

www.pindarcreative.co.uk

### Get Around MK

Getting Around MK has never been easier!

There's over 200 miles of shared-use, traffic free paths known as Redways across Milton Keynes.

We offer Bikeability Training for all ages and ability.

Use our journey planner to plan and practice the journey to school. You are more likely to travel actively if you plan beforehand.

Download the Get Around MK App to make, quick, clean and green transport choices.

# Cycling and Scooting

Two wheels is best! Cycling and/or Scooting is a healthy, fast, fun way to travel.

It will help your child develop their coordination, motor skills along with balance.

It is a great lifelong skill providing independence. It is often quicker than sitting in school traffic. You are also exposed to higher levels of air pollution whilst in a car.

People that have swapped four wheels to two have seen a reduction in fuel costs by £400! Did you know? 20 minutes of leisurely cycling burns 100 calories!



## Walking

Walking is suitable for all ages and fitness levels.

A brisk walk is a great way for your child to start their day. It gives you time to talk, share experiences about the surroundings, and more importantly talk about their day!

You can model good road safety, with your child learning by example.

Walking to school is free and amazing for the environment reducing your carbon footprint! Did you know? Those who travel actively to school arrive more relaxed, alert and ready to start the day than those who travel by car.

# Live Further Away?

#### Park and Stride

Take a look on the map and find a convenient place to park your car and walk the rest of the way – try for at least 5 minutes away to get the benefits of walking!

#### Car Share

Find other parents to share the journey with: **getaroundmk.liftshare.com** 

#### Parking/Road Safety

If you do drive to your child's school, please park considerably and away from the school gates. If you park on the keep clear markings, you can be fined £60!

# **Public Transport**

A full bus can take up to 40 cars off the road meaning less pollution and congestion around the school gates.

#### **MK Connect**

MK Connect is not restricted to previous timetables or routes and picks up and drops passengers off within 400m of their chosen location. Download the MK Connect app and search for your journey today.



Our website is a one stop shop for all things travel – take a look to get up to date with all the events in Milton Keynes.

