

Make your travel to work an opportunity to work out!

No. 4—Town to Admiral Park



Candie Gardens

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 Town 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



In the map above, everyone living within the red and orange boundary roads are about a mile from Admiral Park - so well within walking distance. There are some quiet lanes like Les Canichers and other off road options like walking through Candie Gardens, Cambridge Park and Beau Sejour. A mile is about a 20 minute walk. There are also many buses to give you a bus/walk option as well as the cycle/walking path along Les Banques.