








# MARLOW GET ACTIVE

Swap the car ride for a healthy stride



The High Street is only 1 mile from all four corners of Marlow – what new route to town or school can you find?

-  **1 mile or less to town**  
Try these routes or create your own
-  **Footpaths and cut-throughs**  
Handy, sometimes hidden
-  **Official Cycle Paths**  
Off-road shared-use paths
- Solid line = road    Dotted line = footpath
-  **Quiet country footpaths**
-  **Quiet country road walks or cycling**
-  **Defibrillators**  
Publicly accessible 24/7
-  **Bike racks**



Walk it. Bike it.  
Scoot it. **GO!**



**Happier Humans**



Even a 10-minute walk increases mental alertness, energy and positive mood.

[Mentalhealth.org.uk](http://Mentalhealth.org.uk)

**Happier Kids**



Kids who do some form of exercise, especially a walk to school, do better in class because they arrive refreshed, fit and ready to learn.

[Livingstreets.org.uk](http://Livingstreets.org.uk)

**Did you know?**



1 in 5 cars on the road are taking children to school during morning peak traffic times

If you can't ditch the car, why not park farther away and walk a portion? Imagine how much less traffic there would be!

**Let's get walking, Marlow!**



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