



**EVERYONE**

**CAN BE  
MORE GREEN**

**EVERYONE** TRAVEL THE  
ACTIVE WAY!

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Whitehill & Bordon Leisure Centre  
Budds Lane, Bordon, GU35 0JE

# TRAVEL THE ACTIVE WAY

## TO WHITEHILL & BORDON LEISURE CENTRE

Everyone Active manages this facility  
in partnership with East Hampshire District Council



WE ENCOURAGE HEALTHIER, ACTIVE TRAVEL TO BENEFIT OUR CUSTOMERS, STAFF AND COMMUNITY.

OUR ACTIVE TRAVEL PLAN ENCOURAGES PEOPLE TO WALK, CYCLE, USE PUBLIC TRANSPORT OR CAR-SHARE RATHER THAN DEPEND ON SOLO CAR USE.

WE AIM TO REDUCE THE IMPACT OF TRAVEL TO ALTON SPORTS CENTRE ON OUR AIR QUALITY AND ENVIRONMENT, WITH BETTER SUPPORT FOR FITNESS.

## BENEFITS OF ACTIVE TRAVEL

- Walking and cycling are active means of travel and excellent ways to improve your health and to keep fit.
- Undertaken regularly, they can help to reduce the risk of cardiovascular disease, some cancers, diabetes, high blood pressure, stress, osteoporosis, high cholesterol, obesity, and improve mental health.
- Walking and cycling will contribute towards your recommended 5 x 30 minutes of activity per week.
- Cycling is a non-weight bearing activity making it ideal for people who are overweight or unaccustomed to activity as there is no impact on your joints or connective tissues as your weight is supported by the bike.
- Walking and cycling are suitable and enjoyable activities for most people regardless of age or fitness.
- Walking is a great way to de-stress and forget about the pressures of work and everyday life.
- Regular walking and cycling can add years to your life as well as offering a multitude of short-term benefits!
- Regular walking and cycling will help with weight management and can help to reduce blood cholesterol levels too – especially when combined with a healthy diet.
- Walking and cycling with others enables you to reduce your transport costs!

## ACTIVE TRAVEL

- Walking and cycling reduces the costs associated with transport and can be quick and convenient. Cycling is often the quickest way to get around town.
- Levels of cycling and walking in East Hampshire are low. Just 2% of journeys are made by cycling and 9% by walking.
- The Whitehill and Bordon Leisure Centre is located just next to the town centre. The town centre is well connected to the surrounding villages and neighbouring towns by a fleet of bus services. This is in addition to the cycling routes and walking routes which serve the Leisure Centre.

## ON FOOT AND BY BIKE

- The Whitehill and Bordon Leisure Centre is well connected to cycle routes and quiet streets for cycling and walking.
- Cyclists and pedestrians will be able to access the Leisure Centre using the main access to the car park off Havanah Way from the A325 and B3002.
- A network of cycle routes leading to the centre is currently under proposal, connecting to the existing cycle route which connects Whitehill to Broxhead Common via Templars Way and Louisburg Avenue.
- A zebra crossing is available to allow easier crossing for pedestrians and cyclists onto the site.
- The Leisure Centre has 7 secure cycle parking stands outside the front of the building covered by CCTV.

## BY BUS

- Numerous bus services which stop within a 15 minute walk from the centre traverse the high street and stop at either Canada Way or Chalet Hill. This includes the 13, 18, 23 113 and 123, and 737 buses. These bus routes connect Bordon to the towns on the periphery of Bordon such as Alton, Basingstoke, and Petersfield, as well as villages such as Liphook and Liss.
- In addition to this there is the Bordon Town Connect bus (number 28) which stops at the Tesco Superstore situated 15 minutes from the Leisure Centre.
- Timetables and further information on additional bus services servicing the town are available online at [www.hants.gov.uk/transport/publictransport/timetables](http://www.hants.gov.uk/transport/publictransport/timetables) under the Farnborough, Fleet, and Bordon Public Transport Guide.
- The East Hampshire Connect Bookable Bus Service for anyone who suffers with a disability is also operated by the Town Council on Tuesday morning. More information can be found by calling 01420 475759.

## BY CAR

- 8 parking bays for people with mobility disabilities are located outside the front of the centre. If you need to come by car, consider sharing your journey with a friend or colleague.
- Parking is free to use for 2 hours for all those accessing the centre. Your number plate can be input on one of the screens found in the centre by reception.
- A total of 6 Electric Vehicle Charging Points will be available outside the centre.