

My Walktober Journey Report: Working in Winchester.

I work a combination of home working and working at an office in the centre of Winchester. 🏢

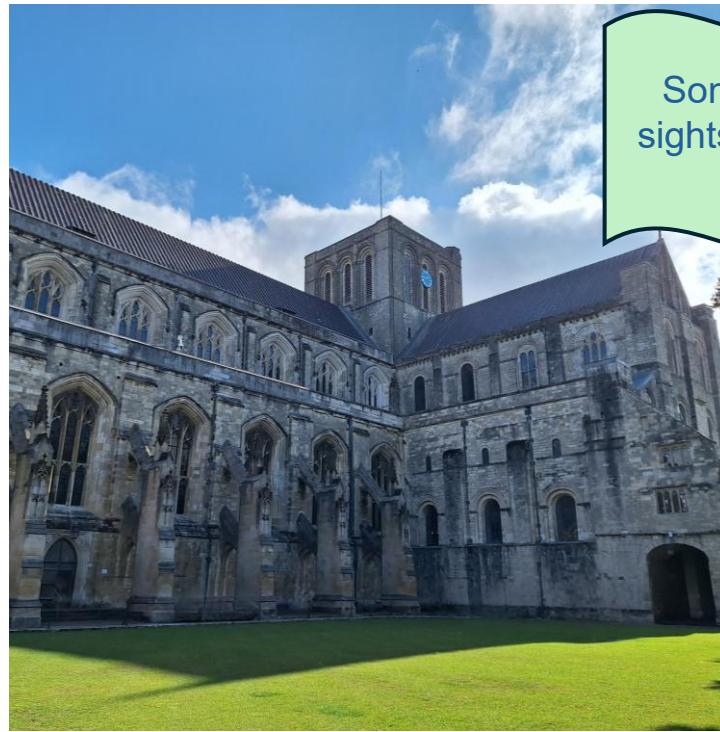
On the days I work in Winchester I don't have time for our usual walk to school, so my journey is:

- ❖ Take my children to Breakfast Club. We drive to the school's Park and Stride site, which is a pub car park, then walk from there to school. I prefer this to trying to get parked near the school which, even early on, gets a bit stressful! It is only a five-minute walk there and less back as I'm a bit quicker on my own! Plus it gives my children a bit of fresh air and activity first thing.
- ❖ Drive (often lift sharing with a colleague who I pick up on route) to the Park and Ride at St Catherines or Barfields.
- ❖ I have an option to take the Park and Ride bus – sometimes I do this but always hop off a stop (or two) early, so I get some daily activity. 🚌
- ❖ However, most days, I walk from the car park - Park and Stride again. It takes around 20 minutes maximum, and it is a glorious walk! I usually go into Winchester via Winchester College walls and through Winchester Cathedral grounds. My return route is usually along The Weirs, following the River Itchen. 🧳 🏰 🦆

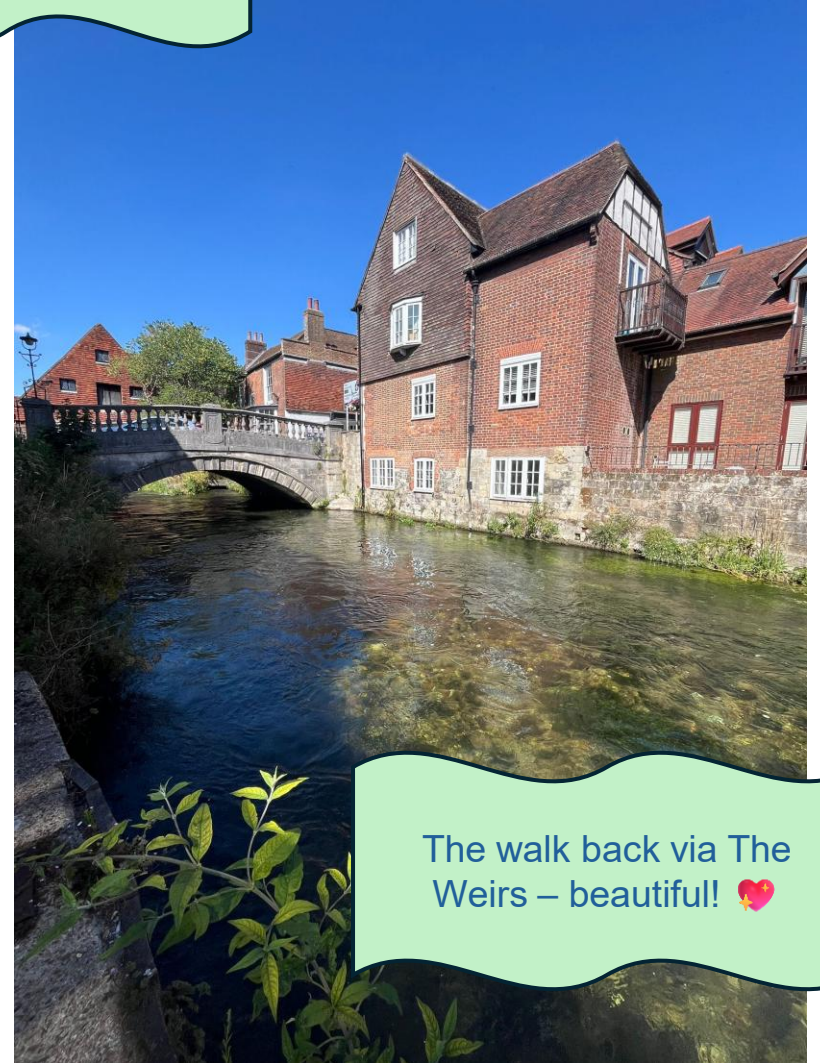
What I enjoy about my active journey:

- ❖ Getting daily exercise - this is good for both my physical and mental health.
- ❖ Immersing in nature – seeing the trees in the changing seasons, the flow of the river after rain, the swans and ducks, listening to the bird song...
- ❖ Community – there are lots of other people who also Park and Stride and it's lovely to say hello and feel connected!
- ❖ History – opportunity to see and learn about the history around me.
- ❖ Decompression time – at the end of a busy day, walking back to the Park and Ride allows my brain to relax and reset.





Some of the wonderful sights on my journey in to work!



The walk back via The Weirs – beautiful! ❤️

You get to see lovely art like this that you would miss if you were in a car!



My top tips:

- ❖ Make sure you are prepared for the weather conditions – for example having a hat on a hot day and having a waterproof jacket on a wet day. Don't let the weather stop you taking an active journey!
- ❖ Time – work out how long your walking journey will take and plan in any extra time needed (I would probably spend longer in a car stuck in traffic in Winchester than walking)!

