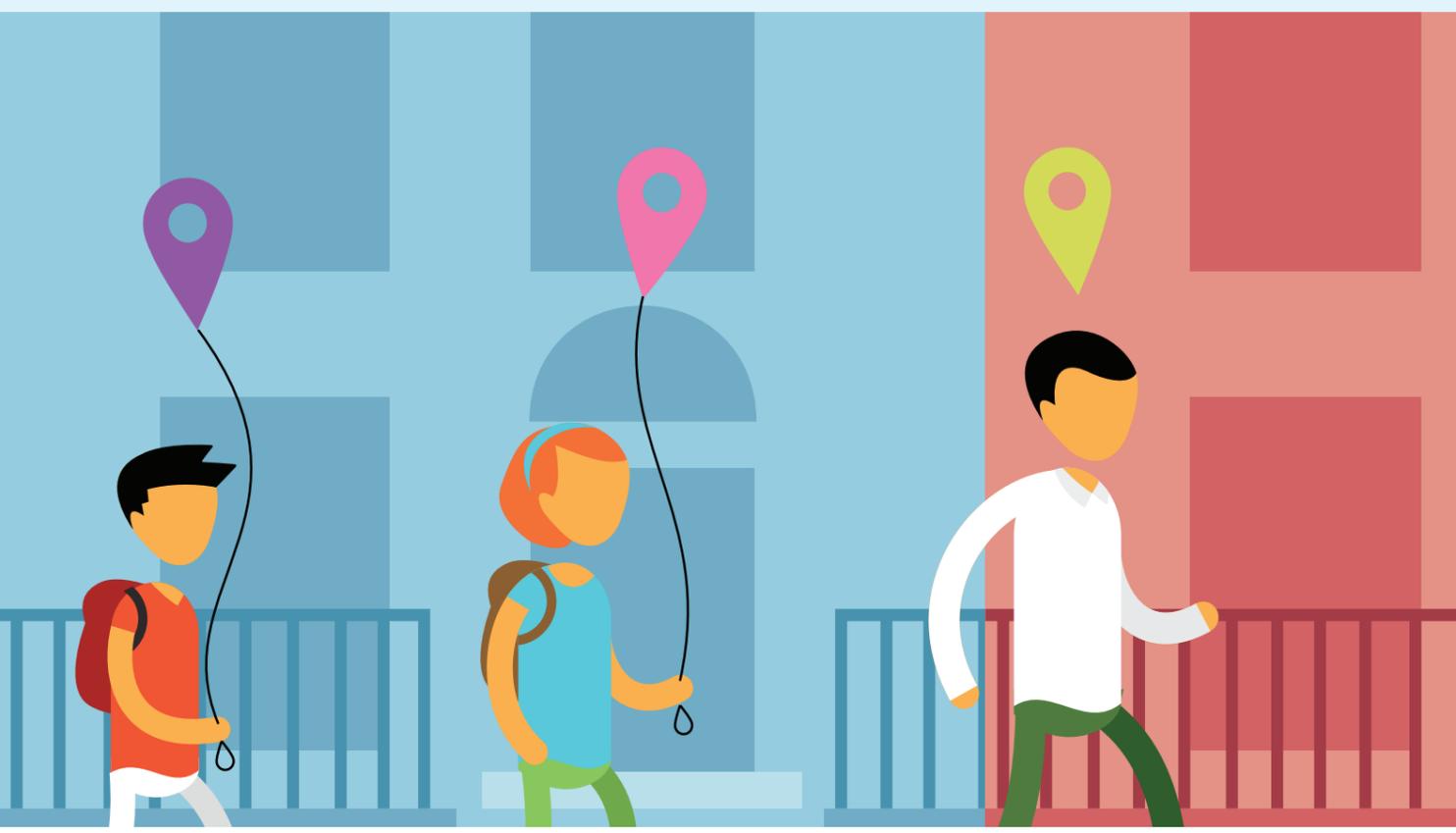


STRENGTH IN NUMBERS



STRENGTH IN NUMBERS
MAKING A DIFFERENCE ONE STEP AT A TIME

LETS WALK TOGETHER

Our travel choices all add up. If everyone changed just one journey a week to healthier more sustainable travel, like walking, think of the difference that would make. At www.limericksmartertravel.ie people from all around Limerick, are setting up online groups and getting organised. They inform, inspire and motivate each other, so that walking can become just that little bit easier. Show your support, visit www.limericksmartertravel.ie and click sign-up.



WALKING TO WORK



A REWARDING TRAVEL ROUTINE

At first, it may be difficult to change your travel pattern, to make more of your journeys to work by foot. After the initial leap it could take some getting used to. If you want to use your car a little less, Limerick Smarter Travel is here to let you know help is at hand, to remind you that the benefits to your health, well-being, pocket, and to the environment can last a lifetime

PLAN YOUR JOURNEY

Did you know health professionals recommend at least 30 minutes of physical activity each day? Would it be possible for you to walk some, or all, of your journey to work? If you're unsure of the time it may take, why not try an online journey planner to calculate the length and duration of your walk to work? When it's convenient leave the car at home or at a safe 'park and stride' location near your workplace, get your body moving, and work some meaningful physical activity into your day.

