

ATHELIS™

CLUB & SPA



SUSTAINABLE TRAVEL PACK

WELCOME

Many of us automatically use the car for many trips without thinking what else we could do. Often the alternatives could save time and money, and reduce congestion and pollution. They can also contribute to a healthier lifestyle.

A Travel Plan is in operation at Athelis Club and Spa, with its aim being to reduce staff and member dependence on driving to the club, and to promote more healthy and sustainable forms of transport.

This Travel Pack aims to help you find an environmentally friendly way to get Athelis, taking into account cost, journey time, convenience and health benefits. It details the transport options available and provides the information you will need to make your journey the Club run as smoothly as possible.

What options are available for my journey to Athelis Club and Spa?

This Travel Pack gives you information on how to get to the club by;

Walking/Running, Cycling, Bus, Car Sharing.

It also provides information about the benefits of travelling by each of these modes.

ON YOUR FEET

Fit more exercise into your daily routine by walking or running to the club.

Walking and running are great ways to boost your health, fitness, wellbeing, and with money saved from fuel, your bank balance. It is recommended that the average adult should do 30 minutes of exercise 5 times a week. Walking or running to and from the club is a great way of extending your workout, ensuring that you get the most out of your time at Athelis.

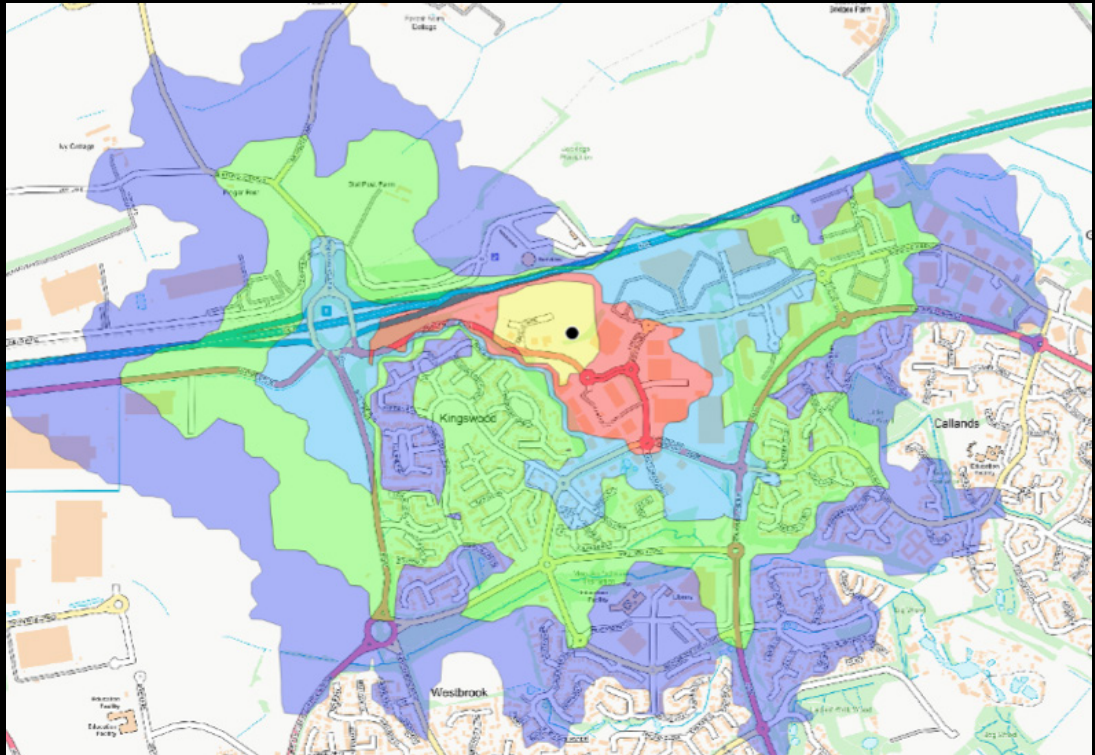
Walking and running have great personal health and fitness benefits:

- Lower the risk of heart disease, high blood pressure and diabetes
- Stronger bones
- A strengthened immune system
- Better weight management
- Increased energy levels
- Enhanced self-esteem
- Better sleep

Walking or running on a regular basis is good for your health and wellbeing and its **free**.

ON YOUR FEET






The map below shows how long your walk to the club may be. A normal walking pace is about 400m every 5 minutes, meaning all of the shaded area on the map is within about a 25 minute walk. A brisk walk or run will reduce journey times, or may allow you to access the club on foot from an even greater distance. There is a comprehensive network of pavements and footpaths connecting the club to local residential areas such as Kingswood, Westbrook and Callands.



