



BEARSDEN CROSS

- CYCLE PARKING
- BUS STOPS
- TRAFFIC FREE PATHS
- CHURCHES

DID YOU KNOW?



WALKING A MILE IN 20 MINUTES USES AS MUCH ENERGY AS WEIGHT TRAINING FOR 17 MINUTES!



CYCLING FOR 16 MINUTES USES AS MUCH ENERGY AS SWIMMING BREAST STROKE FOR 10 MINUTES!

YOU DON'T NEED TO RUN A MARATHON TO GET FIT! JUST TRY A WEE BIT AT A TIME.

In Bearsden you're never more than a 12 minute cycle or a 45 minute walk from the town centre. Use the time line to see how quickly you can get around.

GET ACTIVE TO...

LOOK BETTER

In 30 minutes you can burn 200 calories walking and 300 calories cycling, helping you stay in shape.

FEEL BETTER

If you walk or cycle regularly you are likely to have more energy and stave off illness.^{1,2}

LIVE LONGER

Cycling for everyday trips means you could have the fitness of someone 10 years younger.^{3,4}



ROUTEMISE
BEARSDEN

DO YOU EVER THINK...?

I'M STUCK IN TRAFFIC

Traffic jams are a world away if you use the local path network. And you can always park right at your destination!

I NEED TO GET FIT

Walking and cycling to work or for shopping is a great way to build exercise into your daily routine.

I'M STRESSED

Fresh air and exercise improves your mood and releases the day's stress.⁵

I'D LOVE MORE TIME WITH THE KIDS

We lead busy lives. Walking or cycling to school with your children is a great way to have some time together and teach them how to lead independent, healthy lives.

FIND OUT MORE...

Local information
www.eastdunbarton.gov.uk/healthyhabits

National Cycle Network
www.sustrans.org.uk/Cycle-Maps

Journey planner
www.cyclestreets.net

Local bike shops
MugdockCountryCycles.com
Mugdock, 0141 237 4709

SolidRockCycles.co.uk
Balmore, 01360 622699

References:
1 Cavill & Davis (2007)
2 C3 Collaborating for Health (2012)
3 Tuxworth et al (1986)
4 Anderson et al (2000)
5 Atkinson & Weigand (2008)

sustainable thriving achieving
East Dunbartonshire Council
www.eastdunbarton.gov.uk

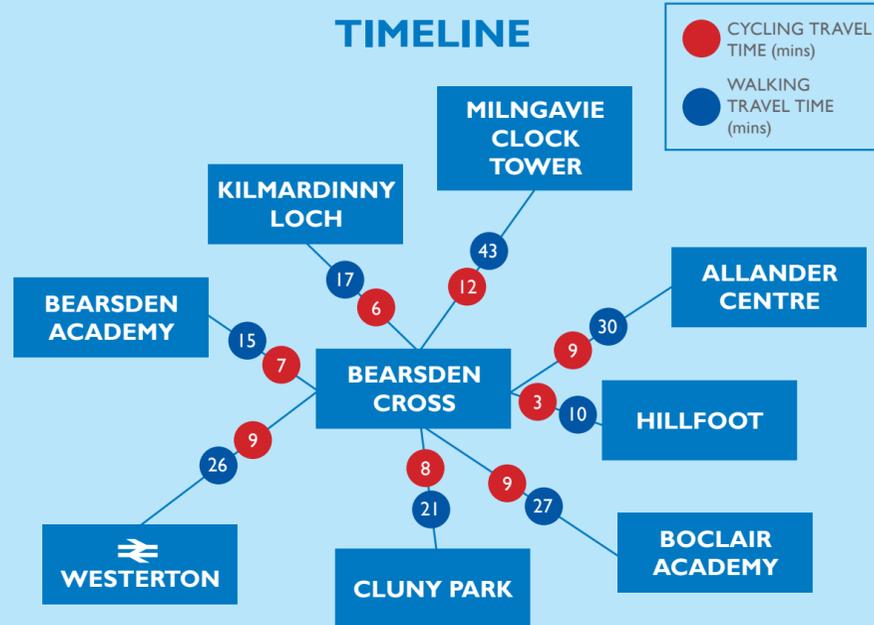
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BEARSDEN CROSS



TIMELINE



SHOP LOCAL



Using local shops, cafes, restaurants and services is a great way to support the community. And if you walk or cycle, not only could you save some money but you might just find someone to have a blether with on the way!



