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Staying Active Things to Do in Southampton by Lek Boonlert

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The city of Southampton is a tremendous escape from the chaos of London. Although the city is still quite large, with a population of about 235,000, it still doesnâ€™t compare to the hustle and bustle of Englandâ€™s capital.

Southampton is only just over 120kms from London, so getting to the city isnâ€™t a difficult task. Travellers can take a train along the South West Line from Waterloo Station, and be in Southampton in less than 90 minutes. The highway is also extremely expedient, as the M3 and M25 are among the largest roadways in England. Whatâ€™s more, buses run from London twice a day, take a little more than an hour to reach their destination.

Hotels in Southampton are generally comfortable, and the town is home to a variety of interesting sites. However, itâ€™s the activities in the city that make visitors want to return. By having an idea, or even plan, of what activities are available in the city, tourists will be able to enjoy their Southampton holiday experience that much more.

Southampton is a mad soccer (football) town. Therefore, experiencing a football match is probably one of the most desirable activities for tourists of Southampton. St Maryâ€™s Stadium is the home ground for â€˜the Saintsâ€™ (Southampton FC), and each week, thousands of fans travel to the field to watch their beloved football team battle for English football glory and survival. Cricket is another important sport in the city, and travellers can find county and international games played at the Rose Bowl.

For those guests to Southampton that are not interested in sports, shopping pleasures can be found across the town. Quay West is filled with everything one would expect to find in a premier shopping complex â€“ eateries, fashion stores, accessories, electronics, and more. For the younger generation of travellers, the Bargate complex is more popular, as it has more computer games stores, fashion outlets and electronics stores than other shopping centres in Southampton. In addition to the modern shopping complexes in Southampton, markets are in abundance throughout the week. The Tuesday Fishermanâ€™s Market is a great place to experience the sights and sounds of the maritime culture. Other markets are found near the centre, and are open on weekends.

The museums and art galleries in Southampton are second to none. The museums showcase the cityâ€™s intriguing history, from the archaeological finds of the region, to the maritime influences that built this town. The Maritime Museum receives many of the tourists to Southampton, because it is rich in the townâ€™s most important historical exhibitions. The Museum of Archaeology is renowned for being one of Englandâ€™s most impressive institutions. In addition to the museums found in Southampton, the galleries are also quite famous. Contemporary visual art is found in the John Hansard Gallery, while historical artwork can be seen in the City Art Gallery.

Southampton is well-known for its sailing, and visitors are always welcome to the harbour side of the city to try out the sea legs. Courses on sailing are available in several different places.

The parks in Southampton are one of the cityâ€™s most prized possessions, and for good reason. The green spaces found throughout the city offer the perfect spots for visitors to take some time out of the busy schedule. The most popular and largest park in the town is Southampton Common. Whether visitors are into a quiet stroll, a game of tennis, or a spot of fishing, Southampton Common offers many different options to keep visitors active and entertained.

Finally, the theatres of Southampton provide great evenings out. Shakespearean plays, live music, and international films are just some of the events tourists can find in some of the main theatres around the city, which include the Turner Sims Concert Hall and Mayflower Theatre.

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