

# Cycle, walk and scoot to school like a pro

## Family guide to a hassle-free school run

Whether your children are seasoned pros at cycling, walking or scooting to school, or you're just getting started – our **brand new free download** is packed with top tips, brilliant ideas, and fun activities for an active school run.

It includes:

- Tips from the experts to get the most out of your journey
- Checks for your family's bikes and scooters
- Games and challenges to play on your journey all year round
- A recipe from TV and radio presenter Angellica Bell
- A trip-ometer and certificates to encourage your child along the way.



Download your free family guide today at:  
[www.sustrans.org.uk/free-active-family-download](http://www.sustrans.org.uk/free-active-family-download)

Sustrans is the charity making it easier to walk and cycle.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

Sustrans is a registered charity no. 326550 (England and Wales) SC039263 (Scotland)

  
**sustrans**  
JOIN THE MOVEMENT