

0 Miles 0.2 0.4

0 Kilometres 0.2 0.4 0.6

How long will it take?

3 minutes cycling will take you this far or this far

If you cycle at about 6 miles an hour *If you cycle at about 10 miles an hour*

10 minutes walking will take you about this far

If you walk at about 3 miles an hour

- Road
- Convenient link for cyclists
- Shared cycle path / footpath
- Footpath
- Place of Worship
- Local shops
- Post office
- School crossing patrol
- School / College
- Buildings
- Cycle shop
- Library
- Doctors / Dentist / Health Centre
- Public house
- Playground
- Train station
- Hospital
- Toucan / pedestrian crossing



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Get active, getting there!

Outer Shirley



Sustrans is creating more opportunities to walk and cycle in Southampton. Schemes include: cycle training, group bike rides, led walks and more. To take part or volunteer please get in touch:
Tel: 02380 515206
Email: streettread@sustrans.org.uk

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people choose to travel in ways that benefit their health and the environment.

To find out more visit or call:
0845 113 00 65
www.sustrans.org.uk/activetravel

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StreetTread is supported by



WALKING AND CYCLING MAP

Get active, getting there!

Why get active?

Keeping active is crucial for both your physical and mental well-being.

Regular physical activity such as walking or cycling can help protect you against heart disease, stroke, obesity, diabetes, osteoporosis, some cancers and poor mental health.

But just as importantly, it's great fun and can be done alone or with family and friends.



Are you doing enough?

Only 34% of adults currently do enough physical activity to benefit their health. The target is 30 minutes on five or more days of the week for an adult and for children, an hour per day, every day.

What you can do

The idea of daily exercise can seem daunting but the most important thing is just to make a start.

Here's the good news: if you do little or no exercise then undertaking some physical activity, even a little, will make a real difference to your health!

Something for all ages

Children are far less active today than a generation ago, with fewer opportunities for outdoor play. Daily physical activity not only keeps children healthy, it can also benefit their academic performance.

Age is no barrier when it comes to cycling. It's never too late to get back in the saddle or learn how to ride.

Active travel

One very simple way to get your 30 minutes is with active travel – walking and cycling for those everyday journeys.

Building regular physical activity into your normal daily routine will help you lead a longer, healthier life. Why not start by swapping a journey you normally make by car and try walking or cycling instead?

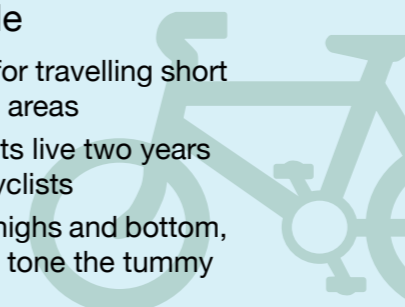


Reasons to walk

- Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints
- Walking helps improve your mood and boosts self-esteem
- Walking burns as many calories as jogging over the same distance.

Reasons to cycle

- Cycling is perfect for travelling short distances in urban areas
- On average, cyclists live two years longer than non-cyclists
- Cycling firms the thighs and bottom, and can even help tone the tummy muscles.



Travelling further afield - The National Cycle Network

With 12,000 miles of routes, the National Cycle Network is a great place to walk or cycle. Its routes are free to use and open to all.

Visit sustrans.org.uk to find out where your local routes are.



Discover your local walking and cycling paths

Have a look at the map inside to discover Western Southampton's walking and cycling paths.

Explore the area on foot or by bike, and get active by using these paths for everyday trips to school, work, the shops, or to visit family and friends.

Did you know that about a third of all the journeys we undertake are less than a mile; and a mile is about a 20 minute walk?

Travel under your own steam and arrive full of energy and feeling great!

You could plan your route to take in the following ...

- Shirley Pond
- Shirley High Street
- Mansel Park
- Lordsdale Greenway
- Southampton Sports Centre

Useful contacts

- Non-emergencies – community safety / anti-social behaviour 101
- Southampton City Council's ActionLine – report highway / footway defects 0800 519 1919 actionline@southampton.gov.uk
- Southampton City Council's Cycling Development Officer – route / general information 02380 832366
- Sustrans' StreetTread Co-ordinator – local walking and cycling events 02380 515206 streettread@sustrans.org.uk
- Adelaide Health Centre 02380 608900
- Sure Start at Pickles Coppice Children's Centre 02380 878387