

smartmoves

Issue 3

August 2007

Promoting active travel in London



The Tour hits town

The Capital's celebration of cycling

Sign language

Legible London points way forward

First word

Walking – need for a step change



Jenny Jones, Green Transport Advisor to Mayor Ken Livingstone, shares her thoughts.

Despite its 21 per cent modal share, spending on walking in London is a fraction of that spent on the tube, bus, rail or roads.

This is despite the fact that relatively small-scale walking projects are some of the most effective at reducing congestion and increasing transport capacity.

But progress is being made. In recent budget negotiations, I extracted commitments from the Mayor of London to double funding for borough walking projects, provide walking maps across London, improve the walking environment around mainline stations, and to install missing 'Green-Man' crossings. TfL is investing £126 million over the next three years in improving conditions for pedestrians.

These commitments are a first step towards making London the world's most walking-friendly city. However, to realise the massive potential of walking in the capital, we have to build on these projects. I fully intend to secure further increases to borough funding for walking projects in 2008/09.

After years of standing still, progress is being made for London's pedestrians. We must take this opportunity to propose increasingly ambitious projects, and work hard to make the case for walking in London.

 Jenny.Jones@london.gov.uk

Park maps go 3D

New maps are helping to bring the Royal Parks to life for pedestrians and cyclists.

The maps have a 3D feel, with images of buildings, monuments and features as they actually look. They show walking and cycling routes, facilities such as cafés and toilets, and transport links in and around the parks.


As well as appearing on information posters, the maps will be available as leaflets.

St James's Park was first to go live in June, followed by Green Park. New maps are being produced for all the other Royal Parks.



Simon Higgins, Marketing Manager at The Royal Parks, said: "The maps show the surrounding areas and how to get to, from and around the parks so people can plan their whole experience."

"It's part of our aim to work with different partners in encouraging people to walk and cycle in the parks."

 www.royalparks.org.uk

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Good signs for wayfinding project

Borough officers were given an update on progress towards a London-wide system of wayfinding for walking in June.

TfL and the London Development Agency invited borough officers to contribute ideas for Legible London, which could integrate with existing journey planning tools. They heard how a consistent, reliable and authoritative approach to maps, signs and online planning would strengthen the role of walking in the Mayor's strategies for transport, the public realm and tourism.

Some key outcomes were:

- Boroughs keen to co-operate on developing a single system
- Agreement that TfL is best placed to lead integration and roll-out

Key dates for the project

- October 2007 – seminar to update boroughs and partners
- December 2007 – West End prototype on street
- February 2008 – present delivery strategy
- 2012 – provide system for central London and Olympic boroughs
- 2015 – provide system for rest of London

- Broad benefits from wayfinding acknowledged for modal shift, leisure and economic development.

TfL is now co-ordinating working groups looking at specific issues from urban realm and information management to system integration. Westminster City Council is working with TfL to introduce a prototype scheme in the West End by Christmas.

The Legible London report was commissioned by the Central

London Partnership (CLP) in 2005. A report examining wayfinding on foot concluded that a single system could give many people the confidence to discover London on foot, and encourage them to walk in preference to other types of transport for shorter journeys.

i If you couldn't attend the event or would like to be involved in the working groups, email Jennifer.Calvert@tfl.gov.uk

Freewheeling Capital



Mayor Ken Livingstone and Blue Peter's Konnie Huq launch the Hovis London Freewheel on the South Bank.

A 14km route around central London will be traffic-free to make way for cyclists on Sunday 23 September at the Hovis London Freewheel.

Daire Basra, Senior Events Officer at GLA, said: "After the great success of the Tour de France, Londoners can get out on their bikes and have some fun."

Cyclists can join led rides to the event from six Freewheel hubs in Gladstone Park, Finsbury Park, Victoria Park, Peckham Rye, Clapham Common and Ravenscourt Park. Freewheel organisers are inviting cycling initiatives to exhibit at the hubs and welcome support from stakeholders.

Liz Leverton, Co-ordinator at Finsbury Park, said: "The event is a great way to get local people together and promote both sustainable transport."

i www.londonfreewheel.com or londonfreewheel@london.gov.uk

My view: cycling

Philip Darnton, Chairman of Cycling England, shares his thoughts



Bikeability goes live in London


April saw the Capital welcome Bikeability – the 21st century cycling proficiency – with a launch at Primrose Hill School in Camden, where pupils demonstrated their new cycling skills to radio and television crews.

Bikeability gives children the skills they need to manage today's modern traffic environment.

Here at Cycling England, we recognise that safety on the roads is every parent's concern, but the first step in creating safer cycling must be to ensure every child gets proper training – and that's Bikeability.

London mum Anna Francis said: "Before my kids did their Bikeability, I didn't feel entirely confident with them cycling. But Bikeability has given them the skills and the confidence to cycle safely on their own, and it helps parents feel more reassured."

Our ambition is that, within five years, no child should leave primary school without the chance to receive Bikeability training.

 Visit www.bikeability.org.uk, where schools can locate their nearest Bikeability instructor

Work under way on venue access

Some road closures around the Olympic Park came into force on 2 July. But that's not all the Olympic Delivery Authority (ODA) is working on.

