

Milly Southworth

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Sent: 27 May 2022 12:51
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Cc:
Subject: Cornwall Active Travel Challenge
Attachments: Info poster CATC 22 A4.pdf; Info poster CATC 22 A5.pdf
Importance: High

Information Classification: PUBLIC

Dear all

Please see below and attached information regarding the Cornwall Active Travel Challenge – the aim of the challenge is to encourage adults to make the switch to active and sustainable modes of travel, with a focus on workplaces. If you could publicise within your areas, it would be much appreciated.

With thanks and regards
Catherine

You are invited to join workplaces across the county in the Cornwall Active Travel Challenge this June! Use this free online tool to get motivated and challenge yourself to walk, cycle or take public transport for more of your everyday journeys from **6th June to 1st July**.

Registration is now open. Take part as an individual or as part of your workplace team by leaving your car behind and logging the active or sustainable journeys you make throughout the month, with lots of prizes up for grabs as you climb the leader board.

Those working from home you can also join in – log your other journeys to the shops, school run, or leisure activities and record lunchtime walks or rides too!

It's free to take part, great fun and you can do a bit for your wellbeing, wallet and the world!

Sign up today at <https://cornwall.getmeactive.org.uk/>

The challenge is brought to you by Sustrans on behalf of Cornwall Council.



Cornwall Active Travel Challenge

CATC



6 June-1 July 2022

cornwall.getmeactive.org.uk

www  

Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. <http://www.sustrans.org.uk/>

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Find out more!
cornwall.getmeactive.org.uk
Email: challenge@sustrans.org.uk

Join the

CATC

Cornwall Active Travel Challenge

6 June-1 July 2022

Whether you are working from home or commuting, get active by swapping your car journeys for public transport, cycling or walking, and log your journeys during the Active Travel Challenge



WIN PRIZES! Boost your health and wellbeing, reduce traffic congestion, improve air quality and encourage friendly competition between colleagues.

[#cornwalltravelchallenge](https://twitter.com/cornwalltravelchallenge)

For more information visit: cornwall.getmeactive.org.uk

