

Make your travel to work an opportunity to work out!

No. 1—St. Martin to St. Peter Port



Drive to work? Stressed out by traffic jams? Fed up with trying to find a long term parking space? Arriving late at your workplace?

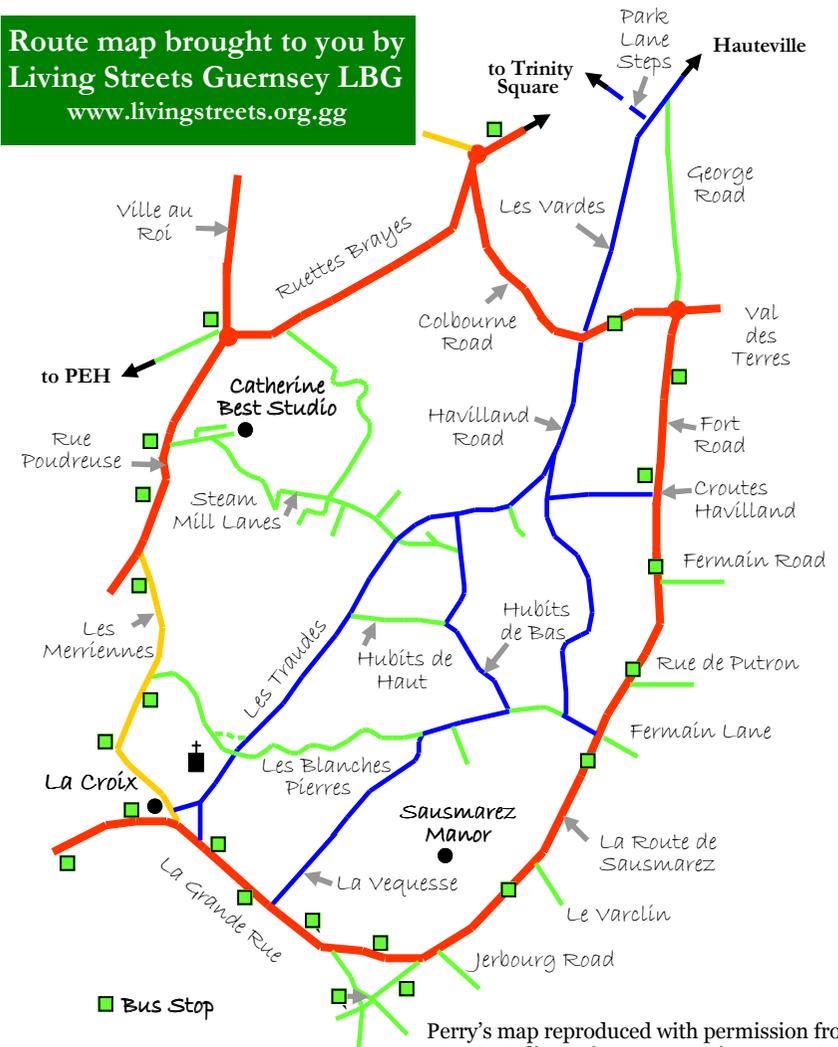
There is an alternative. Why not try walking, jogging or cycling?

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 various routes through the quiet lanes and Ruettes Tranquilles behind St. Martin's Church. The route takes you away from the noise and pollution of the main roads. If you live in the area covered by the map (overleaf) and you work in Town, we urge you to consider a more active commute.

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 congestion on the roads. **Why not give it a try?**

Route map brought to you by
Living Streets Guernsey LBG
www.livingstreets.org.gg



Perry's map reproduced with permission from Coast Media Design Agency. (www.coast.gg)

It takes just 30 minutes to walk from St. Martin's Church to Trinity Square (& 35 minutes back) if you follow the blue route via Les Traudes. If you live near Fort Road you can use the lanes via Croutes Havilland or Fermain Lane. Alternatively, take the main road straight down George Road and Hauteville. If you live in the lanes south of Grande Rue you can link into the Hubits walk via La Vequesse. There are plenty of buses that will bring you home if you don't want to walk back up the hill after work (or if it's inclement weather in the morning).