

Make your travel to work an opportunity to work out!

No. 5—St. Sampson to Admiral Park



Drive to work? Stressed out by traffic jams? Arriving late at your workplace? There is an alternative.

Why not try walking, jogging or cycling?

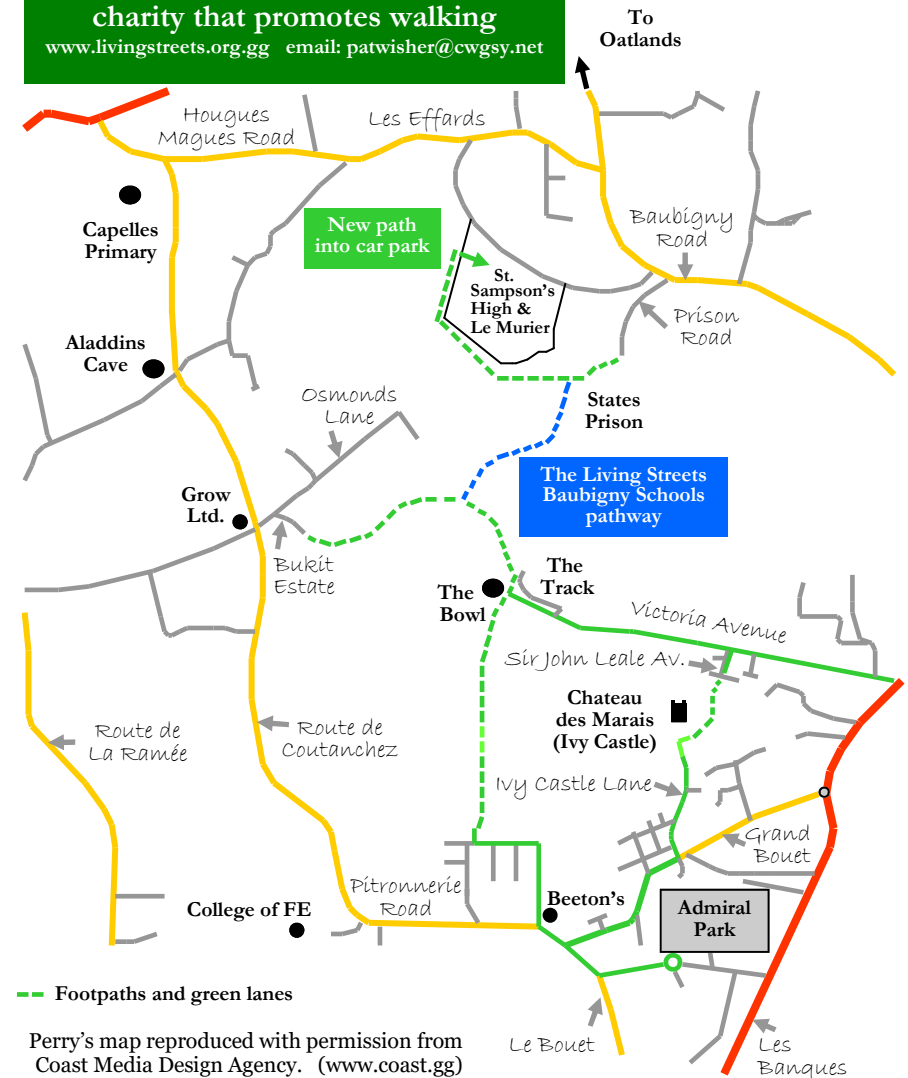
Once you've worked out your quickest, safest and most interesting route and timed it, you can rely on always arriving on time. The fresh air means you arrive feeling calm and energised. You've worked off your breakfast and given yourself a good dose of vitamin D. You see things along the way that you never see from a car and you could team up with a friend or neighbour.

Living Streets Guernsey LBG has devised a sketch map which shows you some of the possible routes from St. Sampson to Admiral Park.

Building exercise into your daily routine—jogging, walking, speed walking or cycling— keeps you fit and healthy and you will be doing your bit to help reduce pollution and congestion on the roads (and saving on fuel costs). Walking home is a good way of de-stressing at the end of the day.

Why not give it a try during May Walk to Work Week? (Map/over)

Living Streets (Guernsey) LBG—the
charity that promotes walking
www.livingstreets.org.gg email: patwisher@cwgsy.net



If you live in St. Sampson around the Baubigny Road area you can take advantage of the Living Streets Baubigny Schools pathway to the Pitronnerie Road which starts in the school car park. The footpaths and green lanes will give you a safe walking or cycling route through some lovely countryside. If you live in Victoria Avenue you can also use part of the Baubigny path or go through via Ivy Castle. Follow the green routes on the map