Work has started on the venues and the pedestrian and cycle routes in the Olympic Park, creating lasting benefits for the community. This work means the first road closures, including some existing footpaths and cycle routes, are in place. The Greenway route will be kept open as long as it's practical to do so.


There are two other areas the ODA is also focusing on.

Work is continuing, led by TfL, to identify and prioritise walking and cycle access around the London venues, particularly the Olympic Park. The ODA's Soft Modes Transport Manager Simon Jay said: "We're discussing what needs to be done with the boroughs before detailed feasibility studies get under way.

"We're also starting discussions with the boroughs at other venues such as Broxbourne, Eton Dorney and Weald Country Park about sustainable transport during the Games and in legacy."

Active spectatorship – encouraging spectators to walk or cycle to the venues – is still a key priority.

Simon said: "We hosted a workshop with the London Organising Committee of the Olympic Games on how to deliver this strategy, possible ticketing incentives, the potential for commercial sponsorship and possibilities for cycle hire."

 Keep track of the exciting developments at the Olympic Park at www.london2012.com



Work is under way at the Olympic Park.



Children from New City School go for a picnic by bike.

Celebrating travel plans

A primary school that increased the number of children cycling to school from one per cent to 12 per cent and walking from 70 per cent to 84 per cent has been rewarded for its efforts by a new TfL scheme.

New City Primary School was awarded Platinum School of the Year at the TfL Sustainable Transport Awards by the accreditation scheme, which is designed to encourage and reward schools that continue to make long-term commitments to travel plans.

Of the 175 schools that applied for accreditation this year, 15 were awarded the silver higher standard level. This award recognised schools that reported a reduction in the numbers of cars on the school journey.

Five schools in London were awarded outstanding level. The outstanding schools were Southborough Primary School and Warren Road Primary School in Bromley, Moselle School in Haringey, and New City Primary School and Godwin Junior in Newham.

Clare Mulholland, Assistant Regional School Travel Advisor at TfL, said: "These schools have embraced the whole ethos of sustainable transport."

Each accredited school received a plaque and certificate.

Liz Bowgett, a teacher at New City School, said: "All the children have enjoyed getting involved with cycling and we are all delighted to have won the award."

i If you know a school that could qualify for next year's accreditation, visit www.staccreditation.org.uk

My view: walking

News and views from Jim Walker, Chair of Walk London Borough Partnership.



Survey seeks results

Two thirds of local authorities completed the questionnaire set by the Walking Advisory Panel to benchmark walking in London.

Most authorities said their priorities are more investment in promotion, public realm improvements and accessibility projects to tackle bad street design, crime and the fear of crime and a lack of useful information.

Many authorities have walking policies and about half had walking plans, targets and staff. But few monitor investment in walking schemes and most want more guidance on what makes a good walking plan and how to measure it.

Recommendations were discussed at an Advisory Panel meeting chaired by Jenny Jones. Quick wins being considered include greater transparency of what money is available for walking in London; guidance on how to measure and evaluate walking affordably; and promotion of a transport hierarchy favouring pedestrians in the Mayor's Transport Plan.

If you were one of the authorities unable to complete the survey, or you've thought of ideas for the Mayor's vision for London to be one of the most walking friendly cities by 2015, please get in touch – we've got a long way to go in eight years!

i www.walklondon.org.uk

Streets are made for walking

To help boroughs and partnerships better understand the results different types of walking schemes can provide, TfL has issued the first borough-wide walking outcome monitoring report for 2005/06.

“Not only does the report show how effective new schemes to promote walking are, it gives boroughs and partnerships new ideas as to what might work best for them and the walking schemes they could pursue to benefit pedestrians,” said Spencer Clark, Borough Walking Programme Manager.

Five borough schemes were monitored by a TfL consultant, including an award-winning scheme to upgrade old railway viaducts called Light at the End of the Tunnel and the renewal of Castle Street in Kingston.

“The consultant compared pedestrian numbers, behaviour and mix before and after the schemes and the results were very positive,” said Spencer.



More room to walk in Castle Street, Kingston, and (inset) the street before the project.

Most of the projects saw an increase in numbers of female pedestrians and those over the age of 65.

To help boroughs carry out pedestrian monitoring, TfL has also published a measuring

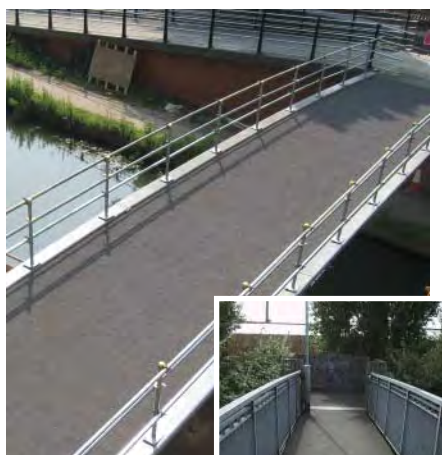
pedestrian activity report with tips on different types of monitoring, and how to apply the different techniques.

“It’s important that the boroughs play an active role in monitoring walking as it helps to improve the design and benefits of future schemes for all pedestrians,” said Spencer.

