

Make your travel to work an opportunity to work out!

No. 2—Kings Road to Market Square



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

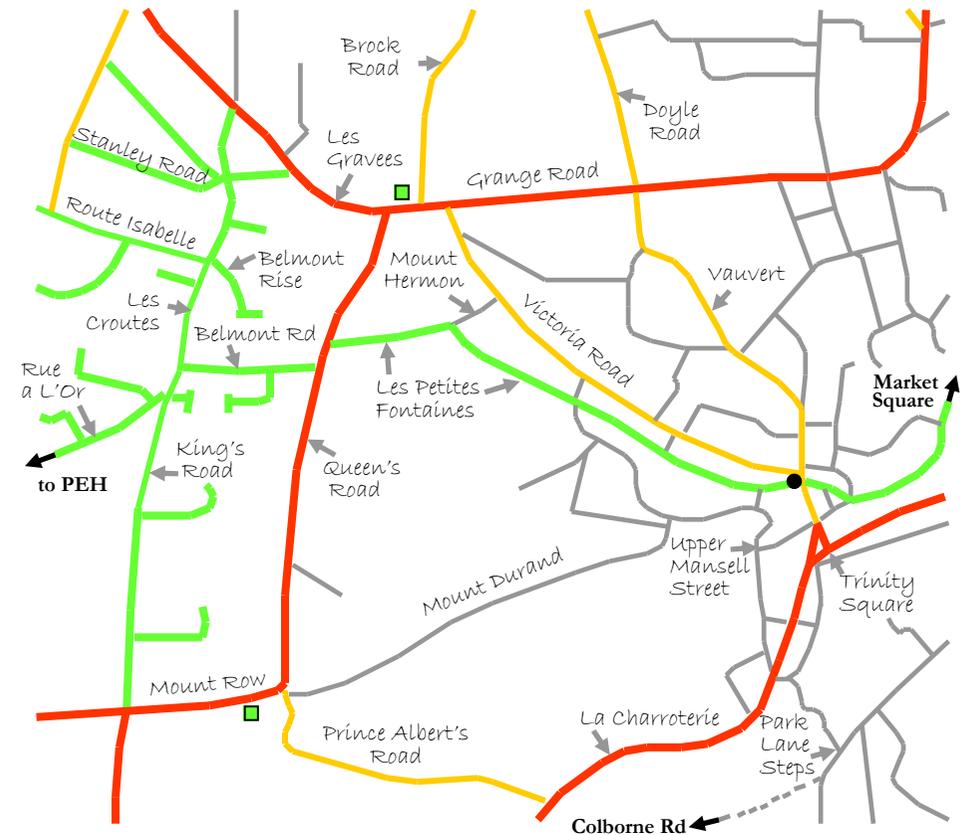
There is an alternative. Why not try walking, jogging or cycling?

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 the quickest and quietest route from Kings Road to Market Square. If you choose to walk and don't feel like walking back up the hill—there are plenty of buses that will get you back to the top of the Grange.

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 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?**

Route map brought to you by Living Streets Guernsey LBG



● Bouillon Steps

■ Bus Stop

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It takes just 15 minutes to walk from the King's Road area to Market Square (& 20 minutes back). If you live in King's Road or any of the areas marked in green why not try this quiet back street route to Town? It's much nicer than walking down the busy and polluted main roads. The Bouillon steps at the end of Les Petites Fontaines take you down to Trinity Square and then you can cross the road and enjoy the traffic free route through the Old Quarter to Market Square. If you live or work near the PEH, Rue a L'Or is a quiet link road in either direction.