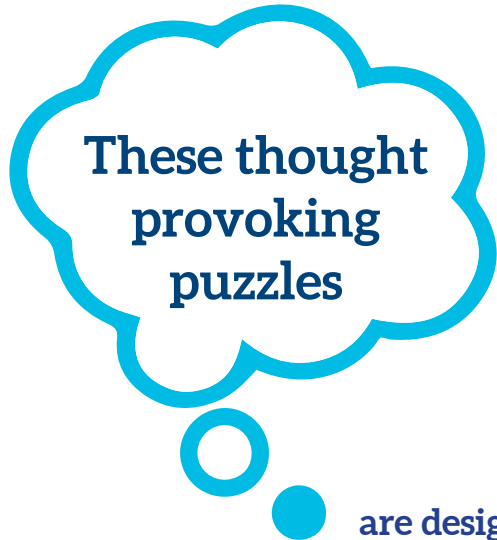




# Active travel and greener journey puzzle book



# Squeaky shoes



are designed to encourage young people to think about active travel and greener journeys and what benefits they gain from not relying on parents/ carers to transport them around.

By planning and preparing for an independent journey, the benefits of active travel includes reducing their carbon footprint, helping the environment and promoting fitness, with very little or no cost at all for their journey.





Jack has been promised to be taken for a bike ride by his sister Freya on her day off.

However, Freya has set him a task of solving the following puzzles to find out where and when she will be taking him.



You have been assigned to help Jack solve 6 puzzles below to unlock the information he requires.



Complete the quizzes to unlock the clues.



You can either do it as a team or on your own.



# What day of the week are they meeting?

The football team give you clues

1	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	1
2																											2
3																											3
4																											4
5																											5
6																											6
7																											7
8																											8
9																											9
10																											10
11																											11
12																											12
13																											13
14																											14
15																											15
16																											16
17																											17
18																											18
19																											19
20																											20
21																											21
22																											22
23																											23
24																											24
25																											25
26	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	26



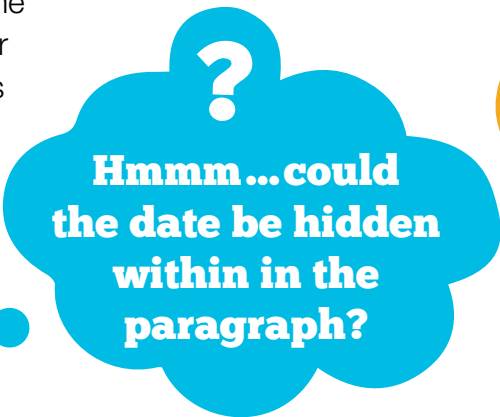
Let's book that date on the calendar. Have you got the day of the week yet from the football team?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

*Unlucky for some, they can't work it out!*



Jack enjoys his independence when he is out on his bike. He hates waiting for his Dad to drive him around. He finds using his bike gives him the freedom to go when and where he wants. Jack is pretty good at preparing for his journey. He checks the weather, his bike and the route to know what time to set off.



*Instead of waiting for a lift, why not walk or cycle. Sometimes it can be quicker than waiting for the driver to get ready.*



Be fitter, be freer be smarter... cycle

To work out the month, complete the word search.

Which month is not showing in the grid?



Q	J	O	C	R	H	G	X	R	V	Y	E	J	Y	J
U	Q	S	X	W	J	T	N	E	H	R	Y	U	A	K
Y	L	U	J	P	D	O	R	W	Y	R	E	N	D	L
R	E	B	M	E	T	P	E	S	A	A	U	W	I	M
X	Z	E	J	W	A	D	G	U	D	A	D	B	R	W
R	R	U	S	Y	N	F	R	Y	R	G	T	N	F	F
I	N	W	V	E	A	B	R	Y	U	N	U	W	O	E
E	S	K	S	D	E	D	L	X	T	H	E	P	Y	M
B	U	D	U	F	E	T	S	C	A	O	S	A	C	P
O	A	J	G	P	M	C	F	R	S	M	D	A	E	M
Y	N	O	V	E	M	B	E	R	U	N	A	P	W	C
R	E	B	O	T	C	O	T	M	U	H	Y	R	J	W
A	U	G	U	S	T	Q	Y	S	B	S	T	I	C	D
V	L	C	N	G	K	Q	Y	I	L	E	A	L	H	H
W	X	W	T	Y	I	Y	Q	Y	I	B	R	F	Y	O

# To find the secret location, break the code.

3 letters have already been given to help you crack the code.