On course for good design
A TfL Designing for Pedestrians three-day course is now open for booking. For more information and to book, email nina.kahlon@tfl.gov.uk

i For more information, contact Spencer Clark at Spencer.Clark@tfl.gov.uk.

A better bridge



The new footbridge is more pleasant and accessible than the previous bridge (inset).

Alperton residents are enjoying a safer, more accessible footbridge over the Grand Union Canal thanks to a refurbishment project.

Councillors and local people will be invited to celebrate the renovation of the Carlyon Road footbridge in September.

The project has mainly been funded by the TfL walking programme, with some funding from the Sustrans Links to School Scheme.

The bridge’s deck has been widened and major work includes improved lighting so pedestrians

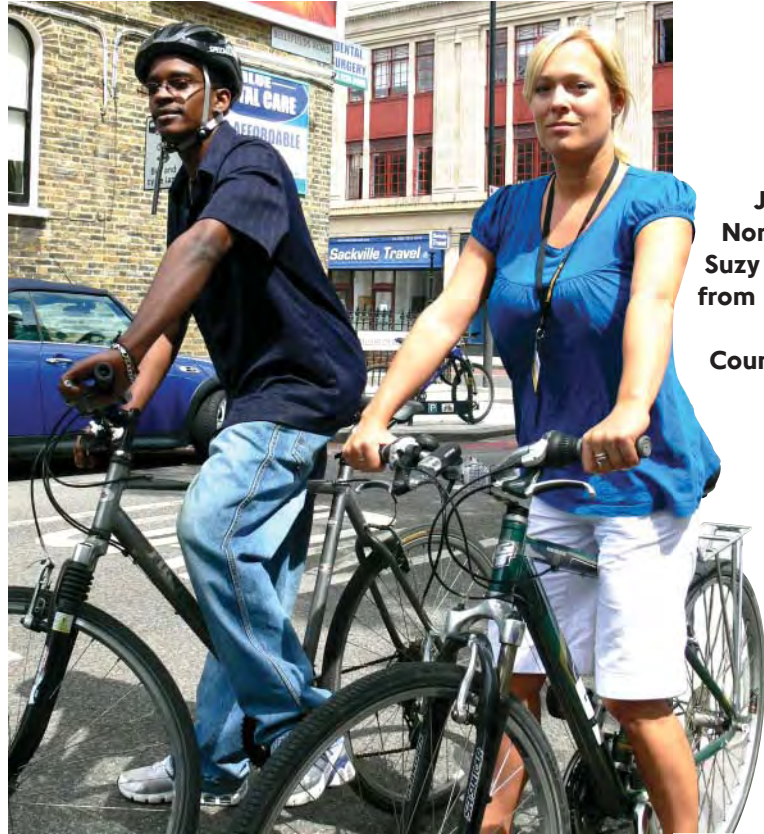
feel safer using the bridge at night.

Paul Williams, Team Leader, Highway Structures & Drainage, for Brent Council, said:

“Previously the footbridge was very unwelcoming and a social black spot. The bridge will be a pleasant and accessible route.”

Councillor Daniel Brown said: “We hope local people will feel safer using the new bridge, which has been brought up to modern standards.”

i For more information on funding similar schemes, contact Spencer.Clark@tfl.gov.uk



Jesse Lee Norville and Suzy Harrison from Lambeth Borough Council cycle to work.

Transforming the commute

Across the Capital, small and medium-sized businesses are signing up to TfL's new Enterprise scheme.

Enterprise helps businesses establish workplace travel plans.

Already more than 40 businesses have registered for the scheme.

Creative Environmental Networks (CEN) was one of the first businesses to get involved.

Kim Jardine, CEN's Sustainable Transport Project Co-ordinator, said: "The scheme showed staff how easy cycling or walking to work could be."

Since introducing the scheme, the number of people cycling to work at CEN has doubled.

i www.anewwaytowork.org or call 0870 094 9011

■ TfL also launched the Workplace Cycle Challenge in July, to coincide with the London leg of the Tour de France.

There were three challenges, each based on the Tour de France riders' jerseys, all designed to increase the number of cycle journeys the teams made.

Dawn Haines, Transport Policy Manager, was chosen as Directeur Sportif by her team at Lambeth Borough Council.

She said: "We are keen to encourage sustainable transport and this has been a brilliant boost."

Lambeth Council promoted the scheme through its business travel network.

The Workplace Cycle Challenge ended on 29 July. All competitors can take part in the London Freewheel on 23 September. See page 3 for more details.

smartsnippets

Watch this space

The Cycling Centre of Excellence (CCE), part of TfL, is well on its way to installing its 10,000th school cycle parking space by September.

i Contact 020 7027 9135 or your local school travel advisor for more information

Walkers' weekend

It's London Walking Weekend on 15 and 16 September and TfL will be encouraging Londoners from all 33 boroughs to take part in one of many free led walks.

The Thames Festival will also play host to a 'why not walk it?' marquee offering a free led walk and a treasure hunt.

i Visit tfl.gov.uk/walking or email Jennifer.Calvert@tfl.gov.uk

Fabulous fun

Women from across London completed a five-mile ride around Richmond Park on 2 June as part of the national Five Miles to Fabulous cycling event organised by CTC.

