

Park and Stride



www.myjourneyhampshire/schools



Official 'Park and Stride' Car Parks



Bringing learning to life!



Kids need at least 60 minutes exercise every day. Walking and cycling to school is a good way to do this.



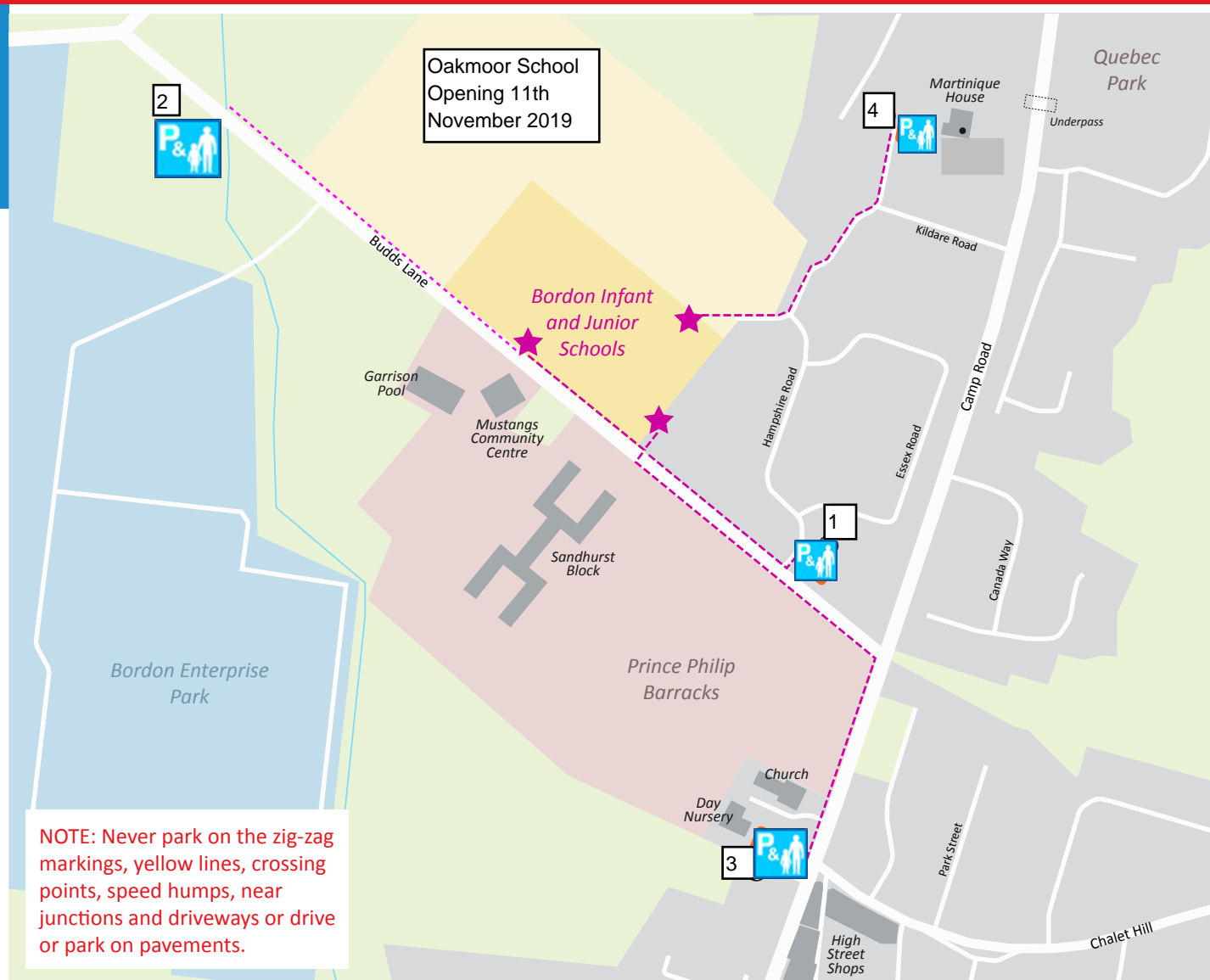
Make every step count.

Step it Up! Why not use the school run as part of your daily exercise routine to up your step count? Each minute you walk is about 100 steps.

- 1 Hampshire Road Car Park**
Capacity: 12 spaces
Distance: 300 metres = 375 steps
- 2 Budds Lane Car Park**
Capacity: 100 spaces
Distance: 390 metres = 487 steps
- 3 Guadeloupe Car Park**
Capacity: 15 spaces
Distance: 600 metres = 750 steps
- 4 Martinique House Car Park**
Note: This car park is only available until 08:45am for the 'Park & Stride' Initiative. Therefore this location is suitable for Junior School families only.
Capacity: 10 spaces
Distance: 300 metres = 375 steps



Strider says children who have to be driven to school can still get their WOW badge if they Park and Stride.



Getting to Bordon Infant and Junior Schools

Fit and fun on the school run

If you live within the green and orange 10 to 15 minute walking zones, you may find it quicker to walk to school than to drive and have to find a parking space.

If you live beyond walking distance and have to drive, **please Park and Stride** to help **make it safer around the school gates** so more families can **walk, cycle or scoot** to school.

Avoid the congestion in Budd's Lane by parking in the car parks shown overleaf. When parking on street, always get your children out of the car on the pavement side.

Walk from a Friend's House:

Know friends who live locally? Why not ask to park at their house and walk together for a sociable school journey?

Lift share:

Going the same way as a neighbour? Why not lift share and then Park & Stride as often as possible saving fuel and the environment?

5 good reasons to Walk to School

Kick Start a healthy Lifestyle

Boost Brain Power

Become Street Savvy

Enjoy Quality Family Time

Save Money

