



National Walking Month

May is Living Streets' National Walking Month. Walking is an easy way to improve health and fitness and stay connected to the community. The Living Streets checklist below has been put together to help you fit 20 minutes of walking into your day.

Why not invite colleagues on a lunch time walk? You can take the footbridge over the M3, which is just next to Indurent Park, and then do a walk to Cliddesden and back using the various designated footpaths.

For more information you can visit: www.livingstreets.org.uk/get-involved/national-walking-month/



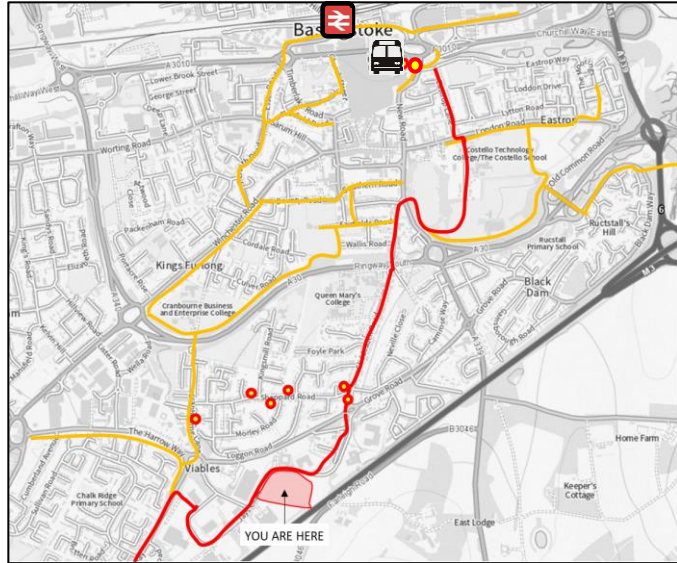
#TRY20 CHECK LIST

TIP 1 INVITE FRIENDS AND FAMILY FOR A WALK	TIP 2 A WALKING MEETING	TIP 3 LET NATURE GUIDE YOU	TIP 4 WALK TO AND FROM WORK
TIP 5 GET SNAPPY	TIP 6 TRANSFORM YOUR STREET	TIP 7 WALK TO THE SHOPS	TIP 8 SCAVENGER HUNT
TIP 9 HAVE AN ADVENTURE	TIP 10 LET THE KIDS LEAD THE WAY	TIP 11 GET CREATIVE	TIP 12 TREAT YOURSELF
TIP 13 GET PICKING	TIP 14 EVENING STROLL	TIP 15 A MINDFUL MEANDER	TIP 16 WALK THE RAINBOW
TIP 17 PREPARE FOR THE WEATHER	TIP 18 REACH OUT	TIP 19 POWER WALK TO THE FINISH	TIP 20 SHARE YOUR HIGHLIGHTS

LIVINGSTREETS.ORG.UK f LIVINGSTREETSUK @LIVINGSTREETS #TRY20 #NationalWalkingMonth

Cycle to Work

National Cycle Network route 23 runs along Jays Close, providing access to Indurent Park (shown on the map below). To find out more about the route visit www.walkwheelcycletrust.org.uk.



Key:

- Cycle Routes
- National Cycle Route 23
- Bus Stop
- 🚉 Railway Station
- 🚌 Bus Station

Don't forget there is **sheltered cycle parking** outside all 3 units at Indurent Park making cycling to work even more accessible!

Can't cycle to work but you have your own bike?

We understand from your recent travel survey results that the primary method of travel to work here at Indurent Park is by car, as you have to make other trips before or after work such as the school run. But if you have your own bike at home, why not go out on a bike ride after work or on the weekend and get involved in the Bike Month Challenge running throughout May, where you can win prizes for riding in this fun and friendly challenge. Take a look at the Love to Ride website here for more info www.lovetoride.net/uk.

The Benefits of Walking at/to Work

- Boosts morale and job satisfaction
- Improves staff performance
- Promotes good physical and mental health
- Increased walking can help lead to reduced sick days
- Increased walking rates can enhance the corporate image
- Return on investment by a highly engaged workforce





Liftshare Hampshire

JOIN LIFTSHARE HAMPSHIRE

Car Sharing

In your recent travel survey, 80% of you get to work by cars, but 60% of you said you would use car sharing as an alternative to driving by yourself if you knew people to car share with, or if you had similar journeys to others.

Enter Liftshare the free carsharing platform that lets you add your journey to their matching database, filter your search to find the best Liftshare for you and then message them to arrange your journey!

The benefits of lift sharing are simple really, save money, reduce CO₂ emissions and reduce the stress of driving.

Hampshire has its own lift-sharing community, where people are already saving money and helping the environment by carpooling for work or leisure, so why not get involved too? There are even designated parking spaces at Indurent Park for cars taking part in carsharing! So, take a look here to find out more <https://hub.liftshare.com/regional/Hampshire>.

Go Electric!

Considering the national move towards hybrid and electric vehicles in the coming years, now is the time to make the switch and go electric!

Electric and hybrid vehicles are more affordable than you may think and can offer remarkable benefits such as:

- Lower / no fuel costs
- Lower / no emissions tax
- Lower maintenance costs
- Eco-friendly with no emissions

EV charging points are provided for you at Indurent Park, so drive to work, plug in and leave fully charged to go home. You can also visit ZapMap online which is a map showing the national network of charging points with information on charger type and speed, along with user ratings. To find out more visit: www.zap-map.com.



Public Transport

Local Buses

The nearest bus stops to your work at are the **Golden Lion** (on Cliddesden Road) and the **Cliddesden Road** (on Sheppard Road) stops, roughly a 9-minute walk away (shown on the map overleaf). The hourly **No.12 bus route** calls at these stops, and runs between the bus station in the centre of Basingstoke and Hatch Warren, southwest of the town.

Stagecoach is the bus operator in your area, and they participate in the Government's £3 adult single fare capped ticket price, making travel by bus convenient and affordable. Take a look at their website for more information on routes, timetables and ticket prices here at www.stagecoachbus.com or download the **Stagecoach App**

Rail Information

Basingstoke Train Station is your closest train station, being a 30-minute walk, 17-minute bus journey on the no.12 bus route, or a 10-minute cycle from your work. For timetable and pricing information visit download the **South Western Railway App**.

Railcards are also available to purchase from www.railcard.co.uk which enables you to save up to a 1/3 off rail travel! Take a look online to see what works for you.

NEVER PAY MORE THAN **£3** single fares in England capped from 1st January 2025

South Western Railway