Just 37 per cent of cyclists in London are women according to the National Travel Survey, so the event was organised to encourage more participation.

Bikes given a boost

To encourage commuters to cycle to stations, TfL and South West Trains have invested £250,000 to install better cycle facilities, such as shelters, stands and CCTV, at 13 stations including Surbiton, Kew Bridge and Twickenham.

i suzanne.hilton@tfl.gov.uk



Millions enjoy cycling spectacular

Up to four million people watched the Tour de France in London and Kent. The crowds, the riders, the atmosphere, the events and the sunshine all combined to make 6-8 July a superb celebration of cycling and a great way to encourage more people to take to two wheels. Here's a flavour of the weekend's action.



▲ There was not an inch of space to be had in Trafalgar Square for the opening ceremony on 6 July.

◀ The competitors rode around the Capital's streets in front of packed pavements before heading to Greenwich for the official race start. Olympic champion and TfL cycling ambassador Bradley Wiggins, pictured on the cover, came fourth in the Prologue.



◀ Stuart and Sue Haines came from Dorset to watch the Tour and visit the People's Village. They dropped in to TfL's I Move London sustainable transport roadshow to make a pledge. Stuart already rides once a week, but pledged to cycle more often. "We've watched the Tour on TV before so we were very keen to see it live. I can't believe how busy the People's Village is – there's so much to see," said Stuart. The roadshow marked the launch of the I Move London campaign, with 600 pledges made by the public over the weekend. Boroughs can input their own local events and find out more about getting involved at www.tfl.gov.uk/sustainabletravel and www.tfl.gov.uk/imovelondon



▲ Children put their skills to the test in an obstacle course organised by British Cycling.

◀ The Tour de France roadshow gave away tons of freebies to an eager crowd.



◀ Cyclists converged on a specially installed cycle park in Hyde Park after coming in on led rides from many boroughs. Peter and Julie Mastenko (left) from Kingston were among the 2,500 participants. Peter said: "I love the Tour de France – I've been to France to watch it and saw the race when it was last in Britain 13 years ago. It's really exciting that London's hosting it and the led ride was fantastic."

And next . . . the Tour of Britain

There's not long to wait for London's next major cycling event – the Tour of Britain hits town on 9 September.

Having played host to the tour's final stage for the last three years, this year the Capital is hosting the first day.

And to build on the excitement generated by those who watched the Tour de France Prologue, it'll be the Tour of Britain's first ever Prologue time trial.

Several boroughs were involved in hosting the Tour de France, so to involve even more boroughs in major cycling events, the Prologue will take place in Crystal Palace Park, on Bromley's patch.

"We wanted to make the most of the knock-on effect a super-successful Tour de France will have," said Gary MacGowan, Technical Manager from TfL Special Projects.

"For many people, the Tour was their first experience of a professional cycling event, and they'll be thinking that if that's what the sport is like, they can't wait to watch another event and get involved. The Tour of Britain can take advantage of that and use it to encourage more people to cycle."

The 96 riders will complete a 2.5km time trial circuit around Crystal Palace Park, an iconic sports venue, and there will be plenty of fun activities and displays to get spectators involved in cycling.



Chief Superintendent Joe Royle practices an emergency stop during his cycle training.

Learn to cycle with confidence

Adults across London can learn how to ride their bike more safely and confidently by having cycling training.

During 2007/08, TfL will invest a record £2.8 million in cycle training.

Greg Woodford, Senior Cycle Training Officer at CTC, said: "Learning how to cycle properly makes it more enjoyable and safer."

Research by Cycle Training UK shows that 81 per cent of people who have had training said they felt more confident cycling and they increased their average number of trips by bike each week by 144 per cent.

In Wandsworth, a campaign to promote training won the Cycling for Adults award at the TfL Cycling Communities Awards in April 2007.

Called Movers and Shakers, the campaign aimed to get influential people in the community on bicycles. A report will be available at www.movers-shakers.btik.com with all the findings.

Wandsworth Cycling Campaigns Co-ordinator Susie Morrow said: "Local MPs and community leaders were given cycle training so they could share their experiences with other people."

Harvey Heath from the Battersea Society took part and now plans to buy a bike. He said: "If I can do it, we can all do it."

After his training, Chief Superintendent Joe Royle, Wandsworth Police Borough Commander, said: "I've been given the confidence to get back on my bike."

i For more information about how to promote cycle training in your area, visit www.ctc.org.uk/cycletraining or call 0870 607 0415.

Budget for bikes

Community groups and schools can apply for funding to set up and run cycling projects.

The Community Cycle Fund for London (CCFL) is provided by TfL and is allocated and run by London Cycling Campaign (LCC).

Grants of up to £5,000 are available for groups to buy bikes, run training schemes or to use on other resources they need for their cycling project. The funding is distributed twice a year.

In 2006, more than 50 grants were awarded, and the total fund has been increased from £150,000 to £200,000 this year.

