

Information

- Leaflet information can be made available in large print, talk type, Braille and a variety of languages on request.
- Easy access to benefit both cyclists and disabled users.
- Look out for our Calendar of Green Travel events, tips & activities.
- Car parking area has been designed to create a safe atmosphere for pedestrians with adequate lighting and safe ways.
- Up to date travel information available from London Transport www.tfl.gov.uk

RNID 'type talk' – please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.

Visit: www.typetalk.org

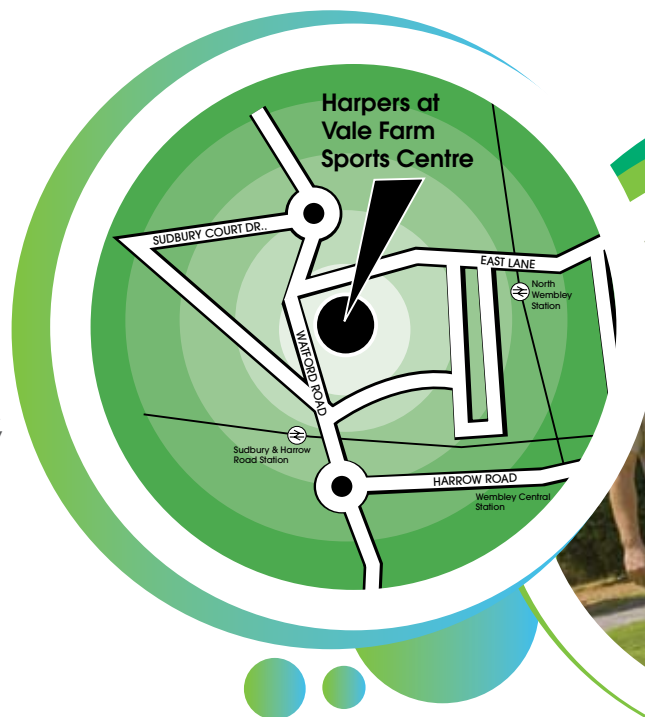


harpers

Harpers at Vale Farm
Sports Centre

Travel the green way to Harpers at Vale Farm Sports Centre

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.



**Harpers at Vale Farm
Sports Centre**
Watford Road, North Wembley,
Middlesex HA0 3HG

020 8908 6545

vale.farm@harpersfitness.co.uk

Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

www.harpersfitness.co.uk



Managed by Leisure Connection Ltd on behalf of the London Borough of Brent.

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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 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 Brent a healthier place to live.
- Travelling with others enables you to reduce your transport costs!
- Brent 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!

Trains

- Sudbury and Harrow Road train station (Chiltern Line) is 0.8 km south of the Sports Centre.
- Sudbury Town tube station (Piccadilly Line) is 1.0 km south of the Sports Centre.

Cycle routes

- Cycle Route 86 (Watford Road – Sudbury Court Drive) links Harpers at Vale Farm from the west via Bengeworth Road, Elms Lane and Homefield Road, continuing into the Sports Centre via a signed link.
- Cycle Route 45 goes past North Wembley station, and links the Centre from the north via East Lane and Woodfield Avenue and through the playing grounds.

Bus services in the local area

Bus Routes 182 and 245 stop near the tube station and in front of the railway station and stop in Watford Road near the approach road to Vale Farm.

Service	Route	Frequency
18	From Sudbury Inn Terminus	3 - 7 mins
92	Towards Wembley Towards Ealing	5 - 9 mins 4 - 8 mins
182	Towards Wembley and Brent Cross Towards Harrow	6 - 10 mins 6 - 9 mins
245	Towards Golders Green Towards Alperton	6 - 10 mins 7 - 11 mins
N18	From Sudbury Inn Terminus	25 - 30 mins

Liftshare

- London Liftshare (visit www.londonliftshare.com) 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. www.londonliftshare.com

- approximately 0.5 km from Vale farm SC
- approximately 1 km from Vale farm SC
- approximately 1.5 km from Vale Farm SC
- approximately 2 km from Vale Farm SC
- approximately 2.5 km from Vale farm SC
- bus station/stop

