

USING ACTIVE TRANSPORT

It's all about the journey!



WHAT IS ACTIVE TRANSPORTATION?

Active transport is using your own power to get from point A to point B. This can include:



Walking



Biking



Skateboarding



Non-motorized
wheel chairing



In-line skating/
rollerblading

WHEN TO CONSIDER USING ACTIVE TRANSPORTATION:



Getting the kids
to school



Going to the corner
store / coffee shop



Commuting to work



Attending appointments



Visiting neighbours

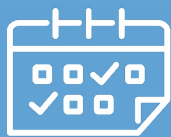
WHY ONE SHOULD CONSIDER SWITCHING TO ACTIVE TRANSPORTATION:



Health benefits:
getting exercise,
reduced risk of
heart disease



Save money on
gas and parking



Time management:
fit exercise into
your daily routine



Less pollution/
greenhouse gas
emissions



Reduces road
congestion

HOW TO GET STARTED?

ROUTE FINDING

City of Edmonton cycling maps

- [Discover YEG Map](#)
- [Edmonton Bike Map](#)

Edmonton Community Walking maps

- [Communities on Foot Map Series](#)

RESOURCES



- Local help is available for route finding, gear, safety and basic mechanical checks at [Bike Edmonton](#).
- Car vs. Bike calculator: omnicalculator.com/ecology/car-vs-bike

BIKE SECURITY

How to lock a bike securely

- You can lock your bike to a bike rack or any City signpost or parking meter unless otherwise posted
- Ensure that you lock your frame and wheels securely to the bicycle rack, signpost or parking meter
- Remember to secure any easily removable parts like seat, lights and front wheel

Use Bike Index

- BikeIndex.org is a non-profit, online bike registry
- Anyone can register their bicycle for free
- Deters theft and helps reconnect stolen bikes to their owners



GETTING THERE CAN BE HALF THE FUN!



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