Good reasons to get around by foot, bike, bus or train

For health
Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. As well as getting you from A to B, regular walking and cycling can help you burn calories, reduce cholesterol and lower blood pressure. If you take the bus, walking to the next bus stop along is a really simple way of fitting a little more activity into your daily commute.

For the environment
We all know that our environment is under threat from the things we do. Cars currently make up 13% of the UK’s total carbon dioxide emissions but on average if you take a train or coach you’ll contribute six to eight times less than this and, if you walk or cycle... nothing at all! Fewer cars on the road also means a safer environment for children and a more pleasant place for everyone to enjoy.

For you
One of the best things about getting around under your own steam is that it’s really cheap. There’s no car tax to pay, no need for an MOT and you don’t have to worry about petrol prices. If you walk or cycle regularly you’ll save a fortune, so there’ll be more cash to spend on fun things, like you!

Regular physical activity also helps improve your mood, is good for your sense of well-being and can help to boost self-esteem.

By letting someone else do the driving and taking the bus or train, you’ll be able to spend more time enjoying the journey, whether you’re listening to music, reading a good book or having a chat with a friend, you’ll be saving money and giving your own vehicle a well-deserved rest.

Want to get around under your own steam?
Sustrans can help

Visit www.sustrans.org.uk to find detailed travel maps of your local area that include walking and cycling paths, bus stops, train stations and connections to local destinations such as shops, schools, GP surgeries and sports facilities. You can also plot your own journeys to share with friends and family.

The Sustrans website also has some great tips if you’re thinking about getting back on your bike or would like to go cycling with your children. Take a look at the easy rides section to find simple, safe and enjoyable cycling routes in your area, or order a free cycling information pack highlighting all the National Cycle Network routes near you.

Connecting your journey

Walking and cycling
Sustrans Online Mapping
Search 14,000 miles of the National Cycle Network on the Sustrans online mapping. You can also find:
• Bike shops
• Places of interest
• Places to eat and drink
• Accommodation
Visit www.sustrans.org.uk

For further details of local walking and cycling routes, news and cycle parking visit www.kent.gov.uk/leisure_and_culture/countryside_and_coast.aspx and www.canterbury.gov.uk/parking-travel-roads/walking-cycling/

Bus and coach
Stagecoach. For details of local bus services including timetables.
www.stagecoachbus.com
Tel: 0871 200 22 33

Train
National Rail Enquiries. For details of local train services including timetables.
www.nationalrail.co.uk
Tel: 08457 48 49 50

About Sustrans
Sustrans is the charity that’s enabling people to travel by foot, bike or public transport for more of the journeys we make everyday.

It’s time we all began making smarter travel choices.

Make your move and support Sustrans today.
www.sustrans.org.uk
If you enjoyed this route why not sponsor your favourite mile?

Now you can sponsor any mile on Sustrans National Cycle network, whether it’s just for you or as a gift. You’ll receive a thank you pack, certificate, an exclusive bike sticker and regular updates.

Go online now at www.sustrans.org.uk/mymile and sponsor your mile today.