



### Information about using active travel to and from the Charles Perkins Centre

The Charles Perkins Centre is a world-leading interdisciplinary research centre committed to finding real-world solutions to complex issues such as obesity, cardiovascular disease and diabetes. A primary theme of the Centre is physical activity.

One useful way to increase your daily physical activity is to replace motor vehicle trips with walking, cycling and/or public transport. This is known as 'active travel' and builds low impact physical activity into your daily routine. Active travel is a cheap and useful way to reduce your carbon footprint while also being good for your health.

The University of Sydney is a health promoting university. We encourage our staff, students and visitors to consider using active travel to, from and around our campuses to promote the health, wellbeing and sustainability of our community.

### Three ways you can get to the Charles Perkins Centre using active travel

Use public transport



Cycle



Walk



*Further information about accessing the Charles Perkins Centre is located on the next page.*

## Three ways you can get to the Charles Perkins Centre using active travel

### Use public transport



**Sydney Buses:** 10 minute bus ride from Sydney CBD. Closest stop is the University of Sydney Veterinary School and Hospital on Parramatta Road. Operating buses include 412, 413, 436, 437, 438, 440, 461, 480, 483, and M10. Allow 5 minutes walk from the bus stop. See <http://www.sydneybuses.info/> for more information.

**Sydney Trains:** The Charles Perkins Centre is located 20 minutes walk from Central and Redfern stations. These stations include all major Sydney train lines. Central station includes the Airport Line. See <http://www.sydneytrains.info/> for more information.

### Cycle

The Charles Perkins Centre is conveniently located at the University of Sydney's Camperdown campus near Royal Prince Alfred Hospital. Cycling to our Centre is easy, cheap and convenient – see <http://www.sydneycycleways.net/> for suggested routes and information on riding safely in Sydney.

Bicycle parking is available in front of the Centre and end of trip facilities are located on the ground floor of the building. Please speak with our helpful reception staff for directions to these facilities.

Some end of trip facilities are available in other buildings on campus – for more information, please visit <http://sydney.edu.au/about-us/vision-and-values/sustainability.html>.

### Walk



The University of Sydney Camperdown campus is a highly walkable campus located about 2km from Redfern and Central rail stations, and approximately 4km from the Sydney CBD. An interactive map is available on our website <http://sydney.edu.au/perkins/contact>.

---

#### Charles Perkins Centre

T +61 2 8627 1616 | E [cpc.reception@sydney.edu.au](mailto:cpc.reception@sydney.edu.au)

W [sydney.edu.au/perkins](http://sydney.edu.au/perkins)

#### Healthy Sydney University

T +61 2 9036 7891 | E [healthy.uni@sydney.edu.au](mailto:healthy.uni@sydney.edu.au)

W [sydney.edu.au/healthy-sydney-university](http://sydney.edu.au/healthy-sydney-university)