Key

 Athelis Club & Spa

Walk Isochrones

	400m
	800m
	1200m
	1600m
	2000m

Warming up

Walking, running, or a combination of the two is a good way of gradually raising your heart rate ready for a more strenuous workout at the club.

Active recovery

A gentle walk or jog home is a good way to recover after a workout, potentially allowing you train more frequently.

Where Can I Find Out More?

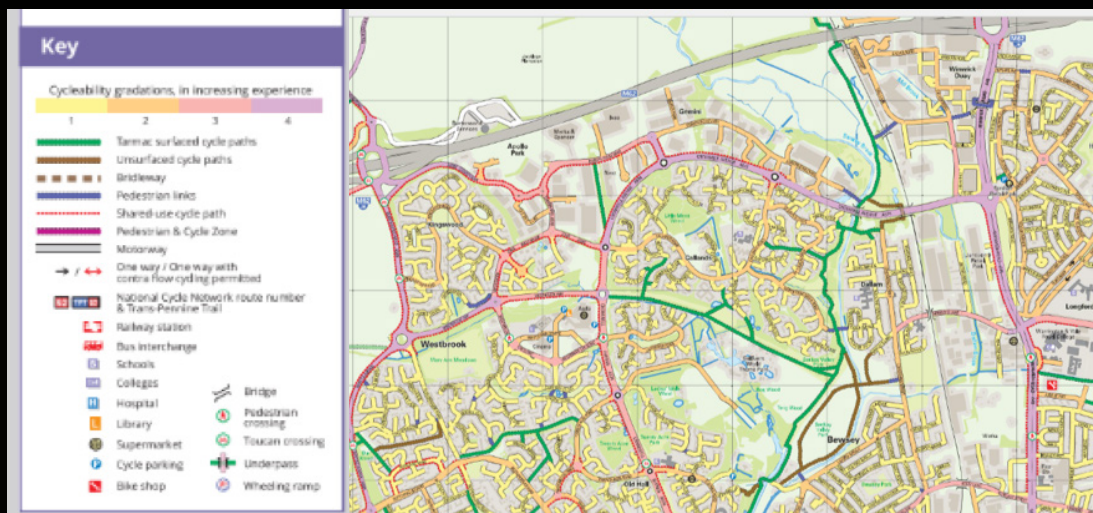
www.runbritain.com/training contains lots of useful information on road running, training techniques, and how to avoid injury.

ON YOUR BIKE

Warrington and the surrounding area has a good network of cycle infrastructure, which provides opportunity to travel to the Club by bike.

Cycling is great exercise, as well as improving cardio-vascular fitness, increased activity can reduce stress and anxiety, and help with weight loss. A gentle cycle ride to the club is a great way warm up and begin to increase your heart right before your main workout, and to cool down afterwards.

There are cycle paths on within Apollo Park and on Charon Way, connecting the Club to the wider Warrington cycle network. The local cycle network is shown on the map below.



Typical cycle journey times between the club and local areas:

