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| Dear school,As the countdown to the Sustrans Big Walk and Wheel begins, we're thrilled to invite your school to join the adventure from Monday 11 March to Friday 22 March 2024. |

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| [**Register now**](https://mail.sustrans.org.uk/c/AQjW9hQQjq4QGNCTkAogz6rsAmSqi0dBiiqBsWVll-45YV93LfzPyA2MYhhKlIZc9Nln) |

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| **Exciting features for 2024:**To celebrate this milestone, we have prepared a special [15-year anniversary poster](https://mail.sustrans.org.uk/c/AQjW9hQQjq4QGNCTkAogzqrsAt1AoLyvvk2VNPGR_7ngC_1F5Ba9ebMsZWqlNCQPwGUi) that you can use for promotional purposes.As well as exciting daily prizes, we have also [curriculum linked lesson plans for primary and secondary schools](https://mail.sustrans.org.uk/c/AQjW9hQQjq4QGNCTkAogzarsArE9608LosjBaqy6dkyJZ5ysWla0l2K2rogpgt_u_oEk).And this year there is also the opportunity for your school to win virtual badges and unlock rewards. |

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| **Key benefits and impact:**Participating in Sustrans Big Walk and Wheel brings numerous benefits, from educational resources to unique prizes. It promotes physical activity, builds community, and fosters environmental responsibility.Don't just take our word for it... |

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| **Did you know?**👉 Walking and cycling are **the most environmentally friendly modes of transport**, as they produce zero emissions and use minimal resources.👉Walking and cycling can not only improve your students' physical and mental health, but also **stimulate their brain, improve their concentration, memory and creativity**, increasing their alertness and readiness to learn.  👉 Since we started collecting data in 2011, **pupils have travelled a staggering 23.9 million miles**\* and taken **over 15.9 million active travel journeys** to school. |

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| **Celebrating 15 Years:**Over the past 15 years, schools like yours have shown incredible success stories through active travel initiatives.  Register your school and make Sustrans Big Walk and Wheel 2024 the most memorable yet! |