




# Get set to cycle, walk or scoot to school

## The family guide to a hassle-free school run

Whether your children are seasoned pros at cycling, walking or scooting to school, or you're just getting started – our **free download** is packed with top tips, brilliant ideas, and fun activities for an active school run.

It includes:

-  Tips from the experts to get the most out of your journey
-  Checks for your family's bikes and scooters
-  Games and challenges to play on your journey all year round
-  A recipe from TV and radio presenter Angellica Bell
-  A trip-ometer and certificates to encourage your child along the way.



Download your free family guide today at:  
[www.sustrans.org.uk/family-school-guide](http://www.sustrans.org.uk/family-school-guide)



Sustrans is the charity making it easier for people to walk and cycle.

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