

Regular cyclists are as fit as an average person 10 years younger.

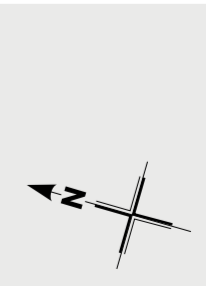
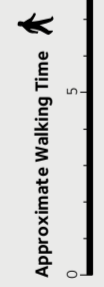
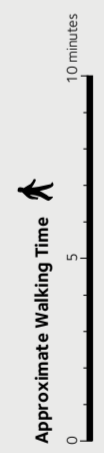
70% of car journeys in London are under 8 kilometres. That's a 30 minute cycle ride.

Walking two miles a day, three times a week, can help you lose about 1 lb every three weeks.

There are 52 map boards on the streets of Islington, helping you find your way in the area.

You are statistically more likely to keep walking for exercise than to keep going to the gym.

Walking is better than low salt diets for lowering blood pressure.



**Scale**

- Key**
- Route signed for cyclists
  - May be on busy road
  - Route on quieter roads
  - recommended by cyclists
  - Walking routes
  - Underground Station
  - National Rail Station
  - Bus Stop
  - Pedestrian Crossing
  - Leisure centre
  - Library
  - Playground
  - Cycle parking
  - Streetcar bay locations
  - Planned Streetcar bay locations
  - Toilet / Disabled toilet
  - Taxi rank

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