



PETTERIL BANK 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 mile
Approx. 20 minute walk time.

Red Route: 3 miles
Approx. 60 minute walk time

Yellow Route: A further 0.5 miles to Carlisle South GP Practice, approx. 10 minute walk time.

A further 2 miles to Carlisle Tourist Information Centre, approx 40 minute walk time.

Benefits to travelling actively:
Those who cycle, walk or scooter to work often arrive more relaxed, alert and ready to start the day than those who travel by car.



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

To understand the benefits of Active Travel, see overleaf



Why Travel Actively?
Physical activity can increase mental alertness, energy, positive mood and self-esteem, as well as reducing stress and anxiety.

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 easy way to stay healthy in a way that is simple to add into your day to day lives.



Could you replace just one journey a week to your own two feet or wheels?



If you can, try walking or wheeling to the shops instead of driving. Walking has been proven to improve your health and happiness, as well as being better for the environment.



If you choose to walk or wheel just one mile a week instead of driving, you'll save 26kg of carbon dioxide a year.



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**

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



SCAN HERE



SCAN HERE

Published by The Hiking Household, illustration and graphics by Laura Luhrs, LL Creative Design.

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