



All information correct as of April 2021.

For directions please do not hesitate to contact one of our reception team if you require further help.

- 01962 848 700
- [everyoneactive.com](http://everyoneactive.com)
- [facebook.com/everyoneactive](https://facebook.com/everyoneactive)
- @everyoneactive
- @everyoneactive

Bar End Road, Winchester, Hampshire, SO23 9NR



# TRAVEL THE ACTIVE WAY TO WINCHESTER SPORT AND LEISURE PARK

Everyone Active manages this facility in partnership with Winchester City 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 WINCHESTER SPORT AND LEISURE PARK 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 you 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 unused 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 costs of your transport and can be quick and convenient. Cycling is often the quickest way to get around town.
- Winchester Sport and Leisure park is well served by buses which travel to and from the City Centre. Winchester buses have free WiFi and USB charge points.
- Winchester has an extensive network of walkways and Winchester Sport and Leisure Park can be reached from all directions on foot.

## ON FOOT AND BY BIKE

- Winchester Sport and Leisure Park is well connected to cycle routes and quiet streets for cycling and walking.
- Cyclists and pedestrians will be able to follow the wayfinding signage into the city centre from the leisure centre.
- Cyclists and pedestrians will be able to access the Leisure Park using the main access from Bar End Road, from Milland Road and via the shared cycle/footway connection from King George V playing field.
- A tiger crossing is available to allow easier crossing for pedestrians and cyclist onto the site.
- Winchester Sport and Leisure Park has 18 secure covered cycle parking stands outside the front of the building.

## BY BUS AND TRAIN

- It is free to use Park & Ride (P&R) buses from the Broadway to Winchester Sports and Leisure Park, and for the return journey. Take an East Winchester P&R bus from Stand 8 (near St. Johns House) in the Broadway. Tell the driver that you are going to the leisure centre. Alight at the Barfield P&R stop on Barfield Close. It is a 3 minute walk to the Sports and Leisure Park.
- The Stagecoach bus 4 runs from Milford Road, a five-minute walk from the park. It runs every hour to Fulflood and Teg Down, via the city centre and railway station.
- Winchester railway station is 25 minutes' walk away, 15 minutes by bus or less than 10 minutes by bike.

## BY CAR

- Parking bays for people with mobility disabilities are located close to main reception.
- If you need to come by car, consider sharing your journey with a friend or colleague.
- The entrance to Winchester Sport and Leisure Park is off the A31, Bar End Road.
- Parking is free for up to 3 hours for leisure centre users who are paying for activities.
- A total of 2 Electric Vehicle Charging Points and 4 bays will be available.
- For special events, the park and ride facilities located close to the centre will be used.