One project that benefited last year was John Ball Primary School's cycle training programme. Funding allowed the Blackheath school to build a cycle shed, develop a travel plan and work with the borough's travel planner to get a teacher and the school's premises manager qualified as National Standards cycle instructors.

The school then started a pilot cycle training scheme. It launched a pool of bikes and helmets for children and parents to borrow.

Other schemes range from Haringey Mencap's North London Access to Cycling, to support and encourage people with learning disabilities to access cycling, to bike maintenance workshops and second-hand bikes for homeless people in Hammersmith through a project run by the St Christopher's Fellowship hostel.

i For more information about the fund, visit www.lcc.org.uk, call Sarah Slater at LCC on 020 7234 9310 or email sarah@lcc.org.uk.



Pupils at John Ball Primary School are saddling up and getting quality training thanks to a CCFL grant.



Pupils at Woodmansterne Primary School in Lambeth during May's Walk to School Week. The globe has the same volume as the amount of CO₂ emitted by a car driving to school and back for a week.

Class act for walking

It's time to start preparing for October's Walk to School Week, co-ordinated by Living Streets.

The event also coincides with International Walk to School Month.

London's events will focus on The Big WoW on 3 October, celebrating the Walk on Wednesday campaign supported by TfL that awards collectable metal badges to children who walk to school regularly.

Nationwide, the events will show that walking to school

helps pupils get to know, and feel part of, their community.

Andrew Fielding, National Walk to School Campaign Co-ordinator, said: "The more children walk to school, rather than viewing the streets as a backseat observer, the greater the benefits for them and for the whole community.

"Children who walk regularly are more likely to find better routes to school using footpaths and shortcuts, rather than

travelling as the car drives."

The latest Walk to School Week in May attracted more than two million participants, including more than 13,000 pupils across 500 schools in London.

i To find out more about Walk to School Week and holding an event, contact Andrew Fielding on 020 7820 1010 or andrew.fielding@livingstreets.org.uk or log on to www.walktoschool.org.uk

The Capital gets cycling

Despite the wet weather, this year's Bike Week was the biggest since the millennium Festival of Cycling.

In London, more than 200 events were kick-started with a fun-filled cycling festival hosted by TfL in Trafalgar Square.

"BikeFest in the Square was a great new flagship event for Bike Week and showed that cycling is great fun, and a great way to get around London," said Nick Harvey, National Bike Week Co-ordinator.

Most events were free and many

were suitable for complete beginners.

Highlights included the Midsummer Madness Ride, which met at the Cutty Sark Gardens in the early hours of 21 June; a special warm-up for the Tour de France, and many cycling competitions throughout the boroughs.

i Check out a round-up of the events at www.bikeweek.org.uk and later this year visit the site to find out how to get involved in Bike Week 2008 on 14-22 June.

The differences and similarities between walkers and cyclists was just one of the issues discussed at this year's London Walking and Cycling Conference.

The big debate

How we can build active communities together was a major topic of discussion at the London Walking and Cycling conference, which kicked off with an optional guided walk and cycle ride on 10 May.

Of a record 160 delegates, more than 50 delegates of varying abilities donned their walking shoes or got on their bikes to take part in the activity.

"It was a good turnout and, although I cycle regularly, it was nice to see other cyclists on the road," said Mike VanErb, who helped organise the led ride.

The day's programme looked at a number of topics including the Department of Health cycling and walking action plan, local strategies for active travel, network management plans and conclusions from the walking review.

Following thought-provoking presentations from Jenny Jones, the

Mayor's Green Transport Advisor; Darien Goodwin, Head of Transport, London borough of Lewisham; David Brown, Managing Director of Surface Transport; and Rodney Tolley, Director of Walk21, delegates dispersed into discussion groups. They debated specific topics such as the

opportunities and barriers faced when promoting walking and cycling; how to build balanced streets; how to deliver equal access; how to address social and cultural barriers; and how to develop the shared use of paths in urban areas.

And, with more than twice the number of delegates as last year, the room was full of possible solutions.

One delegate summed up what most people thought of the issues between pedestrians and cyclists.

"Walking and cycling should be promoted together to reduce the amount of car users but, at the same time, their differences need to be recognised and taken into consideration," he said.

Other important points highlighted by the discussion groups included the need for local authorities to consult



properly and listen to more people, the importance of building strong links with the community, more emphasis on education, and approaches tailored to the needs of individuals.

The conference was well received and delegates enjoyed the chance to network at the end. They also agreed there was a good range of

topics, addressed through a mix of discussion and debate.

"I learnt a lot about the health aspects, which was a breath of fresh air for me, and it was great to find out what the other boroughs were doing," said Derek Stidder of Croydon Council.

"I mainly came here for the networking and to find out more about what TfL is doing," added Fred Agbah of the Ramblers' Association. "I'm a keen walker and runner and would like to start cycling."

But there's always room for improvement. Some delegates felt that the conference was preaching to the converted.

All feedback is being considered for next year's conference.

i For more information on how to take part, contact Jennifer Calvert at Jennifer.Calvert@tfl.gov.uk or Elizabeth Claridge at Elizabeth.Claridge@tfl.gov.uk

The panel debate: your questions answered

Members of the panel sat in the hot seat as delegates asked them whether they thought a 20mph speed limit was necessary; how to encourage more people to take up walking and cycling; and how to tackle the conflict between cyclists and walkers.

