

Comhairle Contae  
Fhine Gall  
Fingal County  
Council



# Active Travel

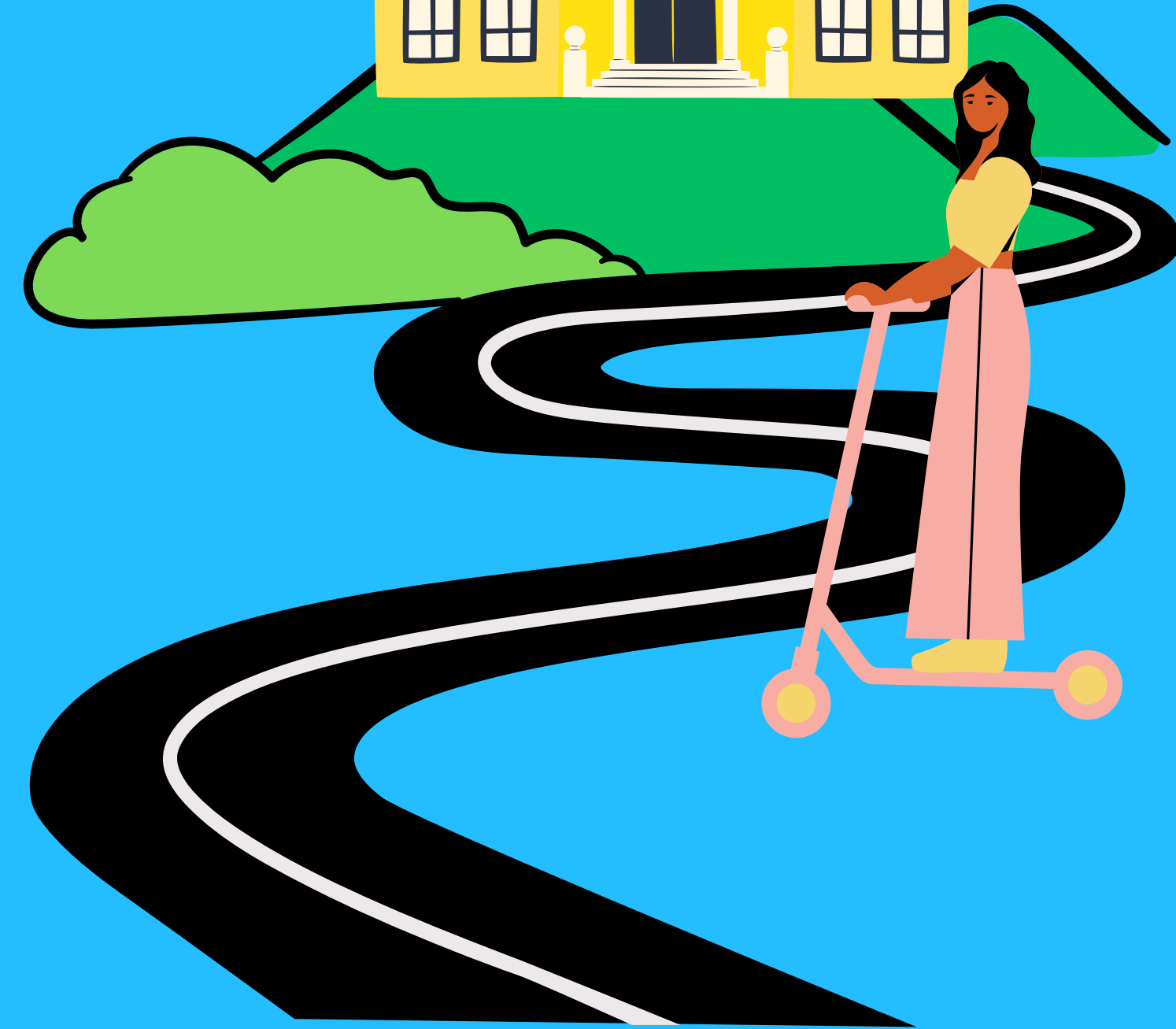




# What is Active Travel?

**Walking, Scooting, Cycling,  
Wheeling to make every day  
journeys to work, school or  
the shops**

- Easy and Accessible way for people to build physical activity into their daily lives

