

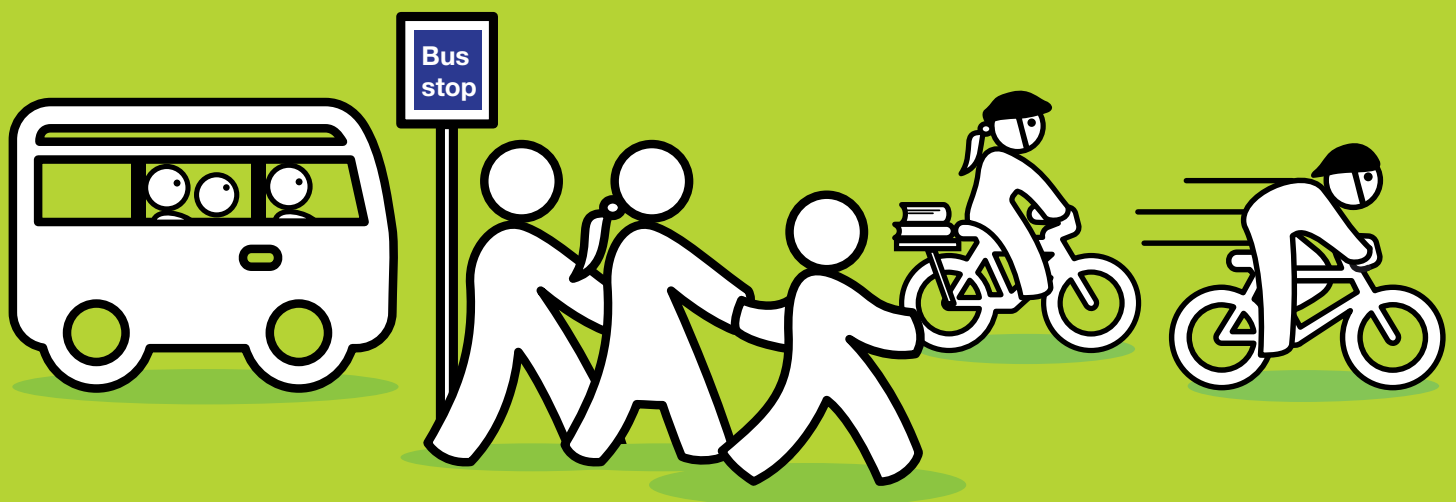


How could you travel to school?

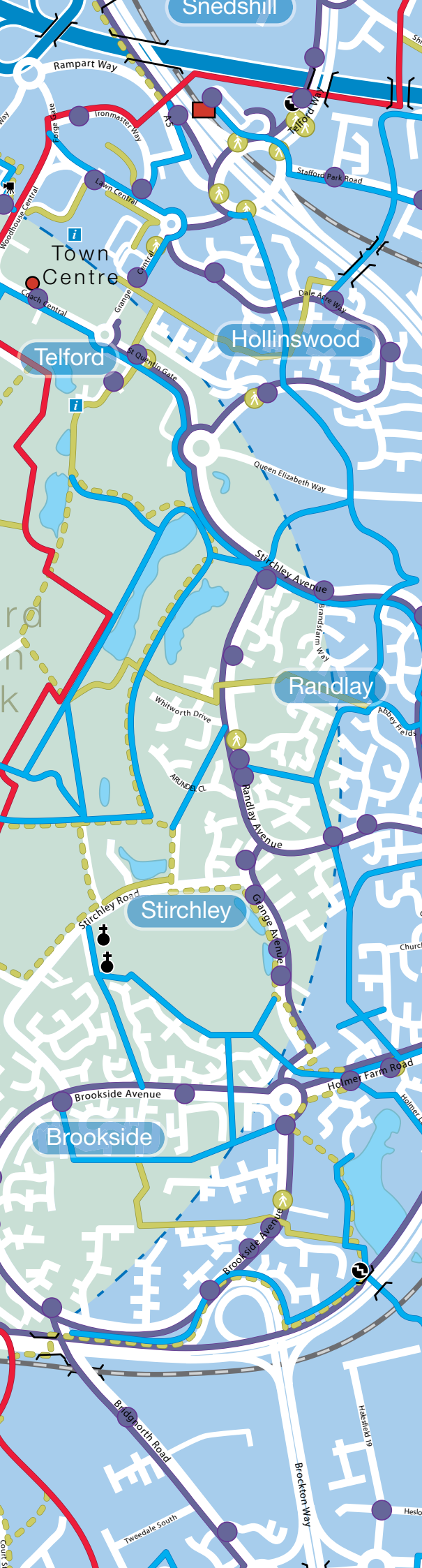
Telford Langley School

**Walking or cycling is a great way to keep fit
and it's free.**

Being Active is the best way for children and young people to start and end their school day. By walking or cycling to school they arrive more alert and ready to learn.







Are you in the Zone?

It should take less than 15 minutes to walk or cycle from the zones featured on the map.

Not able to walk or cycle?



Have you considered using the bus? This still provides some exercise and is good for the Environment. For information on local bus timetables and routes please contact Arriva Bus on **0845 026 0007** or **www.arrivabus.co.uk**

Have to travel by car?






If car use is the only option then try to park at a reasonable distance away from the front of the school or at the designated Park & Stride location shown on the map. By walking some of the way this provides exercise and also helps keep the front of the schools safer for everyone. Or why not try journey sharing with someone else.

Key





Area zones

-  15 minutes cycle zone
-  10 minutes walking zone

Routes

-  National cycle zones
-  Cycleway or suitable for walking
-  Walkway
-  Named walkway
-  Major bus routes

Locations

-  School (↑ School entrance)
-  Pedestrian crossing
-  Bus stops
-  Park & Stride



Did you know?

- Exercise can be a stress-buster at the end of the day.
- A 15 minutes walk twice a day gives children and adults alike up to half their required daily exercise, helping to control weight and boost the immune system.
- It gives people the chance to socialise which could create a friendlier atmosphere within school and its surroundings.

These maps are to be used as a guide only and it remains the responsibility of parents or carers to decide if their child is able to walk, cycle or take a bus to school.

The travel zones shown are based on an average walking and cycling speed.

The maps indicate safe places to cross and these should be encouraged to be used all the time. The maps should not be used to as a means of classifying safe walking or cycling routes to school.

Further information

If you would like any further information on travelling to school please contact:

Road Safety

☎ 01952 384000

✉ roadsafety@telford.gov.uk



Text relay



Telephone
interpretation

01952 384000