THE WALKING CHALLENGE

Health professionals recommend that we take around 10,000 steps a day (or 6km) to maintain positive health and wellbeing; it's a 2km round trip from the Limerick Hunt Museum to the Limerick Gallery of Art. Pedometers are available in stores, or as an application for your smartphone, count your steps as you take them, helping you monitor and improve your step count, motivation and health. Many workplaces and campuses enjoy taking part in pedometer challenges including the national pedometer challenge run by www.smartertravelworkplaces.ie to help their staff and students kick start or maintain a healthy travel routine.

WALK TO SCHOOL

SCHOOLS PROGRAMME

According to An Taisce, walking to school helps to foster a child's or teenager's independence while improving their physical health and mental well-being. Research shows that those who walk to school have improved concentration levels in the classroom. Walking raises awareness of road safety and even helps improve your child's environment, especially by reducing congestion at the school gates and providing some 'talk time' with family, friends, and neighbours. The more people who walk the safer and more enjoyable our roads will be. For further information and support search 'School Programme' at: www.limericksmartertravel.ie or visit www.greenschoolsireland.org

A REWARDING TRAVEL ROUTINE

At first, it may be difficult to change your child's or teenager's travel pattern. A little encouragement, some practice, know-how, the right footwear and clothing will get them making more of their journeys to school by foot. Limerick Smarter Travel is here to let you know help is at hand, to remind you that the benefits to your child's health, well-being and environment as well as your pocket can last a lifetime, so keep trying; it soon becomes a rewarding routine. Further information can be found at: www.limericksmartertravel.ie



WALK FOR LIFE

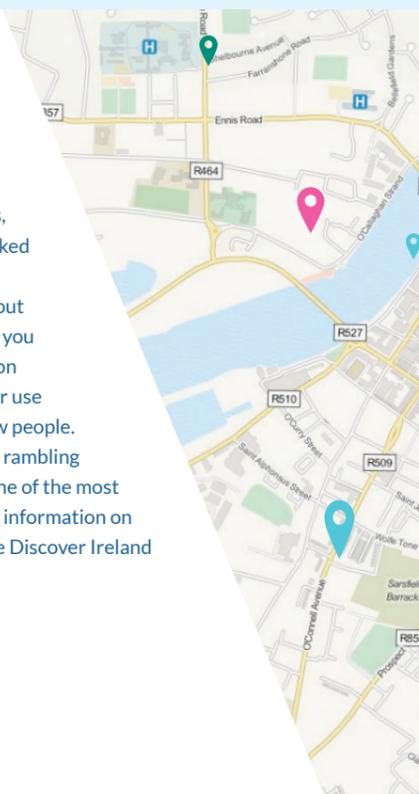
PARK AND STRIDE

Park and stride simply means driving some of the way to your intended destination, such as your school, workplace, a stadium or park for a public event, then parking up and walking the rest of the way. It can be particularly good for people that live a long way from their intended destination and can't walk the whole way, while helping to contribute to the recommended 10,000 steps we should each be taking daily. It has the added benefit of reducing congestion and making it safer around a school entrance, a stadium during a big game, or outside a workplace before or after working hours.

Park and Stride is a clever way to travel as it can reduce journey times, parking charges, and improves our health and wellbeing by encouraging us all to add some physical exercise into our daily and weekly travel, as well as providing some 'talk time' with family, friends, and colleagues.

RECREATIONAL WALKS

Ireland offers some spectacular park and forest walks, looped walks, linear walks, long distance way marked walks and walks in historic towns. Within Limerick alone there are about 36 recreational walking options for you to enjoy. You can experience these on your own, with friends and family, or use them as an opportunity to meet new people. Local guides are available as well as rambling groups, making walking outdoors one of the most accessible activities of all. For more information on recreational walking please visit the Discover Ireland website: www.discoverireland.ie



MORE SHORT JOURNEYS BY FOOT

INVESTMENT IN SUSTAINABLE TRAVEL

Research tells us that as car use in Ireland has grown, travel by foot, bicycle and public transport has fallen, particularly for our everyday shorter journeys; this is costly both to the driver and to society in terms of the impact on our pockets, wider economy, health and environment. If we are to see an increase in short journeys made by foot, bicycle and public transport, we all need to consider our travel choices. Further supported by continued sustainable travel investments from government, investments that:

- Encourage us to change our travel behaviour
- Create safe, attractive walking and cycling conditions
- Increase our public transport usage by improving and integrating services and reducing fares
- Ensure that planning policy and practice reduce the need to travel
- Reform taxation and increase spending on sustainable travel

Further Information can be found at: www.smartertravel.ie



SAFETY AND SECURITY WHEN WALKING

BE SAFE BE SEEN

When out walking, especially if walking on public roads, always take care, be prepared for the unexpected and make sure you are clearly visible to other road users. The most effective way to be seen is by wearing high visibility clothing such as a high-viz vest or a sam browne belt, or carrying a torch when out on the roads in darker conditions. The Road Safety Authority has a free online ordering service if you require road safety items or publications. Further information search 'Orders' at: www.rsa.ie

CRIME PREVENTION TIPS

An Garda Síochána have the following tips to help prevent crime when out walking in your community:

- Don't walk home alone at night.
- Do avoid taking risky shortcuts.
- Do walk on footpaths in well lit areas.
- Do walk facing the traffic on roads without footpaths.
- Do try to vary your route if you regularly walk home.
- Do avoid wearing earphones.
- Don't try and struggle for your bag if it is snatched, your safety is more important.