And, after much debate, the panel summarised the main issues.

"We need a thorough analysis of the barriers; we need supporting research so we can base what we do on what we know," said Rob McLean, Health and Widening Access, Sport England.

"We also need to be much more ambitious and lose the anti-motorist undertones because we need to get them on board," added William Bird, Health Advisor, Natural England.

TV presenter and walking advocate Lynn Faulds-Wood believed the only way to get more people on board was to associate walking and cycling with things people care about.

"Think about the language you use and avoid using big words. We need to talk the language of the streets. We're all individuals, but we need to pick messages that appeal to us all and are understood by us all."

Panel members included Adrian Davis of JMP Consulting; Lynn Sloman, Special Advisor to the TfL Board; cycling commentator Phil Liggett; Rob McLean of Sport England; Rodney Tolley, Director, Walk21; and William Bird, Health Advisor, Natural England.

In the hot seat: the panel is quick to answer questions from delegates.





The morning rush hour on Walk to Work Day saw a parade across Tower Bridge, led by commuters dressed in Dolly Parton wigs, to highlight the day's message of 'Walking 9 to 5'.

Campaign that really works

Thousands of Londoners took part in the Capital's first Walk to Work Day, part of the new Walking Works campaign from Living Streets.

The campaign, funded by TfL, encourages people to walk more in their daily commute.

Events took place in more than half of the London boroughs on 26 April. In Hackney, the council and health trust offered healthy breakfasts and health checks. Brent Cross shopping centre promoted the day to staff and shoppers.

Local authorities and businesses can find out how to encourage walking at a

Walking Works conference in September.

Richard Hebditch, Policy and Campaigns Manager at Living Streets, said: "The benefits of walking are well documented. What's often missing is the encouragement to make it a regular part of people's daily lives. Under Walking Works, people pledge to walk a certain amount each day, with lots of tips and encouragement along the way."

i For more information, to sign up to Walking Works or to book a place at the conference, see www.walkingworks.org.uk

The unusual suspects

Streets, parks, railways and rivers came alive with people walking through the borough during Lewisham's fifth walking festival.

Organised by the Lewisham Walking Forum, the event was its busiest yet and saw a number of new faces don their walking shoes to take part in more than 100 free events, from walks along the River Ravensbourne to an introduction to the delights of Deptford Creek at dusk.

"The festival is a great way to help people experience the places on their doorstep and get to know their borough," said Sue Webber, Festival Co-ordinator.

"This year, we encouraged a lot of new groups and it was particularly good to talk to some of the pensioners who enjoyed getting out of the house and meeting people while walking."

For the first time, the Walking Forum also linked up with Voluntary Action Lewisham, which organised a number of walks for those suffering from drug addiction or mental health.

A full programme of healthy walks and advice in parks and open spaces throughout the borough, to contribute to the national agenda of encouraging people of all ages to walk more to improve their health, was also available.

i For more information visit www.lwf.org.uk



Trudging through Deptford Creek at low tide.

Zero emissions – apart from the curry



Adam Hart-Davis.

Whether he's singing the praises of the Victorians and Romans or reassuring us that tax doesn't have to be taxing, TV presenter Adam Hart-Davis always has a quirky take on things. *smart moves* asked him about cycling.

Why should we cycle?

It's such fun. It's good for the environment – there are zero emissions (unless you've had a curry the night before). In London it's the most reliable way of getting door to door. It's also good for you.

Do you think London is a cyclist-friendly city?

It's as good as anywhere I've experienced. I'm based in Bristol and at least in London you don't have many hills. London is getting noticeably better too, with more people cycling and heaps more lanes.

Any bizarre encounters while cycling?

I held up a queue of buses on Piccadilly when a lady told me at great length how much she

enjoyed my programmes. And someone

once shouted out: "How can you do Brunel and not include the Tamar Bridge?" Try answering that while pedalling up a hill in the opposite direction.

