

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**



MARLOW
TOWN COUNCIL

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



Happier Humans



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

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

Did you know?



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

Livingstreets.org.uk

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!



SCAN HERE to download your own copy

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