

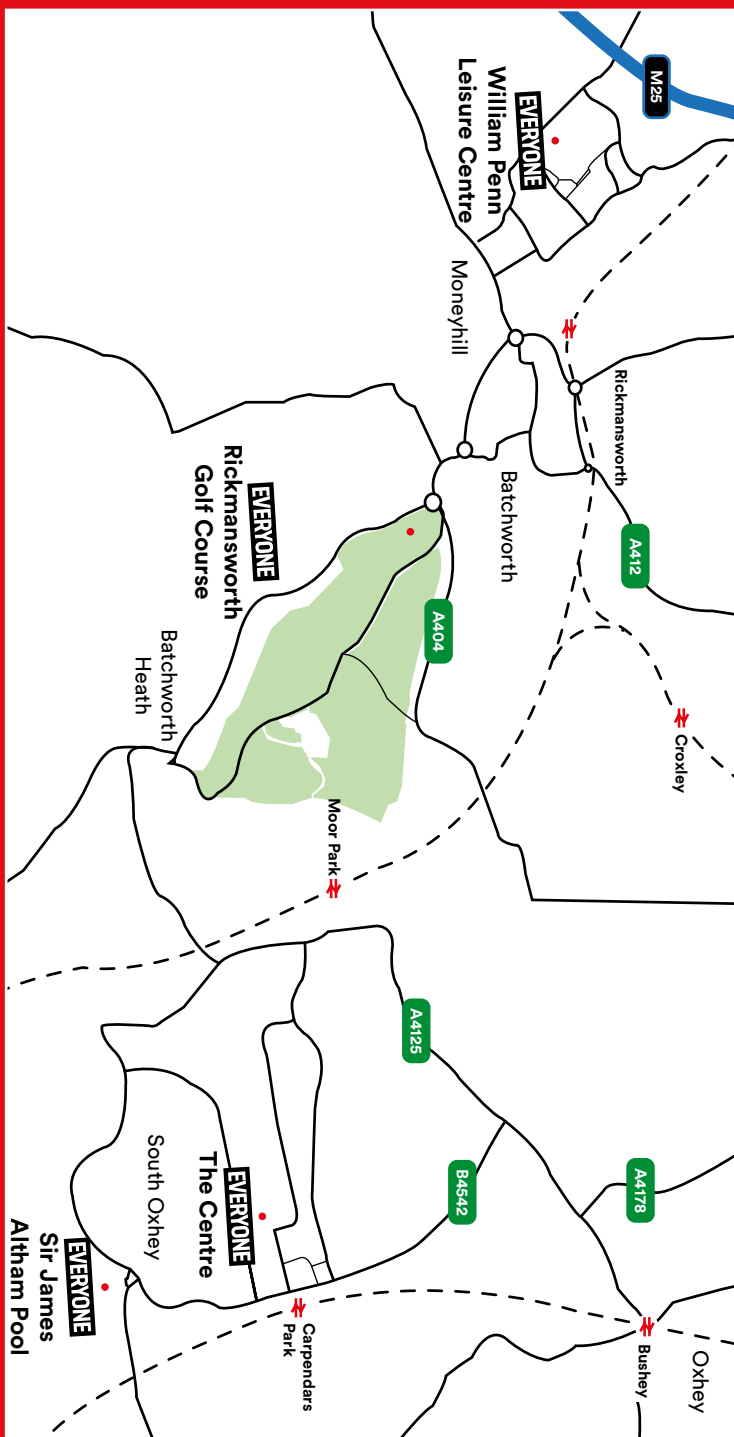


**EVERYONE
NEEDS TO
DO THEIR BIT**

TRAVEL THE ACTIVE WAY

TO RICKMANSWORTH GOLF COURSE,
SIR JAMES ALTHAM POOL,
THE CENTRE AND WILLIAM PENN LEISURE CENTRE

Everyone Active is working in partnership with
Three Rivers Council.



The Centre
Gosforth Lane,
South Oxhey,
Hertfordshire
WD19 7AX
020 8428 4954

William Penn Leisure Centre
Shepherds Lane, Mill End,
Rickmansworth,
Hertfordshire
WD3 8JN
01923 771050

Rickmansworth Golf Course
Moor Lane,
Rickmansworth,
Hertfordshire
WD3 1QL
01923 775278

Sir James Altham Pool
Little Oxhey Lane,
South Oxhey,
Wattford, Hertfordshire
WD19 6FW
020 8421 0211



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.

OUR **ACTIVE TRAVEL PLAN** STRIVES TO REDUCE THE IMPACT OF TRAVEL AND TRANSPORT ON THE ENVIRONMENT AND ENCOURAGES THE USE OF ALTERNATIVES TO THE CAR INCLUDING **CYCLING, WALKING, CAR SHARING** AND **PUBLIC TRANSPORT**. OUR AIM IS TO ENCOURAGE THE USE OF MORE ENVIRONMENTALLY FRIENDLY AND HEALTHIER MODES OF TRANSPORT FOR OUR PEOPLE AND COMMUNITY.

THE BENEFITS OF GREEN TRAVEL

- Walking and cycling are excellent ways to improve your health and to keep you active - done regularly they can help to reduce the risk of cardiovascular disease, certain cancers, diabetes, high blood pressure, stress, osteoporosis, high cholesterol and obesity amongst other things.
- 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!

GREEN TRAVEL

- Use public transport and reduce local traffic congestion and air pollution. Help make Three Rivers a healthier place to live.
- Numerous cycle paths, bridle ways, parks and open spaces are available around all four centres. Please use TFL cycle route map for available pathways and routes.

BY BUS

William Penn Leisure Centre

The 320 bus stops on Shepherds lane and is a 2 minute walk to the centre

Rickmansworth Golf Course

The 320, 520 and 103 bus routes all stop on Moor Lane and are a 2 minute walk to the course

The Centre

The number 8 Bus stops right outside the centre

Sir James Altham Pool

The number 8 bus stops just outside Altham Way and is a 1 minute walk to the centre

BY TRAIN

William Penn Leisure Centre

Rickmansworth Train station is 1.5miles away and is serviced by London Overground on the London Marylebone line, also on the Met line

Rickmansworth Golf Course

Rickmansworth Train station is 1.3miles away and is serviced by London Overground on the London Marylebone line, also on the Met line

The Centre

Carpenders Park station is 0.7miles away and is serviced by London overground on the Euston to Watford Junction line

Sir James Altham Pool

Carpenders Park station is 0.8miles away and is serviced by London overground on the Euston to Watford Junction line

LIFTSHARE

London Liftshare welcomes new users. If you are able to offer a lift, or don't have access to a car and want to find others who may be able to offer a lift, please visit this website. Sharing your car can save you money, cuts pollution and your carbon footprint. Visit www.liftshare.com for more info.