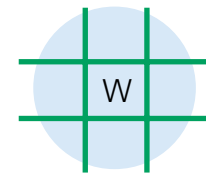
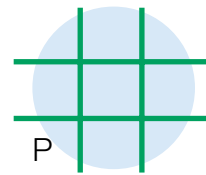
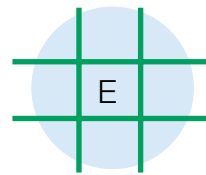
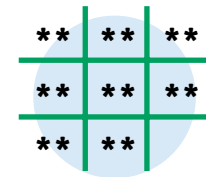
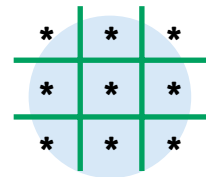
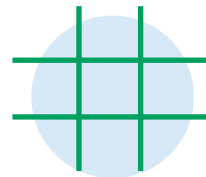
Be healthier  
be happier  
be smarter...  
walk



Be fitter,  
be freer  
be smarter...  
cycle

**	□	□	*	□	□	*	□	*	□	□	□	□	□	*	□	*	□	
W	E	□	□	E	□	□	I	□	□	□	□	□	□	E	□	P	□	□

Work out the grid to crack the code



# What time will they be setting off?

**Hints**  
to help crack  
the code

$$\text{Bicycle sign} = 3 \quad \text{Umbrella} = 2$$

$$\text{Sneakers} \times \text{Bicycle sign} = 3$$

$$\text{Person with helmet} \div \text{Two umbrellas} = \text{Sneakers}$$

$$\text{Bicycle sign} + \text{Person with helmet} - \text{Umbrella} = \text{Map icon}$$

$$\text{Umbrella} \times \text{Map icon} + \text{Bicycle sign} - \text{Sneakers} = \boxed{\phantom{00}} \text{ Hrs}$$

$$\left( \text{Person with helmet} + \begin{matrix} \text{Bicycle sign} \\ \text{Bicycle sign} \end{matrix} \right) \times \left( \text{Two umbrellas} - \text{Sneakers} \right) = \boxed{\phantom{00}} \text{ Mins}$$



# ACTIVE TRAVEL



## Double puzzle!

Solve the crossword to get the password.

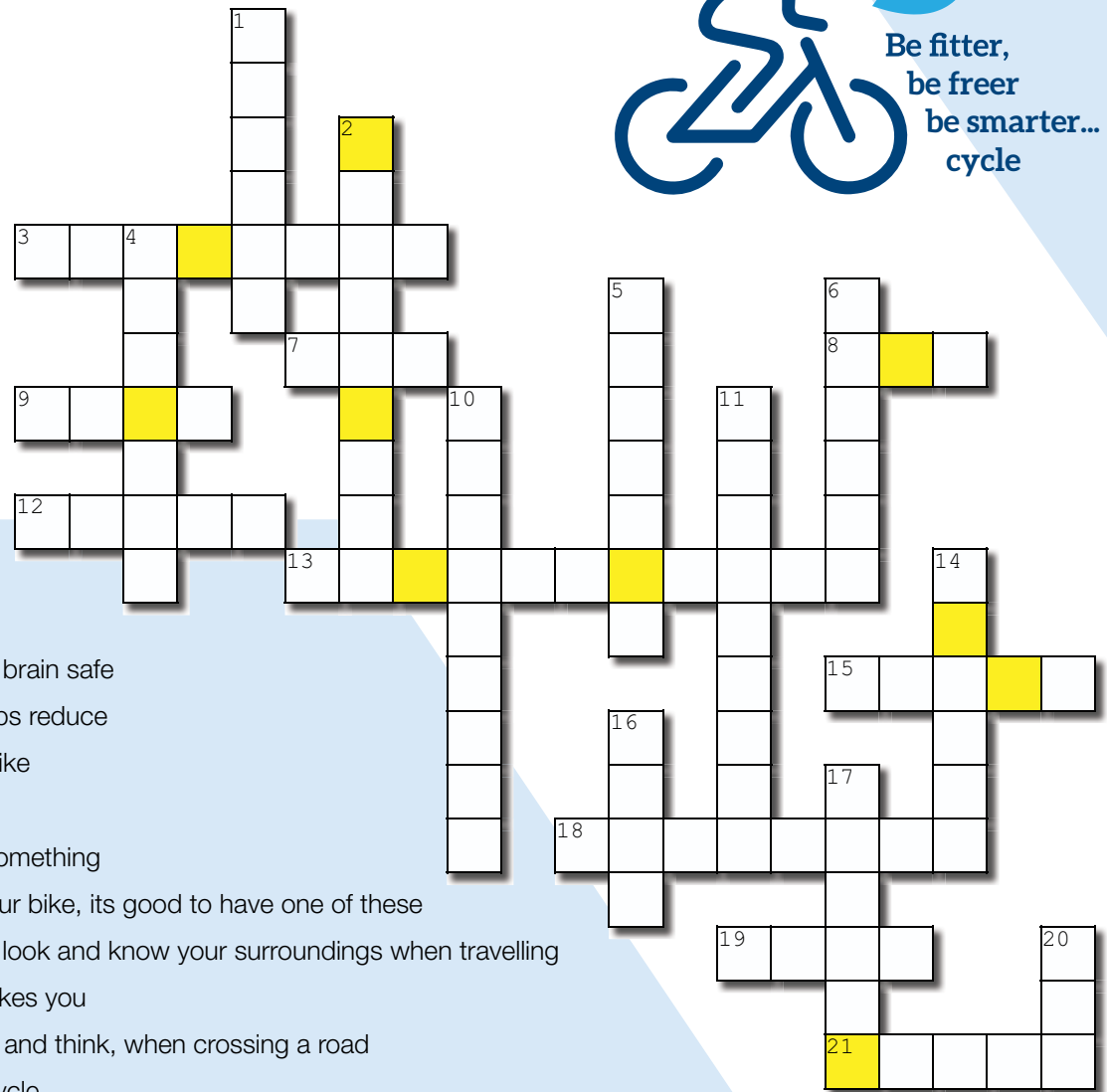
--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

