

# Slough Cycling and Walking map



# The benefits of cycling and walking

Slough is an ideal area in which to cycle as it is compact and flat. Virtually the whole of the borough is within a 20 minute ride of the town centre. Walking and cycling are an ideal alternative to the car for many journeys, including shopping, work and school trips, and visiting friends and relatives.

## Time

- Walking and cycling, in particular, can be quicker than driving at times of heavy traffic
- Pedestrians can use one-way streets, pedestrianised areas and other short-cuts not available to vehicles
- Using 'signalised' crossings stops traffic to help you cross safely
- Cycling and walking incorporates physical activity into your day at the same time as getting where you want to go

## Health and Environment

- Walking and cycling are the healthiest ways to get around Slough - not just for you, but for everybody else with reductions in pollution and greenhouse gases
- Exercise lowers blood pressure, raises metabolism, burns fat and increases muscle mass
- Exercise reduces risk of coronary heart disease by up to 50%

- Exercise increases energy levels, strength and stamina whilst reducing stress and anxiety, as well as improving sleep quality

## Money

- Walking is free! However, a good quality pair of shoes can make walking more comfortable
- The costs of buying waterproof clothing will be recouped over time, as they help you to save money by walking or cycling in all weathers
- Keeping a bicycle is much cheaper than running a car, even taking into account purchase costs, maintenance and any insurance you may take out for it
- Car owners can save on fuel, maintenance and parking costs by swapping short trips to walking or cycling

