






All information correct as of April 2018.

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



TRAVEL THE GREEN WAY

TO QUEEN MOTHER SPORTS CENTRE

-  03330 05 0418
-  facebook.com/eaQueenMother
-  @eaQueenMother

Vauxhall Bridge Rd, Victoria SW1V 1EL



Our Green Travel Plan strives to reduce the impact of travel and transport on the environment and encourages the use of alternatives to the car including car sharing, public transport, cycling and walking. This is not to deny the freedom of car use, but rather, aims to encourage the use of more environmentally friendly and healthier modes of transport for our community.

THE BENEFITS OF GREEN TRAVEL

- Walking and cycling are excellent ways to improve your health – 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!
- Use public transport and reduce local traffic congestion and air pollution. Help make Queen Mother Sports Centre a healthier place to live.
- Travelling with others enables you to reduce your transport costs!
- Queen Mother Sports Centre is well served by public transport.
- 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 TRAINS

- The site is approximately 300m from Victoria station, providing access to the Victoria line and Circle & District line, as well as National rail in multiple directions.
- The site is approximately 800m from Pimlico station, providing access to the Victoria line.

CYCLE ROUTES

- 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.
- Secure bike park located in Queen Mother Sports Centre's car park to encourage people on the ride you bike to work programme. 80 spaces available and can be used between 6.30am – 10:30pm.

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. The closest stop to Queen Mother Sports Centre is Neat House Place). 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

- 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.londonliftshare.com for more info.

BUS SERVICES IN THE LOCAL AREA

- Victoria bus station: Multiple locations inside and outside of London
- 2 - Marylebone station - Norwood bus garage
- 36 - Queens park station - New Cross bus garage
- 185 - Lewisham station - Victoria station