

45% of pupils would prefer to walk and cycle to school, Would you?  
**Discover your local walking and cycling paths!**

Change your world one mile at a time

getting there!

Get active

activetravel

[www.activetravelscotland.org.uk](http://www.activetravelscotland.org.uk)

**South West Dundee has some great cycling and walking paths, including sections of the National Cycle Network, the Green Circular and the new Green Ways routes. They take you through local parks and green spaces, while providing an easy and direct way for you to travel to school.**

Here is a **map** that shows the routes and paths that you could use to safely walk and cycle to school. Try and find your school on the map, is your street on the map too? Work out a way to get from your house to school using your local paths.

By walking or cycling to school rather than getting in the car or on the bus, you'll arrive full of energy and feeling great! Getting out and about using your legs is also a great way to catch up with your friends on the way to school, have a chat on the path or invite your friends to join you.

**Get your school active**

Join the 60% of schools in Scotland who have developed School Travel Plans. These plans investigate how pupils and staff travel to school and work out ways to encourage more people to walk and cycle.

Your school could take part in Walk to School Week or the Walk Once a Week projects. [www.walktoschool.org.uk](http://www.walktoschool.org.uk)



Get your Active Schools Coordinator involved, they can help with ways to make it easier for you to walk and cycle.

- Remember you can start off small - walking once or twice a week on the days when you have less to carry or on the days that your friends walk is a good way to start walking or cycling to school.
- Did you know that a third of children would like to cycle to school, but only 1% actually do. How many children cycle to your school?
- If you walk or cycle to school you'll arrive feeling wide awake and you'll get to know the area that you live in a lot better. You'll also get to know more about the weather and the changing seasons!

**How active are you?**

Walking and cycling on your journey to school also helps you get the right amount of physical activity. It's especially important when you are growing up, (but it's also important for your Mums, Dads, Aunties, Uncles and Grandparents so get them out and about on the paths with you, persuade them to walk with you to school instead of jumping in the car!).



You need one hour of physical activity everyday to keep you fit and healthy. It helps your heart to work properly and your muscles and bones to grow strong. This doesn't just mean lots of sport like football or running, you can also keep active by getting to school using your legs or your bike!

By getting to school under your own steam you are also helping the environment. Reducing the number of cars that travel to school reduces the amount of pollution that is causing climate change. It gives you greater independence: more cycle paths and safe routes mean more places you can get to on your own.



Want to know more?

Sustrans is a charity that works on practical projects to encourage people to travel in ways that are better for their health and the environment. It also manages the National Cycle Network, over 11,000 miles of signed cycling and walking routes across the UK on traffic free, quiet or traffic-calmed roads. For more information on routes, or more about Sustrans visit: [www.sustrans.org.uk](http://www.sustrans.org.uk)



**Useful Websites**

- Active Travel for your school
- [www.saferoutestoschools.org.uk](http://www.saferoutestoschools.org.uk)
  - [www.ecoschoolscotland.org.uk](http://www.ecoschoolscotland.org.uk)
  - [www.livingstreets.org.uk](http://www.livingstreets.org.uk)
  - [www.walktoschool.org.uk](http://www.walktoschool.org.uk)
  - [www.cyclingscotland.org](http://www.cyclingscotland.org)

- For healthy living
- [www.healthyliving.gov.uk](http://www.healthyliving.gov.uk)
  - [www.healthpromotingschools.org.uk](http://www.healthpromotingschools.org.uk)

Have a look at the map inside for a great network of walking and cycling paths in South West Dundee, find out how you can change the way you travel to school and change your world one mile at a time!