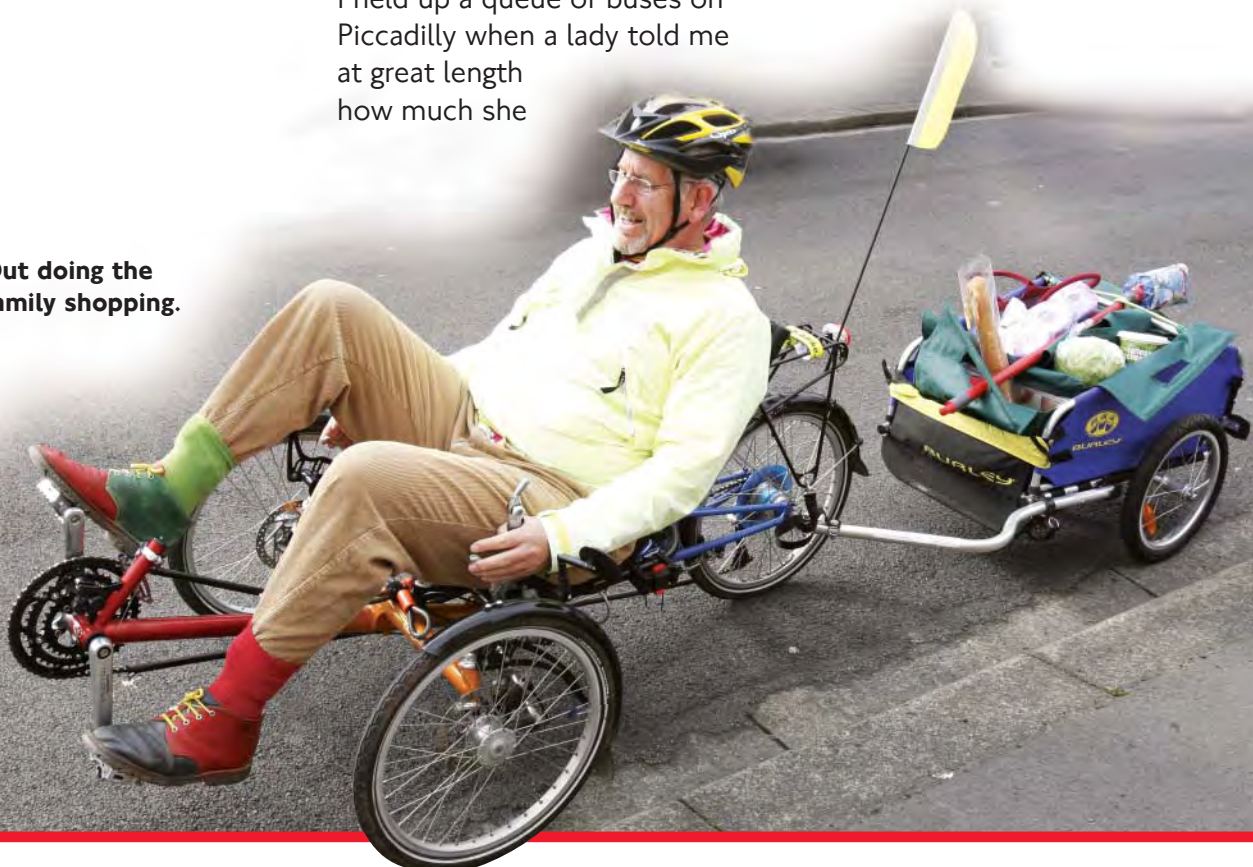
What invention would get more people on their bikes?

Something that could show them their perceptions about road safety and the weather are wrong.

What's your favourite bike?

In London, it's a folding bike. At home, I have a three-wheeled recumbent that I love to use with a trailer for the family shopping. It's like riding an armchair!

Out doing the family shopping.



IN YOUR VIEW

We already know cycling is great, but what do parents of primary school children really think about their children cycling to school? A survey from young Transnet shows that, given the choice, 30 per cent of school children would like to cycle to school. However, DfT statistics show that only one per cent do so.

▶ **Ensuida, Student studying accounting**
“My daughter Klaensa, who’s in reception class, loves riding her bike in the park, but she is too young to ride on the roads. Maybe when she is older and a more confident cyclist I would think about letting her cycle to school, but at the moment I think it is too dangerous.”



How to encourage young cyclists

If you come up against views like these every day, we have some handy tips:

- It may help to promote cycle training for both adults and children
- Introduce non-riding parents and children to others who already cycle
- Encourage schools to provide cycle storage facilities
- Develop maps with schools and parents that show less busy cycle routes to schools

i For more information on promoting these ideas, email cycling@tfl.gov.uk. To find the school travel advisor in your borough, email sta@tfl.gov.uk



◀ **Mariatu, Nursing Assistant**
“I would only let my daughter Kultumi cycle to school if she was with me because the roads are too busy. She loves cycling, so if I am not working then I am able to cycle with her to school.”

▶ **Dolly, Child Minder**
“Given half the chance my daughter Kenya would cycle to school every day – she loves it. I do get nervous about her riding on the roads, but it is good for her to get a sense of road safety. We cycle to school about twice a week and she is also going to cycle training at school.”



>> DATES FOR YOUR DIARY >>

9 September – Tour of Britain – starts from Crystal Palace Park – www.tourofbritain.co.uk

15 – 23 September – Green Chain Festival – events showcasing south London’s Green Chain walking routes – see www.greenchain.com for full programme

15 – 16 September – London Walking Weekend – led walks in boroughs and walking zone events at Thames Festival – tfl.gov.uk/walking or email Jennifer.Calvert@tfl.gov.uk

19 September – 4th Annual Transport Conference, QEII Conference Centre, London – see www.govnet.co.uk/transport

22 September – In Town Without my Car Day – town centres across Europe close to traffic – www.22september.org

23 September – London Freewheel – ride in

central London with roads closed to other traffic – www.londonfreewheel.com

25 September – Walking Works conference – BSG House, London – held by Living Streets to promote sustainable travel to work – book at www.walkingworks.org.uk

1-4 October – Walk21 conference in Toronto, Canada – Putting Pedestrians First – registration now open at www.toronto.ca/walk21

1-5 October – Walk to School Week – events nationwide, including The Big WoW on 3 October in London – www.walktoschool.org.uk

11-14 October – Cycle at Earl’s Court – cycle show with the biggest selection of 2008 bikes and accessories in the UK – www.cycleshow.co.uk

Useful contacts

Here is a selection of useful contacts for cycling and walking projects and issues. If there's an organisation or individual you think should be listed here, please email smartmoves@abcomm.co.uk or call 020 7922 5661.