- Do keep expensive property out of sight.

To reduce the likelihood of crime, especially mobile phone theft, the National Crime Prevention Unit give the following advice:

- Do keep your mobile phone out of public view when out and about.
 - Do be streetwise and always be aware of your surroundings.
 - Don't leave your mobile phone behind in an unattended vehicle.
- You can make your mobile phone difficult to use if it's stolen:
- Do register your mobile phone with your service provider.
 - Do note the unique 15 digit International Mobile Equipment Identity (IMEI) number. By pressing *#06# on your phone keypad the IMEI will appear on the screen.
 - Do enable the PIN security feature and keep your phone locked at all times.

IF THE WORST HAPPENS

In the unfortunate event that you are a victim of crime or theft take the following action immediately:

- Do seek help immediately.
- Do contact your service provider if your mobile phone or wallet is stolen.
- Do report the crime or theft to the Gardaí.

Further information can be found at: www.garda.ie

GETTING INTO WALKING

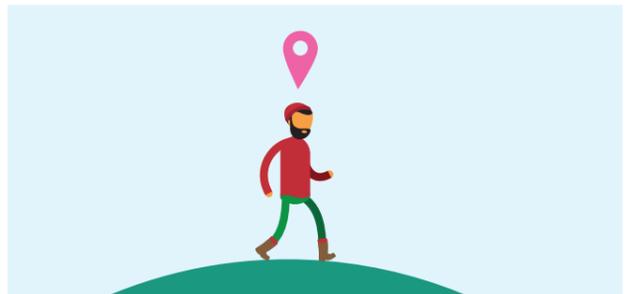
WHY WALK?

Walking benefits your health, confidence and pocket. Walking locally is a great way of meeting people, getting fresh air, saving money, and often saving time. Walking requires a little investment, possibly footwear/clothing but don't let that put you off. One of the many perks to walking is after a little practice you'll be exercising without noticing it while enjoying being outside and in the fresh air. Research has shown that 30 minutes of moderately intense physical activity, 5 days a week, can help reduce the risk of chronic disease, type 2 diabetes and some cancers. Other benefits include increased self-confidence, lower levels of stress, improved sleep and enhanced well-being. For advice to help you get started please visit: www.getirelandwalking.ie

WALKING IN IRELAND

Mountaineering Ireland, the National Governing Body for walkers and climbers on the island of Ireland, promotes mountaineering, hill-walking, rambling and climbing as an accessible and enjoyable pursuit, where everyone can participate and develop to their full potential. Further information can be found at: www.mountaineering.ie

Wherever you decide to go walking a map can be one of the most vital pieces of equipment you carry with you. Good selections of Irish walking maps are available to choose from, and the most recommended series of maps are published by a variety of public and private map makers. A good place to start is to search 'walking maps' at: www.kierongribbon.com

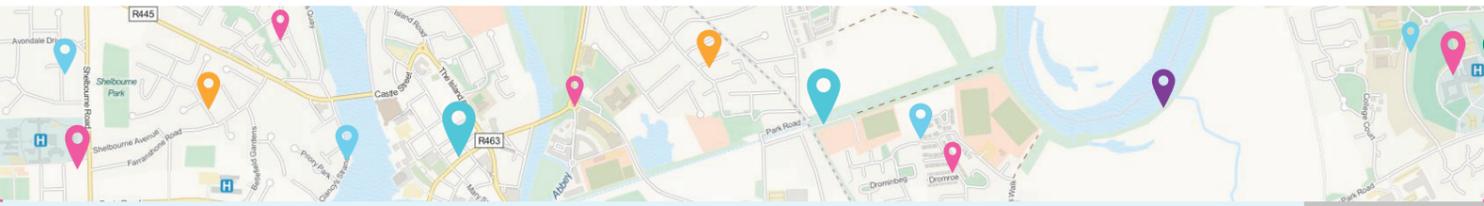


LIMERICK WALKING CLUBS

If you would like some company while out exploring on foot why not join a walking club? Walking clubs in Limerick include:

- Limerick Climbing Club. Further information can be found at: www.limerickclimbingclub.ie
- Galtee Walking Club. Further information can be found at: www.galteewalkingclub.ie
- Ballyhoura Bears Walking Club. Further information can be found at: www.ballyhourabears.com

For further information on setting up an informal walking group in your school, workplace, campus or community, simply search 'Walk for Life' at www.limericksmartertravel.ie



WALK FOR LIFE

