

THE HIKING -HOUSEHOLD-



VICKERSTOWN PARK TO EARNSE BAY

A dedicated space to allow people to travel actively through walking, wheeling and cycling.





BARROW
**TRAVEL
ACTIVELY**
for everyday journeys

WHAT IS **ACTIVE** TRAVEL?

Active Travel is the everyday journeys we make to get from place to place by walking, wheeling and cycling. 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? Do you need to take the car, or bus? Could you walk directly from your home?

In need of some essentials? 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.

**Travel actively on your
next journey!**
www.travelactively.co.uk



SCAN HERE

**More walks can
be found on**
www.thehikinghousehold.com



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**Active Travel
England**



**Cumberland
Council**



**Westmorland
& Furness
Council**

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