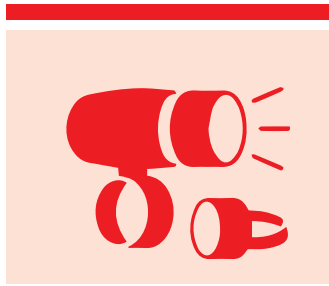
### Across

3. Take one in case it rains
7. Press the bell when you want to get off
8. Traffic lights, what comes after amber light
9. With every journey it is best to do this
12. You can do this on 1, 2 or 3 wheels
13. By being an active traveller you become more
15. to drink, wash or cool down always have a bottle of this with you
18. are you wearing the right shoes?
19. You can do when walking with friends
21. Move to the side safely when hearing this

### Down

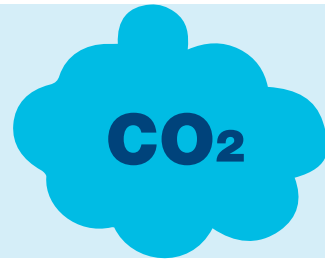
1. This keeps your brain safe
2. Active travel helps reduce
4. Type of child's bike
5. Moving fast
6. At night, wear something
10. when leaving your bike, its good to have one of these
11. Be alert, always look and know your surroundings when travelling
14. Being active makes you
16. Stop, ---, Listen and think, when crossing a road
17. Push these to cycle
20. A fast walk





## Legally

when cycling on the road all bikes need a red rear reflector, and when getting dark- lights, white for the front and red for the rear.



## Reduce

your carbon footprint through active travel, walk, cycle or scoot to places.

By doing active travel you are reducing your carbon footprint. Better for the environment, better for your health.



## Be alert!!

When walking with headphones, always remove before crossing a road.



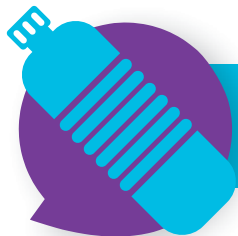
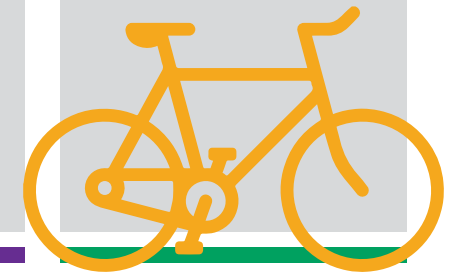
## 10mins

walking or cycling per day contributes to the 150mins of exercise a week.



## Short

journeys, ditch the car if it isn't too far.



**Remember to hydrate - Drink water regularly.**

# Answers

1 FRIDAY

2 THIRTEEN

3 MAY

4 WE ARE GOING TO THE PARK

5 12:30

6 CROSSWORD

Across: 3- UMBRELLA. 7- BUS. 8- RED.

9- PLAN. 12- CYCLE. 13- INDEPENDENT.

15- WATER 18- FOOTWEAR.

19- CHAT 21- SIREN.

Down: 1-HELMET. 2- POLLUTION.

4- BALANCE. 5- RUNNING. 6- BRIGHT.

10- BIKE – LOCK. 11- OBSERVANT.

14- FITTER. 16- LOOK.

17- PEDALS. 20- RUN.

Password : PEDESTRIAN



## Contact us

Online: [northyorks.gov.uk/contactus](https://northyorks.gov.uk/contactus)

By telephone: **0300 131 2 131**

North Yorkshire Council, County Hall, Northallerton, North Yorkshire, DL7 8AD

You can request this information in another language or format at

[northyorks.gov.uk/accessibility](https://northyorks.gov.uk/accessibility)