

Make your travel to work an opportunity to work out!

No. 3—St. Peter Port North to Town



Candie Gardens

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 you some of the possible routes into Town from the St. Peter Port north area. If you choose to walk and don't feel like walking back up the hill — you have the option of catching the bus back.

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 Walk to Work Week?

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



- Les Corbins Steps
- Blue Mountains
- Possible walking routes

In the map above, everyone living within the red and orange boundary roads are about a mile from Town - so well within walking distance. If you live in the Rouge Rue/St. John's area you can walk via Les Amballes and Les Canichers down to St. Julian's Avenue. If you live in the Amherst area you can use the off road pathway (green dotted line) from Amherst School and walk through Beau Sejour. The quickest route from there is the diagonal off road route to Les Cotils and L'Hyvreuse and then Les Corbin Steps to access Le Truchot or Bosq Lane and Les Canichers. Alternatively enjoy a lovely walk through Candie Gardens. A mile is about a 20 minute walk.