

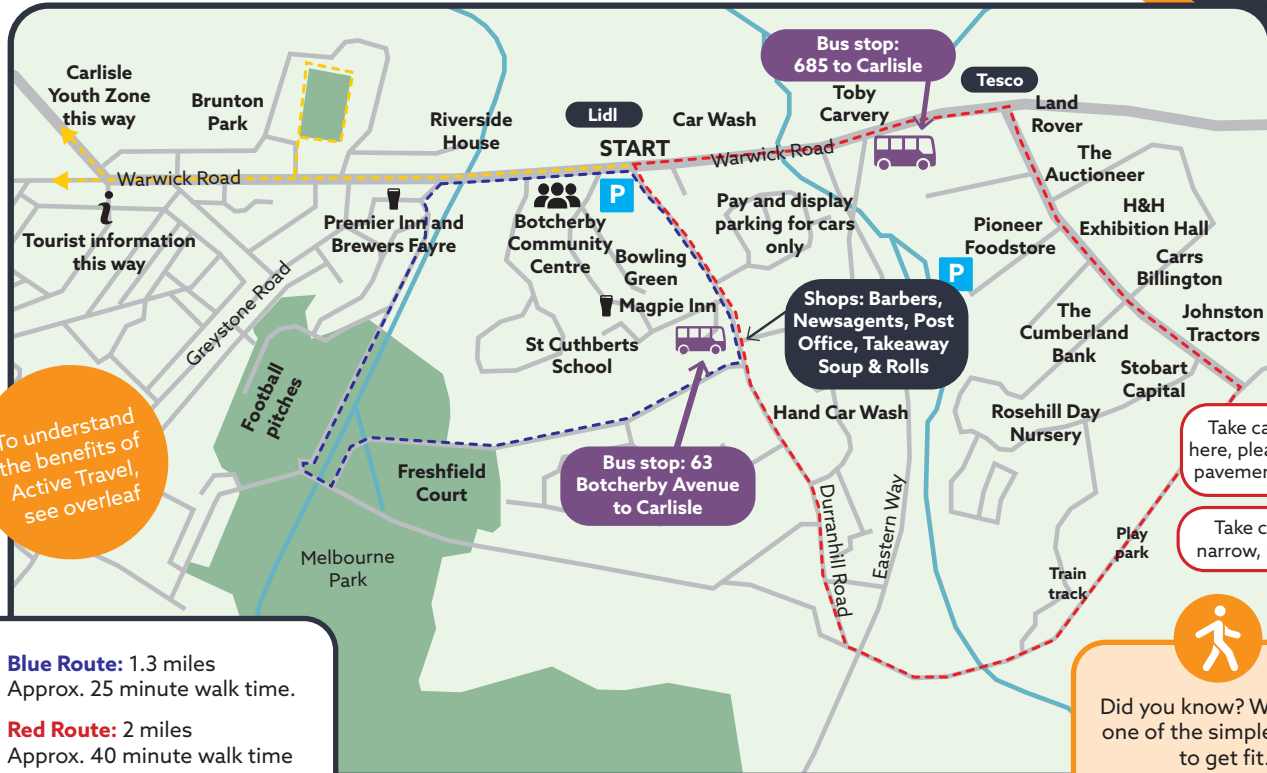


BOTCHERBY CARLISLE

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.



To understand the benefits of Active Travel, see overleaf

Blue Route: 1.3 miles
Approx. 25 minute walk time.

Red Route: 2 miles
Approx. 40 minute walk time

Yellow Route: A further 0.5 miles to Brunton Park (approx. 10 minute walk) and 0.7 miles to Carlisle Youth Zone (approx. 15 minute walk) and 1.3 miles to Carlisle Tourist Information Centre (approx. 25 minute walk)



Walking, wheeling and cycling can decrease congestion, air and noise pollution, and both are linked to health and economic benefits.



Did you know? Travelling actively on a 3-mile commute will achieve recommended levels of activity each week.



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

Take care crossing here, please follow the pavement at all times

Take care steep, narrow, bumpy path

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.

FUN FACTS:

- Regular commuting by cycle is linked to a lower risk of cancer or heart disease compared to other forms of transport.
- The Energy Saving Trust reports that walking strengthens muscles, lungs, bones and joints.
- Physical activity has also been shown to reduce incidences of heart disease, asthma, diabetes and cancer, as well as benefiting those with bad backs.

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?

Heading to work at Rosehill Industrial Estate? Do you need to take the car, could you walk directly there from your home?

In need of some daily supplies? 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