

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/oteleygardens>

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

Shrewsbury Ramblers

There is a Ramblers walking group called Shrewsbury Ramblers. Based in the County town, the group walks cover Shrewsbury, the Shropshire Hills and the Welsh Borders.

The group has three walks per week and welcome new members. You can also just join as a guest.

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 Shrewsbury can be found on the "AllTrails" 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!](#)

Komoot – Top 10 walks and trails around Shrewsbury

Click [HERE!](#)