

Get on your bike

IF you're thinking of getting in the saddle, why not try London's popular Santander Cycles hire scheme to get you started? The improved bikes come with a gel saddle, lower frame, puncture-protected tyres, new gear hubs and improved front and rear Blaze lighting, which gives better visibility at night. They can be hired from as little as £2 a day for an unlimited

number of 30-minute journeys. Simply go to any docking station with your bank card and touch the screen to get started, or download the Santander Cycles app. There's no need to book - hire a bike, ride it where you like, then return it to any docking station. To find out more about Santander Cycles, visit tfl.gov.uk/santandercycles



Pedal power: Santander Cycles can be hired for as little as £2 per day



Walking the school run: London's walking and cycling commissioner, Will Norman, with local school children

SEE IT. SAY IT. SORTED.

Have they left a bag unattended?

Please report any unattended items or suspicious activity to a member of staff immediately

We'll sort it.

In an emergency always call 999

Park and stride

WALK YOUR WAY INTO THE SCHOOL YEAR WITH A NEW HEALTHY AND ACTIVE HABIT

PARENTS and children across the capital are being encouraged to walk or cycle to school, instead of driving.

Research from TfL's Walking action plan shows that a quarter of weekday morning peak car trips are for school drop-offs - a total of 254,000 trips a day.

POSITIVE STEPS

Walking to school can significantly benefit children's health, as eight in ten children in London do not achieve the recommended minimum physical activity level of one hour per day.

As well as the health benefits, if every child walked to school and back, 57kg of carbon per person could be saved each year, an annual total of 11,000 tonnes of CO₂.

TfL and the Mayor are delivering a number of projects that promote

healthy, walkable school journeys and make it easier and more appealing for families to walk or cycle to school.

ACTIVE TRAVEL

The STARS accreditation scheme, which inspires young people to think differently about travel, now has more than 1,500 schools, nurseries and colleges involved in the initiative.

Camden and Hackney councils are piloting schemes where streets around primary schools are closed at set times in the morning and afternoon, enabling people to walk and cycle safely in a pleasant environment.

TfL is also transforming streets to encourage walking and cycling, ensuring people feel safe and that streets are easy to cross. London's walking and cycling commissioner,

Will Norman, said: 'Being physically active sets children up for success: active kids are healthier, happier and do better at school. Sadly, far too many children in London aren't as active as they should be.'

'Walking, cycling and scooting to school are fun and easy ways to build more activity into the day. That's why we're determined to double the number of schools which champion active travel, enabling more London children to enjoy the benefits of leading active lives.'

Healthy Streets for London sets the framework for the Mayor's Transport Strategy, which aims for 80 per cent of journeys to be made by walking, cycling or public transport.

For more advice on ways to make walking part of your routine, visit tfl.gov.uk/walking

For more articles and to keep up to date with TFL announcements, visit tfl.gov.uk/news

London travel advice: plan your journey now

 tfl.gov.uk

 24 hour travel information
0343 222 1234*

 Sign up for email updates
tfl.gov.uk/emailupdates

   tfl.gov.uk/socialmedia

London Travelwatch
London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply. See tfl.gov.uk/terms for details.

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