



EVERYONE

**CAN BE
MORE GREEN**

EVERYONE TRAVEL THE
ACTIVE WAY!

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Taro Leisure Centre
Penns Place, Petersfield, GU31 4EX

TRAVEL THE ACTIVE WAY

TO TARO 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 Taro Leisure Centre is served by a bus which travels to and from the centre of town. The town itself is well connected to the surrounding villages and towns by bus services operating alongside the towns train station. This is in addition to the cycling routes and walking routes which serve the centre.

ON FOOT AND BY BIKE

- The Taro 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 from Penns Place Road.
- Existing cycle routes run from the town centre to Heathfield Road with 2 further cycle routes being improved approaching from the south of the town along Rival Moore Road and the west of the town via Durford Road.
- A zebra crossing is available to allow easier crossing for pedestrians and cyclists onto the site.
- The Taro Leisure Centre has 25 secure cycle parking stands outside the front of the building and to the left of the sites entrance.

BY BUS AND TRAIN

- A bus service supported by Hampshire County Council to the leisure centre operates weekdays intermittently between 8:30am and 5pm, the service does not run weekends and bank holidays. This service serves the town of Petersfield and stops include the train station and The Petersfield School.
- Timetables and further information on additional bus services servicing the town are available online at www.hants.gov.uk/transport/publictransport/timetables under the Havant and Petersfield Travel Guide.

BY CAR

- A total of 8 parking bays for people with mobility disabilities are located in front of the main reception and to the left of the building. If you need to come by car, consider sharing your journey with a friend or colleague.
- The entrance to the Taro Leisure Centre is off Penns Place Road, situated by the East Hants District Council Offices and Petersfield Rugby Club.
- Parking is free to use for all those accessing the centre.