HEALTHY HABITS

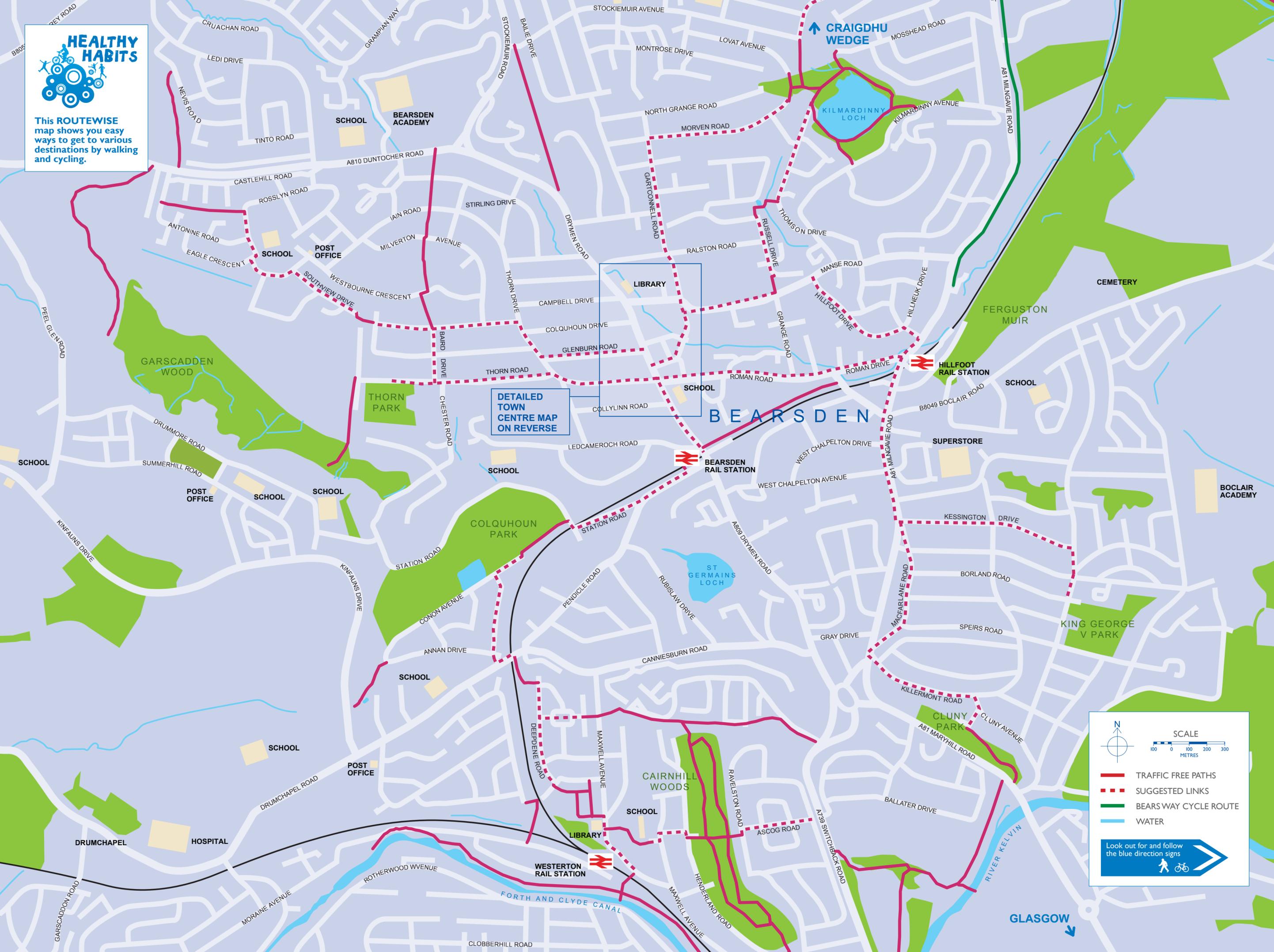
YOUR GUIDETO LOCAL DESTINATIONS

With a whole network of local routes to discover, you may be surprised how quick and easy it is to travel around on foot or by bike.

Stick this map in your pocket and use it to walk and cycle to places you want to go.

HEALTHY HABITS

This ROUTEWISE map shows you easy ways to get to various destinations by walking and cycling.



DETAILED TOWN CENTRE MAP ON REVERSE

SCALE
0 100 200 300 METRES

- TRAFFIC FREE PATHS
- SUGGESTED LINKS
- BEARS WAY CYCLE ROUTE
- WATER

Look out for and follow the blue direction signs

GLASGOW