Bike Week

Information on how to get involved or organise an event during Bike Week or Bike to Work Week.

Tel: 0845 612 0661

www.bikeweek.org.uk

British Cycling

The internationally recognised governing body of cycling in Great Britain, it also runs the Go Ride programme aimed at young people.

www.britishcycling.org.uk

Tel: 0870 871 2000

CTC

CTC is the UK's national cycling organisation and the country's largest group of people on bikes. Its mission is 'to make cycling enjoyable, safe and welcoming for all'.

www.ctc.org.uk

Tel: 0870 873 0060

Cycling England

Cycling England has been charged by the government to deliver programmes that encourage more people to cycle more safely and more often. It is made up of experts in transport policy, engineering, public health, the cycle industry, local government, cycle sport, cycle training and education.

Email: info@cyclengland.co.uk

www.cyclingengland.co.uk

Everyday Cycling

Everyday Cycling is a friendly online cycling community hosted by British Cycling, the internationally recognised governing body of cycling in Great Britain.

www.everydaycycling.com

LEPT

The London European Partnership for Transport (LEPT) co-ordinates, disseminates and promotes the sustainable transport agenda for London and London boroughs, in Europe. It aims to improve the level of communication, co-operation and investment that exists between London, London boroughs and the European Union.

Tel: 020 8313 4918

www.lept-eu.org

Living Streets

Living Streets is the champion of streets and public spaces for people on foot. It works on practical projects to create safe, vibrant and healthy streets for all.

Tel: 020 7820 1010

www.livingstreets.org.uk

London Travel Awareness Team

Previously known as Good Going, the team runs the travel awareness programme to encourage people to use healthy and environmentally friendly forms of transport in London.

www.tfl.gov.uk/sustainabletravel

London Cycling Campaign (LCC)

London Cycling Campaign is a registered charity that works with businesses and the community to improve the quality of life in London by increasing cycling. It aims to involve people from all London's communities in cycling, bring out the best possible services for people who want to cycle in London and be at the forefront of research and policy linking cycling to wider issues.

Tel: 020 7234 9310

www.lcc.org.uk

Useful contacts continued on next page ►

◀ useful contacts continued**London Walking Weekend**

Information about the led borough walks and the walking zone events on 15-16 September.

tfl.gov.uk/walking

Olympic Delivery Authority

The Olympic Delivery Authority is the public body responsible for ensuring delivery of the new venues and infrastructure for the Games and the legacy that will follow.

Tel: 020 3 2012 000

www.london2012.com

Sustrans

Sustrans is a UK sustainable transport charity that works on practical, innovative ways of dealing with the transport challenges that affect us all.

Tel: 0845 113 0065

www.sustrans.org.uk

The Ramblers Association

The Ramblers Association is Britain's biggest charity working to promote walking and to improve conditions for all walkers. With 143,000 members in England, Scotland and Wales, it's been working for walkers for 70 years.

Tel: 020 7339 8500

www.ramblers.org.uk

The Royal Parks

The Royal Parks' remit is to conserve 5,000 acres of historic parkland – the eight Royal Parks – for future generations. It also tends a number of other spaces in London, including Brompton Cemetery, the gardens of 10, 11 and 12 Downing Street and Grosvenor Square Gardens.

www.royalparks.org.uk

Tour of Britain 2007

Website charting the routes, dates and host locations of the 2007 Tour of Britain cycle race on 9-15 September.

www.tourofbrtain.co.uk

Transport for London

TfL was created in 2000 as the integrated body responsible for the capital's transport system. Its primary role is to implement the Mayor of London's Transport Strategy and manage transport services across the capital. It also promotes a range of walking and cycling activities across the capital.

tfl.gov.uk

Walk21

The organisation that champions healthy, sustainable and efficient communities where people choose to walk.

Tel: 01684 773946

www.walk21.com

Walk London

Funded by TfL, Walk London works with the local authorities to develop an impressive network of quality walking routes around London.

Tel: 0870 240 6094

www.walklondon.org.uk

Walk to School

The Walk to School campaign is jointly promoted by The National Travelwise Association and Living Streets. It asks parents, pupils and teachers to think about their journey to and from school, and the many benefits of making it on foot. Each year it organises two nationally recognised events: National Walk to School Week (21 to 25 May 2007), and International Walk to School Month (October 2007).

Tel: 020 7820 1010

www.walktoschool.org.uk

Walking Works

Working Works is a new campaign designed by Living Streets to inspire people to walk more as part of their daily commute. The website is full of ideas and advice for everyone including transport professionals and businesses.

Tel: 020 7820 1010

www.walkingworks.org.uk