

Travel to

This is a map that shows directions to Bottesford Park from different bus stops



 @CHYMLEics

www.choosehowyoumove.co.uk

www.leicestershire.gov.uk

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Coming into the City?

Our three Park & Ride sites at **Birstall**, **Enderby** and **Meynells Gorse** provide a fast and easy way into the City.

Check out our public transport information on www.choosehowyoumove.co.uk



Public Transport

If you drive to work and hate getting stuck in traffic, why not let someone else take the strain and use the extra time to read a book, or make the most of the free Wi-Fi on some of our buses to catch up on with emails or even do some online shopping.

Using public transport is great for the environment too! Fewer cars on the roads mean that there's less pollution and congestion. Most buses also are now step-free and low-floor, and include priority seating for older and disabled persons and dedicated space for wheelchair and mobility scooter users!

Walking

Walking is simple and free. It's one of the easiest ways to be more active and get healthier. It's suitable for people of all ages and fitness levels so why not encourage your colleagues to walk with you? Walking to work is a great way to start the day. It's great exercise and you'll feel energised for the day ahead, especially if you sit down all day.

A brisk 10 minutes

A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an "Active 10". Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.

It's the easy way to improve your health and wellbeing.
No gym memberships, no Lycra. Just 10 minutes and you!

Read more at www.nhs.uk/oneyou/active10/home



It takes around
20 minutes to
walk a mile

Cycling

Riding your bike to work is one of the easiest ways to get some daily exercise. With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

Exercising in the morning can help you feel happier and concentrate more!

Find out more about cycle courses, route planning, cycle maintenance courses and general advice on www.choosehowyoumove.co.uk

For leisure cycling, free guided rides and more ideas check out www.letsride.co.uk/social



Cycling is
three times faster
than walking and
it only takes
around 5 minutes
to cycle a mile

