

Ride, Walk & Roll



Choose Active travel to and from school
Add Active travel to your routine
Even ONE day per week helps

Go Active Travel supports families and students make a Ride, Walk or Roll part of their school routine.

Benefits:

- makes children more alert – waking up their mind and body
- improves school performance & improves sleep
- is good for heart & bones & it reduces anxiety
- fosters friendships
- improves air quality, and
- reduces traffic volume at schools!

Safety Tips:

- wear a helmet if riding or rolling
- stay alert and follow rules of the road
- make room for pedestrians
- cross at marked crosswalks
- wear visible colours

To learn more:
visit
<https://bit.ly/sd46active>



View your BEST ROUTES MAP for all your options:

Walk to school

Walk the closest Best Route from home, Get to know your community and how to navigate it year-round. The red distance rings give you a rough time estimate to school.



Drive to 5

Drive partway. Park safely 5 or more minutes walk from school (see the 500m/5-minute red circle on the map).

Walk together and miss the school parking lot congestion!



Starting your day 15 minutes early makes for an easy departure to Ride, Walk or Roll.
Stick with it! New habits take a few weeks to set. The reward is well worth it!

Cycle to school

Rain or shine, biking is fun!

Two free online education resources are available.

Bike Sense - The How to Guide for Cycling in British Columbia - BC Cycling Coalition

Learn2Ride Online - HUB Cycling for 9-12 year olds to learn the basics

Find these and other useful resources at:
<https://bit.ly/sd46active>



Be safe on trails

Stay together. Conversation helps make you heard.



Visit WildSafeBC for more tips
<https://bcparks.ca/explore/misc/bears/>

Take a bite out of Emissions

Active travel is a great way to reduce household vehicle emissions. Vehicle use is our largest individual source of emissions.



Every roll, walk and roll to and from school helps reduce climate change and air pollution.

Best Routes to School



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Best Routes to School are developed based on information received from the school community and municipality. They are chosen to use the safest road crossing points and to enable more people to walk and actively travel in their school neighbourhood.

Visit <https://bit.ly/sd46active>



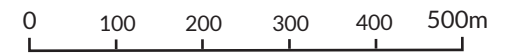
LANGDALE
ELEMENTARY SCHOOL



LANGDALE ELEMENTARY SCHOOL Best Routes

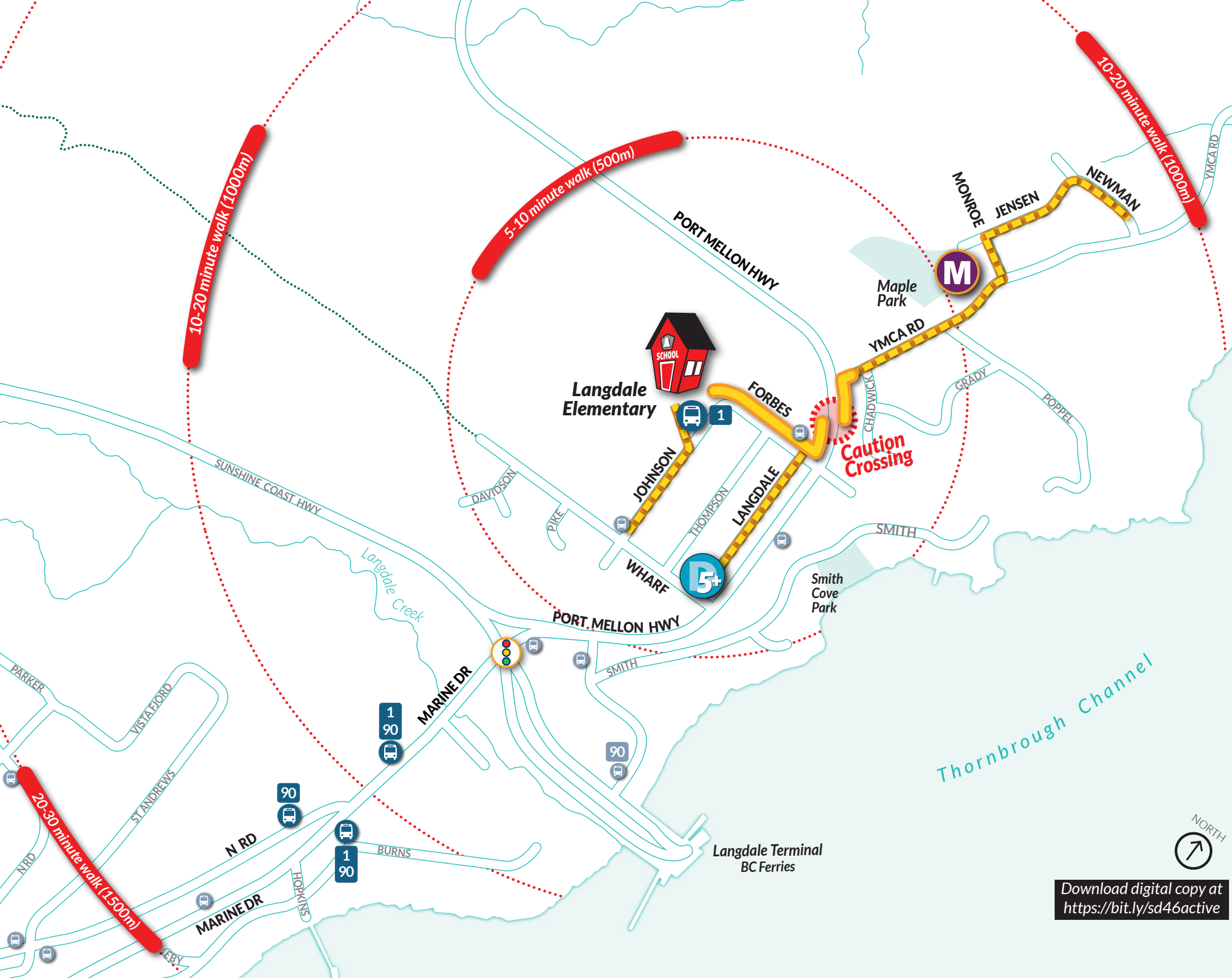
- Best Walking Route (sidewalk at least one side of road)
- Best Connecting Route (no sidewalk)
- Best Trail Route
- School
- Suggested Meeting Point for Walking/Cycling Groups
- 'Drive to 5+' (5 minutes or more)
- Traffic Signal
- Marked Crosswalk
- Walkway/Trail
- Transit

Scale May 2022



This map is provided as a public resource for general information purposes only. The information shown on this map is compiled from various sources and Sunshine Coast School District 46 makes no warranties, expressed or implied as to the accuracy or completeness of the information.

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<https://bit.ly/sd46active>

