

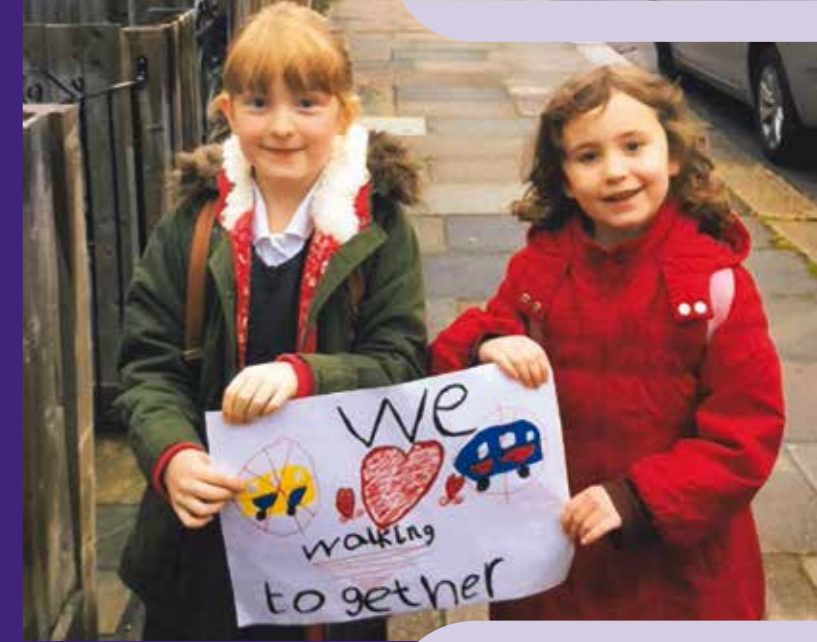
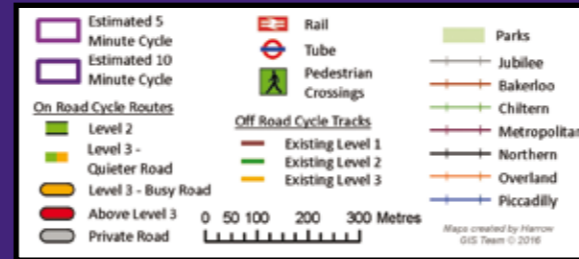
Bikeability

Bikeability is a cycle training programme designed to improve cycling skills and confidence. There are three Bikeability levels, designed to help trainees with the basics of balance and control, all the way to planning and making independent journeys on busier roads.

The roads are colour coded to show how suitable they are for cyclists of different Bikeability levels.

The grading was correct as of January 2016 and is subject to change. This map is advisory only and individuals travel at their own risk.

"With thanks to pupils at Belmont, Grimsdyke, Norbury and Vaughn Primary schools for the photos and illustrations."



Travel to Alexandra School

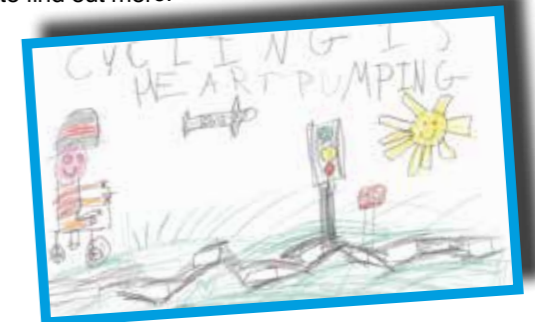


Cycling map - Bikeability levels

This map will help you plan a route to cycle to school based on your Bikeability and confidence levels.

Cycling to school

Cycling is a fun, fast and free way to travel and exercise. Free cycle training is available in Harrow for children and adults. Speak to your school or visit www.harrow.gov.uk/cycling to find out more.



