

How to enable active travel to work

Workplace champion



Some ideas to try

Ethos

Does your workplace have a strong environmental drive or a keen interest in physical and mental wellbeing for staff? Try to tap into the wider agenda and speak to senior management about how active commutes can benefit the organisation.

Policy and communication

Check your company's website to see if directions to your office mention walking, cycling and public transport and update it to reflect how you'd like staff and visitors to travel. Engage with colleagues at induction events, share local maps and include information in your policies about active and sustainable travel for the commute **and** business mileage. If you have a local Sustrans officer, ask them for guidance on Bike to Work schemes, Bike User Groups, shared bike emergency repair kits for the office or cycle gear loans.

Infrastructure

Implementing small scale changes to your site can make a huge difference in supporting active travel. This could be accessible gates and well-lit paths for walking, visible and secure cycle storage, or lockers and showers for those commuting actively or doing lunchtime exercise. [Click here for a guide to choosing cycle storage.](#)

Events

Enthuse and enable staff to try walking or cycling by working with Sustrans to offer fun events and challenges which can include led rides and walks. Sustrans can provide resources and assistance in planning, risk assessing and running activities to engage with employees across your organisation.

Quick Wins



Dr Bike events are a great way to enable more staff to cycle



Local travel maps bring information together in one place



Communicating that you support active travel is free and effective

“I felt good and didn't get that drowsiness that you sometimes get after lunch. I think I was actually more productive after the ride.”

Led ride participant, OpenText

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

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