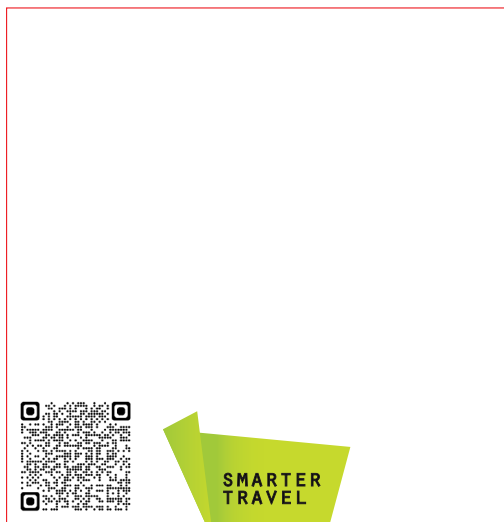


# Travel to



facebook.com/haringeycouncil  
@haringeycouncil  
haringey.gov.uk/smartertravel

Designed by Pindar Creative [www.pindarcreative.co.uk](http://www.pindarcreative.co.uk)

## Active Travel

When you choose to walk, cycle or even scoot to school, you will keep yourself fit and healthy - it's much cheaper than joining a gym!



**Morning exercise supports brain power and performance in class.**

'Active Travel' is also kinder for the environment, help us to reduce our carbon footprint and improves our air quality in London.



**There is less air pollution when walking or cycling than when in a car!**

Haringey's **Smarter Travel Team** is asking young people to think about using sustainable travel on the journey to school.

**Travel for Life**  
[travelforlife.tfl.gov.uk](http://travelforlife.tfl.gov.uk)

TfL are inspiring everyone to think differently about travel and its impact on our health, wellbeing and the environment.

Explore the "Activities" section on the website for ideas to make your journeys safer and may inspire your future career – use Pioneer Challenge activity.

Haringey is a top travel plan borough, and we hope you will join us in our future campaigns and competitions!



## Cycling and Scooting

Plan your journey use online sites or this map

**Need a Bike?** Peddle My Wheels offer new or used bikes at low prices to all Haringey residents with their Try Before You Bike scheme: you can buy a bike with just £10-20 monthly repayments. [www.peddlemywheels.com](http://www.peddlemywheels.com)

### Learn to cycle for Free!

Haringey Council offer free cycle skills sessions for individuals and group. To book a session, use our website [www.haringey.gov.uk/cycling](http://www.haringey.gov.uk/cycling)

### Safe Cycling tips:

- Get FREE training
- Wear a cycle helmet
- Lock your bike – don't lose it
- Use cycle lights and hi vis

[www.haringey.gov.uk/cycling](http://www.haringey.gov.uk/cycling) for more support



### 10 REASONS TO WALK

- 1 Free & easy way to travel
- 2 chatting with friends
- 3 Gain your independence not needing a lift
- 4 wakes up your mind for the day
- 5 You unwind and de-stress, after a busy day
- 6 Helps improve mental health and physical fitness
- 7 Makes a cleaner, less noisy environment
- 8 Less cars make the area safer and cleaner
- 9 Saves money on fuel
- 10 You learn more about your local area and surrounding

## Park and Walk

### Why not try:

- Getting off the bus one or two stops earlier than you need to?
- Be dropped off away from school to meet friends and walk together.

Use this map to identify somewhere at least 5 or even 10 minutes from school then walk the rest of your journey and get some exercise on the way.

**Less congestion around school makes it safer for everyone.**



## Public Transport

Your Zip Oyster = Free travel by bus.  
[tfl.gov.uk/fares/free-and-discounted-travel/16-plus-zip-oyster-photocard](http://tfl.gov.uk/fares/free-and-discounted-travel/16-plus-zip-oyster-photocard)

Using public transport instead of getting a lift by car, helps to reduce the number of cars around the school, making it safer for everyone.

Pay attention to TfL information to keep your journeys safe. Public Transport is still quicker than driving.

Your actions directly affect the environment, it is your world, look after your planet.