Active Travel to School

Transform your journey, improve your day and care for your community.

active Cumbria

The school run is responsible for generating **half a million tonnes of CO^2** per year

CO_2

Active travel helps to **improve air quality** and is good for the environment

Improve your health & happiness – Active travel promotes **mindfulness** and helps to manage stress

Tackle climate change on your commute

Active travel is a fun and social way to catch up with friends and family, **supporting wellbeing and community connection**

X2 15 MIN **JOURNEYS** = 30 MIN

Just **2 x 15 minute active journeys** = 30 minutes of extra daily physical activity!

Choosing to walk, wheel or scoot to school can help you **arrive alert and ready to learn**

For more information on **Active Travel** and how you can transform your school commute contact:
activetravel@activecumbria.org

Be part of it!

Cumberland Council

Westmorland & Furness Council