

# SUSTAINABLE TRAVEL

SPRING 24 – THE WONDERS OF WALKING



Welcome to your Spring 24 sustainable travel newsletter. You'll find useful information on all things walking in your area! To view further sustainable travel info, visit your dedicated sustainable travel webpage by clicking below.

Click [HERE!](#)

<https://www.tpc-rodgersleask.co.uk/thesteadings>

## The Benefits of Walking

Did you know that the following are just some of the many benefits of getting on your feet and walking?

- Burns Calories
- Joint Pain Relief
- Energy Boost
- Reduces Carbon Footprint
- Improves Your Mood

## IN THIS ISSUE

**The Walk All Over Cancer in March Challenge**

**Local walking groups and routes**

**The benefits of walking + helpful tips**

## Mid Staffordshire Ramblers

The Mid Staffordshire Ramblers are one of 500 rambler groups set up in the UK. A friendly and gentle group open to anyone and everyone!

Not only does the group do walking socials, they also look to protect the local environment!

Click [HERE!](#) to view their webpage!

# Cancer Research UK – Walk All Over Cancer in March Challenge



## The Challenge

Across the month of March, your challenge is to take 10,000 steps a day. Across the month, that will equal a massive total of 310,000 steps!

## How to Sign Up

Click [HERE!](#) for more information and how to sign up to the challenge. You can register to take part on your own or as part of a group!

## Reasons to Sign Up

Signing up to the challenge is a great way to help you keep fit or get into shape. All the money you raise from the fundraising will go directly towards helping Cancer Research UK to find new ways to try and beat all forms of cancer!



## Local Walking Routes

Information on the top rated walking trails in and around Essington can be found on the "KoMoot" website! The website provides information on the estimate length, duration and difficulty of the trail so you can find one that fits to your requirements.

Click [HERE!](#)

## Walk to Work Day 2024

This year's Walk to Work day is Friday the 5th of April. If you don't live too far from your place of work, why not try walking?

Don't worry if you don't work, why not try walking for your daily activities?

Walk to Work day encourages you to take care of your physical and emotional health, as well as look after the planet. You may discover something new about yourself whilst walking!

Click [HERE!](#)



## HELPFUL LINKS

How to Keep Cool When Walking Tips

Click [HERE!](#)

– Top 20 Recommended Walking Routes Around Essington

Click [HERE!](#)