



YOUNG BIKERS

tower hamlets
becoming a
healthy borough
can do
community grants

change
4 life

This map features recommended cycle routes to schools, and other places of interest, throughout the Isle of Dogs and Poplar.

Students can take advantage of, and parents be reassured by, an extended network of off-road and quiet cycle routes.

Routes are colour-coded to show the different levels of cycling ability required, from **basic** to **advanced**.

Most schools offer free cycle training for pupils.

Contact the school, or Tower Hamlets council, for information.

Consider the benefits of cycling: it's fun, healthy, convenient and is better for the environment than being driven to school.

This project has been funded by the Tower Hamlets Healthy Borough programme
www.onetowerhamlets.net



Customize

Make this map your own by using coloured pens, stickers and labels

Put an X where you live. Name the road that you live in, if it's not already marked

Add the places you visit regularly, such as a shop, club or mosque

Trace your own routes and plan new ones. Think about the best routes you might take to get from A to B

Draw symbols for the landmarks you know. Think about the design of the symbols you would use