

## Did you know?

There are 16 cameras on a London bus to help keep passengers safe.



The British Transport Police deal with incidents of anti-social behaviour on public transport in London.

If you are ever worried, you can report any incidents quickly and discretely by texting **61016** or calling **101**.

## For more information

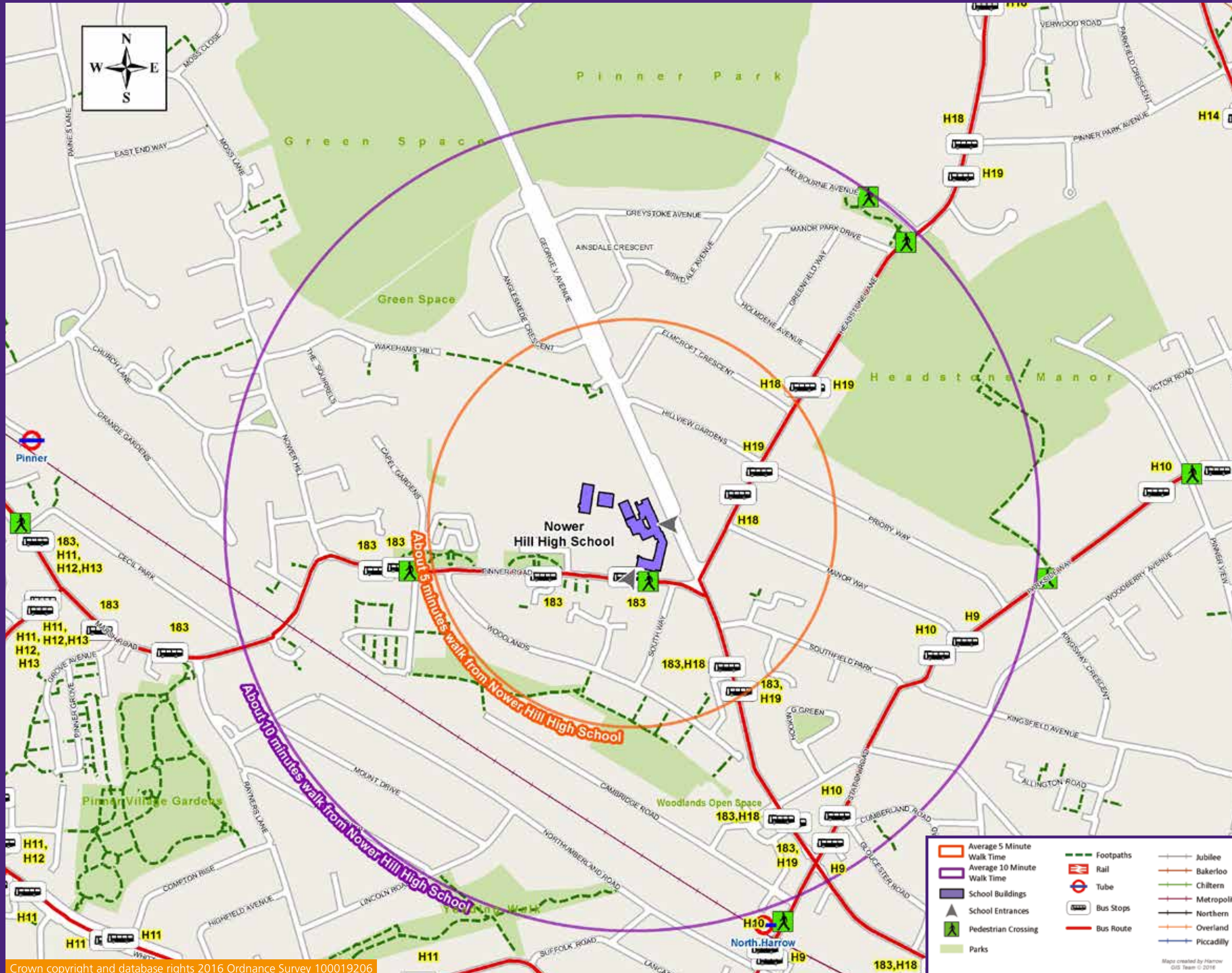
Speak to your school or visit [www.harrow.gov.uk/schooltravelmaps](http://www.harrow.gov.uk/schooltravelmaps)

## Contact details

Travel Planning Team  
Tel: **020 8424 1607**  
Email: [travelplanning@harrow.gov.uk](mailto:travelplanning@harrow.gov.uk)  
[www.harrow.gov.uk/travelplans](http://www.harrow.gov.uk/travelplans)



## Travel to Nower Hill High School



## Walking and public transport map

Welcome to Nower Hill High School's active travel map!

You can use these maps to help you walk, cycle or use public transport to get to school.

## Are you in the zone?

It takes less than 10 minutes to walk to school from locations inside the zones on the map. Give it a go!

Walking is a free and easy way to stay fit and healthy. It makes you feel great, and is also a chance to catch up with friends.

If you live further away, or have to come to school by car – stop outside the 5 or 10 minute zones and walk part of the way. This can save time and reduce congestion.

This map also shows which bus routes, trains or tubes can help you travel to school. To plan your journey and find out more about public transport in Harrow, visit the Transport for London website [www.tfl.gov.uk](http://www.tfl.gov.uk)



# Cycling map - with Bikeability levels

This map can help you plan a cycling journey to school based on your cycling skills and confidence levels.

## Bikeability

The roads on this map are colour coded to show how suitable they are for cyclists of different Bikeability levels. **Green** roads are quieter and **amber** roads are busier. For more information visit [www.harrow.gov.uk/schooltravelmaps](http://www.harrow.gov.uk/schooltravelmaps)

Bikeability is a national cycle training programme with three levels designed to help with control, road safety, and planning and making independent journeys.



## Choose cycling!

Cycling is a fast and free way to travel. You don't need to wait for a bus or a lift in the car, just get on your bike and go! It's fun and an easy way to keep fit.



## Top tips for cycling to school



- 1 Plan your route** – use quieter roads and cycle paths where possible, only use busier roads if you have been trained and are confident
- 2 Be safe** – follow the rules of the road, give way, use signals, and be careful at junctions, roundabouts and near large vehicles
- 3 Be seen** – ride where you can be seen, wear bright clothing if possible and use reflectors and lights.

Free cycle training is available in Harrow to help develop skills and confidence.

To find out more, speak to your school or visit [www.harrow.gov.uk/cycling](http://www.harrow.gov.uk/cycling)

The grading was correct as of January 2016 and is subject to change. This map is advisory only and individuals travel at their own risk.

