



Over 25% of all journeys annually are made on foot - and it is likely at least part of a normal journey to work is on foot. Walking is a natural, convenient and enjoyable activity available to all. In addition, walking is a great way to improve health, relieve stress and increase energy levels and productivity.

Over recent years a number of improvements have been made to Team Valley to install new crossing facilities and improve footways. These should make walking a more attractive option.

How to Promote Walking

Walking to work has considerable health benefits, and these can easily be promoted to staff. Most importantly, introducing measures to encourage staff to walk to work can be achieved for very little expenditure.

Consider the benefits to your business of introducing the following measures:

- Provide somewhere safe to store equipment such as coats, shoes and umbrellas
- Provide changing facilities to encourage staff to walk to work

- Provide pedometers to staff and introduce initiatives encouraging staff to walk to work such as prize draws or free gifts
- Arrange guided walks at lunch times for groups
- Offer staff a business branded umbrella either on a loan or reward basis to promote walking and your business.

Providing a guaranteed ride home in the event of a real emergency is a very useful tool to encourage staff to walk to work. In reality, this service is rarely used, but it provides important peace of mind to staff when making the decision to leave their cars at home.

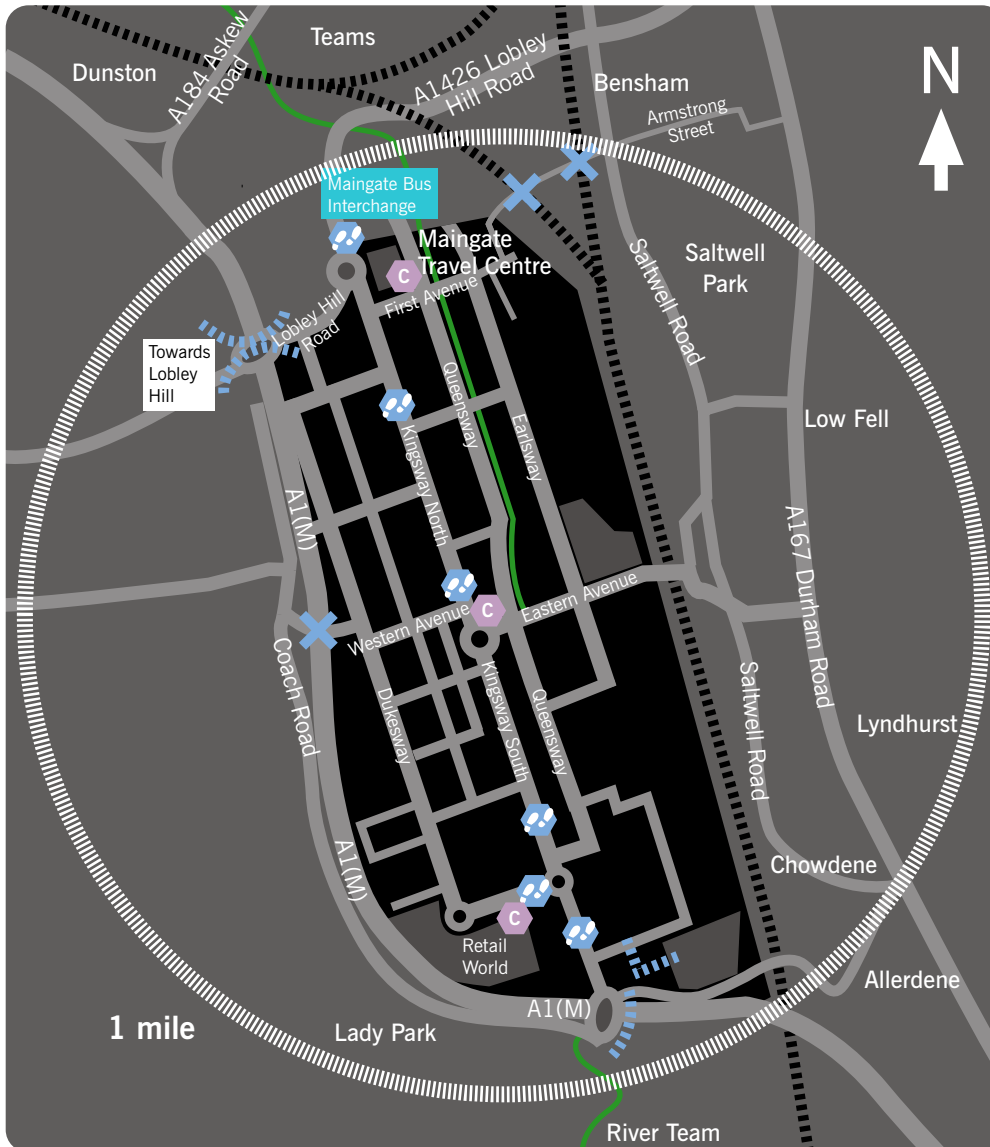
The teamvalleylinks.com CIC website offers a link to walkit.com; an urban walking route planner, enabling employers to download free posters to promote the journey planning service to staff and order other materials to help promote walking.

Staff could also be encouraged to visit the teamvalleylinks.com CIC discussion forum **Get Involved**, where staff can discuss walking to, from and on Team Valley with others.


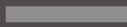
Finally, you could also encourage staff to participate in the organised walking events which are promoted on www.teamvalleylinks.com

If you would like more information to support staff Walking, please contact info@teamvalleylinks.com

A Practical Guide to Walking to Team Valley



Key to Map

-  Team Valley
-  Pedestrian and cyclist walking only route
-  Pedestrian and cycle route only
-  Pedestrian crossings
-  Public cycle parking
-  Railway line
-  Roads

This map is intended to show access routes for pedestrians to Team Valley. The majority of roads on Team Valley have footpaths along side.

Dropped kerbs have been installed at many crossing points and there are light controlled crossings on Kingsway and at the Maingate Bus Interchange.

Staff are able to plan walking journeys to work using the electronic walking journey planning service on the Walking Pages of www.teamvalleylinks.com.

For other advice on walking please contact info@teamvalleylinks.com for help and advice.



BUILDINGS FOR BUSINESS

teamvalleylinks.com supported by North East Property Partnership trading as Buildings for Business



GATESHEAD COLLEGE

In partnership with Gateshead College