

Families invited to take part in Cycle to School Week

We have been asked to share the following information by Central Bedfordshire Council:

We're encouraging families to jump on their bikes and cycle to school during [Cycle to School Week](#).

We are supporting the [Bikeability Trust](#) and [Sustrans](#) who are inviting schools and families across the UK to take part in Cycle to School Week between 3 and 7 October.

The week-long event highlights the huge benefits an active school run brings and it's a perfect opportunity to celebrate cycling and the positive impact it has on children's health and wellbeing, as well as the environment.



Participants can pledge to either swap one car journey for cycling, cycle to school every day, cycle with their family, or discover somewhere new on a cycle ride.

It's free to enter and will hopefully persuade parents and carers to leave their cars at home and choose to travel actively for their school journey instead.

Teachers, pupils, parents and carers have until Friday 7 October to make their pledge. Once signed up, you'll receive a social media pack to help spread the word and will be entered into a prize draw for the chance to win a Frog City 61 Bike.

Our Bike It Officer will be offering the 'raffle bag challenge' to some schools - pupils travelling sustainably are given a raffle ticket, which will be drawn at the end of the week, to win prize bags that contain cycling essentials such as a water bottle, bike lights etc.

Dr Bike will also be running sessions at several schools, offering a full bike check, and carrying out minor repairs.