



# Bike to School Week 2021

27 September – 1 October

- ✓ **Be active** and feel more energised
- ✓ **Help the environment** by replacing a car journey
- ✓ **Improve local air quality** and reduce congestion

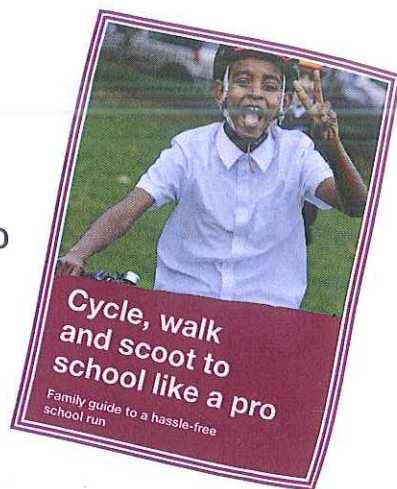


Let us know your family is **cycling or scooting to school** to be in with the chance of **winning a Frog bike**

Go to [www.sustrans.org.uk/biketoschoolweek/pledge](http://www.sustrans.org.uk/biketoschoolweek/pledge)

## Free family guide

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



Download your **free family guide** today at:

[www.sustrans.org.uk/free-active-family-download](http://www.sustrans.org.uk/free-active-family-download)



#BikeToSchoolWeek

