

Get active getting there!

Discover walking and cycling in North East Edinburgh

Change your world one mile at a time.



healthy living

Sustrans
routes for people

Want to know more?

- Free public transport journey plans: www.traveline.org.uk, 0870 608 2608, minicom 0870 241 2216
- Edinburgh cycling maps and information: www.spokes.org.uk
- One-to-one or group cycle training, for adults and children: www.thebikestation.org.uk, 0131 558 2647
- About healthy living: www.healthyliving.gov.uk
- About active travel: www.activetravelscotland.org.uk
- Local health walks: www.pathstohealth.org.uk

The National Cycle Network is a comprehensive network of safe and attractive walking and cycling routes throughout the UK. The first 10,000 miles will be completed by the end of 2005 - one third traffic-free, the rest on quiet or traffic-calmed roads. It is coordinated by Sustrans, the UK's leading sustainable transport charity, and other partners, such as local authorities.

Sustrans works on practical projects to encourage people to travel in ways that benefit health and the environment.

For more information on routes, or more about Sustrans and how to become a Sustrans Supporter: www.nationalcyclenetwork.org.uk

Photos: Keith Brame • Design: Holman Design



SCOTTISH EXECUTIVE



See inside for a map of the amazing network of walking and cycling paths in North East Edinburgh - and find out where they can take you.

What the North East Edinburgh paths offer you:

- safe places to walk and cycle
- peace and quiet away from traffic
- beautiful green ways to places you want to go
- fresh air to breathe
- wildlife to watch
- a place to stretch your legs

Fantastic paths on your doorstep

How you can get the best from your paths:

- use the paths for some of your everyday trips
- use your bike or walk for errands
- fit a walk or cycle into your journey to work
- use up some calories getting your messages
- walk or cycle with the kids to school
- enjoy a lunchtime walk

Every trip you take helps you get fitter and healthier!



Get active getting there!

North East Edinburgh has great traffic-free paths. Many are built on former railway lines which used to take goods to the Port of Leith. They are havens for wildlife, with trees and wildflowers - you can even see foxes and badgers when it's quiet.



Make sure you take full advantage of your paths! They'll take you direct to local places you want to go to. Plus, with on-street links you can walk or cycle right into the centre of Edinburgh.

Think of your paths as a gym on your doorstep - use them to walk or cycle instead of sitting in a car, and get fitter and healthier for free!

How active are you?

Do you get enough physical activity? Two thirds of Scots don't!

Walking and cycling on your local paths can help you get the physical activity you need for your health.

Did you know...?

- Adults need at least half an hour, most days, of moderate to vigorous physical activity - like brisk walking or anything that makes you breathe faster and feel warmer
- Children need twice as much.

Why not use your paths more and your car less?

20 years ago the average Scot made about 400 trips a year by car and about the same on foot. Now it's almost 600 by car and less than 300 on foot!

Or to put it another way, the average person now walks 66 miles a year less than 25 years ago.

No wonder many of us are getting fatter and less fit!

What physical activity can do for you

People who are physically active are at lower risk of many serious health conditions, including heart disease, diabetes, obesity, high blood pressure, stroke, osteoporosis (brittle bones), dementia, some cancers and depression.

And it helps you sleep better, gives you more energy and makes you feel good about yourself!

Did you know...

Men over 60 who walk for an hour a day have half the risk of dying in the next four years compared with men who don't walk daily.

Walking and cycling are great for your weight

Here's a rough guide to how many calories you can burn in half an hour:

- walking: 140
- cycling: 280

The actual figure depends on how fast you go!

And driving? Just 55 calories.

Remember, every time you use your legs it does you good.

Don't have time?

You don't need to make a big space in your life - just change your routines a bit. If you normally drive to work, take the path part-way and get a bus some days, or walk the kids to school and get a bus from there. Walk to the shop or cycle to see a friend.

Active travel is a great way to fit regular physical activity into your life.

