

Active Travel



Active Travel is Sustrans' programme of health projects, travel plan guidance and health impact research, working with the Department of Health, the National Health Service, academics and health campaigners.

Active Travel works on a range of projects including the promotion of cycling and walking as health enhancing physical activity, encouraging the development of travel plans in the NHS and addressing the role of the NHS in accessibility and social exclusion.

Active Travel work in progress:

- travel plans in the NHS
- physical activity promotion
- publication programme
(all publications available from website)
- accessibility of NHS sites
- health impact research
- policy issues

For further information visit www.sustrans.org.uk or
email activetravel@sustrans.org.uk



Active Travel,
more people,
more active,
more often

Active Travel is funded by the British Heart Foundation



Sustrans

Sustrans - the sustainable transport charity - works on practical projects to encourage people to walk, cycle and use public transport in order to reduce motor traffic and its adverse effects.



National Cycle Network

10,000 miles of national routes - one third traffic free - in place by 2005, allowing many more journeys by bike and on foot



Safe Routes to Schools

projects to encourage and enable children to walk and cycle to school, through a combined package of practical and educational measures



TravelSmart

promotes alternatives to the car by offering households personalised travel advice and encouragement to walk, cycle and use public transport more often



Active Travel

practical projects to demonstrate the health benefits of walking and cycling, publishing the evidence, and greening transport in the NHS



Home Zones

residential areas where the community decides who has road priority, streets become social spaces and the car is just another road user



Art & The Travelling Landscape

an accessible nationwide collection of art works along Sustrans' routes, which act as landmarks, meeting places and rewards for getting out of the car



Improving local access

creating pedestrian and cycling access to public transport, shops, healthcare and schools for thousands of daily journeys



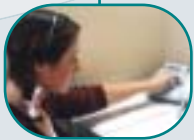
International

supplying technical information to over 50 countries, and collaborating with the most advanced cities on European transport projects



Volunteer Rangers

1,500 volunteers across the country with a wide range of skills, working with their communities on major Sustrans projects



Information

a unique breadth of information for existing, new and returning cyclists

www.sustrans.org.uk tel 0845 113 0065