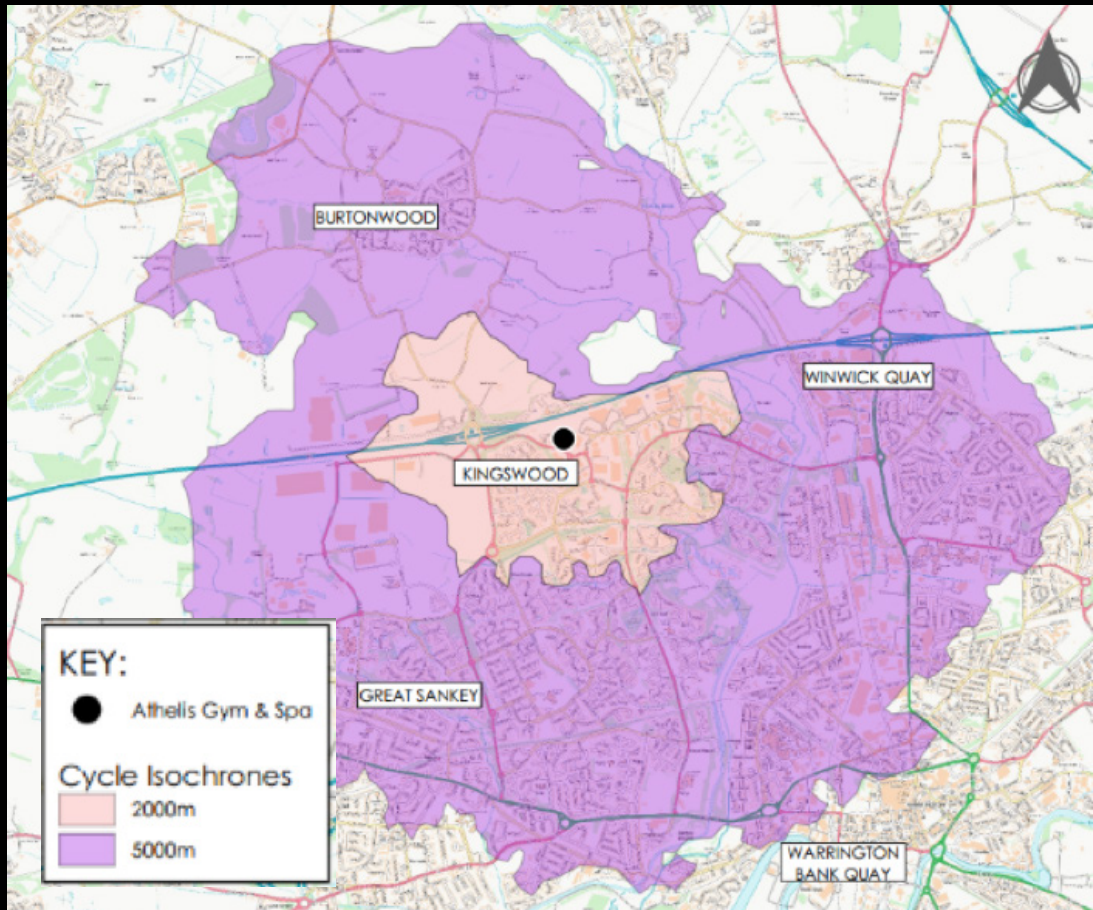
	Distance	Journey Time
Callands	2km	10 mins
Great Sankey	3km	15 mins
Bewsey	3.5km	17-18 mins
Hulme	4km	20 mins
Penketh	4.5km	22-23 mins
Warrington Town Centre	5km	25 mins

The cycle times set out above are based on a gentle cycling pace. Faster and more experienced cyclists may be able to achieve much shorter journey times.

What are the benefits of cycling?

- It is good exercise, and can help improve physical and mental health.
- It is a cheap form of transport.
- It helps to reduce congestion and harmful emissions.
- It can be quicker than travelling by car or public transport, particularly at peak times.

The map below shows how far your journey to the club may be by bike. Assuming a gentle cycling pace, 1 km should take about 5 minutes, so everywhere within the shaded area is within about a 25 minute cycle, or less for faster cyclists.



Where can I find out more?

- Sustrans is a sustainable transport charity, which focuses on cycling. Their website, www.sustrans.org, contains information on cycle routes.
- CTC, the UK's national cycling organisation has lots of useful information on their website, www.cyclinguk.org.

ON THE BUSES

The Club is easy to access by bus. The nearest bus stops are a short walk from the Site on Europa Boulevard. The map below shows the walk route between the Athelis and the bus stop.



The Connect 17 service calls at the bus stops on Europa Boulevard, typically every 15 minutes. It provides journeys between the Club and,

Westbrook	3 mins
Old Hall	7 mins
Warrington Interchange	14 mins

There is opportunity to change buses at Warrington Interchange to a range of services to destinations throughout Warrington and beyond.



What are the benefits of catching the bus?

- Sit back and relax during your journey.
- Catch up on work, or read.
- Reduce your carbon footprint compared to using a car.

Get moving with the Moovit App!

Moovit is an urban mobility app that provides door-to-door journey planning, showing all the available public transport routes as well as cycling options. It is available for both Apple and Android.

ON THE BUSES

There are various tickets and passes which can save you money if you travel regularly by bus. These include:

	Adult	Under 21
Weekly Ticket	£23	£17
4 Weekly	£82	£55
Annually	£760	£460

Where can I find out more?

www.warringtonsownbuses.co.uk provides everything you need to know about local bus services.

Full timetables for the Connect 17 service are available at club reception

Log on to www.traveline.info for door-to-door journey planning.

CAR SHARE

The sociable way to travel.

One way of reducing the costs of travelling by car is to car share. As well as saving you time and money, you will also help the environment. It's a great way to meet new people and to reduce the stress of driving.

There are many benefits to car sharing such as:

- It saves you money on fuel, vehicle depreciation, and other running costs.
- You can make new friends.
- It is really flexible.

It gives you somebody to talk to during your journey, If you live in Stockton Heath, and travel to the club 5 days a week, you would save approximately £232 per year in travel costs, and 315kg in annual CO2 emissions (source www.liftshare.com).

www.liftshare.com is a free to use journey matching service. It will allow you to see other people who may share the same journey as you, and to make car sharing arrangements. It also provides advice on how divide up the costs.

Athelis Club & Spa

Apollo Park, Charon Way, Westbrook, Warrington WA5 7YA

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