**What the paths can offer you:**

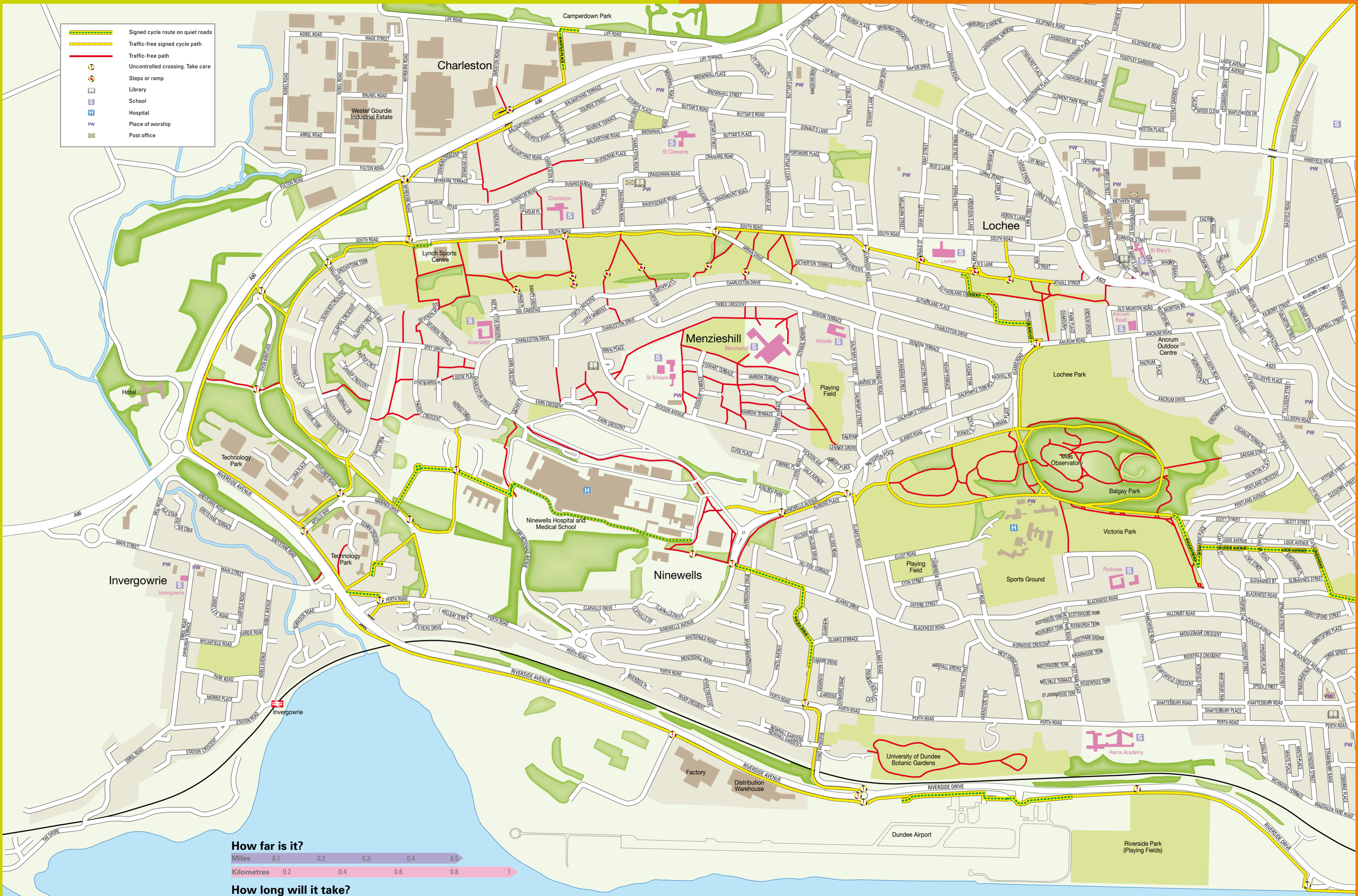
- **Safe places to walk and cycle**
- **Fresh air to breathe**
- **Wildlife to watch**
- **A place to stretch your legs**
- **Signs to show you where to go**

**How to get the best out of your paths:**

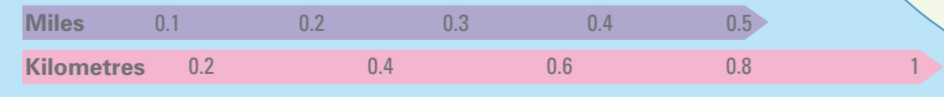
- **Use the paths for some of your everyday trips to school**
- **Use your bike or walk for errands**
- **Use the paths to visit friends and family**

Every trip you take helps you get fitter and healthier and lets you have fun!

-  Signed cycle route on quiet roads
-  Traffic-free signed cycle path
-  Traffic-free path
-  Uncontrolled crossing. Take care
-  Steps or ramp
-  Library
-  School
-  Hospital
-  Place of worship
-  Post office



**How far is it?**



**How long will it take?**

