

Cycle, walk, wheel and scoot to school like a pro

Family guide to a hassle-free school run

Whether your children are seasoned pros at cycling, walking, wheeling 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.

The family guide 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/free-active-family-download

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

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