

# Get out Get active

## Ocean Estate's Active Travel Project



### Walking!

We are running group walks for:

- Women/ men
- Mum's and children/ families
- Older people
- English practice walks for ESOL Classes

### Cycling!

- Cycle rides
- Beginner/ intermediate courses
- Bikes to borrow
- Cycle maintenance workshops

### Travel Advice!

Group sessions will provide individualised advice on using public transport, and information on walking and cycling routes that are enjoyable and safe.

For more information call 0755 44 31 327  
Or email [oceanestate@sustrans.org.uk](mailto:oceanestate@sustrans.org.uk)



As a Healthy Borough, Tower Hamlets is working with Sustrans to help Ocean Estate residents to be more active, healthier and happier.