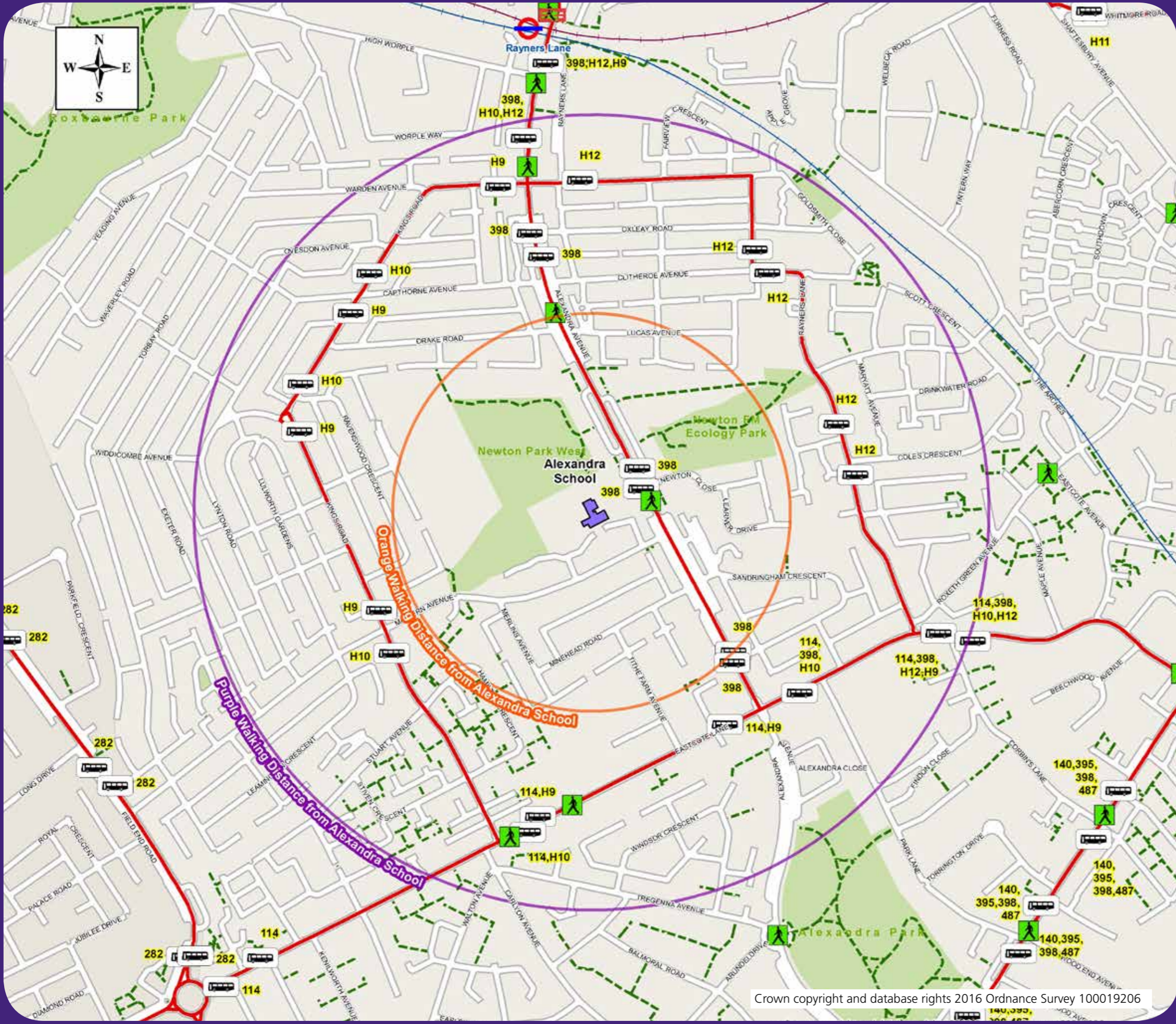
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www.harrow.gov.uk





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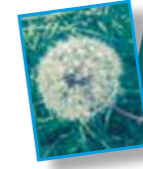
Walking and public transport map

Welcome to Alexandra School's active travel map! Use this map to help you plan safe and active journeys to and from school.

You can use these maps to help you walk, cycle or use public transport to get to school.

If you travel to school by car, this map can help you find safe and convenient places to park and walk outside the 5 to 10 minute zones, avoiding busier and more congested roads.

Join the thousands of pupils in Harrow who are already choosing to walk, cycle or use public transport to get to school.



"Being able to see nature change is the best part of walking to school."
Year 1 pupil.

Walking



Walking is a free and easy way to stay fit and healthy. It is also a chance to spend time with friends and family and experience nature.

Public Transport



This map also shows which bus routes, trains or tubes can help you travel to Avanti House School (Pinner High Site).

To plan your journey and find out more about public transport in Harrow, visit the Transport for London website www.tfl.gov.uk

"The best part is that my mum or dad walk to school with me and we can talk on the way."
Year 1 pupil.



"I enjoy walking to school because I see my friends everyday!"
Year 3 pupil.



Average 5 Minute Walk Time	Footpaths	Jubilee
Average 10 Minute Walk Time	Rail	Bakerloo
School Buildings	Tube	Chiltern
School Entrances	Bus Stops	Metropolitan
Pedestrian Crossing	Bus Route	Northern
Parks		Overland
		Piccadilly

0 25 50 100 150 Metres

Map created by Harrow GIS Team © 2016

Our favourite things to do on the walk to school – by primary school pupils in Harrow

Get fresh air and keep fit

Step on crunchy leaves

Play 'beat the cars'

Post letters

Meet our friends

Visit the park

Chat with family or carers

Dodge cracks on pavements

What's your favourite thing about walking to school?