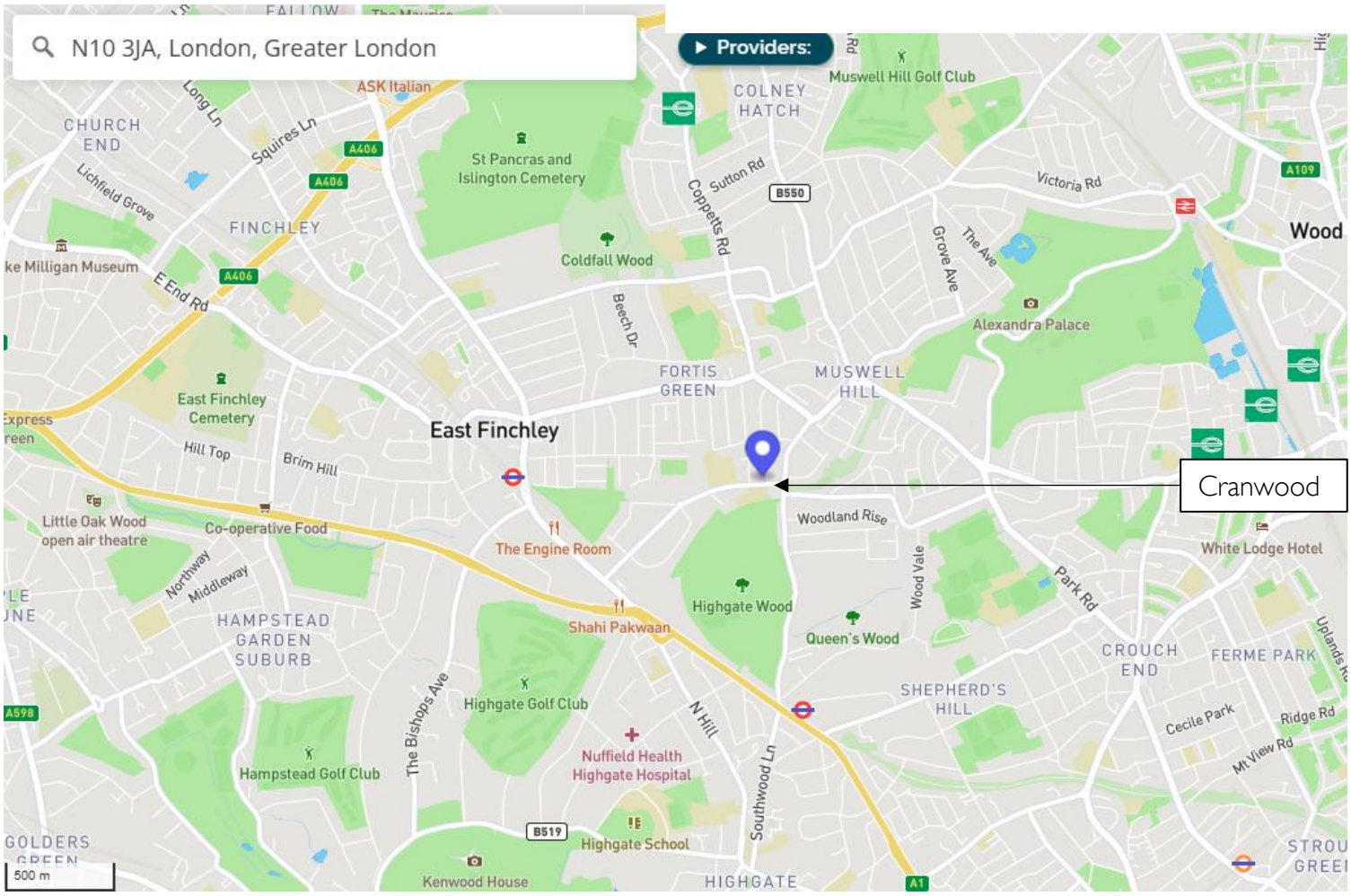
CAR CLUBS & CAR SHARING

Owning a car can be a real hassle with repairs, servicing and insurance. Car clubs provide the convenience of a car without the stress of owning one. Just book online or by phone.

Car clubs give you greater flexibility, charging only for the time you use the car, not when it is sitting on the drive. You can free up your budget to spend on something more exciting!

comouk™
supporting shared transport

enterprise CarClub



Car sharing schemes match you with others wanting to travel in the same direction so you can share the journey and the costs. They allow you to benefit from the convenience of the car, without the problems of congestion and pollution.

In London
www.londonliftshare.com
Countrywide www.liftshare.com

- Saves you money - sharing a daily commute saves many members over £1000 a year.
- Reduces the number of cars on the roads - resulting in less congestion, less pollution and fewer parking problems
- Provides a real solution to the transport problems of rural areas
- Gives employees and employers more transport options
- Reduces the need for a private car



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