

# Get in the Zone at Sacred Heart School!

Are you in the zone? It takes less than 10 minutes to walk or cycle from the zones on the map to school, so give it a go! It makes you feel great and reduces congestion outside the school, making it safer too!

Outside the zone? Why not park at one of the boundary lines and walk the rest, car share with friends, or catch the bus to school?



**Key**

**Bus routes**  
 ...every 10 minutes  
 ...every 10 and 20 minutes  
 ...every 20 and 30 minutes  
 ...between 30 and 60 minutes  
 Less than hourly bus service  
 Only operates in direction shown  
 Bus stop

**Other icons:**  
 Bus service terminus  
 Text & Go  
 Text 'PET' and the 4 letter code shown (e.g. PETAGPG) to 84268  
 National rail line and station  
 Heritage rail line and station  
 Recommended on-road cycle route  
 Traffic-free cycle and walking route

**Other icons:**  
 No cycling please walk  
 Signalled crossing  
 Level crossing  
 Subway  
 Zebra crossing  
 National Cycle Network route number  
 Green Wheel cycle route  
 Pedestrian area  
 Walking route

Digital Cartography by Pindar  
 01296 390100 www.pindar.com

It's not just children who like to be sociable - walking to school means parents can have a chat and keep healthy too.

Save money - the average school run costs around £400 per year!

CO2 emissions are greater inside than outside the car!

The school run accounts for nearly one in five car trips in urban areas at 8.45am during term time.

Walking releases endorphins which make you naturally happy, meaning that children arrive at school positive about the day ahead!

Teachers say that when children walk, cycle or scoot to school they arrive more alert and ready to learn.



## How Travelchoice can help you:

**Find your way!** Purchase a Travelchoice Cycle Map for £1.50 to make sure you get to school safely on your bike. Available from the Travelchoice Centre, Tourist Information and most bike shops.

**Learn to ride!** Want to cycle with your children but not confident? Travelchoice offers a free 90 minute adult cycle training lesson with qualified instructors.

**Text and Go** - Text the bus stop code to **84268** to find out when your bus is due (reply costs 25p).

**Good Going** - sign up to receive great discounts at bike shops, cafes and places like Flag Fen and Activity World, plus a free quarterly newsletter.

For more information  
 Visit [www.travelchoice.org.uk](http://www.travelchoice.org.uk)  
 or call **01733 747474**