

# Map your route to school



## Why walk to and from school?

Help your children to develop a lifetime of healthy habits by encouraging them to walk to school.

They will enjoy greater physical, mental and emotional well-being, and be more street smart and confident navigating their neighbourhood.

## Why map your route to school?

Take this fantastic opportunity to involve and inspire others to walk with you. Pool your shared knowledge and ideas to figure out the best route to take.

Plus, you may identify things that your local council can improve to make walking better for everyone (eg. cracked footpaths, missing pram ramps, lower speed limits).

## Choosing a route to school

Choosing a walking route is all about balancing time, distance, safety and fun. Here are a few tips:



### 1. Identify who will be involved

Get a few parents who live nearby to map a route together and you'll have plenty of company. Make sure the children who will be walking the route help too!



### 2. Choose a route

- **Safety and convenience** - Choose residential streets over busy ones and crossings with traffic lights wherever possible. You can use the [Walkability Check Sheet](#) as a guide.
- **Walk with others** - Choose a route that passes the homes of other families from school, and has spots that can be used as meeting points.
- **Fun** - Walk past fun things on the way home (eg. park or a retaining wall to balance on).



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## Mapping your route to school

### 1: Walk the route

- Step out with a notebook, photocopied map, camera, and the [Walkability Check Sheet](#).
- Sketch your route, noting streets, landmarks and any other challenges like a busy road crossing.
- Take photos to help illustrate your walk.
- Identify spots that can be meeting points.
- Time the walk – go for another walk of the route to make sure you know how long it takes. You don't want to be late for school!

### 2: Get the kids involved, they can:

- Write down street names and landmarks.
- Identify areas they think need more attention, like walking past driveways.
- Take photos of what they see along the way and what makes the walk enjoyable.
- Draw the map from their perspective, or illustrate points they enjoy about the walk.

### 3. Create the map

- Finalise your route with consideration to your notes and what you experienced.
- If making a paper map, highlight the route on top of a street map, stick it on an A4 page, add some photos next to the map and describe the route with notes and directions.
- Or go digital and map your route on [www.walkingmaps.com.au](http://www.walkingmaps.com.au). It's free and easy to use. You can add photos, crossings, meeting points (but not individual houses) and comments. Once your walk is mapped, the walk will have its own web link.
- See [Create a walk](#) for handy hints and an example walking route to [St Monica's Primary School](#).

### 4. Share your map

Share your map with other parents, and through your school's newsletter, website, or Facebook.

#### Other useful resources:

- [Start a Walk Together Group](#)
- [Walkability Check Sheet](#)
- [How to do a walking audit](#)
- [How to make your neighbourhood better for walking](#)

[St Monica's Primary School walking route](#)