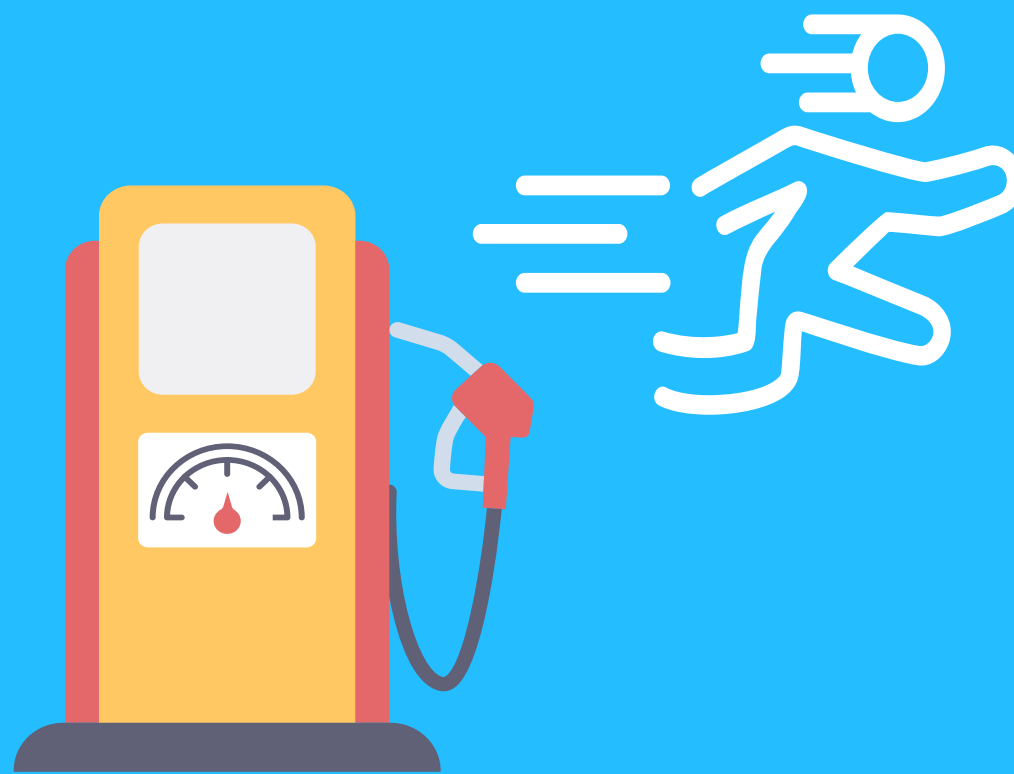


# How does it benefit you and your children?

Makes outside the school *safer* & the air *cleaner*



Saves money on fuel, fun and Convenient



Saves time  
Less traffic congestion



# How does it benefit you and your children?

**Physical Health**



**Mental Health**



**Positive Climate  
Action**



# How can you participate?

## Fresh Air Fridays

Leave the car at home on Fridays and use active travel (e.g. walking, cycling, public transport) to get your kids to school



# How can you participate?

## Park & Stride

Even if you have to drive, you can still take part by parking away from the school and walking the rest of the way!



# Cycle Bus / Walking Bus

A group of **volunteer parents or caregivers escort groups of children to school by bike or walking along a set route, on a set timetable, during school term.**

**Volunteers are stationed at the front & back of the group**

The active travel team at Fingal Co Council can help with setting up a walking or cycling bus!

Email [active.travel@fingal.ie](mailto:active.travel@fingal.ie)









Thank You  
For  
Listening

