

Travel to



Crowland Road
Tottenham
London
N15 6EB
Tel: 020 8800 0884



Haringey
LONDON

SMARTER
TRAVEL

facebook.com/haringeycouncil

@haringeycouncil

www.haringey.gov.uk/smartertravel

Designed by www.pindarcreative.co.uk

Active Travel

By choosing to walk, cycle or even scoot to school, you will keep yourself fit and healthy - it's much cheaper than joining a gym!

Active travel is also kinder to the environment, helping us to reduce our carbon footprint and improves our air quality in London.

*Morning exercise supports
brain power and performance
in class.*

*You're exposed to 9 times less
air pollution when walking and
cycling than when using a car!*

Park and Walk

Why not try:

- Getting off the bus one or two stops earlier than you need to?
- Be dropped off away from school to meet friends and walk together.

Use this map to identify somewhere at least 5 or even 10 minutes from school then walk the rest of your journey and get some exercise on the way.

*Less congestion around school
makes it safer for everyone.*



Cycling and Scooting

Plan your journey use online sites or this map.

Need a Bike? Peddle My Wheels offer new or used bikes at low prices to all Haringey residents with their Try Before You Bike scheme: you can buy a bike with just £10-20 monthly repayments.

www.peddlemywheels.com

Learn to ride for Free!

Haringey Council offer free cycle skills sessions for individuals and group. To book a session, visit our training provider's website.

www.cycleconfident.com/sponsors/haringey

Safe Cycling tips

- Get Free training
- Wear a cycle helmet
- Lock your bike



www.haringey.gov.uk/cycling for more support

TfL STARS - School Travel



www.stars.tfl.gov.uk

We are inspiring everyone to think differently about travel and its impact on our health, wellbeing and the environment.

Explore the activities on the website and check whether your school takes part in **STARS**. You could help out your teachers to run the programme and inspire your future career.

Haringey is a top **STARS** borough and we hope you will join us in our future campaigns and competitions!

10 Reasons to Walk

- It's an easy way to travel
- Gives you more time to be with friends
- Makes you more independent
- Helps you arrive at school more alert for lessons
- Helps you 'unwind' after a busy day
- Helps you become healthier and fitter
- Creates a cleaner, less noisy environment
- Makes the local area near school safer as there are less cars
- Saves money on fuel
- You learn more about your local area and surroundings

Public Transport

Your Zip Oyster = Free travel by bus.

By choosing public transport instead of getting a lift in the car, you help to reduce the number of cars around the school gates, making it safer for everyone.

Pay attention to TfL information to keep your journeys safe. Public transport is still quicker than driving and creates less harmful pollution.

Your actions directly affect the environment, it is your world, look after your planet.



