



All information correct as of November 2018.

For directions please do not hesitate to contact one of our reception team if you require further help.

- 01293 585300
- facebook.com/everyoneactive
- @everyoneactive

Pease Pottage Hill, Crawley RH11 9BQ



EVERYONE
CAN BE
MORE GREEN

TRAVEL THE ACTIVE WAY TO

Everyone Active manages K2 Crawley in partnership with Crawley Borough Council.

everyone
ACTIVE



WE ENCOURAGE HEALTHIER, **ACTIVE TRAVEL** TO BENEFIT OUR CUSTOMERS, STAFF AND COMMUNITY.

OUR ACTIVE TRAVEL PLAN ENCOURAGES PEOPLE TO **WALK, CYCLE, USE PUBLIC TRANSPORT OR CAR-SHARE** RATHER THAN DEPEND ON SOLO CAR USE.

WE AIM TO REDUCE THE IMPACT OF TRAVEL TO K2 ON OUR AIR QUALITY AND ENVIRONMENT, WITH BETTER SUPPORT FOR FITNESS.

BENEFITS OF ACTIVE TRAVEL

- Walking and cycling are active means of travel and excellent ways to improve your health and to keep you fit.
- Undertaken regularly they can help to reduce the risk of cardiovascular disease, some cancers, diabetes, high blood pressure, stress, osteoporosis, high cholesterol, obesity and improve mental health.
- Walking and cycling will contribute towards your recommended 5 x 30 minutes of activity per week.
- Brisk walking and cycling are an excellent way to tone your legs and bum!
- Cycling is a non-weight bearing activity making it ideal for people who are overweight or unused to activity as there is no impact on your joints or connective tissues as your weight is supported by the bike.
- Walking and cycling are suitable and enjoyable activities for most people regardless of age or fitness.
- Walking is a great way to de-stress and forget about the pressures of work and everyday life.
- Regular walking and cycling can add years to your life as well as offering a multitude of short term benefits!
- Regular walking and cycling will help with weight management and can help to reduce blood cholesterol levels too – especially when combined with a healthy diet.
- By devoting time to your health today, you will have health for your time tomorrow!
- Walking and cycling with others enables you to reduce your transport costs!
- Cycling for 30 minutes a day can give you a fitness level of someone 10 years younger.
- A brisk two-mile walk burns off a chocolate bar!

ACTIVE TRAVEL

- Walking and cycling reduces costs of your transport and can be quick and convenient. Cycling is often the quickest way to get around town.
- K2 Crawley is well served by buses on protected bus lane routes, enabling buses to avoid traffic congestion. Crawley buses have free WiFi and USB charge points.
- Crawley has a larger than average cycle route network, an extensive network of walkways and K2 can be reached from all directions on off-road cycle tracks making it safe for children to come by bike.
- Use Cycle Crawley route maps for cycle, pedestrian and public transport information, available from K2 reception or download from www.crawley.gov.uk/cycling

ON FOOT AND BY BIKE

- K2 Crawley is well connected to cycle routes and quiet streets for cycling and walking.
- A lit, off-road footpath / cycleway runs between Canterbury Road, Tilgate, to K2 Crawley and crosses Brighton Road the A23 at a foot/cycle crossing to link with Broadfield. Pick up a map.
- K2 Crawley has lots of covered cycle parking close to the entrance, along with a cycle repair station with bike tools and an air pump.

BY BUS AND TRAIN

- The number 2 bus runs directly to K2 Crawley every 15 minutes from Ifield West, via Langley Green, Crawley Town Centre and Crawley rail station and Tilgate.
- Stops for the number 10 bus, running every 6 minutes between Gatwick Airport and Bewbush, via the Town Centre bus station and Crawley rail station, are located in Southgate Avenue, less than a 5 minute walk from K2 Crawley.
- Timetables are available at K2 reception and further excellent bus information is available at www.metrobus.co.uk. The Metrobus app provides realtime information on bus services. Download from www.metrobus.co.uk.
- Crawley railway station is 25 minutes walk away, 5 minutes by the 10 bus or less than 10 minutes by bike.

BY CAR

- Parking bays for people with mobility disabilities are located close to main reception.
- If you need to come by car, consider sharing your journey with a friend or colleague..
- The entrance to K2 Crawley is off the A23, Pease Pottage Hill. There is limited free parking on site for leisure centre users.
- For special events, sign posting and stewards will indicate other available parking.