



MORTON CARLISLE

A community trail to help people
of Carlisle to travel actively



Thank you to the Department for Transport Active Travel Social Prescribing Pilot Delivery fund, Active Cumbria and The Travel Actively Fund for supporting the production of this resource.

Blue Route: 1.2 miles
Approx. 20 minute walk time.

Red Route: 3 miles
Approx. 60 minute walk time

Yellow Route: A further 0.4 miles to the Cumberland Infirmary (approx. 9 minute walk) and 0.5 miles to Carlisle City Centre (approx. 10 minute walk)



Using your bike for everyday journeys can be an excellent way to get around without having to deal with traffic jams or the rising fuel costs

To understand the benefits of Active Travel, see overleaf



Did you know? Walking is one of the simplest ways to get fit.

STROLL	180 Kcal
WALK	300 Kcal
POWER WALK	450 Kcal
JOG	675 Kcal
RUN	1050 Kcal

AVERAGE CALORIES BURNED PER HOUR



Increasing your levels of active travel can bring huge benefits to our community, health and environment



Safety Brief: This map follows accessible footpaths and pavement walking. Please do take care when walking, paths can get slippery when wet. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog. Follow the countryside code and always leave no trace of your visit.

WHAT IS **ACTIVE** TRAVEL?

Active Travel is the everyday journeys we make to get from place to place by walking, cycling or wheeling. This could be going to school, heading to the shops or making your way to the doctors.

Active Travel can offer an accessible, convenient and affordable way to move more. So why not replace just one journey a week to your own two feet or wheels rather than a car? See if you can save money, save time and help the environment.

Through increasing your active travel you will see:

- Improvements in your physical, mental and social health
- Reduced congestion on the roads
- Improvement in air pollution

And lets not forget that it will save you some money!

Heading out to Chances Park, Morton? Do you need to take the car, could you walk directly there from your home?

In need of some groceries? Why not walk to one of the many convenience stores in the area and leave the car at home, or get off the bus one stop early and walk the rest.

More walks can
be found on
www.thehikinghousehold.com



SCAN HERE

For more advice
and support visit
www.travelactively.co.uk



SCAN HERE

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More information on family friendly, local walks can be found at www.thehikinghousehold.com