



## Get **ACTIVE** getting there!

Active travel – walking or cycling – is great fun and improves your health and the environment.

**Out and About** is a new scheme making it easy and fun for people in Chorley and South Ribble to travel actively for everyday journeys – whether to work, school, shops or for leisure.

It's **FREE** and everyone can join in:

- guided walks & rides
- cycle safety / maintenance training
- improved local routes
- bike loan scheme (no bike? no matter!)

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