

We hope you've had a lot of fun taking part in the September walking challenge and that you're hoping to keep being active even though this year's challenge has now finished.

There are lots of ways Active Devon, Livewell and Plymouth City Council can help. Here are some ideas...

### **Plymouth City Council's team of Travel Advisors would love to help you**

The team are available to chat to you about how you're currently travelling around Plymouth and provide you with free walking and cycling incentives and travel information to help you plan a greener, cheaper and healthier way to travel in and around the city.

If you would like to speak to a Travel Advisor please fill in our **phone request form** so we can call you back. Alternatively, you can email your queries to [Plymotion@plymouth.gov.uk](mailto:Plymotion@plymouth.gov.uk).

### **Help with journeys to school**

For the journey to school the Council can help with;

- **Free, customised walking and cycling maps** for every school in Plymouth available to download [here](#).

### **Help available for your work journeys**

For work journeys, we can help with;

- **An electric Cargo bike loan** so you can trial if an eCargo bike would be useful for local deliveries. For more information click [here](#)
- **Free adult cycle training** For more information click [here](#)
- **A commuter tutor service**, where riders are accompanied on journeys, such as to work or place of study, by a professional cycling instructor.
- **Providing a bike, accessories, and cycle training**, if you're struggling to access work or training through our [Bike Links](#) programme.
- **Match funded Workplace Travel Grants for businesses of up to £25,000** for facilities to encourage employees to leave their car at home and travel to work sustainably. More information is available [here](#).

### **Help with journeys for leisure**

We also hope you'll really enjoy a led cycle ride or take a stroll along the South West Coast Path or Co-Operative Way. We have two lovely guide books available for both walks, as well as the Plymouth walking and cycling map, which are available on request.

For more information please contact the Plymotion team at [Plymotion@plymouth.gov.uk](mailto:Plymotion@plymouth.gov.uk).