



EVERYONE

**CAN BE
MORE GREEN**

**EVERYONE TRAVEL THE
ACTIVE WAY!**

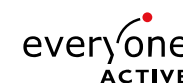
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Alton Sports Centre
Chawton Park Road, Alton, GU34 1ST

**TRAVEL THE
ACTIVE WAY**

TO ALTON SPORTS
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 Alton Sports 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 neighbouring towns by a fleet of 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 Sports Centre is well connected to cycle routes and quiet streets for cycling and walking.
- Cyclists and pedestrians will be able to access the Sports Centre using the main access from Chawton Park Road.
- A national cycle route runs through the centre of the town towards the Sports Centre and footpaths lead towards the Sports Centre from the south.
- A zebra crossing is available to allow easier crossing for pedestrians and cyclists onto the site.
- The Sports Centre has 10 secure cycle parking stands outside the front of the building.

BY BUS AND TRAIN

- A stagecoach operated bus, the number 64 runs Monday to Friday and weekend/public holiday service to the Sports Centre throughout the day.
- A timetable is available at bus stops and online at www.hants.gov.uk/transport/publictransport/timetables under the Alresford, Alton, Meon Valley, & Winchester Travel Guide.
- The towns train station is a 37-minute walk away from the Sports Centre, or 12 minutes by bus.

BY CAR

- Parking bays for people with mobility disabilities are located close to main reception where there are 12 and 4 located by the Spa. If you need to come by car, consider sharing your journey with a friend or colleague.
- The entrance to the Sports Centre is off Chawton Park Road, situated next to the Jubilee Playing Fields.
- Parking is free to use for all those accessing the centre.
- A total of 4 Electric Vehicle Charging Points will be available.