

EVERYONE

NEEDS TO DO THEIR BIT

Bus Stops and Routes

- | | |
|--|--|
| A St Mary's Cemetery - 18, A, B, N18 | E Berens Road - 18, N18 |
| B Kensal Green - 18, A, B, N18 | F Banister Road - 28, 52, 316, 452 |
| C Kensal Rise | G Kensal House - 23, 52, 70, 228, 295, 316, 452 |
| D Station Terrace - 6, 28, 52, 187, 452 | H Queens Park - 6, 36, 187, 206, 316, A |

●●● Cycle Routes



All information correct as of June 2018.

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

📞 020 3879 6669

📘 facebook.com/MoberlySportsCentre

🐦 @MoberlySports

25 Chamberlayne Road, London NW10 3NB

EVERYONE

NEEDS TO DO THEIR BIT



TRAVEL THE ACTIVE WAY

TO MOBERLY SPORTS CENTRE

everyone
ACTIVE

ACTIVE
WESTMINSTER



City of Westminster



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!

UNDERGROUND AND OVERGROUND TRAINS

- The site is approximately 850m (11-minute walk) from Kensal Green LU station, providing access to the Bakerloo Line.
- Underground from Kensal Green Station towards: Elephant & Castle, Harrow & Wealdstone, Baker Street and Willesden Junction
- London overground services are available from Kensal Green (12-minute walk) and also from Kensal Rise (8-minute walk)
- Overground towards: Kensal Rise to Clapham Junction and Kensal Green to London Euston
- This site is approximately a 13 minute walk from Ladbroke Grove LU station, providing access to the Hammersmith and City and Circle lines.
- Underground from Ladbroke Grove towards: Hammersmith, London Kings Cross and Liverpool street.

GREEN TRAVEL

- Use public transport and reduce local traffic congestion and air pollution. Help make Moberly Sports Centre a healthier place to live.
- Numerous cycle paths, bridle ways, parks and open spaces are available around the centre. Please use TFL cycle route maps for available pathways and routes.
- Moberly Sports Centre is well served by public transport.

TFL: DIAL-A-RIDE

- Dial-a-Ride provides a multi-occupancy door to door transport service for people with a permanent or long term disability or health problem who are unable, or virtually unable to use conventional public transport. It can be used for all sorts of journeys such as shopping, visiting friends, attending meetings or doctors or dentists appointments. There is a link to the Dial-a-Ride website below.
- Address: PO Box 68799, London, SE1P 4RD
- Telephone: 0343 222 7777
- Email: DAR@tfl.gov.uk
- Web: www.tfl.gov.uk/modes/dial-a-ride

LIFTSHARE

- 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 Westminster Car Club at www.zipcar.co.uk/car-hire-london/westminster for more info. Sharing your car can save you money, cuts pollution and your carbon footprint.

BUS SERVICES IN THE LOCAL AREA

- 6 – Aldwych to Willesden Bus Garage
- 18 – Euston Station to Harrow Road Station
- 23 – Aldwych to Westbourne Park
- 28 – Kensal Rise Station to Mapleton Crescent
- 52 – Pound Lane to Victoria Bus Station
- 70 – Chiswick Business Park to Queensberry Place
- 187 – O2 Centre to Central Middlesex Hospital
- 228 – Central Middlesex Hos to Shirland Road
- 295 – Clapham Junction to Falcon Road
- 316 – Longley Way to White City Bus Station
- 452 – Vauxhall Bus Station to Kensal Rise Station

